**305 - The Color Method**

We perceive life through what we see, hear, taste, touch and smell. The body passes through time/space and many different waves of energy *(radio, tv, microwave, etc.)* with limited visual perception of the energy we pass through. We name the visual bands of energy red, orange, yellow, green, blue, purple, grey, brown, black, white, silver, gold and all the possible combinations. People with enhanced visual perception describe a glowing energy surrounding and permeating the human body. Kirlian photography takes photographic images of it. Biofeedback equipment measures the waves of energy.

Lecron and Bordeaux (Hypnosis Today), listed color hallucinations as the deepest level of workable hypnosis.

Barbara Brennan, a former NASA research scientist and author of Hands of Light, is training people to do hands on healing.

In the laws of physics, there is a strange phenomena that occurs when two particles have been together. When one particle changes, the other one changes as well. It doesn’t happen sequentially, it happens simultaneously, no matter how far apart they have become. Einstein referred to this theory (Bell’s Theorem) as “spooky actions at a distance.”

All these things point to an energy field beyond what we, in the Western world, have historically researched in the “scientific” manner, and yet, other cultures have explored and practiced exercises that until recently, we, in the Western world, found hard to believe. Tai chi masters are able to do amazing feats. Reiki masters practice healing by laying on of hands, and by remote sending. Prayer groups help promote healing in person and remotely. Perhaps Anton Mesmer was correct. Perhaps there is an energy field that requires adjusting in the body. Some people refer to this energy as bioelectric energy. Some people refer to this energy field as the “aura”.

Modern scientists find that their own expectations can influence the outcome of scientific experiments. The mind establishes a search pattern and then seeks out the things that will confirm the established pattern of thought and expectation. The intent of this experiential learning opportunity is to create a greater awareness of how color can enhance the hypnotic experience and improve overall outcomes.

**Energy Talk**

How do you describe the energy that enlivens your body? What language do you use to describe the full expression of feelings that flow through you? *(Do you allow yourself to sense the energy flowing through you?)* If your language is based on the visual representational system you may use phrases like:

"I've got the blues."

"I'm green with envy."

"I've got a black cloud hanging over me."

"I saw red."

"I'm in the pink."

"What a sunny nature."

"What a glow."

"I feel lit."

"Every cloud has a silver lining."

"Make new friends, but keep the old, one is silver and the other is gold."

These translations of the subtle visual perception of life's flow of energy creates a useful, primary form of com­munication. Color excites the imagination, bypassing logic, creating rapid access to the creative subconscious. According to Lecron and Bordeaux, color sensations are the deepest forms of workable hypnosis, found just above plenary state or coma state hypnosis.

If you are not a visually oriented individual, you may still have had the experience of sensing the energy field. Have you ever felt someone looking at you and turned to look into the eyes of someone across the room or behind you. This is a response to the subtle energy that surrounds and emanates from your body. Your thoughts and focus of energy have a noticeable effect on you and whatever/whoever you are focused on. You may have sensed it in noticing how comfortable you feel with someone. With another person, perhaps you noticed how you couldn't wait to get away because of feelings of unease. All of these experiences are based on subtle perception and emotional response.

**The Bubble of Light and Breath**

"Imagine the light surrounding, soothing, bathing you in a beautiful bubble of light. Safe, protected, guided, strengthened, healed, loved and secure. The life force flowing through the body, streams of light, create an energy field surrounding and permeating the body as a bubble of light, an impermeable, impenetrable bubble of light. Breathe deep and easy. Breathe in relaxation, breathe out tension. Listen to the sound of the air coming in and out of the body. You are an air breathing mammal. Air is life. Listen, the in breath sounds like SOOOOOOOOH or SAAAAAAH and the out breath sounds like HAAAAAAAMMMMM. Now close your eyes, if they aren't already, and imagine there is a window in the top of the head. Imagine a bright, white, silvery or golden light streaming down from far above you. Breathe it in and fill up your head. Breathe out all darkness, breathing out all tension, breathe in relaxation. Breathe that bright white, silvery or golden light down to the tips of your toes and breathe out all darkness. Breathe that light down to the tips of the fingers and breathe out all tension, letting it go, letting it go, letting go. Breathe that light in so that it fills up every muscle, cell, tissue and fiber of your being, dripping off your fingers, dripping off your toes, oozing out the pores of your skin, surrounding you in a beautiful bubble of light. Safe, protected, guided, strengthened, healed, loved and secure.

Listen to the sound of your breathing. Breathing in life, light...., breathing out tension and waste products. Breathe deep and let that bright white, silvery or golden light soothe, bathe, permeate and penetrate every muscle, cell, tissue and fiber of your being. Light surrounding every part of you. Breathe this light in and out. Just let yourself go. Breathe in love, light, truth, warmth, peace, humor, healing, guidance and the perfect blue print of health. It surrounds, soothes, bathes you in an egg shaped or an apple shaped light.

Imagine the most calm, peaceful feeling you've ever known. Remember a time of peace and well being... bring that feeling of well being back to the now... safe within an impermeable, impenetrable bubble of love, light, truth, warmth, humor and a perfect blue print of health. You breathe in oxygen and breathe out carbon dioxide. You are breathing in fuel, life energy and breathing out waste products.... breathing in the things you need for life, releasing all waste products, worn out thoughts, ideas and feelings. Breathing in life, exhaling waste products. Building new healthy cells, letting go old worn out cells.

The in breath and the out breath sound like Soh-Ham, a Sanskrit word for "I am it." The out breath and the in breath sound like Ham-Sah, the Sanskrit word for "The Great White Bird of the Soul." With every breath, you are speaking in Sanskrit, "I am it! The Great White Bird of the Soul." The word Spirit comes from Latin, spirare - to breathe. By your very breath, you own life. By your words you admit that you are more than a body. Instead of saying, "I eye," you say, "My eye." Trust yourself completely.

*(Then either do an emergence, or proceed with deepening, uncovering and/or therapy.)*

**Let the Light In**

"Close your eyes and imagine . . . there is a window in the top of the head, or in your forehead . . . Imagine a bright.., white . . ., silvery . . . or golden light . . . streaming down from far above you. Breathe it in and fill up your head. Breathe out all darkness, all tension, all indecision, LET IT GO, let it go, let it go. Breeeeeeathe in reeeelaaaaxaaaation. Breathe that bright white, silvery or golden light down to the tips of your toes and breathe out all darkness . . . Breathe that light down to the tips of the fingers and breathe out all tension, letting go, letting go, letting go. Breathe that light in so that it fills up every muscle, cell, tissue and fiber of your being . . ., dripping off your fingers . . ., dripping off your toes . . ., oozing out the pores of your skin, surrounding you, soothing you, bathing every muscle, cell, tissue and fiber of your being in a wonderful feeling of lightness and well being. Then when you are ready, come all the way back . . . . by opening your eyes . . . . bringing that wonderful feeling of well being back with you... peaceful, calm, serene in your relaxation."

**Uncovering Your Own Understanding of Color**

Light is energy. Different colors are different frequencies of light energy. Energy in Motion (E + motion) = Emotion. Different colors = Different types of feelings. Before you use other people's general translations for colors, write down your own impressions of how a color feels to you, and what kind of meaning, if any, it holds.

Red:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Orange:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Yellow:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Green:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sky blue:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dark blue:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Violet:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Color Breathing**

Imagine the color red. Breathe red in . . . and breathe it out. Notice if the red going out and the red coming in are the same . . . or different. Breathe it in and out until the outgoing color is just as bright, rich and vivid as the incoming red . . Notice how you feel about that color . . . Notice what kind of things it reminds you of.

Imagine the color orange. Breathe orange in and out and notice if it is the same color going in and out, or if it is different . . . Breathe it in and out until the outgoing color is just as bright, rich and vivid as the incoming orange . . . Notice how you feel about that color . . . Notice what kinds of things it reminds you of.

Imagine the color yellow. Breathe yellow in and out and notice if it is the same coming in and going out. Breathe it in and out until the outgoing color is just as bright, rich and vivid as the incoming yellow. Notice how you feel about that color. Notice what kinds of things it reminds you of.

Imagine the color green. Breathe rich, velvety emerald green, living plants, chlorophyll in and out and notice if it is the same color going in and out, or if it is different . . .. Breathe the green in and out until the outgoing color is just as bright, rich and vivid as the incoming green. Notice how you feel about that color. Notice what kinds of things it reminds you of.

Imagine the color blue, sky blue. Breathe that beautiful blue in and out and notice if it is the same color going in and out. Breathe it in and out until the outgoing color is just as bright, rich and vivid as the incoming light blue. Notice how you feel about that color. Notice what kinds of things it reminds you of.

Imagine the color indigo, dark blue, the midnight sky. Breathe that beautiful rich dark blue in and out and notice if it is the same color going in and out. Breathe it in and out until the outgoing color is just as bright, rich and vivid as the incoming indigo. Notice how you feel about that color. Notice what kinds of things it reminds you of.

Imagine the color violet, purple. Breathe that beautiful rich purple in and out and notice if it is the same color going in and out. Breathe it in and out until the outgoing color is just as bright, rich and vivid as the incoming violet. Notice how you feel about that color. Notice what kinds of things it reminds you of.

Let the colors of light fill the entire body . . . soothing . . . permeating . . . penetrating every muscle, cell, tissue and fiber of YOUR BEING IN A WONDERFUL FEELING OF WELL BEING. Let that feeling and that light ooze out the pores of your skin, surrounding you in at peaceful glow of gooooood . . . and eeeeeeexcellent reeeelaaaaxaaation.

**Use of Light**

You may want to start your work day by cleansing yourself mentally. Stand with feet slightly parted, arms hanging beside you, hands turned out, or slightly up, opening yourself. Think,

"Creative intelligence of the universe, come into my body."

Then breathe in, imagining beams of light streaming into your body with your breath. Retain the air, imagine sealing off every opening of the body and imagine drawing strength, courage, healing, protection and guidance from the light into every cell in your body. Perhaps you will get pictures of plants or animals or things that symbolize strength, courage, healing, protection and guidance. When you exhale, imagine releasing all waste products.

Breathe in, again, asking the creative intelligence of the universe to come in, imagining the light waves coming into your body, bringing all the things that you require from life. Retain it, seal off the openings and imagine the components of life, air, space, water, fire and earth going to every muscle, cell, tissue and fiber of your being. Then breathe out all waste products.

Breathe in the light one more time, thinking,

"You, who's rays illuminate the world, bringing life and love and joy, illuminate also my heart, so that it too can do your perfect work, for I can of my own self do nothing."

Imagine the rays of light streaming into your body and radiating out from your heart to anyone and anything you think about and/or interact with. Breathe out all waste products. Then hug yourself, giving thanks for all things that have come, all things that are yet to come and all things that are coming now . . .

Then open your arms and release those thoughts and go about your day.

**Color Alignment**

Aligning colors in the body has a soothing effect through stimulating the imagination, and focusing attention.

The Base is red and is located between the legs.

The orange is located in the pelvis.

The yellow is located in the diaphragm.

These first three centers of light represent the animal function of life on the physical plane.

The green and is located in the chest. This is the bridge to the spirit *(spirare - to breathe)*.

The blue and is located in the throat.

The indigo and is found in the upper head, face, brain and eyes

The violet and is found at the crown of the head.

The top 3 centers of light relate to the spiritual expression of life that makes us aware, by thought and by communication, of something more powerful than the animal instinctual response.

**Using Color for Uncovering (parts therapy)**

Every part of the body is smart and if you listen, every part of you has a voice. Color is a tool for self discovery by adding visual representations to kinesthetic perceptions and sensations. When you pay attention to what colors mean to you, giving feelings a color expands your representational awareness of any given situation.

"There is a feeling in the body. There is a part that *(feels tense*)..... "

"If that feeling/part had a color, what color would it be?"

*(if hesitation)*

*"*If I gave you a box of crayola crayons, what color would you pick to color that feeling/part?"

*(pinpoint the location of the feeling or part in the body.)*

"If you could find that feeling/color in the body, where would you find it?"

*(Draw a stick figure to keep track of the subject's responses. If the subject is unable to find the feeling or color from inside the body, have them imagine a stick figure and notice where that feeling/color is, or where they would place it on that stick figure.)*

*"*If you could draw \_\_\_\_\_*(red*) anywhere on a stick figure, where would you color it \_\_\_\_\_ *(red)*?"

"If that \_\_\_\_\_ *(red)* could speak, what would its first words be?"

"How do you feel about that?"

"Tell it your true feelings about it and start like this, "You that \_\_\_\_\_ *(red*) part, here's my true feelings about you.""

*(Continue with dialogue between parts, and/or do regression to ISE.)*

**Color in Pain Management**

What color is the feeling of distress or discomfort right now?

What color would feel better?

Draw a white line with a crayon around your discomfort, breathe out the painful color, and breathe in the color that feels better.

**Interpreting Color**

The following interpretations are broad generalizations. Use your intuitions. If a color means something different to you, trust your own perceptions!

Red relates to the life force. "I chose life"

Orange relates to passion. "I experience excitement for living.

Yellow is the mind of the body. Instinct. "I feel it in my gut." I can/cant digest that.

Green relates to emotions. "I feel."

Light Blue relates to communication. "I perceive clearly and express myself."

Indigo re­lates to independent thought. "I have free will."

Violet is a touch to that divine other and an encompassing love of life. "I connect with all other life. I am one with the Creative Energy of the universe and it flows through me freely."

**Colors of Healing**

Pink is generally a loving energy.

White, Silver, Golden are cleansing, healing, protection, guidance, strength.

Green is an emotional healing, living, oxygen energy.

Light blue is an enhanced communication and awareness.

It is best to ask the body what color it needs to feel better, than to assume that you, the hypnotherapist, know exactly what color the body desires to promote relaxation and well being.

**Hidden, Forbidden and Painful Colors**

Grey indicates uncertainty and indecision.

Black and grey indicate repression, negativity, stagnation and waste.

Brown indicates an need for grounding, releasing waste products to the earth.

Black, red and grey tend to be colors of pain and illness.

Black indicates the unknown, unexplored, the life denying and negativity

If there is any inhibition on the colors, ask the part inhibiting the flow of color.

"You the part which is inhibiting the color, if you could speak, what would you say?"

“What color do you need to feel better?”

“Alright, breathe that color in, and breathe out all waste.”

If the subject does not respond well to visual perceptions, color may not be as successful as other techniques.

**Color Breathing and Chakra Balancing**

"Imagine the color red. Breathe it in and breathe it out. A rich ruby red. Breathe it in and out and notice if it is the same color going out as the rich, vivid red that comes in. Breathe it in and out until the outgoing color is just as bright, rich and vivid as the incoming red. Then place that red between the legs. Not in the genitalia, in the space below the genitalia. Breathe red into that space between the legs and notice how it feels. Red pertains to survival."

"Imagine the color orange. Breathe it in and breathe it out. A beautiful rich deep orange. Breathe that beautiful rich orange color in and out and notice if it is the same color going out as the rich, vivid orange that comes in. Breathe it in and out until the outgoing color is just as bright, rich and vivid as the incoming orange. Then place that orange in the pelvis. Fill the pelvic girdle, breathe it in and out and notice how that feels. Orange pertains to passion."

"Imagine the color yellow. Breathe it in and breathe it out. A beautiful bright yellow. Breathe that beautiful rich yellow color in and out and notice if it is the same color going out as the rich, vivid yellow that comes in. Breathe it in and out until the outgoing color is just as bright, rich and vivid as the incoming yellow. Then place that yellow in the diaphragm. Breathe it in and out and notice how that feels. Yellow pertains to power. "

"Imagine the color green. Breathe it in and breathe it out. Rich, velvety emerald green, living plants, chlorophyll. Breathe it in and out and notice if it is the same color going out as the rich, vivid emerald green that comes in. Breathe it in and out until the outgoing color is just as bright, rich and vivid as the incoming green. Place that emerald green in the chest. Breathe green into the chest and notice how it feels. Green pertains to feelings."

"Imagine the color blue, sky blue. Breathe it in and breathe it out. Breathe that beautiful vivid blue in and out and notice if it is the same color going out as the rich, vivid blue that comes in. Breathe it in and out until the outgoing color is just as bright, rich and vivid as the incoming light blue. Then place that blue in the throat. Breathe it in and out and notice how that feels. Light Blue pertains to communication."

"Imagine the color indigo, dark blue, the midnight sky. Breathe it in and breathe it out. Breathe that beautiful rich dark blue in and out and notice if it is the same color going out as the rich, dark blue that comes in. Breathe it in and out until the outgoing color is just as bright, rich and vivid as the incoming indigo. Then place that indigo in the eyes. Breathe it in and out and notice how that feels. Dark Blue pertains to independent thought."

"Imagine the color violet, purple. Breathe it in and breathe it out. Breathe that beautiful rich purple in and out and notice if it is the same color going out as the rich purple that comes in. Breathe it in and out until the outgoing color is just as bright, rich and vivid as the incoming violet. Then place that violet on the forehead, like a crown. Breathe it in and out and notice how that feels. Violet pertains to spirituality."