

## COLOUR AND ENERGETIC STRUCTURAL CHANGES

The following article is the result of observation of colour changes in the energetic body known as the 'Aura'

These observations were made during Shiatsu treatments and Ki exercises carried out by graduates and students of the Glasgow and Highland Schools of Shiatsu during clinics, practice workshops and training.

The ability to see colours in the aura is not confined to those with, 'the gift'. Practical energetic workshops which form part of the training of the Glasgow and Highland Schools of Shiatsu include instruction in seeing the aura, demonstrating, at the very least, the existence of an energetic structure which extends beyond the body, and has the capacity to change colour.

The workshops are designed to extend awareness and, therefore the ability to see colour is not the sole object of the exercise, however an increasing number of students **are** seeing colour as well as feeling energetic changes without any form of contact, making the massive leap from things as we usually see them to things as they really are.

Often this has the profound effect of triggering off an awareness which, before had not been considered possible.

Colour vision can be used as a means of diagnosis, however it is better used as a supplement to the normal means, such as hara diagnosis, as colour changes give immediate information as to what is happening to the energetic structure as the treatment progresses.

Light in the form of various colours indicates quite definitely what is happening to the structure it is reflecting off, for example whether it is expanding or contracting. The brightness and quality of the colour gives us other information with regard to the changes within the structure, the reasons for which, unfortunately, we do not have the space to go into within this particular article.

As someone who needs proof and takes little at face value, I apologise in advance for the technical jargon and the references to physics and the light spectrum, however these and Quantum Theory are proving to be a fruitful path in my attempts to understand just how shiatsu works.

It is my hope that readers will be stimulated into investigating for themselves the suggestions I have put in this article.

Colour changes as a result of expansion and contraction within the molecular structure. This will take place as a result of different strengths of electromagnetism and its effect on the different forces within the molecular structure.

This structure's effect on light is similar to that of the **diffraction grating** where, if spacing of atoms of different sizes correspond to the wavelength of a particular colour, that colour alone will be 'reflected'. As the structure expands colours of longer wavelength will be reflected, in other words colours will move towards the red end of the light spectrum. Correspondingly, as the structure contracts colours will move towards the blue and violet end of the spectrum.

Head colours are more changeable than body colours able to move rapidly through the whole range of the light spectrum. This is hardly surprising as signals from the brain are in a continuous state of change whereas changes within the body are, by comparison, slow and appear to be reasonably static.

By contrast, colours within the hara tend to be almost exclusively within the upper end of the light spectrum,(dark green to purple) and are extremely responsive, changing far more quickly than other parts of the body. This gives us one clue as to why the hara is so changeable as it is easier to manipulate higher energy levels than to stimulate lower levels as indicated by colours moving down towards the orange, yellow and red part of the spectrum.

Huge changes and flooding of colour can be seen through the aura when there are vast emotional changes such as fear or anger, when the aura acquires an overall uniformity of colour, if only for a few seconds. This colour may not be pure but may include other colours which give the appearance of graining, a little like marble.

Anger, or flashes of temper can produce a general inflamed red appearance throughout the aura with a dirty brown graining, once seen, never forgotten, literally 'seeing red' as the molecular structure expands rapidly, but also unevenly leaving imperfections in the in the overall structure. In many ways this is remarkably similar to the expansion of the universe with 'wrinkles', which ultimately led to the formation of Galaxies.

The, generally, slow responsiveness of 'body' energy changes as it comes in contact with other changeable vibrational structures as found in living beings. Depending on the responsiveness of the energetic structure at the time, interaction will take place followed by a degree of energetic and structural change, purely as a matter of course.

It would appear that interaction and response is intensified as the 'cores' of energetic qualities are brought closer together, however the type of response may be varied.

(‘Core’, intense, central root of energetic structure, ie. Meridian)

Observation of colour changes indicates quite clearly that the meridian is little more than the most accessible part of the energetic structure for most people

and, that the overall quality of that meridian can be found on a course parallel to it off the body and can be treated there if one has the required sensitivity.

Shiatsu adds another dimension to the treatment and therefore working off the body is better kept for certain special situations in which it works particularly well.

Observation of Shiatsu treatments and exercises have shown the following most common variations of interaction.

1) Direct - perpendicular.

2) Layered - folded.

3) Rapid - transitional.

4) Floating.

#### **Direct - perpendicular**

A straw bundle liner effect between cores(giver and receiver).

Physical transformer (e.g. the hand), may be lined with a different colour, usually purple in this particular case.

This interaction is usually followed by energetic restructuring, (contraction or expansion, more jitsu or more kyo) greater molecular excitation.

#### **Layered - folded.**

Uneven layers of various densities, horizontal between giver and receiver, colour usually of low intensity, dullish, difficult to arrest, gives impression of 'doing something', but doesn't hold. Ineffective in immediate restructuring. Some incompatibility.

#### **Rapid - transitional.**

Rapidly fluctuating colours, unstabilised energetic structure, constant expansion and contraction.

This structure may be stabilised, consolidated and held by and experienced practitioner.

**Floating.** Sits like an insipid soup, little apparent activity, deceptive in that there is the impression that you have something to work on, inconsistent sensory information, 'now you feel it, now you don't!'.  
Difficult to work with.

The **direct - perpendicular** response is the most obvious connection to the student and the most rewarding to everyone being a definite feeling of connection.

**Layered – folded.** May 'come good' as a result of other restructuring within the organism, (Energetic homeostasis), but it takes its time.

Delayed response to treatment , recognised by the experienced aware practitioner but not necessarily by the student.

Hara may not have resolved . Results sometimes exceptional or unexpected, down to experience again.

**Rapid - transitional.** Mainly the realm of the experienced practitioner as awareness of the situation is all important as well as the ability to stabilise and consolidate. Not for the beginner!

**Floating.** Often produces deep tsubos characterised by a total lack of response anywhere, best to move on and find another 'gate' into the energetic system and try again. Found in low energy situations such as ME. Determination to make it work only weakens the energetic structure further and disperses what energy **is** available.

(Investigation is underway with regards the similarity between colour produced from the action of tonifying tsubos, and the spectroscopic effects produced by manipulation of other structures and materials).

Visual information also includes the energetic 'health' of the structure which will be depicted as 'qualities' of colour. These will range from bright, vibrant, solid looking, sometimes silken, to matt, dull and fragmented. Head colours appear as localised 'bursts', then fading and are different to more residual colours that give an overall impression of the person's health. In the case of head colours, residual quality and texture is a dead give away as to the health of the individual

Structural response and change is also governed by factors other than proximity or contact. Already mentioned is structural change elsewhere during treatment and its direct effect on another structure,(changing conditions).

Extremes and fluctuation of temperature will attract the attention of the energetic structure as a whole as it adjusts to regulate body heat to a level at which it functions best.

Treatment at this time will be less effective at its best or, in the case of overall low energy, positively harmful as the structure is forced to give up what energy it has to two areas of demand,(a somewhat oversimplification ). Awareness, experience and expertise will influence pace and depth, and , where time and treatment are of the greatest value.

Not knowing when to,'move on' during a treatment may mean that a structure, once consolidated and held may break down and change, or may not be held long enough to be consolidated and remain. It may also be that the **whole treatment** hinges on the consolidation of one particular structure and it is important to recognise that.

Thus expansion and contraction of molecular structures is a perfectly natural and essential process in the development and function of everything from the smallest atom with it's constituent parts (some sub-atomic), its ability to absorb and emit energy to the, at present, continuing expansion of the Universe within which stars, solar systems and whole galaxies are being continuously formed and destroyed.

Colour is being used by our Cosmologists and Astrophysicists to determine the composition, direction and speed of our most distant heavenly bodies.

Colour has given us a chance to view the delicate structures that connect us, and give us more than a clue as to the varied, sometimes turbulent interaction which that takes place energetically and the effects on our body/mind. It also provides us with information as to how treatments may be improved as we recognise energetic patterns and their possibilities, strengths and weaknesses.

Let us consider the case of disease or damage to an organ such as the liver, with its own vibrational quality and colour. Both diseased and healthy livers have the same constituent parts, the difference being the arrangement of the energetic structure.

The cure therefore, is purely a matter of rearranging the energetic structure back to its original form.

That is the trick, **but what a trick** , and watch the colour change!

