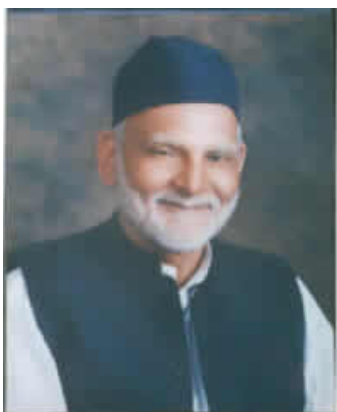


COLOR THERAPY

by Khwaja Shamsuddin Azeemi



About the Author:



Khwaja Shamsuddin Azeemi

Patriarch of the Azeemia Sufi Order

Any Discussion regarding spiritual or occult science, interpretation of dreams, telepathy and institutionalization of mysticism remains incomplete if the august name of Khawaja Shamsuddin Azeemi is not mentioned. Khwaja Shamsuddin Azeemi, the chief editor of monthly Roohani Digest, is a Pakistani scholar of international repute in the field of spiritualism. Spiritualism that used to be considered something mysterious and hard-to-learn has been presented by him in most modern and scientific way bringing it out of the dark shadows of myths and lores.

His contribution in scientifizing and institutionalization of the most ancient body of knowledge according to the needs of the modern era will be remembered for times to come. Most of the people knows Khawaja Shamsuddin Azeemi because of his unique style of writing. He has authored over thirty books besides many pamphlets and articles covering almost every aspects of metaphysical sciences. Some of his books are translated into English, Russian, Arabic, Persian, Thai and local languages such as Sindhi, Pushto etc.. His two books are being taught in Sal ford University U.K. in the syllabus of Bachelors and Masters degree classes.

His articles inspite the uniqueness of their subject matter remain within comprehension of the common man. Presentation of a divine body of knowledge that has reached him in disciplic succession in most simple and understandable way is an incredible success and achievement of Khwaja Shamsuddin Azeemi. His column 'Roohani Daak' has become a legend through which millions of people have been advised for their socio-economic, Psychological and spiritual problems over the past thirty years. Besides suggesting the solution of the problems of the people questions and queries about the most complicated and enigmatic phenomena of nature are also replied comprehensively in the light of the spiritual sciences.

Every month about seven thousand letter seeking his guidance are received and replied as a free service. In addition to this literary contributions to develop the mental faculties of the young generation he has been established a chain of Seventy muraqbah halls in the length and breadth of Pakistan, as well as in England, Middle East, Canada, U.S.A., Russia and other European Countries besides few in India to teach spiritual science and to train and prepare that lot of people who could carry the torch of the Divine missions of spreading peace and harmony after enlightening their own souls.

Muraqbah Hall is a centre operating under his direct supervision and guidance where the students of spiritual sciences are taught the art of meditation, spiritual healing and learn to serve others without any distinction of cast, color or creed. Khawaja Shamsuddin Azeemi, a mission oriented person, trained by his able teacher Hazoor Qalander Baba Auliya, is striving really very hard to spread this message that recognition of the soul is the only way to recognize our Lord God and recognition of the hidden potentialities which has been termed as parapsychology and deals with the laws of nature operative at the preternatural level.

Seminars, conferences, lectures and public meetings arranged on this subject, his appearance in 17 T.V. programmes in U.S.A., participation in various programmes of BBC London, private channels of radio T.V. in England and other European countries and U.A.E.. Also Pakistan Television, FM-101 Radio channel, Radio Pakistan have played a vital role in introducing this sublime branch of knowledge. Through addressing people and affording a chance to them for direct counseling he is an rendering such a service for his fellow beings which cannot be ignored by any chance. All these seemingly Herculean task have the only motive of enabling the man to be acquainted with his Lord Cherisher after equipping himself with the insight and vision through that sacred knowledge which is the heritage of the Prophets.

For more information, Please go to:

<http://www.mmhall.net>

<http://www.livemmhall.net>

Note: This is English translation of a small part of the Urdu book ‘Color Therapy’ by Khwaja Shamsuddin Azeemi.

COLOR THERAPY

by Khwaja Shamsuddin Azeemi

Colors and Health:

The light, heat and color of vibrant rainbow waves create effective vibration not only in human but animal tissues as well. This frequency creates effects on the tissues.

Specific colors affect specific glands. The details of which are as follows:

ORGAN / GLANDS	COLOR (which effect)
1) HEART	RED
2) LIVER	YELLOW
3) THYROID GLANDS	BLUE
4) LUNGS	ORANGE
5) EYE	SKY BLUE
6) PANCREAS	VIOLET
7) PHLEGMATIC GLANDS	DARK BLUE
8) PITUITARY GLAND	VIOLET
9) SPLEEN	PURPLE
10) BLADDER	VIOLET
11) TESTIS	VIOLET
12) OVARY	VIOLET

With the help of colors every disease is treated which has been inherited since the start of mankind.

Colors & Food:

Sunlight has Mineral & gases included which is an important component of human food. Food gives us energy & strength. If we use food and light (combination of colors) together it increases energy two folds.

Example:

One day I (Khwaja Shamsuddin Azeemi) was inspired that sunlight has all the colors and these colors fulfill our nutritional requirements. If we store sunlight in our biological system it can fulfill our nutritional requirements. According to the program I use to sit facing towards east before sunrise and through breathing pointed my mind towards a specific aliment and stored sun rays into my stomach. As a result there was no need for food except

for water and neither did I felt any weakness, however when walking it felt much lighter and the impression of walking in space was created, solid walls were seen as made of paper.

Colors & Vitamins:

Sun is an important source for the extraction of Vitamin "D". Sunlight contains vitamins other than Vitamin D as well and every vitamin is related to some color.

VITAMIN	COLOR
VITAMIN A	YELLOW COLOR
VITAMIN B	GREEN COLOR
VITAMIN C	LEMON COLOR
VITAMIN D	VIOLET COLOR
VITAMIN E	VIOLET COLOR
VITAMIN K	DARK BLUE COLOR

The Best way of absorbing colors is to use fruits, vegetables and citrus things. The sunlight is directly absorbed in fruits and vegetables but we have to take care of color balance in our diet, by over cooking and frying a lot the colors in nutrition are lost.

CHARACTERISTICS OF COLORS

All colors discharge waves of pulsation which create the feeling of cold or heat after colliding to an object. The wave length of Red color is the longest due to which the frequency created is the slowest. The wave length of violet color is least due to which it creates the fastest frequency.

Red color creates the feeling of Heat while sky blue color creates the effect of coldness. Green color is the one that creates balance.

The density of Red color limit it's frequency and movement against this the Blue color creates the feeling of spaciousness in the environment.

Different colors create different feelings/effects e.g. Burnt (itch) by Red, Warming effect from Orange, Light warming from Yellow, Green feels no warm no chill and jujube affects cold with pinching feeling.

Color creates feelings of byte, cut, hurt, crush or hit or sting.

People don't normally think about colors. We are inspired by viewing pictures/paintings but don't give attention towards the nature of colors.

Through experiences it is seen that patients of Stress and Sleeplessness' are fast cured with Violet, Blue & Turquoise Blue colors.

Red, Orange & Yellow colors extricate laziness & weakness. There is a saying of a Researcher that putting patients in Pink color environment subdues the emotions of violence and revenge. Pink color acts as a tranquilizer for veins and muscles. The effects of Pink color are now used to balance sex, family disputes, business matters and jails. Through Pink color anger is lowered. Under Pink color muscles don't experience stress and tension. Even blind people feel relaxed in Pink colored rooms.

Characteristics of Colors:

1) PHYSICAL CHARACTERISTICS.

2) MENTAL CHARECTERISTICS.

RED COLOR

Red Rays are found in the following things:

Iron, Zinc, Copper, Potassium, Oxygen, Beet, Radish, Spinach, Red cherry & Red covered fruits.

Mental characteristics of Red Color:

In this color the emotions of deep interest, will power & love are involved. When the affairs of life are affected, relationships come to an end and expectations are broken and no opinion or plan works, in this condition Red color becomes predominant in the core-center of mind. When mind is under the influence of Red color, everything seems to be red.

The imbalance of Red color in the red-color center (in mind) is the proof of abnormal emotional attachment or spoiled emotions.

People who posses Red color in balance; help other people, those people keep worrying about Humanity and their race. They utilize all their abilities in favorite activities.

The people under influence of Red color spend good life. Since they cannot control themselves regarding eating, drinking and other matters, therefore, they are fatter. We necessarily pass through an era of life when Red color is predominant than all the other colors. At the time of adolescence red color becomes very powerful. It is an interesting thing that in boxers oxidized red color is dominant. The person with prevailing Red color takes special care of his/her health. Predominant Red color people are interested in bodybuilding.

This color stimulates emotions, produces happiness and is full of life. In today's lifestyle people mostly spend their time sitting in cars, in-front of televisions or in office and don't exercise, as a result the epicenter of red color keeps de-activated, therefore decline surrounds them fast. The excess of Red color causes tendency of scattered-mind-ness, peevishness, displeasure and tyranny towards people.

Physical characteristics of Red Color:

Nature/Temper of Red color is Warm. This color has more constructive ability. This color creates impulse in blood, if red color is thrown on the back bone in anemia (lack of blood in body as compared to normal) then the number of R.B.C(Red Blood Cells) is increased. If a part of body is paralyzed then emitting Red rays on that part increases the flow of blood and the nervous system becomes normal and if the same rays are cast upon navel and upper limb then it creates stimulation in stiff veins.

Reddishness in the yellow epicenter increases stomach pain. The increase in red color in the lower center of throat is the cause of swelling tonsils and scratch in throat.

ORANGE COLOR

Iron, Calcium, Nickel, Orange cover fruits, Radish, Pumpkin, apricot, Peach, Mango etc contain Orange color.

Mental Characteristics of Orange color:

People with predominant Orange color take interest in such sports which are physically demanding and exhaust them. Such people want to perform tasks as quick as possible and if they don't achieve this goal they become worried. These people are good managers/organizers. Orange color people like to keep connected to others around them, wear loose and comfortable dress, they have a keen interest in arranging parties/social gatherings. Predominant Orange color people are more active than people with red color prevalence. If Shiny Orange is dominant waking up in the morning becomes easy.

Physical Characteristics of Orange color:

Orange color helps in Digestion. Orange color is very useful for the treatment of Lung Infection due to cold, Contortion, Loose Motion and Pulmonary Consumption.

Orange color helps in Digestion. Orange color is quite useful for treatment in Lungs disorder, Dysentery, Contortion, Pulmonary Consumption.

YELLOW COLOR

According to chemical analysis Yellow color is stored in Gold, Calcium, Nickel, Zinc, Copper, Platinum, Sodium, Phosphorus and Carrots, Golden Grains, Banana, Pineapple, lemon, Grapefruit & more Yellowish cover fruits.

Mental Characteristics of Yellow color:

Yellow is the color of Research. Predominant Yellow color people have keen interest in learning. Such Men/Women spend their life full of studies. Scientist, Politicians and Business People are mostly under influence of this color.

The people whose core-center of mind has more density of Yellow color than normal are Materialistic and they prefer their own benefit over others.

Any Yellow colored person is successful in worldly matters because He knows the art of making money and spending it in the right manner. Yellow color is the sunlight color, people with Yellow color are active and adopt a good lifestyle.

Yellow color stimulates the mind. If you're ever feel anxiety then use Yellow color to write a letter. In a room where there's no sunlight, Yellow color creates a pleasant effect on mood.

Physical characteristics of Yellow color:

Yellow color is an excellent cure for Stomach related diseases. It improves digestive strength by releasing gases from the stomach. It is beneficial in diseases such as Haemorrhoids(Bleeding), Sugar and diseases of Liver. This color removes blemishes from the body. Deficiency of Yellow color becomes a cause of diseases and it's excess is one of reasons of Fever.

GREEN COLOR

Green color exists in Nickel, Chromium, Cobalt, Platinum, Aluminum, Chlorophyll and several vegetables & green cover fruits.

Mental characteristics of Green color:

Green is a Tranquilizing color. Predominant Green color people are full of love and the rays of love spread from them which make the environment lighter, people are madly in love with them. People with prevalent green color are farmers and gardeners.

Because the Green color is created with the combination of Yellow & Sky-Blue colors, minds of people under the influence of Green color remain very active. They listen attentively to other people's opinions. People come to them in large numbers to tell their problems and ask for solutions. These Men/Women love kids and animals and they keep happy in their company. The teachers of nursery classes have this color in them in good quantity. Due to the blending of Sky-Blue color these people have a special relationship with water, lakes, rivers and ocean. By temperament they are very balanced and don't get angry very often but due to being soft-hearted get shocked and hurt quickly. These people tend to wear light colored clothes. Green color people are never satisfied with their work. They like to explore new grounds and they are very determined.

If the Green color becomes excessive in the Yellow center of Stomach then not only these people become emotional but also become worried of other people's conditions, such people get affected from every feeling of life, keep thinking about the past happenings due to which stress created on stomach.

Deficiency of Green-ness in the core-center of mind becomes the cause of one-sided behaviors and narrow heartedness is shown in achieving life's goals.

If Green color becomes deficient then normal in throat, it creates harshness in conversation and if it's in excess than normal, the conversation becomes so soft that people use them for their own purposes.

Physical characteristics of Green color:

Green color is highly-effective for nervous system and high blood pressure. This color in itself contains the characteristics of elixir for healing wounds. It is panacea for the patients of ulcer. Most of the Vegetables are of Green color, if they are taken in any form cooked or un-cooked the effects of Green color are inhaled into the body.

Combination of Green and Blue color creates Turquoise-Blue, this color energizes skin tissues, this color is the best cure for burnt skin from sunlight and itching. It creates tightness in shrunk and skin full of wrinkles, which becomes the cause of attraction in personality.

SKY BLUE COLOR

Sky blue color exists in Aluminum, Cobalt, Zinc, Lead & all Sky-Blue colored fruits & vegetables, For example Grapes, Potato, Dried Plum and Pear, it's also found in fish & chicken.

Mental characteristics of Sky Blue color:

Sky-Blue Color is the symbol of One-ness of God, this is a spiritual color. The Sky-Blue color in Aura indicates that this person is a master, governs a relaxed temperament and is

versed with spiritual know-how. The deeper the color, relatively the level of spirituality, honesty, insight and sacredness will be high.

The people on whom the Sky-Blue color is dominant are God-Fearing, Servants of Humanity, Thinkers of the signs of God and are lovers of Prophets and Saints of God. The bearer men/women of this color believe the Thinking-Approach of Holy-Prophets as the ideal for their lives. They preach equality, brotherhood and keep away from dissension.

Physical characteristics of Sky Blue color:

Sky blue color has more importance than other colors as compared to other colors. The temper/effect of this color is cold. This is considered to the opposite of Red color. This color is very effect in treating fast Fever, reducing Mental Stress, to balance shooting pulse and relaxing the mind. Sky-Blue color helps in controlling high-blood pressure. Sky-Blue color is helpful in making nerves relaxed and to reduce mental and physical tension.

Sky-Blue color is effective following diseases.

Normal Fever, Red Fever, Typhoid, Plague bubonic, small pox, Epilepsy, Hysteria, heart convulsion, High blood pressure, thrust, Joindis, Bile, Eye diseases, Poisonous Sting, Itch, Stomach ulcer, Dental Diseases & Sleeplessness.

BLUE COLOR

If there is a some reddishness in Sky-Blue color then it becomes Blue color.

Mental characteristics of blue color:

Predominant Blue color people have interest in the treatment of living beings. Doctors and Physicians are related to this color. Even these people don't talk too much but people in their company acquire self awareness, as if these people are like mirrors in which people see themselves. Such people are calm, silent and soft humored and they posses such a quality that people feel relaxed in their company.

Physical characteristics of blue color:

This color is effective for the treatment of blood cleaning, Swelling of Eyes, few of ear's diseases(noise in air, eruptions in ear) Nerve Soreness, Breathing Infections/Diseases, Soreness of Lungs & Nose, Tonsils & Cough.

VIOLET COLOR

Violet color contains equal quantities of Red & Blue colors.

Mental characteristics of violet color:

Predominant Violet color people are sensitive and express this in different ways.

Violet color is of Artists and Painters. Until and unless we have some quantity of violet color in our selves we cannot sense beauty.

If the ratio of Red color is more in Violet color the expression of it will be seen as inclination towards sex and if Blue color's ratio of quantity is more the situation will be opposite.

Sometimes these people are lost in themselves, it so happens with good artists, there are more Spiritual potential in them, if their third eye is opened then they can see the

Hidden(Ghayb). In these people the passion of constructiveness is present at all times. These people think less-for-themselves and more for the humanity and are always in the worry that somehow the humanity should get benefit from their presence. They don't want to waste even five minutes of their lives.

Physical characteristics of violet color:

Violet color stimulates Spleen & improves repulsive strength of the body. Violet color helps in maintaining Potassium and Sodium balance. Violet color controls un-necessary stimulation of all glands including the Lymphatic Glands. This color is also useful in losing weight by controlling appetite. It reduces extreme mental pressure and the condition of stress. This color is a great recipe for deep and relaxed sleep.

Useful in the treatment of Sexual Diseases, Urinary Infections, Gonorrhoea, Frequent Urination, Diabetes, All Vaginal Diseases, Leucorrhoea, Swelling of Kidneys, Stone in the Bladder.

MAGENTA COLOR

If Yellow color is mixed in Violet, it becomes Magenta. A person under influence of this color have good managerial abilities.

-- "Every person is under influence of some color and He/She sees life through the filter/glass of that color."

The color we choose for our apparel and home are the result of our deep interest in those colors.

“If we get aware of this reality that colors are actually important then gradually the mysteries of colors on our own-self will be revealed on us.”

The colors we use for our apparel creates an effect on our environment. There are infinite shades in colors. We choose the color of our clothes through inner inspiration, which tells us which color will be good for us. It is possible that a color we do not like at this point of time may look good to us after an year. This change indicates that the flow of colors/light in our inner has changed. If we pay close attention that which colors are present in our environment, what color of clothes we normally wear and what is the color of food? Then this reality will be revealed upon us that ‘Our life is nothing but colors’.

JOURNEY OF CONSCIOUS

After spending a certain time in this world, we are born in a world where the second journey of our life starts. In this world we have to confront milky light. Milky light is seen with the Third Eye.

The milky light keeps its balance and the balance of others as well, this light is also absorbed in things used by the body. This is why the things used by Spiritual People are preserved as benediction. Pure and gentle waves keep spreading out of the graves and the dispersion of these waves is called ‘Grace’. The pure and chaste inner is filled with divine light which keeps enlightening the whole environment. The people who are covered with white (milky) light waves are reticent and take out time from worldly matters in order to sit in solitude and concentrate (meditate).

Aura & Core Centers (Chakras) of Color in Humans

According to THEORY OF COLOR THERAPY by Khwaja Shamsuddin Azeemi

