

IN DEDICATION

This little volume is humbly dedicated and designed to develop an increased interest for all seekers of the Christ-Light who may desire to become Color Healers.

However, I, the author, do not claim the contents of this volume to be the final word on the work of Color Healing. You are advised and privileged to make further study in this regard.

Humbly yours,

Donald Henry Heech, Divine Healer

FOREWORD

The idea of Color Healing for the body is not new in the history of man. Since the beginning of time man has found the soothing harmony of nature's colored grandeur a healing balm; yet, it has not been called a science, or an art, until modern man of the 20th century re-discovered the value of vibration in color.

We are now on the threshold of a new field of healing which in time will become an intricate part of psychotherapy. However, in each step toward the Light of the perfect mind and body there is always the struggle for the acceptance of new ideas. As a whole, man has difficulty in accepting the new things that come along; yet, without a doubt, in the years to come—color, too, will be an accepted part in all of the arts of Healing.

Spiritual healing will be no exception and should, of all the arts, be the first to accept this new concept and take it as it's own child. With the first glimpse of the spirit one is in contact with untold beauty—colors that defy description by words—colors that can only be felt by the soul. For it is the soul that is out of harmony and this causes the body to suffer. Spiritual application of color will surely create an impact upon all the bodies of the psyche. Is it, then, not possible to consider such applications as a vital part of the art of healing the sick?

Healing is a matter of bringing harmony to the soul, spirit and body. Color has such powers of blending when

it is applied correctly. Yet, all color is not healing as will soon be discovered; for I am sure that different people will react differently to the same color groups. One person will react to brown as a color that is helpful; while another finds the color of red as beneficial in bringing the desired results. As all people are not the same in this world, it stands to reason that all will not react to the same colors in healing—just as all diseases do not stem from the same cause or actions.

It is thought that color comes from within and not from the outer source. The thought of color could awaken the inner color which then would seek to blend with the outer source. Thus, Mr. Heech has, indeed, come upon something which is, in itself, a boon to the future of Healing.

There are, indeed, many things which could be said concerning the art of using color in healing, but I do believe that by following the pattern set forth, spiritual healing should advance greatly.

Reverend Stephen Douglas

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SPIRITUALIZED HANDS and SPIRITUALIZED FEET

PREFACE

These Spiritualized Hands with which I heal are not my own. These Spiritualized Feet that were healed were not healed by me alone.

These hands and these feet are the embodiment of the hands and feet of Jesus the Christ, and are healed through the power of His love, and enter all who seek His Healing Ministry.

He points the way for mankind to become their own healing physician; and so I hold that these Spiritualized Hands and Spiritualized Feet—while not my own, are His perfect expression of Creative Creation embodied in human form.

Donald Henry Heech, Associate Minister



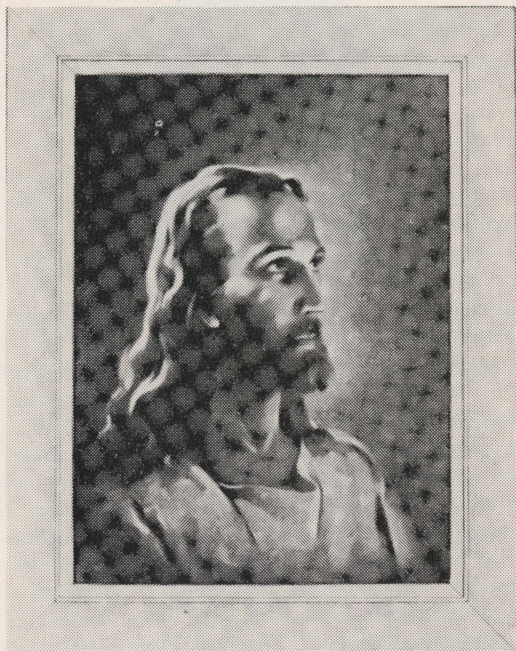
MEDITATIONS

"How beautiful upon the mountains are the feet of Him that bringeth good tidings, that publisheth peace; and bringeth good tidings of good, that publisheth salvation; that saith unto Zion, Thy God reigneth!"

(Isaiah 52:7)

"And He took him by the right hand, and lifted him up: and immediately his feet and ankle bones received strength."

(Acts 3:7)



The Oracle



In ages past, the Invisible spoke to man through Oracles. Today the Oracle of the Church speaks to man inaudibly and from the Invisible, bringing mystic lessons of Immortal Truths.

The emblem of The Spiritualist Episcopal Church is the Oracle—and consists of a cross standing in a bed of flowers from which grows a single flowering vine entwined about the upright and crossbar. A yellow radiant light descends from above and the whole design is superimposed upon a Gothic background.

The cross is symbolic of Man in his physical and mental aspects. The upright represents the physical—standing upon, and having its foundation in the earth. Upon the upright is the word "Health," representing the condition of the physical body when in a perfect state of development. The crossbar is emblematic of the mental aspect of man, bearing the word "Peace," meaning that with perfect mental development, there comes complete peace of mind.

With its roots at the base of the cross, the blossoming vine ascends, entwined about the cross. Ascending on the right side it passes over behind the union of the upright and crossbar, lies upon the top of the left half of the crossbar and curves downward at its end.

Among all races and religions, the cross has ever been a symbol fraught with mystic meaning. For example, among the American Indians, the cross signified the four winds, the four seasons, the four points of the compass, etc. Much of the symbolic beauty of the cross is lost in Christianity which endowed it with a meaning of death and torture because of the Crucifixion.

To us the cross symbolizes man. All three of his aspects—physical, mental, and spiritual—are rooted in the earth.

Physical unfoldment brings health—and when we are well, we are happy, and the ache and pain are gone. Health is one word describing perfection of soul and mind made manifest in the physical body.

The crossbar denotes the mental expression on the physical plane, and when evolved, brings peace—the “Peace of God which surpasseth all understanding.” Spiritual knowledge and growth bring joy and the illumination of the soul.

The vine, rooted in and drawing strength from the earth, as it winds around the cross, is symbolic of the spirit of man—holding mind and body together. There are many things of the spirit hidden from man’s understanding, and so—a part of the vine, representing these hidden mysteries—passes behind the cross, concealed for a time. The manner in which spirit unites body and mind is unseen, unfelt, and wholly invisible to mortal eyes, just as the vine at this point is invisible.

The vine grows from the earth which feeds it, and enables it to bring its flowers into bloom. The spirit, too, emanates from the earth plane, and as it grows

upward and onward it unfolds in the successive planes. thus, the first flowers on the vine typify the first three planes of expression beyond the earth plane. The three vine-flowers on the arm of the cross typify the higher Celestial Spheres.

While the vine is rooted in the earth and draws a certain portion of its substance therefrom, botanists aver that the greater part of its life-giving essence is drawn from the atmosphere. This is typified spiritually by the rays of the Cosmic Consciousness from above which converge upon axis of the cross, infusing eternal animation into the being of the spirit.

As the top-most flowers bend over with their faces toward the earth, directing their fragrance downward, so the Celestial Planes of highest spiritual attainment direct their effulgent spiritual radiance toward the earth and the lower planes. The soul which has bloomed in the higher spheres turns and spreads his blessings upon earth.

The green leaves growing about the foot of the cross allude to the life of earth, and are symbolic of reality and the beauty of the soul. In plant growth, the leaves come first as the primary manifestations of life—while flowers are the culmination of their development. Without the leaves, flowers cannot develop, and if the flower-stock be stripped of its leaves much of the beauty of the flower is lost. Spiritually, the leaves indicate good deeds of daily life, contributing to and supplementing spiritual attainment as exemplified by the flowers.

This emblem of The Spiritualist Episcopal Church is an infinite source of knowledge. Its symbolism contains spiritual lessons without end. This treatise has presented no more than fundamental instruction. In truth, this design has a whole book written upon its face—a book of religious and spiritual inspiration.

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CHAPTER ONE

FOREWORD TO THE TEXT

Beloved Healers, Color-healing is an intricate topic, on which some literature has been made available; however, each Spiritual Healer naturally desires to interpret Color-healing according to his, or her, own individual advancement and understanding. Myself, a Healer, am no exception to this. I have been directed by those of the Spirit realms to humbly offer this work on Color-healing for your approval and use.

Fellow Healers, I firmly believe that all physical and spiritual healing should first begin with the Healer himself; therefore, in this foreword to the present text, I shall relate for you a few simple truths concerning myself.

During the early years of my childhood I entertained the mumps; following that I had my tonsils removed. In later years I began to have laryngitis from time to time—and I have had the usual colds that seem to befall all peoples. In my adult life I have had two hernias for which **galvanic** treatment was given. This, in God's name, and to the best of my knowledge are the only bodily ailments that have beset me at this writing.

I became an experimenter of the natural healing forces, and in all truthfulness, I believe I have overcome these through natural means—and through my own healing powers.

The years following this period of time I began to unconsciously notice my physical embodiment becoming quiet—within and without. This quietitude appeared to be the natural inclination of my innermost being; with this quietitude came the transformation into the then unknowable substance of spiritual mist. This spiritual mist is that quality of an individual's being wherein it is

said 'a person is walking on air' — 'living in the clouds' — 'blowing with the breeze' — or, 'as the wave of the ocean.'

In other words, an individual would be **in** the world, but yet not **of the world**. The influence of my physical life could always be seen and felt in word, deed and action; and yet, the spiritualness of my inner being seemed to over-balance the physical expression. This spiritualness, or the intangible essences of a vibrational love, became manifested in the color of a bluish-pink radiation. It is this radiation that gives one the feeling of being 'in the pink' of condition. This color radiation has since remained with me, and I know that it shall remain throughout my life—and even through the transition period.

This bluish-pink mist revealed itself as love of service to humankind, love of labor, love of graciousness, love of gratitude, love of friendship, love of joy and happiness, love of healing, love of prayer, love of word, deed and action—and love for the revelation of love. Therefore, in losing one's self in the spiritual color of love, one will find, and receive, spiritual healing—for in the essence of spiritual love, healing is always assured.

Beloved Healers, be certain of your own health, your health color, and your Color-healing ability—your auric colors, the colors of your entire anatomy, and your Spirit Color-healing Teachers.

NOW HEARERS OF THE WORD:

I became physically and spiritually interested in singing and in instrumental music while taking training in the Bernarr Macfadden Physical Culture Course; also, I became interested in Dietetics, Massage, Hydro-therapy, Physio-therapy, Religion, Research, Spiritual healing, and Color-healing.

Beloveds, it has been said that music and singing are the languages of the Universal spheres; and in like manner, color is the language of nature as can be seen

flourishing everywhere within Mother Earth. Color is found in the flower kingdom, in the vegetable kingdom, in the mineral kingdom, in the foliage kingdom—in fact, within all the greenery of earth.

Color is found in the clothes we wear, in the furniture we use, in the homes we buy or build; we find color in our television programs, in advertising, in the heavens—in the auras of all individuals.

The Healer's color can be seen and felt both horizontally and vertically, and this unites with the Spirit-healing colors. Thus the temple of God is the color emanation of Jesus the Christ—through the rainbow, through the colored candle, through the colored stained glass—and through the realization that color is everywhere present.

Donald Henry Heech, Divine Healer

CHAPTER TWO

A SHORT STORY

There is before the public a treatise entitled—"Stories the Feet Can Tell." In it is contained a healing procedure known as **zone therapy** which was founded by Dr. William H. Fitzgerald. It was while he was at the St. Francis Hospital in Hartford, Connecticut, in charge of the nose and throat department, that his discovery was brought to the attention of the medical world. He pointed out the fact that pressure, and the massaging of certain zones, has a definite effect in bringing about normal physiological functioning, no matter how remote this area may be from the part upon which the treatment is being exerted.

Zone therapy is healing through the feet by massage manipulation of the reflexes, crystal deposits, and nerve endings within the feet. This particular gift of therapy healing has been given to a loving soul of earth by his Spirit Teacher, Joe S. Riley, M.D., and his wife.

Beloveds, in like manner, I, also have been chosen by Spirit Teachers of Color-healing, to heal all loving souls through the hands and through the feet by Spiritual Color-healing. The teachers of the Spirit-world who are my guiding Lights are: Jesus the Christ, Master Teacher Electus, Joey (a little colored helper), Kay Knapman, Dr. Edwin Babbitt and Cecil Stokes.

There is, now in this New Age, such spiritual Healers as you and I who are being trained by Spirit Teachers in color awareness, and who will centralize their spiritual Color-healing work to definite parts of the human anatomy in preference to the ordinary physical procedure. There are many teachers today who do possess that quality of seeing color in the aura which surrounds the individual. So, too, are there Healers who can perceive color within the hands and feet of human souls.

CHAPTER THREE

SIMPLIFIED HISTORY OF PHYSICAL THERAPY

In the form of healing known as **physical therapy**, it is defined as 'that science which deals with the management of disease by means of physical agents'—such as—light, heat, cold water, electricity, and other modulations.

Physical therapy has been spoken of as being one of the newest; and yet, it is the oldest field of medical practice known. It is new in the sense that only in the past few years has it been **fully** recognized as an essential part of regular medicine. And it is old because in the very early times of mankind (probably before 7000 B.C.) primitive man used the sunshine for its vitalizing effect, thereby beginning the practice of **helio-therapy**. The first man who bathed a wound in the streams of water unconsciously started the practice of **hydro-therapy**; and the first man who rubbed a bruised muscle unconsciously introduced **massage**. Electricity was first discovered about 37 A.D. A man walking along the seashore accidentally stepped on an electrified fish and was freed of his gout.

From Hippocrates time down through the ages, history shows that many discoveries and scientific findings have been made in the different phases of physical therapy. Two outstanding personalities have played a great part in this field of natural healing. First, it was Isaac Newton who performed the remarkable, and yet, simple experiment which opened the story of **light therapy**. He placed a triangular prism in a beam of sunlight, thus splitting the shaft of light into a rainbow of colors—violet, indigo, blue, green, yellow, orange and red. In this manner it was shown for the first time that white light could be broken up into its various colored components. Scientists then began to understand the true nature of light. More than a century after Newton's discovery, Dr. Fredrick Williams Herschel discovered the **ultra-violet**.

CHAPTER FOUR

SPIRITUAL HEALING

Our Book of Life which we know as The Holy Bible, is considered to contain many of the oldest forms of natural spiritual healing—through the spoken word, and the laying on of hands by Jesus the Christ.

In 'The Science of Spirit Healing' by Harry Edwards, he says that a visible sign of healing power is experienced by many healers. This takes the form of a subdued light-stream of an iridescent pale blue color which flows from the fingertips. This is proof that healing colors can be seen and felt by other healers as well as myself. I have sensed the color of purple in my hands, and have felt the realization of the immense power of the ultra-violet radiation being present within my being.

The following are examples of healing which occurred through physical and spiritual means:

The first case was a little boy who supposedly had whooping cough, but later was found to have pneumonia. The ultra-violet radiation, or the color purple, was seen and felt within my hands as I treated the boy—and he was healed.

The second case was the psychosomatic and physical healing of a woman who desired to have a beautiful face and a relaxed body. A light rose color surrounded my entire aura and extended over my hands during this treatment—and this woman was healed.

The third case was an acquaintance who had had a stroke. He was healed also through ultra-violet radiation and the color of rose-pink.

The fourth healing occurred while quietly sitting with a lady patient. A radiation of light green color permeated my entire being, both within and without. This radiation brought her calmness, peace and comfort.

CHAPTER FIVE

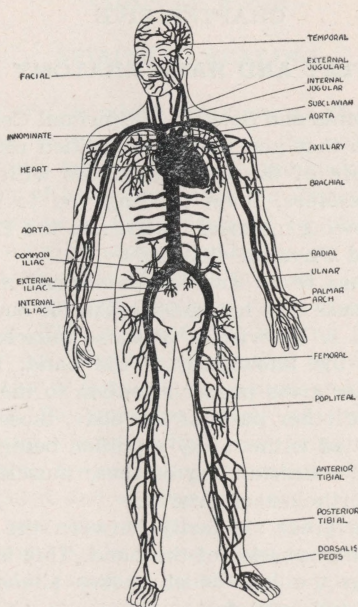
FEET AND HAND ANATOMY

Fellow Students and Seekers of Spiritual Color-Healing, it is advisable that you have a simplified understanding of the structure of the feet and hands with relation to this text. Therefore, I am inviting you to contemplate upon the following material taken from the Encyclopedia of Health and Physical Culture.

"The foot has fewer and less important muscles than the hand because it is not called upon for such a variety of movement. A knowledge of these muscles is not so important as the knowledge of the hand; for when a physical trainer gives proper attention to the training of the muscles of other parts of the body, those of the foot will be benefited without any attention being directed to them. But an understanding of these muscles and their action is nevertheless of interest.

"There is a great similarity between the muscles of the foot and the muscles of the hand. This is even more pronounced in the ape which makes almost the same use of both hands and feet.

"It has been noted that the wrist has an **annular ligament** which completely surrounds it, covering and protecting the tendons of the muscles as they pass into the hand. The ankle has a similar ligament with this difference: while the **annular ligament** of the wrist consists of two portions, the anterior and the posterior—the **annular ligament** of the ankle is divided into three portions, the anterior, the external, and the internal. The anterior **annular ligament** passes transversely over the front of the ankle. The external is on the outside of the ankle, the internal is on the inside. The **annular ligament** bends downward and protects the tendons of the muscles, the blood vessels, and the nerves that pass beneath it to the foot.



Physical Anatomy (figure 1)

"In man, and in various species of apes, the bones and muscles of the foot as well as those of any other living creature, the erect posture, and the mode of locomotion characterizing the **genus homo** are largely dependent upon the construction of his feet; dexterity of hand structure plays an equally important part.

"Corresponding with the **palmar fascia** of the hand is the **palmar fascia** of the soles of the foot. The **aponeurosis plantaris** is the densest fibrous membrane of the body and of great strength. The fibers are pearly white and glistening. This **fascia** is divided into a central, and two lateral

positions. The central portion is the thickest and is attached to the **os-calcaneus**, or heel bone. At the rear of the foot it is narrow and thick; further forward it broadens and becomes much thinner; near the forward extremity of the metatarsel bones it divides into five processes—one running to each of the five toes. The lateral portion extends to, and along, either edge of the sole and does much to give shape to the foot. The external **fascia** partly covers the muscles known as the **abductor digiti quinti** (small toe). It is the function of this muscle, which extends from the heel bone to the little toe, to **abduct** the toe that is to draw it away from it's nearest fellow. The action of the muscle may be felt plainly when the little toe is made to move sideways from its neighbor.

"In like manner, the internal lateral portion of the **plantar fascia**, which is the thin cover of the muscle known as the **abductor hallucis**, is the muscle that draws the great toe away from the second toe.

"The most important muscle of the sole of the foot is the **flexor digitorum brevis** which takes up all of the sole not occupied by the **abductor** muscles of the great and little toes. Near the metatarsal bone this broad muscle, which has its origin in the **calcaneus**, divides into four tendons which proceed to the great toe and to the three toes nearest it. At the junction within each toe, the tendon divides into two portions between which the tendons of the **flexor digitorum longus** pass to the extremities of the toes."

Back of Foot

"The upper side of the foot is called the **dorsum**, or back. Most people think of this part as the front of the foot, but when it is considered that the sole corresponds with the palm of the hand, it is easy to understand why anatomists designate the upper side of the foot as it's back. On this upper side are located the **extensor** muscles, just as the exterior muscles of the hand are found on its

back. Corresponding to the **plantar aponeurosis** of the sole is another **aponeurosis** on the **dorsum**, or upper side of the foot. This is a thin membrane which on the sides of the foot blends with the lateral portions of the **plantar aponeurosis**.

"On the top of the foot the important muscle is the **extensor digitorum brevis**. This has its origin in the forward, upper and outer portion of the **calcaneus**. It passes obliquely over the **dorsum** and, like the **flexor** of the sole, divides and terminates in four tendons; the largest of these passes to the great toe, and the other three to the second, third, and fourth—joining the long **extensor** tendons of these toes."

Muscles of the Hand

"The **palmar fascia** is a common sheath covering the muscles of the palm of the hand. It will be seen that this **fascia** branches into four slips each connecting with one of the four fingers. Each slip gives off numerous muscular fibers that extend to the skin of the palm and of the fingers.

"Where the hand joins the wrist at the base is a strong ligament—the **annular ligament** which forms a band or ring around the wrist, and is divided into two portions, the anterior front, and the posterior rear ligament. At the forward, or finger end, of the palm is another ligament—the **superficial transverse ligament**. This is a fibrous band that stretches across the roots of the four fingers and is closely attached to the skin in the clefts, forming part of the webs of the finger and giving rise to the new name—**ligamentum patatorium**. Both the **annular** and the **patatorium** aid in keeping the bones they cover in place. They also furnish protection to the muscles, tendons, blood vessels, and nerves that pass beneath them.

"The most important muscles to look for in the back of the hand are naturally the **extensors** that serve to

straighten the wrist, hand, and fingers in line with the forearm and carry them beyond this point, thus doing work exactly opposite to that performed by the **flexor** muscles. As a matter of course, then, muscles must be looked for in the forearm that will control these **extensors** of the fingers, the hand, and the wrist."

Muscles of the Arm

"The study of the muscles of the arm is interesting because the condition of these muscles clearly indicates the character of the muscular development of the entire body. Their action can readily be seen by bending the forearm upon the upper arm. It should be remembered, however, that in many of the movements in which the upper arm is concerned, dependence is put less upon the muscles of the arm itself (with the exception of the **deltoid**) than upon those of the upper trunk, chest, back and shoulders.

"For instance, in striking a straight blow the **pectoral** muscles brings the arm forward—the **extensor** of the upper arm straightens the muscle as it is about to strike a blow. The heavy hitting boxer, therefore, does not depend alone upon his arm muscles. The similar participation of the **latissimus dorsi**, and other trunk muscles, as in the movement of the arm, has already been noted. It will be seen that with the exception of the **deltoid** the muscles of the upper arm are concerned with the movements of the lower arm, or forearm, and the muscles of the latter with the movements of the wrist, hand and fingers."

Beloved Healers—for further study of the hand and foot, consult any good anatomy book.

CHAPTER SIX

GREAT UNIVERSAL HEALERS

In an article entitled "Great Universal Healers" by Dr. Enid Smith, she writes giving reference to the healing of Edgar Cayce, further proving that color does have a definite place in human life.

Edgar Cayce had a partial paralysis of the inferior muscles of the vocal cords which was produced by nervous strain. This was considered to be a psychological condition producing a physical effect which could be corrected by increasing the circulation while in an unconscious condition.

Earthly doctors had failed to heal this condition, and Edgar has asked a friend of his, Al C. Layne, an osteopath, to assist in a spiritual healing. He suggested that he would put himself to sleep, as he had done many times, and Mr. Layne would give directions for the healing while he slept. When all was in readiness, the assisting friend then said, "The circulation to the affected parts will now increase and the condition will be removed." Those present watched his throat. Gradually the upper chest, then the throat, turned pink—the pink deepened to rose, the rose to violet-red. Twenty minutes passed. Edgar cleared his throat and said, "It is all right now. The condition is removed. Make the suggestion that the circulation return to normal, and that the body awaken after that." Layne made the suggestion, and they watched while the red faded back to rose, then to pink. The skin resumed its normal color. Edgar awakened, coughed—and said, "Hello! I can talk. I am all right now!"

Layne told Edgar that this was the greatest thing that had happened to him, and perhaps to all the rest of them, for if he could do this for himself—**he could do it for others.** Healing through color does have a spiritual therapeutic value, and any individual can be healed through color vibration of the etheric and celestial realms.

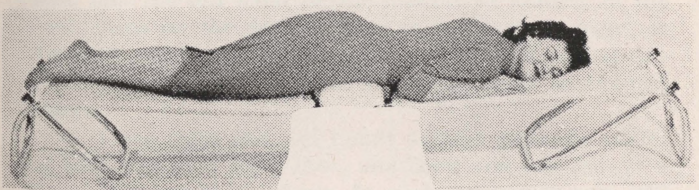
CHAPTER SEVEN

PREFACE TO FEET TECHNIQUE

In olden times the feet were exercised as much as the hands because people in the early days often went bare-footed; and the muscles of the feet came in contact with the good earth and so became strengthened which in turn strengthened the legs—as well as all other organs of the body.

The spine is the backbone of our human anatomy, but the feet could be considered the backbone of traveling the earth, for it is our feet that carry each one of God's children along life's highway.

The procedure which the Healer should follow will be sensed either from an Astral, Clairvoyant, Intuitional, or Spiritual vision—seeing the color in the celestial realm. The Healer must be able to picture, or visualize, the spiritual-flower rainbow colorings entering the crown of the head of the patient. This will appear like an astral rainbow, or an astral vase, containing the mixed rainbow colorings; or, it may appear like the auroratone colors. As bright yellow, blue, light green, dark rose, pink, light gray, light brown, rose-pink, rose-red, lavender, white, deep purple, violet, orange, light red, light



Patient reclining for healing.
(figure 2)

blue, bluish-purple, bluish-gray, bluish-pink, etc. The rainbow colorings will then enter the forehead, face, neck, shoulders, arms, and hands of the Healer in readiness for healing.

This technique can be performed with the patient reclining on a table similar to a massage table; or, the patient may sit in a straight chair, with the Healer sitting opposite and allowing the patient to place their foot upon the Healer's knee (one foot at a time, and one hand at a time)—then proceed with the healing.

CHAPTER EIGHT

FEET TECHNIQUE

Beloved Healers, this technique can, if you so desire, be given in colored rooms.

1. The Healer will first place the five or ten fingers of his hands against the five or ten toes of the patient; then, picture, or visualize, the flower-rainbow coloring which has already entered your body. The definite color of a pinkish-purple, for instance, can be seen and felt within the patient's body in the particular area to which the healing is being directed. This color will automatically release itself from the flower-rainbow colorings. This will apply to the rest of the patient's body as well.

2. Place the hands at the middle of the patient's feet just below the toes, and repeat the same procedure as above.

3. Place the hands in the complete middle of the patient's feet where the metatarsal arch is felt, and again repeat the above procedure.

4. Place the hands at the heel of the patient's feet, and renew the procedure.

5. Place the **right** hand on the inside edge of the patient's foot, the **left** hand on the outside edge of foot, and repeat as above.

6. Place the **right** hand on the top of the patient's foot, and the **left** hand on the middle, or bottom, of the foot; visualize the desired color to the desired organ, or diseased condition you wish to heal. Then repeat the same procedure on the other foot, and follow as directed above.

7. Place right and left hands against patient's ankles of both feet at a time; then, one hand and one foot at a time, and repeat as above. In each procedure you will change the colors according to the diseased condition for which healing is desired.



Patient standing on healing color
(figure 3)



Healer and patient on colored card
(figure 4)

8. The Healer should place the right and left hands against the middle or bottom of patient's feet, and visualize the desired color—for instance, a pink, for general treatment of entire body. Starting at the feet, picture or visualize the desired color, such as a spiritual blue, green, or orange, etc., leaving the Healer's hands and entering the feet of the patient being treated.

If you so desire you may use either a magnetic, or vibrational massage procedure; or, you may try the cross-current method. Do this by crossing the hands and following the above technique for feet. If possible, secure some colored cards somewhat the size of the foot, preferably square, (See fig. 3 & 4). Have the patient stand on them, and at the same time ask the patient to visualize a phosphorescent color-current enter the feet, legs and thighs—then, directing and visualizing it going to the desired organ, or diseased condition which is to be healed. The Healer may stand on the colored cards with the patient. Place the right and left hand against the patient's right and left hands, and together visualize a phosphorescent color entering the patient's entire body.

To supplement this procedure, allow the desired color to enter the feet of both the Healer and the patient, then direct it—and allow it to go as far as the solar plexus. Then the Healer's hands are placed against the patient's hands—now, allow the color to enter the arms, shoulders, neck, side of face, side of head, crown of head, forehead, face, throat, chest, and on down to the solar plexus to unite with the color from the feet. The Healer and patient must always remain in a passive, or relaxed state of body, mind and spirit.

The right, or positive, hand is used to transmit the positive healing vibration into the patient's body from that of the Healer's body. The left, or negative hand is used to close the healing vibration to a definite area, and also to unite with the positive hand to create a unified healing.

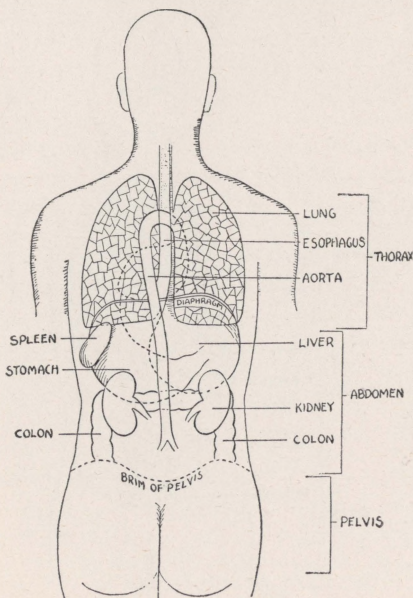
The practice of the above technique is essential to make you, the Healer, proficient in this work.

CHAPTER NINE

POWER OF THE RAYS EXCERPTS

In 'Power of the Rays—The Science of Color-healing' by S. G. J. Ousely, he says those who are familiar with the occult teaching of the seven-fold division—all matter, force and consciousness, will understand that the seat of any disease is in the etheric center of the organ affected.

It is important to know the correct nature of the light, or color, we intend using—its quality, quantity, and intensity. The basis of Color-healing consists of curing



Physical Anatomy (figure 5)

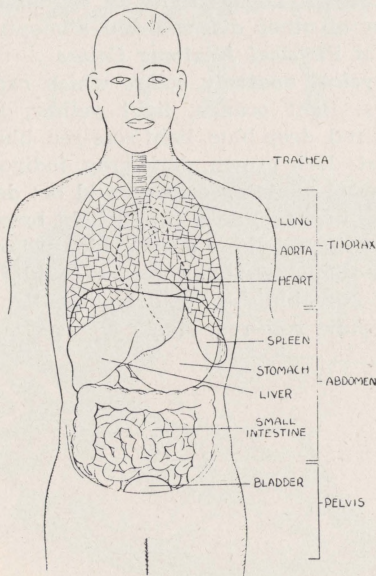
certain molecular reaction in the organ through the medium of the Rays. Light, it should be remembered, is not a force or energy outside of us. Light enters into every cell, nerve, and tissue of our body.

Nature has given us this wonderful form of energy—which is the basis of Life, to sustain our minds and bodies alike in perfect health. It is important that you should live in harmony with the colors of your own aura in connection with your surroundings. You may perhaps say that a certain color does not suit you—and this is because deep within your own desire of consciousness this color is not in harmony with you.

CHAPTER TEN

ANATOMY POINTERS

Starting at the feet, picture or visualize the desired color—such as a spiritual blue, green or orange, leaving the Healer's hands, and entering the feet of the patient being treated. Visualize it entering the legs, the thighs, the sex organs, the prostate gland, bowels, liver, ascending and descending colon, stomach, solar plexus, spine, the seat of kundalini, bladder, kidneys, gall bladder, spleen, blood, nerves, cells, tissues, bones, heart,



Physical Anatomy (figure 6)

nose, lungs, thyroid gland, bronchial tubes, mouth, ears, eyes, appendix, forehead, head, pineal gland, pituitary gland, ileco-cecal valve, etc.

You may reverse the feet technique with the Healer and the patient standing on the colored cards. The Healer places his hands against the patient's hands; then, ask the patient to visualize the desired color to the definite area of the body to be treated. You may find the foot taking on a pink color while you are treating.

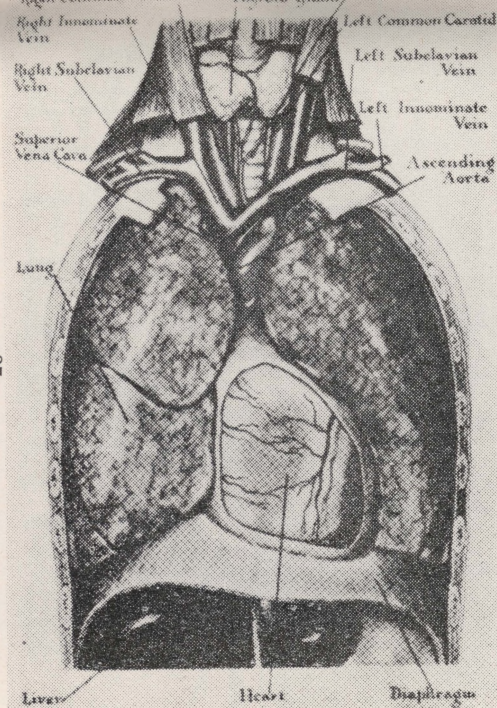
Some conditions of the physical body which may be benefited, or healed, by Color-healing are: Cancer, Colds, Diphtheria, Tuberculosis, Arthritis, Neuritis, Bursitis, Congestion, Backache, Paralysis, Constipation, Multiple Sclerosis, Stroke, Lowered vitality, Hemorrhoids, Hernia, and scores of other diseases and ailments.

Example of Physical Anatomy Colors

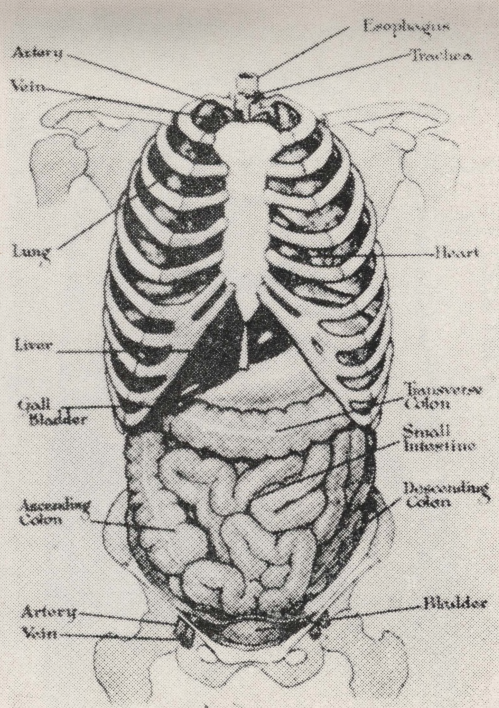
The **Physical anatomy** colors which can be seen are as follows: light orange, light yellow, light rose-red, deep dark-red, deep blue, light rose-red, blue, light violet-blue, violet, dark brown, dark gray, indigo, deep orange.

The **Mental anatomy** colors could be: deep blue, light purple, deep orange, deep green, light brown, dark gray, deep gray, light yellow, deep golden-yellow.

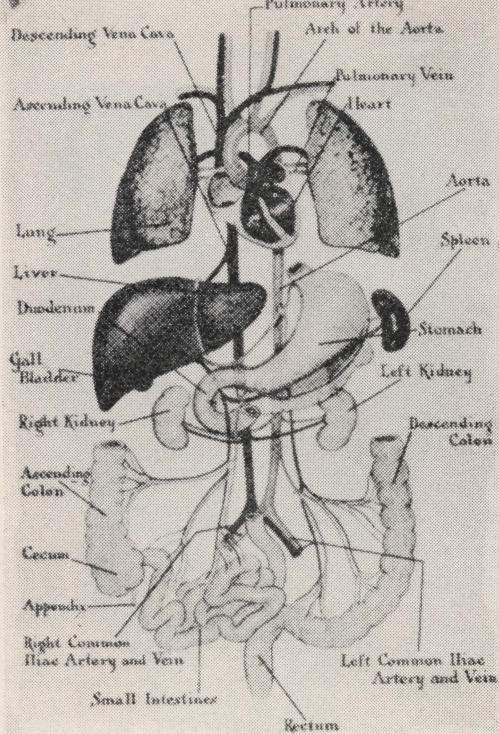
The **Emotional anatomy** colors could be classed as: deep dark-gray, bluish-gray, deep blue, light orange, deep red, light pink, rose-red, etc.



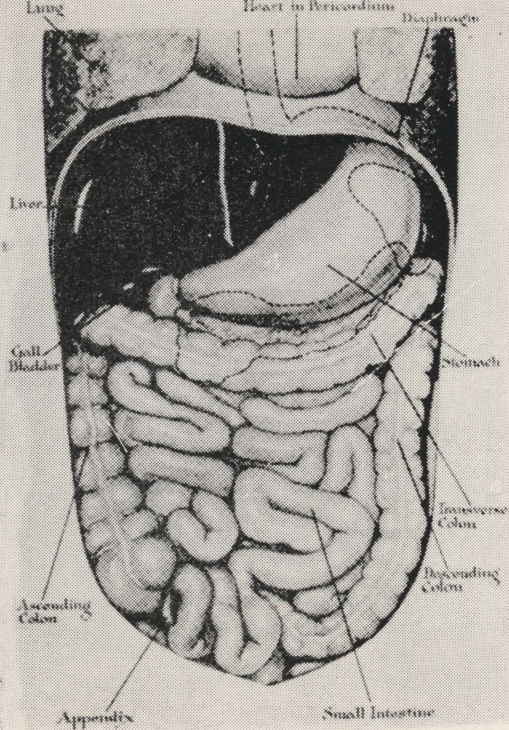
Inner Organs (figure 8)



Inner Organs (figure 7)



Inner Organs (figure 9)



Inner Organs (figure 10)

CHAPTER ELEVEN

SPIRITUAL COLORS OF HEALER'S ANATOMY

In the case of the author, the color which radiates from the entire being is bluish-pink; however, each separate part of the body has its own color,** as follows:

Crown of Head—pure white and golden yellow

Third Eye Center—bluish-purple

Throat Center—light blue

Heart Center—light pink

Solar Plexus—purple

Base of Spine (kundalini)—deep red

Pituitary Gland—light violet

Gall Bladder—light gray-green

Pancreas—deep yellow

Cells—rose-pink

Navel Center—light orange

Stomach—rose-pink

Intestines, Descending and Ascending Colon—light brown

Prostate Gland—deep rose-red

Kidneys—light-amber

Bladder—silver

Pineal Gland—light lavender

Bowel Tract—light brown

Tissues—light gray

Veins—light blue

Arterial Blood—light blue

**(Footnote—The meanings of colors can be found in such books as 'Man, Visible and Invisible' by C. W. Leadbeater; also, in such writings by Dr. Roland Hunt, Alice Bailey, and others. You are advised to make a study of these works.)

Lungs—violet, lavender, bluish-lavender

Skin—light rose-pink

Liver—light brownish-gray
Bones—grayish-white
Blood—rose, red and pink
Nerves—light green
Water Content of Body—silver
Spleen—rose-red
Sex Organs (male and female)—rose-pink

(The spiritual colors of either a male or female Healer may be found to be similar to the spiritual colors shown above, which are of the author.) These colors can also become changeable.

Also, in your Color-healing work include the sex organs of the male, and the reproductive organs of the female patient—as these I have shown are given with myself as an example.

Aura Example

The external aura of the Healer, which is horizontally seen—that is, sideways from the body temple, may be yellow, orange, bluish-gray, green, light blue, light red, light purple. Corresponding aura colors which are seen vertically, or across the front of the body temple are—light yellow, blue, light brown, light gray, light green, light orange. The celestial colors as seen by the Healer are pure white, lavender, golden yellow, violet, rose-pink, light blue, light pink, pinkish-blue, bright green, orange, etc.

CHAPTER TWELVE

FROM REVELATIONS OF THE LIFE BEAUTIFUL

A Realization

"You are walking upon the mountain-tops of Christ-Consciousness—your soul is bathed in the splendor of the Universal harmony!

You gaze into the valley of Peace and Love, knowing only the Divine Inspiration of the Christ-indwelling. You now behold, as did the Master, your entire being—throbbing in unison with the Father!

You see yourself a center of Peace and Power—of Love and Truth. You are now breathing out in Omnipresence your messages of inspiration to every soul in the Universe. You behold yourself an all-penetrating breath of Omniscience thrown out into Infinite space—one with the Universal Presence, carrying into the very depths of ignorance and sin, the warmth of love, the sweetness of life, the wisdom of knowledge through understanding!

You are a power undreamed of in the possibilities of Man as manifesting on the Earth plane—you are a Christ, a Saviour, a God! You are the Universal harmony individualized upon Earth that you may be seen and heard of men—proclaiming to their understanding the Truth of their God-indwelling!"

"All physical maladies have their ultimate origin in a faulty outlook on life; in a faulty direction taken by the individual. All diseases, therefore, have their origin in the mind. Weakness of will—the giving way to bad habits—breeding seeds of thought, which leave thought-deposits in the mind, enfeeble the character. An evil or false thought manifests in the body, and ultimately ruins it by bad habits, criticism, pessimism; and the habit of making complaints and fault-finding are diseases of the mind **in every truth.**"

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