Color and Hypnotherapy.

There is an ongoing debate in the field of hypnosis about depth and quality of response.  Some folks say that depth is needed for good results.  Some folks say that a good quality of response can be had without deep trance states.  I believe that depth is useful in dealing with surgical applications, and that conversational hypnosis can be used for most everything else.  One of the fastest ways to bring about depth in conversational hypnosis is to use colors.  According to Lecron and Bordeaux’s depth scale (1947, p. 67), color sensations are experienced at the deep or somnambulistic levels of hypnosis.

When I first got into this field, I, with my arrogance, assumed I could "assign" colors to help a person heal that I had found helpful for me.  I quickly learned that it was better to ask what color was linked with a feeling or thought, and ask what color would feel better.  Then I learned about the Hindu chakra system, which has a thorough analysis of color and what those colors indicate are at issue in a session (Brennan, 1987).  Chakra 1 is between the legs and is red.  Chakra 2 is in the pelvis and is orange.  Chakra 3 is in the stomach and is yellow.  These first three chakras reflect the physical body in the physical world.  Chakra 4 is in the chest and is green.  This is the astral bridge by which the spirit gains access to and infuses the body with life force.  Chakra 5 is in the throat and is light blue. Chakra 6 is in the brain and is dark blue.  Chakra six is the crown of the head and is purple.  When I ask about colors now, by the responses, I get an idea of where the person is, where they are going, and how we can intervene  We can do a process of aligning the colors to match the Hindu chakra system.  First do an assessment, "What color do you find:  between your legs, in your pelvis, in your stomach, in your chest, in your throat, in your head, and at the top of the head?"  Then re-arrange the colors to align with the Hindu system.  It's amazing how fast people relax and release tension when they imagining their bodies as rainbows.

Color intervention can also be done just after the progressive relaxation is complete (but it is not necessary to induce tranace to use color as an intervention), and then ask, “Is there any part of the body that needs to relax still further?”  If yes, “Where is it?”  The client identifies the part of the body that is still tense.”  “What color is it?”  The client tells me the color.  If the client hesitates, or says, “I don’t know,” I say, “Imagine you have a box of crayola crayons.  What color would you use to draw that feeling.”  This generally elicits a color response.  Then I ask, “What color would feel better.”  The client tells me.  I asked the client to, “Breathe out the color that is tense, and breathe in the color that would feel better.  Is there any other part of the body that needs to relax still more?”

I draw a stick figure to track location and color, and I number them.  Once the client has completed a body scan which lets me know where they are holding tension, I have them go back and check the areas out one at a time.  Usually just changing the color will reduce or relive the tension.

Dave Elman (1964) used a method called the Green Finger technique for rapid elimination of pain.

Sometimes we have to get another sense involved in order to gain the relief the client is seeking.  “If that color had a voice, what would it say?”  This is when we engage in a Great Debate (a la Charles Tebbetts, and that is another article).

respectfully submitted
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"Blessed are those who dream dreams and are willing to pay the price to make those dreams come true" (unknown).

References

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