

What Light and Color Have to Offer Energy Psychology

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The field of Energy Psychology (EP) continues to grow, as more psychotherapists discover that regulating the underlying bioenergetic structure of the mindbody makes their work both more effective and more efficient. In *Six Pillars of Energy Medicine*, the authors describe the spectrum of electromagnetic wavelengths as one of the primary forms of energy most pertinent to this type of healing work.¹ This same conclusion is applicable to EP. In this article, I invite readers to consider using light and color frequencies to further enhance their psychotherapeutic work. The research findings and clinical observations regarding the important role that light and color play in the well-being of both body and mind are extensive. This article will introduce you to a particular system of colored acu-light therapy

known as Esogetic Colorpuncture™, which I believe can serve as a powerful adjunct tool for the practice of EP.

As a therapeutic medium, light has a unique capacity to restore the client's connection to his or her own inner truth in ways that can be vital to the psychological healing process. To give you a sense of how this works — and how light can help you to more rapidly uncover any subconscious issues that may be adversely affecting your client's psychological and physical well-being — let me start by sharing one of my own clinical experiences. Some years ago, a client, whom I will call Anne, came to me for light treatments. At the time, she was about three years into remission from breast cancer. Early on in our work together, I gave Anne a particular Esogetic Colorpuncture treatment, called "Conflict Resolution Therapy." This treatment involved the application of colored light frequencies to a series of lines and points around the head using a hand-held light tool. It is designed to bring up and release any subconscious "conflict stress" that may contribute to a weakening of the immune system. The light helps synchronize communications between the three layers of the triune brain structure, so that subconscious information can flow into conscious awareness more easily. Two days after her treatment, Anne called to express her surprise at its impact. She found herself remembering and emotionally processing a date rape that she had experienced in high school. An intelligent woman in her late 40's and a trained psychologist, she thought she had come to terms with this traumatic experience long ago. The fact that this memory surfaced immediately after her light treatment suggests otherwise. In my opinion, the undigested imprints of that sexual assault were still sitting, quite toxically, in her cellular memory and contributed to her development of breast cancer many years later.

How Do Light and Color Effect the Body and the Psyche?

“Light is energy and it is information — content, form and structure. It is the potential for everything. Therefore, when you deal with light, you come to the fundamental activity upon which existence has its ground.”

— David Bohm, Physicist

According to the physicists, light is not only a primary form of energy. It is also one of the purist forms of information. We typically think of information as a set of facts or data. However, scientists more inclusively define information as anything that is communicated by sequences or arrangements of symbols or signals that can have an effect on a dynamic system (think DNA sequences). Light travels through our universe, and also within our bodies, in electromagnetic wavelengths made up of tiny particles called photons. As it does so, light conveys highly coherent signals that affect us both physically and psychologically. What is more, each different color of light (consisting of a different size wavelength) actually conveys different information. It is this “informative capacity” of colored light that makes it such a potentially valuable addition to EP.

German biophysicist, Fritz Albert Popp, spent over 35 years studying how light functions as a source of regulating information within and between each of our cells. He succeeded in measuring the presence of cellular light emissions called “biophotons.” It turns out that each of our cells is constantly emitting about the amount of light that we would see from a burning candle at 20 kilometers. Popp also observed that these biophoton emissions change whenever a cell’s functioning becomes disturbed in any way. In such instances, cellular light emissions, and hence, their communications with neighboring cells, become more chaotic and disharmonious. Based on his research, Popp concluded that biophotons are responsible, not only for the subtlest level of communication between our cells, but also for overseeing the vast array of cellular metabolic activities which take place within each cell every second. In addition, he argued that biophoton dysregulation, and the resulting impairment of cellular communication, contribute to the development of disease.²

Many other studies have documented ways in which light appears to influence specific aspects of the brain and body. For example, light travels through the eye and the optic nerve to the hypothalamus. There, it supports this vital portion of the brain in performing its life-sustaining job; that is, maintaining healthy homeostasis in the body via the endocrine and autonomic nervous systems.³ It also turns out that human photoreceptor cells are not limited to the retinal tissue of the eyes, as was once believed. Instead, light sensitive cells are present in virtually every tissue of the body. Fibroblast cells have been found in the skin that capture and emit “ultraweak photons.”⁴ Human nerves appear to be capable of transmitting colored light frequencies.⁵ And, most interesting for our purposes, the acu-points of the meridians or energy pathways in the body’s bioenergetic structure appear to be particularly receptive to and capable of transmitting light.⁶ In other words, human beings appear to operate as virtual antennae for light!

The research also indicates that light and color exert considerable influence psychologically. For example, trauma therapists may be interested to learn that different colored light frequencies have either stimulating or sedating effects on our autonomic nervous systems. Gazing at red light appears to activate the sympathetic portion of the ANS, as measured by increased respiration and increased blood pressure. While, gazing at blue light stimulates the parasympathetic portion of our ANS, thus causing reduced blood pressure and decreased

respiration.⁷ In a recent Finnish study, researchers examined the role that the pineal gland, a tiny light sensitive gland located in the center of the brain, plays in our psychological functioning. The pineal gland is responsible for converting serotonin into melatonin at night, when exposure to light is reduced. Melatonin is a hormone that regulates sleep and waking states, as well as a number of other physiological activities. These researchers found that, during the night, the pineal gland further transforms melatonin into a neurotransmitter called Pinoline. Pinoline enhances psychic states and triggers the dreaming process, which they argued is vital for psychological healing.⁸

Different colors influence our emotional state differently. Collectively, we have actually always understood this. As I tell my students, societies do not have blue light districts, they have red light districts! Intuitively and experientially, we know that red light arouses passion and energy, whereas blue light tends to be more soothing and calming. In the system of Esogetic Colorpuncture™, each color is understood to stimulate quite specific physical and psychological effects. Certain acu-points are known to have an affinity for specific color frequencies. This information is taken into consideration whenever new acu-light treatments are developed.

Finally, those who work with colored light as a psychotherapeutic medium often conclude that it exhibits a remarkable capacity to activate and restore the flow of the client's own suppressed or long forgotten subconscious information.⁹ As Peter Mandel, the originator of Esogetic Colorpuncture puts it, "colored light frequencies bypass the normal controls of the conscious mind and go straight to the deeper layers of subconscious information." I would add that light is also highly respectful in the way that it does this. Light never imposes a particular viewpoint or perspective on the client. Time and again, in giving the same treatment to different clients, I have observed that the particular insights and understandings which arise are always unique to that individual, as well as highly germane to their movement forward in life.

While this is by no means a complete review of the existing research regarding the impact that light and color have upon the mindbody, I hope these tidbits will inspire you to consider its therapeutic possibilities. This information also forms the theoretical basis for the following treatment approach.

Introducing Esogetic Colorpuncture™ Acu-Light Therapy

Esogetic Colorpuncture was developed over the past 40 years by German naturopath, acupuncturist and light therapy pioneer, Dr. Peter Mandel. Based on his long-time collaboration with Fritz Popp, Mandel reasoned that dysregulated cellular communications could be corrected by introducing counter-balancing light frequency patterns via the skin. In this way, he felt the information of light could be more precisely targeted to support the body's healing processes than if it were introduced through the eye.

Like other EP methods, colorpuncture utilizes the energetic gateways found in Chinese medicine, as well as other energetic treatment systems to accomplish its work. Each treatment consists of a particular sequence of points or zones on the skin, treated with specific color frequencies, in order to convey a particular healing message into the bioenergetic structure. Many of these treatments can be performed in a matter of minutes and are applied to relatively non-invasive areas like the face or hands. Psychotherapists who use this system often administer a light treatment either at the beginning or end of a counseling session. In addition, the Esogetic system includes numerous treatment protocols that can be used by clients at

home. Simple self-care treatments that activate dreaming, improve sleep, relieve anxiety and offset the physical impacts of stress can support the psychotherapist's work in the office.

Esogetic Colorpuncture was actually developed as a holistic medical therapy to support recovery from a variety of physical illnesses and pains. However, Mandel viewed the body and mind as a single continuum, constantly informed by light. He decided long ago that, in order to fully support his patients' healing, he would also have to develop light treatments that aimed at the causative roots of their conditions. He was convinced that these roots reside in the individual's subconscious. As a result, the Esogetic system includes a large body of treatments that have great potential for effective use in the psychotherapeutic setting. Whether they regulate emotional reactivity, encourage grounding, relieve anxiety, stress, burnout or depression, support addiction recovery, uncover subconscious or buried traumatic memories, or clear the cellular memory of toxic childhood experiences, these treatments can offer a unique addition to other EP approaches.

Finally, many Esogetic Colorpuncture treatments particularly aim at offsetting or reversing the debilitating effects that long-term toxic or traumatic stress can have upon the primary survival systems of the body: the endocrine system, the brain and nervous system, and the immune system. In this sense, the Esogetic approach is very much in keeping with the latest research emerging in fields of neuroscience and trauma resolution regarding the "Stress-Disease Continuum." These treatments can help prevent your clients' psychological challenges from damaging their physical health.

In Closing ...

I believe we are only beginning to understand the unique ways in which light and color can enhance the practice of Energy Psychology. My own clinical experiences, and the experiences of the psychotherapists with whom I collaborate, have convinced me that light offers great promise in this regard. Whether or not you become interested in the acu-light treatment system I have just described, I invite you to consider lighting up your EP practice and joining us in this fascinating exploration.

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