

“A Critical Analysis of Chromotherapy and Its Scientific Evolution”



A Critical Analysis of Chromotherapy and Its Scientific Evolution

by Samina T. Yousuf Azeemi* and S. Mohsin Raza

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“. . . Contrary to accepted scientific theory, which assumes that each element is a unit, Ghadiali (1927) concluded that ‘the chemical elements are colour compounds’. His results can be proved by any of the sophisticated equipment of modern science. ‘A specific disease thus constitutes a specific imbalance of colour waves and by implication, chemical imbalance.’ Ghadiali found that by treating the body with a particular color vibration, one could effectively reintroduce the appropriate biochemical elements into the body; he referred to this as color chemistry, certainly a new field of study. His results as published in the first decade of the

twentieth century were advocated by Klotsche in Colour Medicine: color medicine not only can heal the diseased frequency of the body but also can introduce actual chemical elements/vibration into the body in a non-toxic form.”

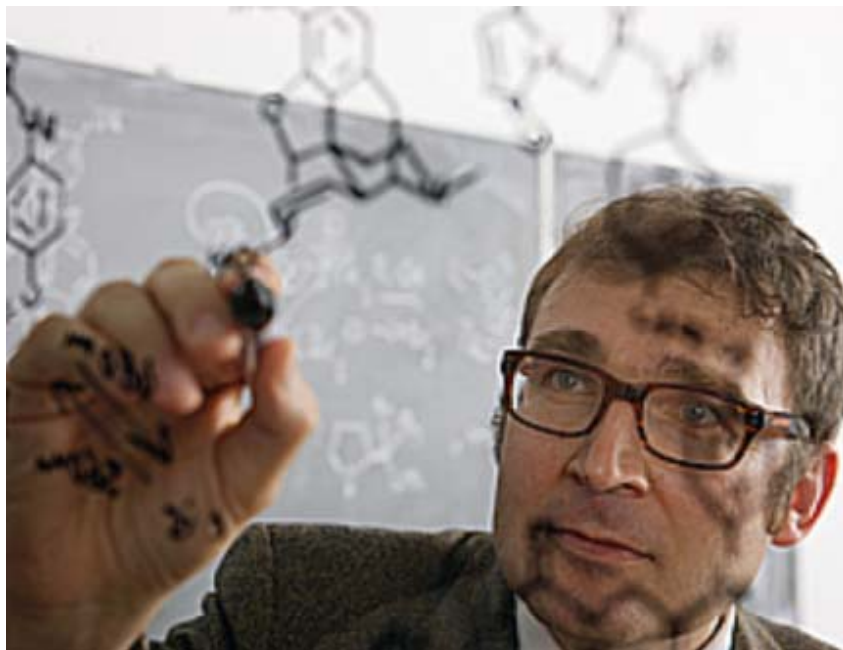
– from *A Critical Analysis of Chromotherapy and Its Scientific Evolution*

Read the entire article online at:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1297510/>

link submitted by Michael McIntyre

PHOTOPHARMACOLOGY?



Dirk Trauner, Professor of Chemical Biology and Genetics at LMU, has helped develop a method which, in principle, enables all types of neuroreceptors to be controlled by light.

PHOTO: sciencedaily.com, image courtesy of Ludwig-Maximilians-Universitaet Muenchen (LMU)

Light can be used to control biological events with unmatched temporal and spatial precision.

Dirk Trauner, Professor of Chemical Biology and Genetics at Ludwig-Maximilians-Universitaet Muenchen (LMU), has helped develop a method which, in principle, enables all types of neuroreceptors to be controlled by light:

<http://www.sciencedaily.com/releases/2014/02/140226132836.htm>

This second link is a publication by Trauner, et al. and is

more scientific and reliable:

“A Roadmap to Success in Photopharmacology”:

<http://www.ncbi.nlm.nih.gov/pubmed/26103428>

links and comments submitted by Michael McIntyre

Lamp, Mantle, and Staff for Spiritual Growth



“The initiate is he who possesses the lamp of Trismegistus,

the mantle of Apollonius, and the staff of the patriarchs. The lamp of Trismegistus is reason illuminated by science; the mantle of Apollonius is full and complete self-possession, which isolates the sage from blind tendencies; and the staff of the patriarchs is the help of the secret and everlasting forces of nature. The lamp of Trismegistus enlightens present, past and future, lays bare the conscience of men and manifests the inmost recesses of the female heart. The lamp burns with a triple flame, the mantle is thrice-folded and the staff is divided into three parts.” ~Eliphas Levi

I think it is safe to say that when Levi refers to the lamp of Trismegistus (Hermes) as representing “reason illuminated by science,” the science he is referring to is not chemistry or biology, but the spiritual sciences that awaken the spirit and soul and reveal spiritual truth (Gnosis) to us. Materialists, of course, laugh at the idea that anything spiritual could be considered a science, but those same materialistic scientists also tend to refute quantum physics as pseudo-science while the high-tech corporations continue to use it to make the technological wonders we all love to play with.

Levi aids us with understanding what is meant by the “mantle of Apollonius” which is “full and complete self-possession,” when he adds that it isolates the sage from blind tendencies.

< [Read the complete blog post at Solar Wind.](#) >

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contributed by Harold Boulette

Sun Salutations

Has any of us ever experienced a suspension, or cessation, of breath while performing solar eye techniques?



The above diagram is the *basic* sequence of postures known as *Surya namaskara*, or Sun salutation.

Traditionally, this was practiced by vedic seers just before greeting the morning sun. It is also a component of *nadi shodhan pranayama*, which is a yoga centered around alternate nostril breathing and holding one's breath.



Practicing *nadi shodhan pranayama* can produce kundalinic effects and propagate prana, or chi, distribution, yet the crown jewel of this breathing yoga is *kevala kumbhaka*. *Kevala kumbhaka* is breath suspension that is separate from inhalation, exhalation, or intentional pauses; it is an unforced removal and cessation of breathing that occurs without discomfort. Once attained, it can crop up naturally and normally now and then. It seems interesting that the Sun salutation postures are integrated in a pranayama practice that can produce natural breath cessation.

As a side note: Clinical studies (see links below) suggest that alternate nostril pranayama promotes: greater cognitive ability, sustained attention, and a balancing effect on hemispheric brain functioning:

<http://www.ncbi.nlm.nih.gov/pubmed/1938166>

<http://www.ncbi.nlm.nih.gov/pubmed/23721252>

by Michael McIntyre

“A Hermetic View of Death”



*“Hermes bowed his head in thankfulness to the Great Dragon who had taught him so much, and begged to hear more concerning the ultimate of the human soul. So Poimandres resumed: ‘At death the material body of man is returned to the elements from which it came, and the invisible divine man ascends to the source from whence he came, namely the **Eighth Sphere**. The evil passes to the dwelling place of the demon, and the senses, feelings, desires, and body passions return to their source, namely the Seven Governors, whose natures in the lower man destroy but in the invisible spirit man give life. After the lower nature has returned to the brutishness, the higher struggles again to regain its spiritual estate.”*
~Manly P. Hall

“It may seem like it, but this is not an excerpt from a fantasy novel. The dragon, spheres, and governors in this tale are allegory, not fantasy. It is unusual to see a dragon as a good guy, but in this case, he clearly is. In fact, it seems to me from the description of the dragon found in the quoted text and elsewhere, that the Great Dragon, or Great Teacher, is Christ. And if you reply that Christ hadn’t been born yet, you are confusing Jesus with Christ. Jesus was a man in whom the Christ spirit resided for a time, but the Christ spirit is immortal and always existed. But if you wish to think it is a different spiritual teacher, that is your choice.

“Hermes wants to know what happens to us after we die, and the Dragon replies in ways that are mostly allegorical, but occasionally literal (one has to learn to tell the difference).”

< [Read the complete blog post at Solar Wind.](#) >

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“The Awakened Self”



“The truth, then, so far as we know it at present, seems to be that those powers which are in contact with the Transcendental Order, and which constitute at the lowest estimate half the self, are dormant in ordinary men; whose time and interest are wholly occupied in responding to the stimuli of the world of sense. With those latent powers sleeps the landscape which they alone can apprehend. In mystics none of the self is always dormant. They have roused the dweller in the Innermost from its slumbers, and round it have unified their life. Heart, Reason, Will are there in full action, drawing their incentive not from the shadow-show of sense, but from the deeps of true Being; where a lamp is lit and a consciousness awakened, of which the sleepy crowd remains oblivious.” ~Evelyn Underhill

“Sailors long ago learned that it is folly to ignore the largest part of the iceberg that is hidden underwater. Today, however, many people think it is just fine to ignore that greater part of what they truly are simply because it remains dormant. And like the foolish sailor who ignores the fact that the iceberg is bigger underwater than it is above, or that there may be other dangers hidden below the surface of calm waters, those people may be in for a rude awakening.

“I know that the attitude of many seems to be to deal only with the material world while trapped on this level of existence, and they will worry about the spiritual when and if they ever get there. That is like waiting to learn how to swim after your boat sinks: almost certainly too late. But it is also a foolish position to take because awakening additional senses, additional faculties cannot harm you at all in this world, but certainly can be of benefit. Materialists tend to find that hard to believe, but there is ample evidence. People who awaken their spiritual self, people like St. Francis, Jacob Boehme, Gandhi and Martin Luther King Jr, just to name a few, have seen their simplistic material lives be greatly improved by this awakening. Yet many continue to resist.”

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“The Initiate Must be Fearless”



“The would-be initiate must bring with him a certain measure of courage and fearlessness. He must positively go out of his way to find opportunities for developing these virtues. His training should provide for their systematic cultivation. In this respect, life itself is a good school, possibly the best school. The student must learn to look danger calmly in the face and try to overcome difficulties unswervingly. For instance, when in the presence of some peril, he must swiftly come to the conviction that fear is of no possible use; I must not feel afraid; I must only think of what is to be done. And he must improve to the extent of feeling, upon occasions which formerly inspired him with fear, that to be frightened, to be disheartened, are things that are out of the question as far as his own inmost self is concerned.”

~Rudolf Steiner

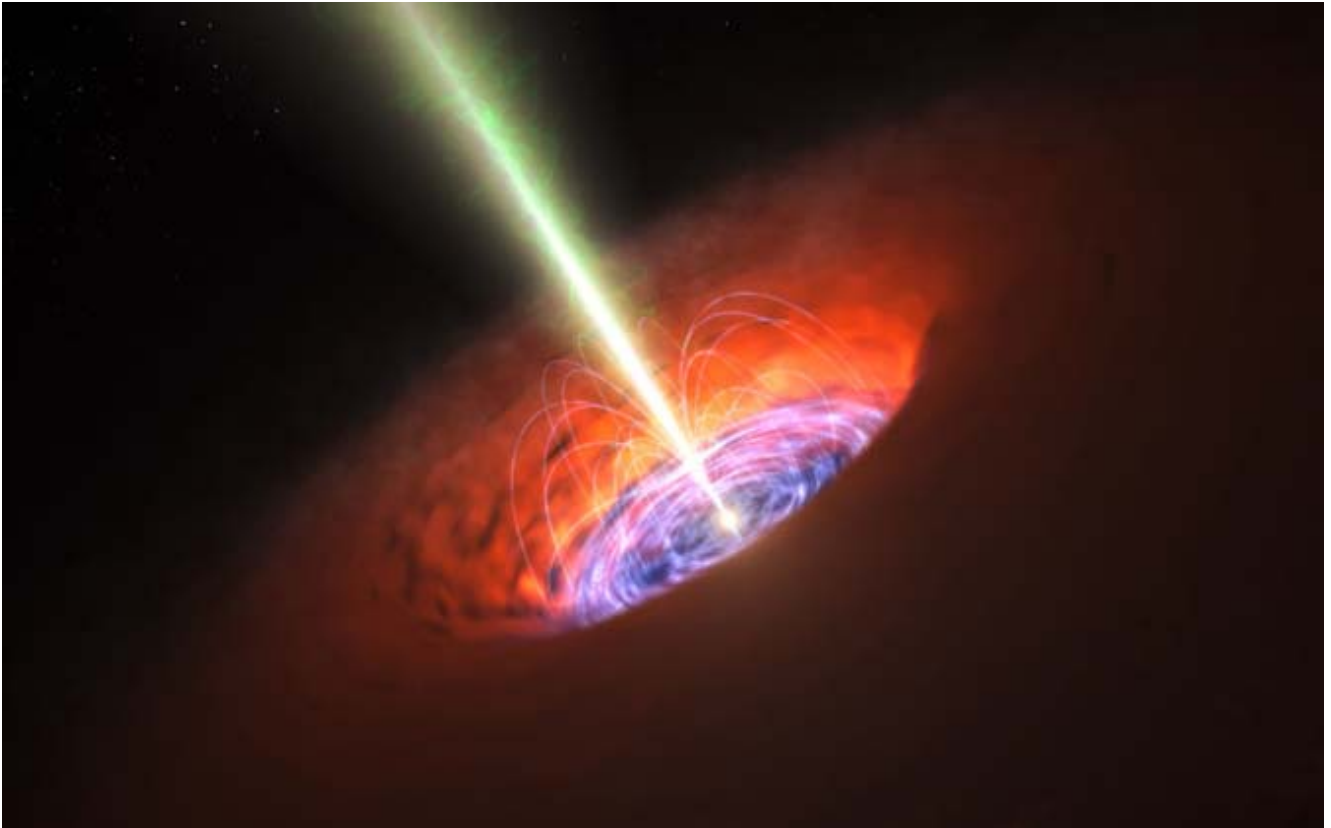
We live in a strange time when many people feed their fears as much as they possibly can, and often do so without being aware that they are doing it. To some degree, we can blame the media for this, especially advertising, but ultimately we are all responsible for our own behavior.

< [Read the complete blog post at Solar Wind.](#) >

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**“Intense magnetic field close
to supermassive black hole”**



This artist's impression shows the surroundings of a supermassive black hole, typical of that found at the heart of many galaxies. The black hole itself is surrounded by a brilliant accretion disc of very hot, infalling material and, further out, a dusty torus. There are also often high-speed jets of material ejected at the black hole's poles that can extend huge distances into space. Observations with ALMA have detected a very strong magnetic field close to the black hole at the base of the jets and this is probably involved in jet production and collimation. PHOTO: European Southern Observatory

Astronomers have revealed an extremely powerful magnetic field, beyond anything previously detected in the core of a galaxy, very close to the event horizon of a supermassive black hole.

This new observation helps astronomers to understand the structure and formation of these massive inhabitants of the centers of galaxies, and the twin high-speed jets of plasma

they frequently eject from their poles. The results appear in the 17 April 2015 issue of the journal Science.

< [Read the entire article posted online April 16, 2015 at sciencedaily.com.](http://www.sciencedaily.com) >

link submitted by Frieda Nelson

“Meet John Curry: New Director of Steamboat Healing Center & Spa”



Steamboat Chapel of the Roses exterior after 2015 renovation PHOTO: Muriel Cervantes

EDITOR: How did you first come into contact with the Community?

JOHN CURRY: I was introduced to Gene [Savoy Jr.] by a mutual friend, Noel Foley, in 2000.

EDITOR: How did you first come to hear about Steamboat Hot Springs Healing Center?

JOHN CURRY: Gene actually introduced Steamboat to me. He gave me a tour of the location last year.

EDITOR: How did you become the director of the healing center?

JOHN CURRY: Gene and I discussed some ideas and thoughts about the direction and future of the spa at Steamboat, and I offered to assist/volunteer my time and knowledge last year. Gene invited me to become the director in April of this year, and I was honored to accept this challenging role.

EDITOR: What is it about your professional background that prepared you for the position?

JOHN CURRY: Thirty years of successful hotel, resort, casino, and country club senior level manager experience. I have opened and rebranded several full-service operations.

EDITOR: Could you give us a summary of what you have done with the healing center since you have been director?

JOHN CURRY: The list of individual projects is quite long, but I'll try to list them.

Chapel of the Roses renovations are completed.

The wedding program is in its early stages. We hosted our first wedding successfully at the end of June.

We are freshening up the interior of building and treatment rooms, painting and redecorating. This is ongoing.

Our event and private party program has been started and is ongoing.

Monthly craft fairs have been started and are ongoing.

We started a new yoga program in May and that is ongoing.

We also have also started monthly retreat programs. Rebecca

Willis is heading up the Save-The-Date with monthly discussions/meeting with guest speakers.

We have begun to make available hotel/spa/retreat/wedding/event packages. This also is ongoing, with room to increase. We are already working with Holiday Inn and the Hilton Garden Inn.

We have improved our retail program, beginning with handmade soaps.

We are now carrying the Two Feathers product line.

We have increased our exposure to the Asian and Hispanic demographic populations in the area, which we currently have little to no impact on. This is started and ongoing.

We have continued training our staff and have regular team meetings. This too is ongoing.

We have also recently acquired two dry saunas and are making those available to out clients.

EDITOR: That is quite a list. I suppose you also have a number of plans for the future. Would you provide us a summary of them?

JOHN CURRY: First is the pool program. This is going to be one of our biggest goals for next year: adding a main outdoor pool for multiple treatment options and to increase our soak pool options.

Next is a water bottling company for the supply of residential and commercial drinking water. This could be a major project over the next five years. It is already in the works to start in October 2015, based on final approval.

And there are new Sonatherapy programs. I am working on getting a film documentary on Gary Buchanan and his Sonatherapy work and research. And we just connected with a former National Football League 10-season Player from the

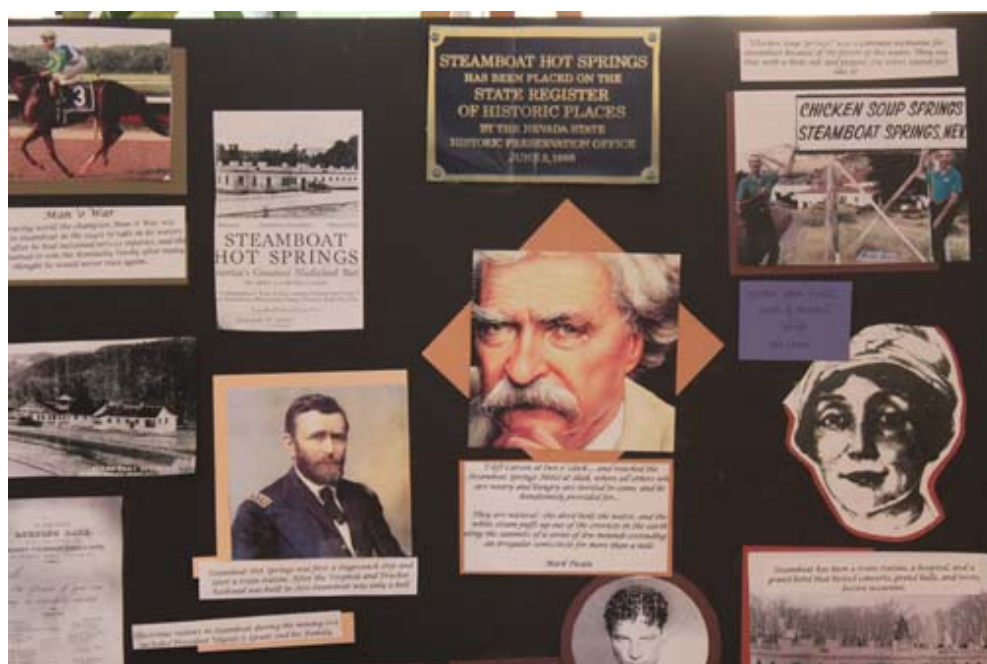
Buffalo Bills, Roland Hooks, who is going to meet with Gary to discuss treatment options. I am also working on building a networking opportunity with the Reno Aces for possible treatment options with Gary.

We are also planning to add a logo line of t-shirts and bath robes available for sale. This too is in the works to start Oct 2015.

We also plan to start a facial menu program by that time as well.

And we are developing wellness programs. The first one started with Blue Moon Harvest out of Truckee, California. This program is in the early stages with lots of room to increase and expand.

And we plan to renovate two more treatment rooms, the old Tea Room and the Crystal Room, with a completion date of November 2015. And at the same time, we plan to upgrade the Indigo Room by adding a Japanese soaking tub to the current shower area.



Images of historic Steamboat Hot Springs PHOTO:

“Real Success”



“A wealthy man of good family, who lacks inward discipline and all virtue in his way of life, is regarded by those with spiritual understanding as under an evil influence; likewise, a man who happens to be poor or a slave, but is graced with discipline of soul and with virtue in his life, is regarded as blessed. And just as strangers traveling in a foreign country lose their way, so those who do not cultivate the life of virtue are led astray by their desires and get completely lost. ...

“A man should strive to practice the life of virtue in a genuine way; when this is achieved it is easier to acquire knowledge about God. When a man reveres God with all his heart and with faith, he receives through God’s providence the power to control, anger and desire; for it is anger and desire which are the cause of all evils.” ~The Philokalia

“It is curious and timely that I should read this section of the Philokalia at a time when we are seeing so much of the opposite point of view in the media. We see a person with great wealth, who not only admits, but brags about the fact that he obtained much of that wealth by tricking people and using the sleaziest of tactics to get good deals when he bought their properties and he is being considered a great success! Simply having a big pile of money to sit on is not success, especially when that money was obtained by trickery and thievery, is not success in any logical or sensible interpretation of the word. By that definition, some despot who robs a country of all its wealth and makes it his own is a great success, which is ridiculous.”

< [Read the complete blog post at Solar Wind.](#) >

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