

Vibrational Remedies (Color and Sound Remedies)

People are more than mechanical, physical beings. We are spiritual beings, housed in a physical tabernacle. Our spirits resonate with and are balanced by the vibratory rates of various colors and sounds.

All homeopathic remedies work in the realm of energy—they have left the physical world of the material dose behind. They reflect the energy pattern of the physical substances from which they were made. Matter is energy manifesting physically. Color and sound remedies differ from other homeopathics only in that they were already energy sources that were then captured in a slightly more physical form in order to be then potentized according to homeopathic principles.

All of us recognize that we respond differently to one color than to another, and that the different musical strains arouse different types of emotions in us. We know which things soothe us and which colors or sounds energize or balance us. That the frequencies of color and sound have been potentized as homeopathic remedies is exciting. These remedies are relatively new, fascinating to become acquainted with.

In the next few pages I will share with you what little I know about them and point you toward some other sources of information.

Ambika Wauters of Tucson, Arizona, is the creator of the color and sound remedies. Her color and sound remedies are the only ones, and the only information on these remedies, that I have seen is in her book titled Homeopathic Color and Sound Remedies. I was intrigued when I learned of her work with homeopathic remedies of color and sound. Her books on chakras and energy healing have been valuable to me in the past and correspond with my own experiences in these areas in many particulars.

Color Remedies

During a course of homeopathic study in England, Ambika Wauters asked her homeopathic instructor, Ian Watson, how and from what, homeopathic remedies were made. He replied that homeopathic remedies could be made from any substance on the planet. She then asked if, in his opinion, homeopathic remedies could be made out of color. He responded that, theoretically, it was possible and challenged her to try making some and see whether or not they worked. Following, she says, the impressions received in a dream, she went to work.

She eventually created 10 homeopathic remedies, which were made by exposing colored theatrical gels and Indian silks to sunlight and water. The colors used were—and still are—red, orange, yellow, green, turquoise, indigo, violet, magenta, pink, and a spectrum remedy which is made from all the colors in combination. Their creation was followed by several years of provings and clinical trials.

Samuel Hahnemann said that the best provings were those done on groups of people living under the same conditions, exposed to the same stressors, eating the same kinds of food, and drinking the same water. The first trial of the color remedies was at a Buddhist monastery in California, which certainly fit Hahnemann's criteria. The symptoms experienced by the original provers and the results of clinical prescriptions were carefully recorded.

The color remedies were first made available to the public in 1998. The response, around the world, was immediate and favorable by lay people and practitioners alike. The results of her efforts were eventually accepted by the famous Homeopathic Pharmacy, Helios, in England, who now produce these remedies for Ms. Wauters.

The strength of a color remedy is dramatically altered by the conditions under which it is made. It was discovered that remedies made in the bright sunlight of California were different and stronger, in some ways, than the original ones made in England.

Two batches of color remedies were taken to Helios labs for testing. One batch had been made during the winter solstice and the other during the summer solstice. Testing produced an interesting distinction between the two batches. The hot colors of red, orange, and yellow were strongest in the batch produced in the winter solstice. Green, turquoise, indigo, and violet were strongest in the batch produced in the summer solstice. It appears that nature gives warmth when it is needed most and reserves coolness for the hottest times of the year in some energetic fashion. Magenta and spectrum showed no difference in strength when comparing the two batches.

Sound Remedies

Sound remedies are made by holding tuning forks over pure water for a specific length of time. Students at the School of Spiritual Homeopathy were provers for the original remedies. Each prover in the group would take the same remedy, at the same time. Each carefully recorded her experiences and responded to a series of questions. This information was collated to determine the theme of each note, and to further understanding of its healing properties. These initial provings were followed by clinical trials. Initial results have been published, but understanding these remedies is still a work in progress.

Sound remedies have a strong impact on people who have become stuck in some aspect of their lives. Sound remedies shift energy, allowing us to think about the direction of our lives in more clear and focused ways.

Similarities and Differences Between Color and Sound Remedies

Color remedies work predominantly on our etheric bodies—the aspect of our energy field that acts as a conduit for energy to enter and work with our physical bodies. The previous sentence is a good description of chakras, and it would seem that color remedies directly influence our chakra centers. Chakras are very sensitive to color and produce colors which vary according to the state of balance they are in at the time.

Sound remedies act most strongly on the astral body. This body is responsible for our desires and aversions, and our mental processes. As the channel for our thinking, the astral layer of our energy has a profound effect on our souls and our spiritual lives.

Sound remedies produce almost instant and immediate reactions. Because of this, sound remedies have been kept at very low potencies. At these low potencies, the effects of the remedies do not last long and dosages must be repeated to produce long-term results. Used properly, these remedies work deeply. Color remedies work more slowly and, like most other homeopathics, have been potentized to different levels (6X to 30C).

Color remedies produced very different reactions in each prover, according to each person's personality. Some of the colors worked more physically, others worked more subtly on the emotions that were behind the physical manifestations. With the sound remedies, however, all provers experienced similar symptoms. The remedies were very distinct from each other.

The Results of the Provings

The color remedies seem to work more individually and to set people apart as individuals, strengthening their sense of self and independence. Sound remedies worked more collectively, fostering a sense of community. Each person in the group, while taking the sound remedies, experienced similar things and they coalesced as a group. They insisted on working and playing together and came to enjoy each other's company to a pronounced degree.

The color remedies have been around about 25 years now (2015). Sound remedies have been available for only about 10 years. This makes them new comers in the world of homeopathy.

These remedies fit, vibrationally, somewhere between flower essences and regular plant remedies. Like flower essences, they work on the emotions and energy states that underlie physical disease. The color and sound remedies may be used alone, but they seem to work best in conjunction with deep-acting mineral, plant, and sarcode homeopathic remedies. They also support the action of miasmatic and constitutional treatments, but do not reach deeply enough on their own to handle long-standing chronic illnesses.

In provings and clinical trials, color and sound remedies have been shown to:

- Have a direct effect on body temperature and fluid retention
- Increase or release feelings of irritability
- Promote feelings of tranquility
- Assist with the expression of emotions
- Enhance levels of confidence and self-worth
- Influence our ability to give and receive love
- Restore vitality and joy
- Increase energy levels
- Influence chronic diseases
- Relieve depression
- Clarify our perceptions of ourselves and the world around us
- Help us form clear speech and rational thought
- Stimulate deep levels of joy
- Deepen our inner knowing and receptivity to spiritual guidance

Characteristics of Color and Sound Remedies

One tone of the scale and one color of the spectrum seem to share similar healing characteristics. Some of these are listed in the following charts.

RED AND MIDDLE C ADRENAL CORTEX

Emotional Symptoms

These remedies are specific to feelings of being disconnected from or unaccepted by home, family, or community. These are excellent remedies for chronic depression, suicidal thoughts or tendencies, prolonged grief, and any inability to cope with a move, a job change, or the loss of a relationship through separation or death. These two remedies are good for helping a person feel more grounded to earth, better able to find and follow their purpose in life. Excellent aid for the development of organizational skills.

Physical Symptoms

Helpful with pain and irritation in joints and ligaments, particularly of the feet, ankles, knees and hips. These areas are our 'connection' to the earth. Red and middle C also have an affinity for bowel and rectal problems, circulatory problems, varicose veins, and autoimmune imbalances. One area in which these two remedies are of great value is in childbirth and postpartum care.

ORANGE AND D OVARIES AND TESTES

Emotional Symptoms

The color orange and the D note address the polar opposites of the attitudes of poverty consciousness or an abundance mentality. Developing and maintaining the attitude that there is enough for everybody and Heaven is blessing me in particular brings great joy and peace. These remedies can moderate feelings of selfishness and greed based on the false presumption that there is not quite enough for all of our needs. These remedies can be useful for depression and states of very low energy brought on by depression. Either one, or both together, can relieve feelings of despair, especially those that accompany a feeling that nothing ever changes for the better in our world and nothing ever will. These two remedies should also be considered for the emotional drivers of any eating disorder.

Physical Symptoms

These remedies are used for sexual dysfunction of both sexes, PMS and other menstrual difficulties. They seem to have an affinity for the digestive system, the urinary tract, and the immune system. This makes them of value for allergies, constipation, eating disorders, and autoimmune disorders.

YELLOW AND E PANCREAS

Emotional Symptoms

Yellow and E are good for times in our lives when we feel afraid, unsettled, or angry. Our minds may be feeling fuzzy and frazzled, and we lack our usual resilience and inner strength. Perhaps we have even become dependent on others in order to make simple decisions. Yellow and E can strengthen our sense of independence and personal power, helping us remember that the choice of focus and direction in our lives ultimately resides within ourselves.

Physical Symptoms

These remedies are mild and general diuretics. They are of benefit to each of the organs of the body, but particularly to the liver, gall-bladder, stomach, pancreas, pulmonary and respiratory organs. Interesting, symptom addressed by these two remedies is right eye vision problems or loss.

GREEN AND F THYMUS

Emotional Symptoms

The thymus is considered to be the master gland of the immune system. Just as the physical thymus stands guard against attack by bacteria and germs, the emotional thymus is associated with our perception of safety or attack from people and situations around us. These remedies can aid us in our relationships with family, friends, and community members by giving us clarity about their intentions and feelings towards us. Feelings of vulnerability can lead us to avoid progress and change in our lives; these remedies can bring a resolution of conflicts within us, and help us move forward with enthusiasm and peace.

Physical Symptoms

These two remedies have an effect on the fluid levels in the cells of the body, acting as a diuretic throughout the tissues. This effect is most pronounced in cases of pulmonary or cardiac based edema. In fact, these two remedies are considered regulating and toning to the entire cardio/pulmonary system. Generally, they are very calming remedies.

TURQUOISE AND G THYROID

Emotional Symptoms

Since the thyroid is located at the base of the throat, it is often associated with issues of communication and creative expression. Turquoise and G are of benefit for those who struggle with tendencies to gossip, exaggerate, or even tell lies. They are also of benefit for those who are timid and shy in their communications.

Physical Symptoms

The range of physical symptoms controlled by the thyroid is large. Some of those symptoms include sore throats, tired or strained vocal cords, and pain in the neck or shoulders. These remedies can also be useful in programs to stop smoking, drinking, or overeating. They act as stimulants to the thyroid and parathyroids.

INDIGO AND A PITUITARY

Emotional Symptoms

The color indigo is always associated with wisdom, knowledge, intuition, discernment, and imagination. The indigo color remedy, and the associated sound remedy of A, are helpful for balancing the opposites of these qualities. They should be used when intuition and good judgement seem to be lacking, when the thinking processes have become muddled and unclear, and when the mind seems to have become closed to new ideas and methods.

Physical Symptoms

The physical symptoms of indigo and A are predominantly concerned with congestion to the head and inflammation or other problems with the eyes, ears, and nose. They make good calmative remedies for anxiousness and insomnia. They may relieve migraine headaches and headaches brought on by eye strain. They may also be useful in reducing high fevers.

VIOLET AND B PINEAL

Emotional Symptoms

The major secretion of the pineal gland is serotonin. People who are lacking in serotonin often suffer from depression, insomnia, and a lack of spiritual striving and connection. Because Violet and B act on the pineal gland, they may increase understanding and intuition, clear our perceptions, and foster appreciation of life while, at the same time, tempering ego and quelling prejudice and narrow-mindedness.

Physical Symptoms

These remedies act as tonics to the nerves. They have been of value in the treatment of liver conditions, jaundice, and nausea. They act as antiseptics in the cleaning of wounds and seem to speed healing. Just as yellow has an affinity for problems in the right eye, so violet has an impact on problems in the left eye.

PINK (NO NOTE OR GLAND APPLIES)

Emotional Symptoms

Pink is a remedy for the heart and is particularly appropriate where grief, disappointment, separation, and loss have robbed the person of either the desire or the ability to give love or be involved in other loving relationships. This remedy can be an aid to new mothers in bonding with their child and in avoiding postpartum depression.

Physical Symptoms

The pink color remedy may alleviate heart palpitations and arrhythmias that are the result of tension or sorrow. This remedy has a reputation for increasing milk production in new mothers. I suspect it is most effective when the cause of the problem is emotional rather than physical.

MAGENTA AND HIGH C PINEAL

Emotional Symptoms

The symptom picture of these remedies includes feelings of unworthiness and self-doubt. These remedies can open us to receive love, happiness, health, and prosperity. They can increase our insight and creativity, make us more open to change and growth, and increase the joy and enjoyment we find in life.

Physical Symptoms

Magenta and High C remedies act as general tonics and can increase physical energy levels, focus the mind, and improve the memory.

SPECTRUM AND THE CHORD

Emotional Symptoms

These two remedies act against tension, fatigue, exhaustion, and burnout. They are particularly effective with chronic illness and pervasive discouragement.

Physical Symptoms

Any physical symptom that is evidence of overwork and exhaustion may be ameliorated by these remedies. They are specific for lack of vitality from overwork, illness, or substance abuse.