

Introduction

THE PHYSICAL BODY

Traditional Chinese Medicine (TCM) teaches us that the whole person includes 3 entities—the Body, the Soul and the Spirit. When disease strikes, it affects all 3, not just the physical body. An effective therapy must address the whole person, or the recovery is only temporary.

AcuColors' use of colored light on the acupuncture points (acupoints) not only draws the Physical Body's own healing powers to cellular locations that need repair, but it also releases negative emotions from the Soul and clears the energy pathways or meridians of the Spirit.

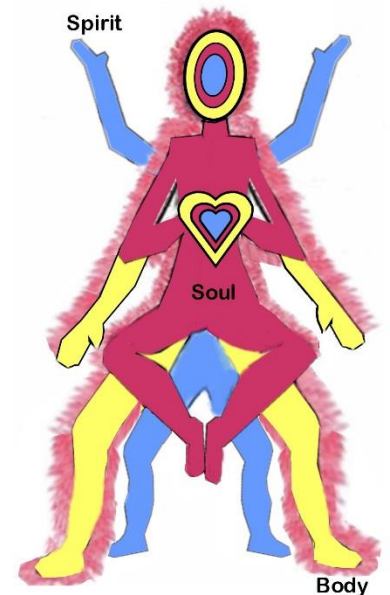
The miracle of the physical body lies in its ability to heal and repair itself from injury. Within one year all of the cells of the body have been renewed.

"Our body is not a structure, rather, it is a process. When we experience the body as a process, we recognize that it never stands still. The fact is that the body we have right now is not the body we had one year ago. Our stomach recycles every 5 days. Our skeleton recycles every 3 months. Even the DNA which stores memories of millions of years of evolutionary time - the actual raw material of our DNA changes every 6 weeks. So, you do in fact reinvent your body once a year. But, you reinvent it the same way over and over again. It retains the same patterns; it has the same illnesses; it has the same problems.¹

Even though patterns of illness are retained in cell turnover, light energy is able to interrupt those patterns and repair damaged cells, according to Dr. Fritz Popp:

"We know today that man is essentially a being of light. And the modern science of photobiology (Kirlian photography) ... is presently proving this. In terms of healing ... the implications are immense. We now know, for example, that ... light can initiate, or arrest, cascade-like reactions in the cells, and that genetic cellular damage can be virtually repaired, within hours, by faint beams of light. We are still on the threshold of fully understanding the complex relationship between light and life, but we can now say, emphatically that the function of our entire metabolism is dependent on light."

Dr. Popp has explained how the Physical Body cells are repaired with light energy. So, how are the other two entities—the Soul and the Spirit influenced by light?



THE SOUL-EMOTIONAL BODY

During the winter months some people develop SAD (Seasonal Affective Disorder, or Depression). We know that exposure to sunshine or light energy cures it. Colored light influences the Soul by releasing negative emotions that are often repressed and hidden in the physical body.

As the body lives in higher vibrations, lower energies, such as suppressed emotions, want to release. Stagnant anger, sadness, grief, judgment and low self-worth cannot exist in the environment of balance and peace. Emotional healing occurs as old feelings surface and release. We must release trapped negative emotions before we can receive positive feelings.ⁱⁱ

THE SPIRITUAL BODY

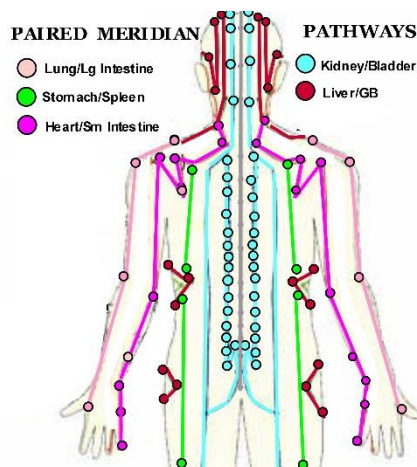
The Physical Body houses the Soul and the Spirit. The Soul is portrayed outwardly in the Aura. So, where is the Spirit? According to Dr. Bradley Nelson, *The Emotion Code*ⁱⁱⁱ, the spirit is housed inside the meridian pathways, an invisible energy system that brings life to all of the body tissues. The illustration below “Paired Meridian Pathways” roughly illustrates the extensiveness of this meridian system.

What happens when these pathways become blocked with a negative emotion or due to a physical injury?

ENERGY BLOCKAGES

The meridian energy pathways are designed for constant, unobstructed circulation. A blockage from physical injury or a repressed emotion is walled off creating a diversion, or alternate route, in order to cope. This deviation from the normal energy pathway is what causes degeneration in the body.

Rerouting of energy occurs when an organ such as the gallbladder is removed. We are told that the body can live without the gallbladder, the appendix, the spleen, a kidney, a lung, etc. But, what really happens when an organ is removed? Physically, the other organs must make up for that loss, and more stress is placed on the liver, the colon, the bone marrow or the other kidney or lung, yet the physical body miraculously can adapt.



Nevertheless, rerouting due to repression of emotions is very damaging to the whole person. Think of a child who has a fear of walking to school because he witnessed a crime one day on his way home. The child may avoid that route by being driven to school every day. But, what has that accomplished? The child is still fearful of walking to school. An adaptation doesn't do anything to get rid of the fear. The next time the child sees something bad happen, a similar pattern of fear builds needing another adaptation. Layer upon layer the fear intensifies to the point where the child is afraid to go outside.

Consequently, his body doesn't get enough Vitamin D or Serotonin due to the lack of exposure to sunshine, nor does he receive adequate exercise from playing outdoors. He becomes physically ill and sad. He loses his motivation to do anything because it hurts too much. So, do you see where this is going? Repressed emotions can impede a joyful spirit and cause physical illness. The emotion of sadness can lead to the darkness of depression hindering spiritual enlightenment. Removing negative emotional blockages quickly can prevent destructive patterns in Body-Soul-Spirit.

The Conscious vs Subconscious Mind

Emotional blockages often occur in the conscious mind from a stressful event. The conscious mind knows about the stressful event but it isn't always aware of the emotional reaction to that event. If the stress and the reaction are both unpleasant, the chances are that the whole experience will be repressed in the subconscious mind. Subsequently, digging anything out of the subconscious becomes difficult.

Keeping things in the conscious mind allows one to deal with the event, release the emotion and move on, thereby, avoiding blockages that inhibit the flow of energy throughout the meridian system.

How do we keep negative emotions from being transferred into the subconscious mind?

Simple, do not allow repression and rerouting to occur. An alternative for the little boy afraid to walk to school is for the mother to walk with him the first few times until he sees that no other stressful events occur. He continues walking to school because he releases the fear.

How is repressed information released from the subconscious mind?

Dreams often bring subconscious issues to the conscious mind. Write down details—symbols, feelings, location, time frame and words spoken—in the dream as soon as you awaken. Look up the details in a dream dictionary. One dream that I had awhile back made me aware of a health issue, when the symptoms weren't even in the conscious mind. The dream was simply about the bass E string not staying in tune on my guitar. The dictionary explained that the cello and guitar in particular, represent the female body because of their rounded shape & sound. If the music is off-key it is quite likely that something is physically off-key. The bass string or low E, could mean that something is shaking one's foundation, or in my case, my Root Chakra. Later, when I went to the doctor I found out that I had a UTI. Figuring out what's in the subconscious mind through dreams can be somewhat difficult, yet fun, since it's like solving a good mystery.

Another way to find out from the subconscious mind what emotions are stored in the body is through muscle (energy) testing. Dr. Bradley Nelson's *Emotion Code* is perhaps the simplest technique for releasing emotions since it tests the muscles with "Yes/No" questions. Ever heard of muscle memory? The subconscious mind which controls the Autonomic Nervous System—the heartbeat, breathing, nerve impulses—actually knows where these emotions are stored and the muscles can eliminate the guesswork in finding those troublesome areas. It does take some effort but this technique is quickly learned.

There are many TCM techniques, but perhaps an easier way to dig into the subconscious is to use color. *Turquoise* is sometimes called the “elevator to the subconscious”. *Pink* is associated with the Heart/Small Intestine meridian (Ht/SI) and represents unconditional love releasing “stuck” emotions. A heart attack can literally be caused by heartache from betrayal.

So what’s the best way to release buried emotions?

1. *Mantras*. Be aware of negative emotions when they occur. Feel that anger as it makes your face red hot, raising your BP. Mantras can immediately release unwanted emotions when they are repeated over and over until the emotion is released. Mantras are included in the Specific Color Treatment Plans in Part II Section 2.
2. *Essential Oils* also have an ability to heal the physical as well as the emotional bodies. Suggestions are also made in Part II Section 2.
3. *Reflexology* is more than a nice foot rub. When the therapist actually finds a tender spot on the foot, the tension from a negative emotion should be released so that the physical body can be healed. Look for reflexology tips in Part II Section 2 as well.
4. *Regulation treatments* moderate mood swings and reduce the chance of experiencing unwanted emotions. [Finger test](#) for body system imbalance and treat the affected systems appropriately as explained in Part II Section 1.
5. Realize that negative emotions can be transferred from mother to unborn child. An [antepartum treatment](#) should be performed on everyone, old or young, since the longer emotions are buried, the more time there is for physical degeneration of the body.
6. The *Specific Color Treatments* in Part II Section 2 target acupoints for the physical symptoms of disease, and then release the emotions, also eliminating its physical manifestations. Find emotions and their detrimental effects by using the following [chart](#) “Five Paired Meridian Pathways”. For example, if an emotion has been suppressed long enough to cause Migraine Headaches, look to the Liver Gall Bladder meridian network to release the anger that produced the physical symptom of migraine. The Headache treatment in Part II Section 2 is designed to release the anger and rebalance the body side to side.
7. Part II Section 3: *Meridian Balancing* is essential to prevent the headaches from coming back. If the Liver/GB meridians are not in equilibrium, the treatment is only temporary and the symptoms will return.

Five Paired Meridian Pathways

SPIRITUAL MERIDIAN NETWORK	MAIN SOUL EMOTION	PHYSICAL DISEASE SYMPTOMS OF THE BODY
Liver/Gall Bladder	Anger	Allergies, Anxiety, Aphasia, Chronic Fatigue, Convulsions, Dizziness, Eye & Ear issues, Fever, Gallstones, Hip

Lv/GB		pain, Hypertension, Leg arthritis, Meningitis, Migraines , Mood disorders, Muscle Atrophy, Nausea, Numbness, PMS, Rib pain, Sciatica, Shoulder pain, Stroke, Tinnitus, Weakness
Stomach/Spleen St/Sp	Worry	Anemia, Anorexia, Diabetes, Food Poisoning, GERD, Glaucoma, Hives, IBS. Dyspepsia, Indigestion, Joint & Bone pain, Knee pain, Menstrual cramps, Muscle Spasms, Nausea, PMS, Smell or Taste issues, Sty, Toothache, Ulcers, Urinary Tract infections
Kidney/Bladder Ki/Bl	Fear	Anorexia, Arthritis, Bladder infections, Edema, Epilepsy, Fatigue, Foot pain, Hearing & Speech issues. Hiccups, IBS, Impotence, Joint pain, Knee, Leg, Low Back Pain, Low Libido, Muscle spasms, Osteoporosis, Premature Graying, Prostatitis, Rapid Pulse, Reproductive issues. Hereditary weaknesses, Respiratory ailments, Sciatica, Sexual dysfunction, Systemic diseases, Tinnitus. Urinary disorders, Vertigo
Lung/Large Intestine Lu/LI	Sadness	Acne, Allergies. Asthma. Bell's Palsy, Bronchitis, Cold symptoms, Congestion, Cough, Cough. IBS, Crohn's, Depression, Diarrhea, Dry Skin, Eczema, Elbow pain, Fatigue, Flu, Immune deficiencies, Itching, Learning disorders, Nasal Obstruction, Sinus infection, Sneezing, Sore throat, Stress, Toothache, Ulcerative Colitis, Upper Back pain,
Heart/Small Intestine Ht/SI	Betrayal	Anemia, Blood Pressure/Heart rate & rhythm, Celiac disease, Chronic Cough; Shoulder & Neck pain. Sore Throat, Fatigue, Insomnia, Mouth sores, Mumps, Neuralgia, Nightmares. Fever, Numbness in fingers, Poor Circulation in arms & legs, Poor Memory, Sweating, Swollen Glands, TMJ syndrome.

It is interesting to note that when healing occurs in all 3 entities—Body-Soul-Spirit, and especially in the Spirit Body, all judgments and emotions are released in the pathways to allow clear communication with the Divine where all of our energy information originates.

So in review:

AcuColors regulates the body systems, releases buried emotions and rebalances the meridian pathways.

It may be difficult to determine if we have trapped emotions blocking the meridian pathways which are then producing degenerative physical symptoms. The Chinese have developed good diagnostic methods to help us with this. The simplest of these techniques are described in Part I of this book.

ⁱ *Reinventing the Body, Resurrecting the Soul* by Deepak Chopra

ⁱⁱ *Emotional Healing with Essential Oils*, e-book by Daniel MacDonald, Enlighten, 2nd Ed.

ⁱⁱⁱ *The Emotion Code* by Dr. Bradley B. Nelson, Wellness Unmasked Publishing, 2007.