



Connecting The Subtle Bodies With Colour

Ger Casey

Ger Casey B.Sc. MKAI, MPRKCI is the Founder and Principal Tutor of the Kinesiology College of Ireland. She has been a practising kinesiologist since 1992, having trained extensively with many of the world's top kinesiologists in Ireland and abroad. She's a registered Touch for Health Instructor with the International Kinesiology College since 1995 and has been the IKC Faculty for Ireland since 2002; She teaches in Ireland, Spain, The Netherlands and Finland.

Ger is currently the president of the IKC and has served on the Executive Board of the International Kinesiology College Australia since 2009. She was the Dean of the Personal Development School of the IKC from January 2009- October 2020. She served three years as the Dean of the Touch for Health School from January 2009.

She is Faculty for Wellness Kinesiology and has been a registered PRANA Instructor since 1999. In the last two years, she has been teaching the beautiful work of Sylvia Marina for the Heart Leader's Academy.

Ger started the first Diploma in Ireland in 1998 to raise the standard of kinesiology training here in Ireland. She runs a two-year diploma in Kinesiology and a one-year Advanced Diploma. She also teaches community workshops for people to use with their families and friends. Ger studied naturopathy with Gateway's College of Naturopathy in California and then undertook a B. Sc in Health Science. She's extensively researched the Effects of Emotional Stress Release on blood pressure and the Personality Traits of Adult Adoptees.

What is Colour?

Colour is light of different wavelengths and frequencies and is just one form of energy made up of photons. We are all surrounded by electromagnetic waves of energy, of which colour is just a tiny part.

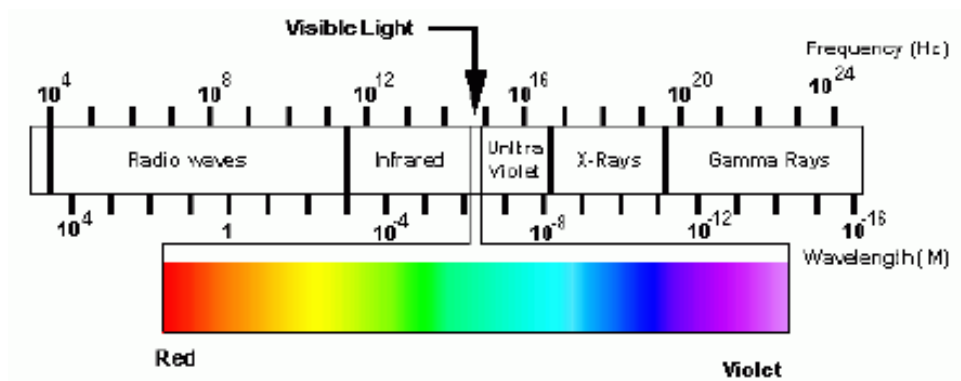
The visible spectrum, as we see it consists of the rainbow. Our retinas, though, have three types of colour receptors in the form of cones. We can only detect three colours - red - blue, and green. These colours are called additive primaries. These three colours are mixed to create all the other colours we see.

The wavelength and frequency of the light determine the colour we see. The seven colours of the spectrum all have varying wavelengths and frequencies. Red is at the lower end of the spectrum and has a higher wavelength but a lower frequency than violet at the top end, which has a lower wavelength and higher frequency.

The Electromagnetic Spectrum

Visible light falls in the middle of the electromagnetic spectrum.

Light energy comprises many frequencies and wavelengths, of which visible light is only a tiny part. Visible light falls between Infrared and Ultraviolet. The rest of the Electromagnetic spectrum comprises other waves and energy, including Radio Waves and X-Rays. The diagram below shows what a small part of the whole electromagnetic spectrum visible light forms.



Wavelengths and Frequency

Light travels in waves - electromagnetic waves. These waves are vibrations of electric and magnetic fields that pass through space. In physics, the visible spectrum has three primary colours - Red, Green and Blue. Chemically, colour is derived from pigments and compounds, and the three primary colours here are Red, Yellow and Blue. Any of these two colours will give a third colour - a secondary colour. The sensory aspect of colour is visual and deals with physiology and psychology.

Thus, there are two combinations of three primaries, i.e., Red, Yellow and Blue and Red, Blue and Green. All other colours are derived from these.

The number of complete waves, or wavelengths that pass a given point each second, determines the frequency of a wave.

The colour RED has a frequency of around 430 trillion vibrations a second. In contrast, violet has a much higher frequency at 750 trillion vibrations a second, so that each violet wave would pass a given point much quicker than the RED colour. Each colour has a different wavelength and frequency.

Frequency of waves

Back to our wavelength example above, an ocean with waves 10 metres apart that crash on the shore every 5 seconds could be classed as having a frequency of 5. In contrast, an ocean of waves 10 metres apart that crashed on the shore every 10 seconds would be classed as having a frequency of 10. The more frequent the waves are, the HIGHER the frequency.

Colour Properties.

Each colour of the spectrum has its own wavelength and frequency. Although white could be said to be a colour, it is not included in the colour spectrum as it is made up of all the colours of the spectrum.

.

The table below shows each colour and its properties.

Wavelengths are measured in Angstroms units(\AA), a unit of length equal to one ten-billionth of a meter.

Frequency is the number of vibrations per second (in trillions) measured in Terahertz (THz)

VIOLET

Wavelength 3800-4000 \AA , Frequency 750 THz

INDIGO

Wavelength 4000-4500 \AA , Frequency 700 THz

BLUE

Wavelength 4500-5000 \AA , Frequency 600 THz

GREEN

Wavelength 5000-5700 \AA , Frequency 550 THz

YELLOW

Wavelength 5700-5900 \AA , Frequency 500 THz

ORANGE

Wavelength 5900-6100 \AA , Frequency 450 THz

RED

Wavelength 6100-7000 \AA , Frequency 430 THz

As we have discovered, each colour has its own wavelength and frequency. Each colour is measured in units of cycles or waves per second.

How colour affects us.

Colour profoundly affects us on all levels, physical, mental, and emotional. We are in a world where colour dominates our lives, from reading signs on the road to identifying ripe fruit by its colour. Colour affects our moods. We use colour daily in our lives without even knowing it.

VIOLET

Calming for body and mind. Good for meditation and prayer. Enhances purpose and dignity.

INDIGO

Sedative. Helps to open our intuition. Indigo is the colour of divine knowledge and the higher mind.

BLUE

Calming, relaxing and healing. Not as sedating as indigo. It is the colour of communication.

GREEN

Balancing, harmonising, and encouraging tolerance and understanding. Use green with other colours to avoid the balance and harmony becoming inactive and indecisive.

YELLOW

Stimulates mental activity and promotes a feeling of confidence. Helpful for studying as it helps us to stay alert. Not ideal for areas of possible stress.

ORANGE

Warming and energising. It can stimulate creativity. Orange is the colour of fun and sociability.

RED

Energising, exciting the emotions. Stimulates appetite. Often used in restaurants.

MAGENTA

Magenta is the eighth colour in the spectrum and combines red and violet; thus, it combines our earthly and spiritual selves, balancing spirit and matter. It uplifts and helps us gain a feeling of completeness and fulfilment.

TURQUOISE

Cool and calming and good for the nervous system and immune system.

PINK

This colour soothes and nurtures. It helps to dissolve anger and encourages unconditional love. Ideal for a baby's or child's bedroom.

BLACK

Black, used with another colour, enhances the energy of that second colour. Black gives us space for reflection and inner searching. Not ideal as a single colour, but when used with care, it can enhance and complement other colours in almost any situation.

WHITE

White contains all the colours. It emphasises purity and illuminates our thoughts, giving us clarity. Any room, but it can be a little intimidating to some. It needs to be broken up with another colour or with plants/ornaments/pictures, etc.

Colour and Babies.

Babies and very young children are more sensitive to the effects of colour than adults. Care should be taken with the colour of babies' rooms and clothes.

A baby's first experience of colour is in the womb, enveloped in pale peachy pink, where they have been nurtured and felt safe. Thus, decorating the baby's room in pale pink will help them feel safe in the outside world, where they need time to adjust to their surroundings.

Babies are sensitive and should be kept in white clothing, particularly for the first nine months. Special care should be taken when choosing the colour of a bonnet or hat since a baby's head is vulnerable.

Working with Colour in the Subtle Bodies.

We have seven Subtle bodies in our energy field. Physical, Etheric, Emotional, Mental, Spiritual 1, (Budic), Spiritual 2 (Atmic), Spiritual 3, (Monad). We can work in any of them and often get different results in each body.

I will demonstrate this using a Touch for Health 14 muscle balance in each subtle body.

We can change from one subtle body to another using the seven hand modes below.

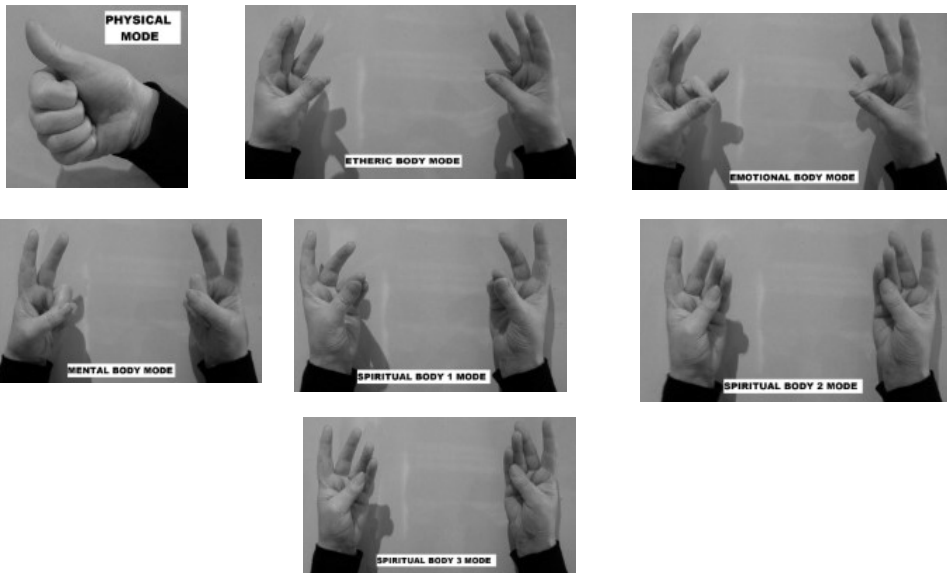
Balancing the priority body and meridian with the right frequency, which matches the frequency of the imbalance, in the most appropriate form, will usually give a complete balance though out the entire energy field.

Each subtle body has a preference for how it likes to be balanced. The physical body prefers food, wearing a colour, or looking through a colour. The etheric body prefers single homoeopathic remedies. The emotional body prefers flower essences. The mental body prefers crystals and gems. Spiritual bodies like essential oils and sound.

Ger Casey,

Kinesiology College of Ireland

www.kinesiologycollege.com



ger@kinesiologycollege.com