

An adapted version of color therapy
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Born in antiquity, color therapy is now experiencing a rebirth. Experimental research and practical experience make it possible to consider color light therapy as one of the most promising methods of treatment, which is capable of solving many issues of human health improvement.

We would like to share our experience of using color. In our daily professional activities, we have been using color as a diagnostic method for many years. With the eight-color test M. Luscher and its extended version, we usually begin the diagnosis. The technique allows you to study the unconscious, deep problems of the personality, its current psychoemotional state, the individual style of experience, the type of response to stress and the degree of adaptation of the subject. In addition, it makes it possible to identify the compensatory capabilities of a person, to assess how pronounced painfully sharpened character traits are, and how this is clinically manifested. The results obtained help in the work during psychotherapeutic sessions. We use color to create the necessary color healing environment around the patient. Before, in order to correct the energy of the chakras, we taught meditation on color at the trainings. Chakra blockages were determined using special psychological tests.

When they started to engage in energy-informational therapy, they began to use color-zone therapy according to the method of D. Korvo and L. Werner-Bonds, which combined reflexotherapy of active points on the feet of the feet, visualization of a certain color that the patient lacks, and positive attitudes towards an actual health problem.

Center "IMEDIS" is constantly introducing new progressive techniques that can significantly improve the results of bioresonance and multiresonance therapy. So, at one time, the use of color to determine the nucleus of pathology according to the method of M.M. Shraibman made it possible to eliminate energy-informational blocks at the anatomical, organotropic, tissue levels. With the help of color, we were able to influence the psyche, the hypothalamic-pituitary system. This technique correlated with the results that we obtained when using Astromed, a chronosemantic software complex developed by the specialists of the IMEDIS center, which allows us to identify congenital and acquired pathologies.

predict the time and severity of disease development, apply preventive treatment to avoid exacerbations.

The publication of the unique monograph "Color Light Therapy" by Yu.V. Gotovsky and other authors significantly expanded our understanding of the healing possibilities of color. We were especially interested in the Dinshah Gadiali technique, which made it possible for patients to heal themselves at home. The fact is that for many years we have published articles in regional journals on health issues, consulted patients on the treatment of complex chronic diseases, and recommended the use of color zone therapy as one of the methods of self-healing. We have received many letters from

residents of the Krasnodar Territory, Southern Federal District with a request to make color therapy available to many.

Undoubtedly, the method of color therapy using the equipment of the "IMEDIS" center is highly effective, but it requires medical qualifications, and the therapeutic equipment is expensive and not affordable for many patients. This is how the idea arose to make the method of color light therapy socially accessible to the population. We contacted Dinshah's son Darius, who lives in the United States and continues his father's work. They asked him to send a sample of the treatment apparatus and light filters. A long correspondence ensued. After N.A. Fedotov became a member of the Dinshah Health Society of Malaga, New Jersey, USA, we were able to purchase an apparatus and a sample of filters. However, this apparatus for toning (color treatment) was unsuitable in our country for technical reasons.

I had to create my own model. At the same time, it was necessary to solve several problems - to come up with a device that could be made by any person who did not have design skills, the material should be cheap, affordable and environmentally friendly. It was necessary to choose colors that could filter daylight. It was very important to teach patients how to accurately select the correct colors for the treatment. N. A. Fedotov spent more than a year on solving these problems. Scientists of the Kuban University at spectrograph helped pick up the necessary frequency 12 flowers, matching the colors of Dinshah. He received a patent of the Russian Federation for the invented device. ON THE.

One of the most difficult tasks turned out to be the selection of the required color but for treatment specific health problem. Of course, with the help of the apparatus of the company "IMEDIS" "MINI-EXPERT-DT" with advanced functions and the corresponding cassette was easy for us. But our patients, as a rule, live far away and do not have such an opportunity. We decided to teach patients the method of dowsing. It is no secret that not everyone can do this easily. But here, too, we found a way out. For accelerated learning of this method of color diagnostics, the method of psychological autogenous immersion according to H. Aliev was used. The accuracy of color matching using biolocation was checked using diagnostics using the ART method. To treat the child, one of the parents was trained in this method. When they mastered the technique, they received a schematic diagram of a device for color treatment, detailed instructions and a set of light filters. If it was an elderly patient, then he was already given a ready-made design.

We have been using the adapted version of color therapy for about ten years. During this period, a solid practical experience has been accumulated in the treatment of patients with acute and chronic diseases. Here are some examples.

Clinical examples

1. Patient T.K. came with complaints of pain in the lower abdomen. Suffers chronic adnexitis, revealed a cyst of the right ovary. Suppressed, asthenized. At the time of the survey, the family moved from the Near Abroad, bought a house and a large land plot on the coast, but the hostess felt disabled, although she was glad of the new place of residence.

To eliminate viruses, she was recommended to use turquoise, indigo and green colors, ideal red stimulated the immune system, yellow, orange and lemon regulated the state of the nervous system, eliminated chakra blockages, lifted mood, and improved lymph drainage. The patient was recommended to receive structured water, charged with information of the same color with which it was tinted.

A month later, she came back for examination. Has become much more energetic, depression has decreased. She was gladdened by her positive attitude towards recovery. In the first weeks of applying the color, a rash appeared on the legs, weakening of the intestines, which disappeared by themselves. From time to time after toning there were pains, discomfort in some organs, but she was optimistic about it. "Since it hurts here," she explained to her family, "it means that it is clearing itself." Her viruses were still being tested, but in a higher potency. The patient matched the colors very accurately using the biolocation method. She was advised to continue therapy. She came for a second appointment three months later. I did an ultrasound beforehand. The pathology of the female genital organs has not been identified. No complaints. We met again a year later. She feels good, full of energy.

2. Patient A.M., 52 years old, complained of uterine fibroids, profuse bleeding during menstruation, weakness, tearfulness. She refused the operation. Being a teacher by training - a teacher of the Russian language, she was forced to go part-time as a school librarian, as she could not find a common language with the children. She refused a diagnostic examination due to financial problems, and received filters and a toning device as part of a charity. We advised her to daily toning with lemon in the morning, in the afternoon she alternated between perfect red and green, in the evening she used indigo. Dinshah recommends lemon and indigo for severe chronic diseases, benign tumors. After seven times of using the same color, an opposing one was applied so that there was no addiction. During her period, in order to reduce bleeding, we assigned her a magenta color systemically, that is, alternately affecting all zones, starting with the first chakra and ending with the seventh, and locally indigo - on the uterus. The purple color has an analgesic effect, reduces blood pressure and heart rate, has an anti-stress effect, and normalizes sleep. According to Astromed, it was the key color in this patient for the meridian of the bladder, which is responsible for the work of the female genital area. Indigo stops bleeding, soothes, promotes an increase in phagocytic cells in the blood, has a resorbing effect on edema and tissue growth. According to Astromed, it was the key color in this patient for the meridian of the bladder, which is responsible for the work of the female genital area. Indigo stops bleeding, soothes, promotes an increase in phagocytic cells in the blood, has a resorbing effect on edema and tissue growth. According to Astromed, it was the key color in this patient for the meridian of the bladder, which is responsible for the work of the female genital area. Indigo stops bleeding, soothes, promotes an increase in phagocytic cells in the blood, has a resorbing effect on edema and tissue growth.

The patient arrived for a second examination five months later. The myoma has decreased by half, the bleeding has stopped. She gained confidence in herself, began to behave with dignity. She returned to teaching again. However, due to heavy bleeding for a long time, her hemoglobin decreased. The ART method was used to select the optimal allopathic drug for the treatment of anemia - "Fenuls", which has a prolonged effect. Tested

the blue clay she brought with her for effectiveness and tolerance. Blue clay is a good adsorbent, taken internally to raise hemoglobin. We also recommended applying blue clay to the uterus area and advised her to continue the color therapy.

3. Light color therapy is very well tolerated by children, allows quickly solve health problems. One summer, when we were at the dacha, neighbors who had a granddaughter for 1.5 years turned to us in the evening for help. The baby most likely had a viral infection and a high fever. We had no equipment with us, we could not carry out diagnostics. But at the dacha there was a device for color therapy and filters. We advised you to rub the child with vinegar diluted with water and dye the girl's naked body purple for 15–20 minutes. The girl's face turned red, she was breathing heavily and crying. "If it doesn't help," we said to grandparents, "we'll have to look for a car at night and take my granddaughter to the city's hospital." After exposure to purple, the baby calmed down, fell asleep, the temperature dropped significantly. Early in the morning she was tinted with turquoise, which has a regulating effect on metabolic processes in acute diseases, is indicated at subfebrile temperatures. The combination of green and indigo in turquoise helps heal the infection quickly. Already in the daytime the girl was playing on the street, not a trace of her illness remained. The color is especially effective in acute conditions in the first days, until the infection has penetrated deeply.

4. VB child, six months old. Parents complain of constipation for three months, the boy has allergic dermatitis, a rash on the cheeks and legs. The baby is only breastfed. An examination at the clinic did not clarify the picture of the disease, however, the pediatrician imprudently suggested dolichosigma and the need for surgery, which shocked the parents. Diagnostics using the ART method revealed energy disturbances in the meridians of the stomach, spleen - pancreas, and the last meridian in exhaustion is the nucleus of pathology from birth. A key color was selected for the core of the pathology - blue. It was also recommended toning for 10 minutes every other day in yellow, lemon and orange. With the help of ART, we determined which foods in the mother's diet were not tolerated by the child, they caused allergies in the baby. A day later, the boy's stool recovered, he became much calmer, since the blue color calms children well. After a few days, the rash disappeared.

Practice showed that children at using color therapy recover very quickly if there is no congenital pathology, severe intoxication of the body. If there are such problems, then color treatment takes quite a long time. Here the perseverance and patience of the parents are important, so that day after day, despite the whims of the children, strictly follow the instructions for toning, it is important to be able to convince the children of the success of the therapy.

5. Boy K.V., 11 years old, studying in grade 3 for children with delay mental development. He is very emaciated, falls asleep from weakness during lessons. To school

he walks reluctantly, as his physically more developed classmates offend him. The father is an alcoholic, does not live with his family, the mother brings up her son alone. As part of the charity, the family received a device for color therapy, and my mother was trained to select colors using dowsing. Initially, the child was recommended colors that help remove inflammatory processes in the body: turquoise, green, blue, purple, indigo, perfect red. To restore the sensory and motor functions of the nervous system, lemon, orange, and yellow were selected. Mom kept in touch with us by phone, consulting if necessary if any unforeseen circumstances arose. We must pay tribute to my mother, she showed dedication and perseverance in improving her son's health. They arrived at the reception at the end of the school year. Viral intoxication has not been tested.

I satisfactorily mastered the 3rd grade program and was transferred to a regular class. His mood changed, his memory improved a lot. For two years, my mother called us periodically. The color was used when the need arose. The boy studied exactly, at 4 and 3.

6. Patient IS, 30 years old. Relatives brought us to our reception a plump young woman who had difficulty walking. At the age of 17, she was diagnosed with thrombophlebitis, severe pains appeared in the left leg, and a year later trophic ulcers appeared on this leg, later ulcers appeared on the right leg. For 13 years, the family tried to cure their daughter, used all the methods of official medicine, folk healing. There was no desired effect. We gave her color therapy. We recommended systemic toning with colors: lemon, purple, perfect red, starting from the feet. The purple color lowers blood pressure, has a vasodilating effect, and increases the functional activity of the veins. Perfect red color balances the blood circulation system, lemon dissolves clots. The scarlet color was advised to be applied locally at the site of ulceration. The first months of toning with color brought a tangible effect. As the patient herself noted, the ulcers began to hurt, change color, decrease in size. The mood improved, energy began to appear. But after three months the situation changed, her condition was stable, there was no deterioration, but there was no positive trend either.

We decided not to limit ourselves only to color therapy, but to use the entire arsenal of energy-informational medicine we have. We connected exogenous and endogenous bioresonance therapy. Step by step, we carried out antibacterial, antiviral, antifungal therapy, eliminating only those pathogens that caused the depletion of the immune system. Treatment was performed according to the fourth strategy with inversion of purulent discharge of ulcers, and BR-preparations were prepared. Since the disease was psychosomatic in nature, much attention was paid to psycho-correction of personality, using for this purpose Bach Flowers, Roy Martin's Flowerplex preparations. The patient came to the appointment once a month, carefully applied the prescribed medications at home and performed color therapy sessions twice a day. After a year of such intensive therapy, the ulcers healed, the skin cleared. Outwardly, the patient also changed significantly, prettier, lost 12 kg, and began to move easily. The follow-up is not known because

she lived in another region, and after her recovery, she did not keep in touch with US.

Conclusions:

1. Our adapted version of color therapy is effective as monotherapy for children and young people, since they do not have pronounced homotoxicosis, there are no deep psychological problems, degenerative changes.

2. For adults, color monotherapy is effective in acute conditions and unreleased cases of the disease.

3. Color therapy is a good additional method of drug-free therapy, taking into account the side effects of the vast majority of pharmacological drugs.

4. The effectiveness of this method of color therapy increases when solving a patient of his psychological problems, with constant work on himself. We need activity and dedication, perseverance in self-recovery, the formation of positive thinking in oneself. Those who expect instant results from color therapy, like from a miracle pill, as a rule, can not stand it and quit the therapy.

5. With severe homotoxicosis, complex psychological problems, degenerative changes in the body, an adapted version of color therapy should be used in combination with exogenous and endogenous bioresonance therapy.

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