

## VIOLET

Violet has the shortest wave length of the visible colors.

A motor depressant—depressing all over-active parts of the body except the spleen and the parathyroid.

It is a spiritual color.

Relaxes, calms, and depresses the nerves, as in over excitable people.

It is also an antibiotic, building organisms that destroy harmful organisms.

As a splenic stimulant it builds the white corpuscles in the spleen.

The spleen produces Vitamin D. As the blood passes through the spleen to the heart, a final cleansing takes place to remove any harmful poison or bad cells.

Reduces excitement and extreme irritations.

Depresses the action of the lymphatic glands for lowered nutrition such as in overweight.

Depresses the appetite.

Is a cardiac depressant, relaxing and soothing to the muscles and nerves controlling the heart.

Gives relief from dysentery and diarrhea.

Gives a wonderful deep sleep similar to the Indigo.

## INDIGO

Indigo depresses the thyroid and at the same time stimulates the parathyroid.

It is an analgesic—giving relief especially to pain from extreme swelling.

Actually reduces acute swelling as well as relieving the pain.

It is a very strong sedative.

Stops hemorrhages and nose bleeds.

Stops internal bleeding into the tissues and organs.

It is an astringent—tightening, firming and toning the flesh, skin and nerves. (Women particularly enjoy its effect of firming the skin.)

As an antibiotic, it equals or surpasses any of the manufactured products on the market with no harmful side effects.

The body never becomes allergic or intolerant to its antiseptic action.

Has a narcotic effect—produces a strong, deep sleep.

Upon awakening, there are no hangovers or drug-like, effects.

Instead, one feels alive, alert, and refreshed.

Depresses the heart: shrinks and enlarges heart.

## BLUE

The oxygen in blue unites or intercepts the hydrogen in red to increase perspiration as a fever is broken.

It is a vitality builder—the oxygen neutralizes the fatigue poisons for a more relaxed and calming condition.

Blue is the color of the pineal gland, the color of the spirit.

A strong, deep blue in the aura indicates maturity, calmness, and dependability.

A light thin blue in the aura indicates anemia.

Blue is a creative force.

It produces a peaceful effect for sounder sleep.

It relieves itching and irritations.

It relieves all fevers and burns, just slightly stronger than the turquoise—to be used after the turquoise of fever still persists.

## GREEN

Green is the master color.

It is the fulcrum of the primary colors and stands out as the key to prepare the body for more effective results from the other colors.

It stimulates the pituitary, the master gland.

Is a vibrant color of life and growth—

the most predominating color in the life force of our planet.

Is crisp, cool, and fresh-cleaning in nature.

Has the universal appeal to the sense of balance and normality.

Raises the vibrations of the body above the vibrations of disease—a form of immunity from all diseases.

Destroys and heals all infections.

Hospitals find less infections when green is present.

Is the color of clarity—destroying rooting materials and building cells and tissues.

This is nitrogen, the substance of protein, the builder of muscles.

Animal proteins are highly toxic and destructive.

They have no place in creative nutrition.

Many elements needed by the body are absorbed from the air through the lungs.

It is recognized that oxygen and hydrogen are taken from the air, but few realize that nitrogen is also from the air and used as a protein builder.

Breathing fresh air and eating of fresh fruits and vegetables eliminates completely and possible need for any of the animal forms of food.

Smoking prevents the lungs from utilizing the nitrogen from the air.

Heavy smokers have a craving for toxic animal proteins.

Plants obtain a great percentage of their nitrogen from the air also.

Green is the best basic color for all disorders of either chronic or acute conditions.

Start all schedules with one or more green exposures.

Many conditions may be cleared up with green alone.

Green dissolves blood clots in any part of the body or head.

It takes less than an hour to accomplish this.

There is nothing in medicine that works so fast.

The chemicals used for this purpose have many dangerous side effects.

There are no side effects from the use of green.

The main color used for cancer is green.

Cancer feeds on waste and rotting conditions within the body.

When these wastes are removed from the body, the cancer cannot feed on healthy tissue, so it breaks up and passes out of the body—absolutely harmlessly.

The fear of cancer is greatly exaggerated.

The fear of cancer kills more people than cancer itself.

A clean, healthy body will never produce any form of cancer.

The use of green on open sores, cuts, bruises and damaged flesh is truly wonderful.

Use green for burns in connection with turquoise to build muscle and tissue, and to build new skin without scars.

## YELLOW

Yellow is a creative color. It brings the following benefits.

Stimulating, activating, endless energy and building of the motivating actions in the body.

Creates self-confidence and courage.

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Depresses the spleen and the parathyroid gland.

Increases the appetite.

Aids in better assimilation for better nutrition.

Stimulates the lymphatic glands.

Acts as a motivating action for all kinds of paralysis such as in strokes or sluggish organs.

Is a nerve stimulant and builder.

Stimulates and strengthens the heart for better circulation.

Destroys body worms and drives them out of the body.

Worms and insects shy away from the yellow.

Stimulates and builds the eyes and ears.

Loosens and aids in elimination of calcium and lime deposits that cause arthritis, neuritis and similar conditions.

Yellow is a most inspiring color.

## ORANGE

Orange is the color of success.

Projected on the body it contributes to the following:

Helps you expand your interest and activities.

Gives life and healing with its increase in oxygen by stimulating of the lungs and thyroid glands.

It depresses the parathyroid glands.

It stimulates the production of milk in the mammary glands.

This eliminates the need for animal milks and artificial formulas.

Nothing can compare with mother's milk if she is eating the correct foods.

Causes vomiting or stimulates action in the opposite direction in case of indigestion.

Relieves gas in the digestive system;

alleviates convulsions and cramps in all parts of the body.

It is most effective for hiccups.

Relieves all kinds of discharges and eliminations.

Decreases menstrual cramps and increases discharges.

It is a pustulant; drawing boils, carbuncles, and abscesses to a head.

It is a lung builder and respiratory stimulant.

It heals all lung disorders.

Most spices come under the orange color and may be used sparingly in the diet.

They contain many trace elements that may be lacking in other foods.

Black and white pepper must not be used at any time as they contain a form of cumulative poison.

Other spices act as a mild laxative and stimulant for the digestive tract.

## RED

The longest wave length in the visible spectrum is red.

It is the lowest rate of vibration of the visible spectrum.

It is an outgoing vibration related to aggressiveness and conquest.

It is an expression of vitality, of nervousness, and of glandular activity.

It is a very exciting color.

A strong, clear red in the aura indicates force, vigor, and energy.

It is also the color of warmth, love and tenderness.

Treating with this color stimulates the automatic nervous and circulatory system.

A clear dark red is a sensual color, building and stimulating the five senses.

It is a very strong selling color.

High pressure salesmanship is predominantly red.

It is an irritant and excitant.

A dark and cloudy red indicates high temper and nervous turmoil.

A light thin red aura indicates a nervous, impulsive, and self-centered person with very little reserve of nervous energy.

Man evolves from the low gross color of red through the entire color spectrum to the highest of colors, violet.

Red projected on the body: Stimulates and builds the liver.

Builds the red corpuscles in the liver which are stored in the bone marrow for any needed emergency or sudden loss of blood.

Is a pustulant—draws poisons to a head on the surface to be eliminated.

The negative aspect of red is an aggressive warlike attitude and instability with a very strong sex drive.

Color Therapy (excerpted with permission) from the book:  
Healing For The Age Of Enlightenment  
By: Stanley Burroughs