

Reference Notes

Root Treatments:

Color Therapy

Chakra Balancing

Written or Compiled by Darren Starwynn, O.M.D

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www.east-westseminars.com dstarwynn@eastwestmed.com

Effects of Color Therapy

Color Therapeutics for the Physical Body

Color	Physical Effects of the Color
RED	Stimulates liver, sensory nerves & immune system, increases metabolism, resolves scars, benefits bones, reduces chronic constipation, hemorrhoids, speeds circulation
ORANGE	Builds and stimulates lungs, thyroid, bones. Decongestant (Lemon also). Balance endocrine (w/blue). Warms urinary, GYN, intestines, sexual organs, cold feet, helps poor assimilation of nutrients, fatigue
YELLOW	Stimulates nervous, lymphatic & intestinal systems. Improves digestion, liver/GB imbalances
GREEN	"Great Balancer/Healer" of body and brain, stimulates pituitary, benefits liver, lungs, eyes, diabetes, cysts, tumors, allergies, joint pain. Disinfectant, builds muscles/tissues
BLUE	Major anti-inflammatory effect, burns, fever, Excess conditions, anti-bacterial. Relieves pain, nervousness, insomnia (Purple also).
INDIGO	Respiratory, thyroid, mammary depressant, contracts tissue, reduces abscesses, discharges and bleeding. Promotes phagocytic activity & parathyroid. Lessens over-excitement.
VIOLET	Builds spleen, <u>reduces</u> activity of muscles, heart, lymphatic, pancreas, nervous system. Promotes leukocytes. Benefits menopause, reduce stress, anti-viral.
MAGENTA	Builds and balances function of kidneys/adrenals, heart, circulatory and reproductive systems
SCARLET	Kidney/adrenal stimulant, raises blood pressure, heart rate. Stimulates sexuality and reproductive organs
PURPLE	Induces relaxation and sleep. Lowers kidney/adrenal function, blood pressure, temperature and heart rate. Reduces pain.
TURQUOISE	Promotes healing in recent disorders, rebuilds burned skin, cleansing/anti-inflammation. Benefits skin, immune system, lungs/large intestine, thymus, relaxation
LEMON	Helps resolve chronic conditions through liver/blood effects. Dissolves blood clots, is expectorant, bone builder, brain stimulant, thymus and digestive stimulant

Psycho-Emotional Indications for Color Therapy

	Color	Positive Qualities	Helps Correct
	Red	Energizing, increases Yang Qi, brings passion, courage & circulation	Ungrounded, cold, stuck, disassociated, timid, yin depression
	Scarlet	Passion, sexual aphrodisiac, stimulates emotions	Lack of passion and purpose, burnout, asexual, frigid
	Orange	Joy, creativity, security, abundance	Low self-esteem, fragmented, emotionally congested, shame, gives power away
	Yellow	Cheerfulness, empowerment, optimism, confidence, outgoing	Hopeless, powerless, shy, frustrated, weakened
	Lemon	Mental clarity, protection, friendliness, accepting	Stagnation, inner conflicts, anger, hate
	Magenta	Emotionally balanced, creative, deep inner resources	Many kinds of emotional imbalances, imbalance of Fire & Water elements
	Green	Physically/energetically balanced, peace, harmony, restoration, in tune with natural cycles	Stagnation, lack of motivation, emptiness, sadness/grief, feelings of abandonment
	Turquoise (Cyan)	Calm, centered, emotionally intelligent	Overly mental, moody, hypersensitive
	Blue	Calm, centered, emotional intelligence, far-seeing, emotionally appropriate	Lack of communication, harsh communication, fears confrontation, insomnia
	Indigo	Clarity, emotional containment, able to focus & stand up for oneself	Obsessive or scattered thought, indecisive, over-excitement/mania, memory issues
	Violet	Intuitive, inner connected, trusting, appreciative	Dogmatism, paranoia, out of touch with reality, cannot trust, introverted
	Purple	Abundance, power, beauty	Inflammation, hypersexuality
	White	Integration, purity, protection	Fragmented, contradictory, unsafe, feeling polluted

Complementary colors

Yang colors

Red
Yellow
Magenta

Yin colors

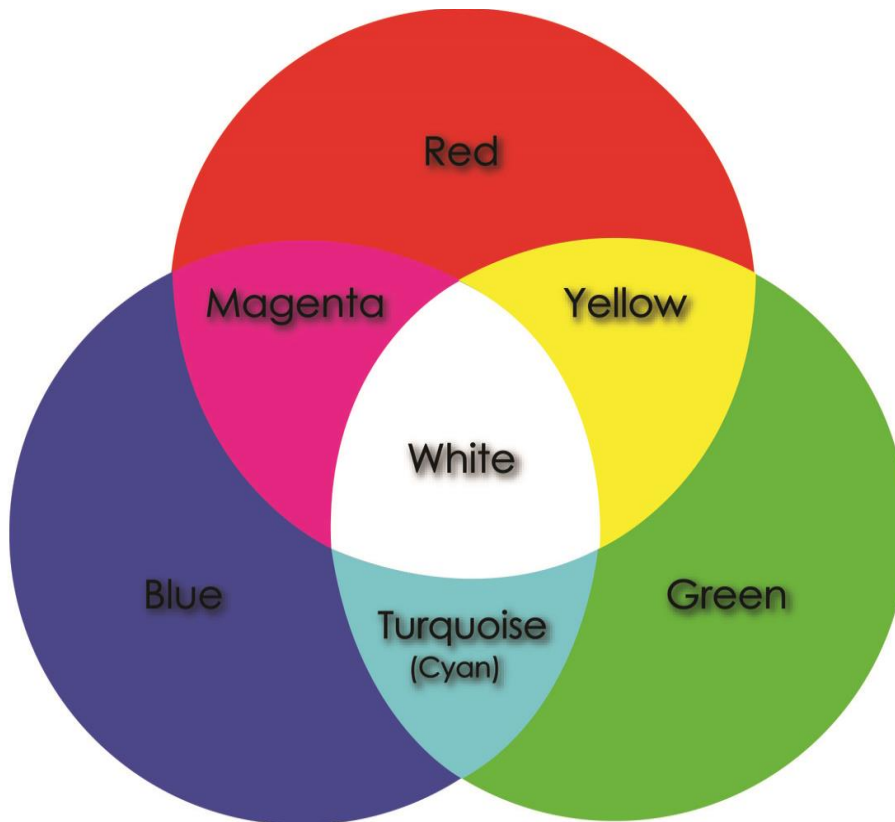
Turquoise
Blue
Green

Not pure complementary colors, but are often used together in therapy:

Lemon
Scarlet
Red

Turquoise
Purple
Green or Blue

8) After completing Mu-Shu treatments, re-test the Alarm points of the Organs treated without the color filter in place and see if the muscle test remains rock solid. If it is the technique was successful. If not, try re-treating with another color and test again.



Chakra Balancing

Chakra	Bodily System	Psychic Positive Quality	Nervous System	Endocrine
1 st - Root	Reproductive	Stability, vitality, groundedness	Sacral-coccygeal plexus	Male gonads, Leydig cells
2 nd - Sacral	Genito-urinary	Fear, sexuality, creativity, intimacy	Sacral plexus	Female gonads, pituitary – lymph-adrenal axis
3 rd - Solar	Digestive	Assertiveness, confidence, anger	Solar plexus	Pancreas islets of Langerhans
4 th - Heart	Circulatory	Love, compassion, empathy, integration	Heart plexus	Thymus
5 th - Throat	Respiratory	Self-expression, communication	Cervical plexus, brain medulla	Thyroid, parathyroid
6 th - Brow	Autonomic Nervous System	Insight, intelligence, clarity	Limbic brain, hypothalamus	Pituitary, hypothalamus
7 th - Crown	Central Nervous System control	Intuition, spiritual connectedness	Cerebral cortex	Pineal

Common Chakra – Color Matches

1 - Root Red – to energize, increase vitality, ground

- *Green – Balance 7 (crown) and 1st (Root)*
- *Scarlet – Sexual dysfunction (with 2nd)*
- *Note- A good cranial-sacral balancing can be given by placing + probe on Du 20 on top of head and – probe on Du 1 under coccyx with appropriate color.*

2 - Sacral Orange – Depression, low sex drive, creative block

- *Blue or Magenta – Balance excess emotionality*
- *Scarlet – Increase sexual energy, adrenal function*

3 – Solar Plexus Yellow – Boost vitality, support digestion, fluid metabolism

- *Violet – Overly mental, raise consciousness for emotional power/disempower issues, rage*
- *Green or Magenta – Balance emotional energies*
- *Turquoise – Bring truth to denied feelings*

4 - Heart Green – Strengthen heart, balance mental function

- *Magenta – Benefit circulatory system, emotional*
- *balance, balance Fire-Water axis (also with 2nd)*
- *Red – Strengthen immune system through thymus*
- *Turquoise – Connect human and spiritual heart*

5 - Throat Blue - Strengthen expression, reduce throat

- *inflammation*
- *Orange – Build and strengthen lungs and thyroid,*
- *decongestant (with Lemon)*
- *Indigo – Reduce excess energy in lungs, thyroid*

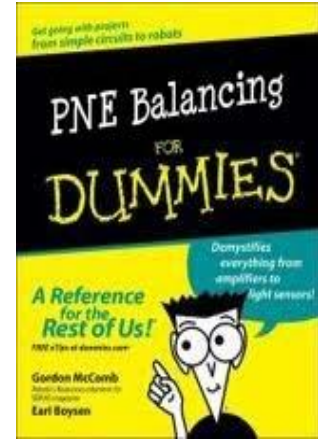
6 – Brow Indigo or Violet – Bring mental peace

- *Blue – Head tension, balance endocrine*
- *system (add Orange on Ren 3)*
- *Orange – Depression (w/ Du 20 + 19)*

7 - Crown Violet – Spiritual connection, calm manic states

- *Indigo – Calm over-excitement, nervousness*
- *Yellow – Promote mental function*
- *Red – Sacral, hip pain, raise energy*

The Simple Version – Chakra Balancing For Dummies



- 1) Muscle test each PNE center while patient touches it with fingertip (or use pendulum). Note weak tests (indicating imbalance). Choose one or two centers to treat per session.
- 2) Help patient create and speak strong resonant intentional statement
- 3) Use challenge testing to determine most balancing color for each PNE center you have chosen to treat
- 3) Ask patient to sit up straight, apply + probe on front, - on back of center with indicated color of light (Probe preset #2 on Acutron, timer 20 seconds). Heart center – use light only, no microcurrent
- 4) Treat center for 1 – 2 minutes, toning the appropriate tone with your patient. Colors will probably be different for each center needing treatment
- 5) Retest each affected center – see if muscle test is now strong
- 6) Debrief patient

Tones for Balancing PNE Centers

Chakra	Sanskrit Tone
Root – 1 st	Lam
Sacral – 2 nd	Vam
Solar – 3 rd	Ram
Heart – 4 th	Yam
Throat – 5 th	Ham
Brow – 6 th	Om or A
Crown – 7 th	Aum

Chakra Associated Symptoms/Diseases

Chakra Corres- ponding fingers	Healthy Qualities	Medical Manifestations Of Imbalance	Psycho- Emotional Imbalances From Overactivity	Psycho-Emotional Imbalances From Underactivity
Root heel of palm or feet	Grounded and strong <u>life-force</u>	<u>A host of diseases related to displaced red energy and repressed anger:</u> heart attack, cancer, colitis, Alzheimer's, rheumatoid arthritis, PIDs, anemia, hypertension, most inflammatory diseases, feet/hands/bone/teeth problems	Belligerent, hyperactive, compulsive sexuality, violence, serial killer, hubris	Poor sense of direction, lack of memory, loss of balance, ungrounded, too cautious, suicidal tendencies, feelings of insecurity, possessive, weak and sickly
Sacral thumbs	Creativity, <u>emotions</u> , sexuality, innocence	Impotence, frigidity, low sex drive, bladder disease, enlarged prostate, STDs, AIDS, wrist and ankle prob.	Selfish, lustful, conceited, emotionally charged	Shy, low affect, unable to show feelings, co- dependence
Solar middle fingers	Self- confidence, leadership, empathy	Indigestion, pancreatitis, liver disease, diabetes, irritable bowel syndrome, peptic ulcer, arthritis, leg/arm pain , gall bladder problems, anorexia/bulimia, "Liver invading the Spleen"	Controlling, OCD, rage, stubborn, rigid, judgmental, critical, fundamentalist, Spanish Inquisition mentality	"leaf in the wind", can't enforce will, aloof, fears confrontation, psychosomatic illnesses – FOOD OR MONEY ISSUES
Heart little fingers	Integration, <u>compassion</u>	Heart disease, asthma, coughing, underweight, torticollis, mental illness, insomnia, knee/elbow problems	Pride, jealousy, mania, "wears her heart on her sleeve"	Feel isolated, & unloved, lacking compassion, need constant reinforcement of worth, mentally overloaded
Throat index fingers	Clarity and power of <u>expression</u>	Thyroid disease, speech disorders, lung diseases, ears, shoulder , poss. hip issues	Dogmatic, domineering, speaks gossip/negativity	Melancholy, gives in to others, resists change, hard to express self, stuttering
Brow ring fingers	<u>Insight</u> , mental clarity, discernment	Sinusitis, skin irritation, headaches, OCD, left eye problems, stomach ulcers	Worry, fearful, superstitious, oversensitive, manipulative, spacy	Doubt, overly logical, forgetful, fearful
Crown	<u>Intuition</u> , spiritual connection, abundance	Substance abuse/alcoholism, insanity, high BP, kidney disease, right eye prob.	Overly erotic imagination, crave sympathy, savior complex	Shame, self-denial, negative self-image, feel disconnected from Spirit, dark night of the soul

Informed Consent for Chakra (PNE Balancing) Therapy

I hereby request and consent to the performance of PNE Balancing therapy, including application of electrical stimulation, color light therapy, sound waves and skin care products on me (or on the client/patient named below, for whom I am legally responsible) by the health care or esthetic practitioner named below and/or other professionals and their assistants who now or in the future treat me while employed by, working, or associated with the health care or esthetic professional named below.

I have had an opportunity to discuss with the practitioner named below and/or with other office or spa personnel the nature and purpose of PNE Therapy and other procedures. I understand that results are not guaranteed.

I understand and am informed that in the course of treatment I may experience strong and possibly uncomfortable emotional reactions. There are also some physical risks with treatment, including, but not limited to bruising, swelling, skin irritation or discoloration, fainting and/or dizziness, and headaches. I understand that such reactions are unlikely and rare, but possible. Discomfort due to the process of detoxification triggered by the therapeutic current and/or light is also possible. I take responsibility to tell the practitioner about any health concerns I have about receiving treatment, and will specifically will inform the practitioner if I am subject to any epileptic or seizure disorder, for which electrical stimulation treatments are contraindicated.

I have read, or have had read to me, the above consent. I have also had an opportunity to ask questions about its content, and by signing below I agree to receive the above-named procedure. I intend this consent form to cover the entire current course of treatment, and any future courses of treatment I seek.

Witness To Client's Signature:

To be completed by client:

Print Client's Name

Signature of Client

Date Signed

*To be completed by client's representative, if necessary
e/g/, if client is a minor.*

Print Name of Client

Print Name of Client's Representative

Signature of Client's Representative

Name and Address of Practitioner:

As: _____
Relationship of Authority of Client's Representative

Date Signed

Some Applicable Frequencies and Colors for Treating Psycho-Emotional Acu-Points

Solfeggio Frequencies:

396 – Liberating guilt and fear
417 – Undoing situations / facilitating change
528 – Transformation
639 – Connecting / Relationships
741 – Expressions / Solutions
852 – Awaken / Intuition

Hz Combinations:

35 / 102 – Balance Energy Centers (liver/pineal)
94 / 200 – Nervous tension
970 / 200 – Emotional tension
970 / 562 – Mental tension
970 / 33 – Restore Joy (heart)
970 / 32 – Reduce worry and rumination (stomach)
40 / 10 – Inflammation / spinal cord (4 gates or SI3 + UB 62)
49 / 49 – Vitality

Debi Weiss treats most of these on the Four Gates: One Hz on left LI 4 (mound between back of thumb and hand) and right Liv 3 (Top of foot, in groove between big toe and 2nd toe), other Hz on opposite LI 4 and Liv 3

Frequencies

Recommended text:

Frequency Specific Microcurrent in Pain Management by Carolyn McMakin, D.C.
Churchhill Livingstone Publishing

Condition – Manifestation – Yang

9 – allergy
50 – congestion/excess
970 – emotional aspect
40 – inflammation
30 – irritation
124 – torn, broken
57 – toxicity
49 – vitality, tonify

Body Tissues – Yin

10 – spinal cord
45 – nervous system
47 – digestive system / GI
97 – adipose / fat
142 – fascia
970 – emotions
200 – solar plexus