

How to Make a Color Light Box for Heliogenics in Australia

Having reached the level in my Cosolargy studies that deals with light, color and color bodies, I wanted to devise a practical way to use the A4 size color gel filters that I received with the booklet. I am what might be called an anti-handyman, and shun stores like IKEA that peddle DIY and self-assembly units. Fumbling with items that need to be screwed, glued and rudely inserted is not my idea of a relaxing weekend. The hammer is the natural enemy of the anti-handyman and I never allow one to get within 10 feet of my thumbs. So I scouted around my local K-Mart store – which I guess is the Australian version of Walmart – and found some components that would fit snugly together in a few minutes.



PICTURE 1: Stuff from K-Mart

The parts I ended up with were, as shown in picture 1, a wooden frame designed to hold an 8" x 10" picture, a small plain metal lamp base, a 2-pack of size E27 53 watt halogen light bulbs, and a small storage box made of wicker, with a cloth lining. Total cost was thirty dollars in Australian play-money, which converts to just over twenty bucks in real currency (U.S. dollars).



PICTURE 2: Components

I stood the box on end (picture 2) and removed the solid backing from the picture frame. I did, however find that it is better to retain the glass panel to press the color filter up against, using the cardboard inner frame to secure it in place. Unlike viewing the Sun with filters, glass does not inhibit the use of color treatments. The inner measurement of the box opening was actually about $8\frac{1}{2}$ " x 11" but, with the overhang of the cloth lining, the frame nestled into it and stayed in place without any need for fastening (picture 3).



PICTURE 3: Color Lamp

And because it is not tightly sealed, the cord of the lamp passes comfortably under the frame. Changing filters from one color to another is quick and easy.

The ideal way to use it is in a darkened room. It has been suggested to me that using colors at the lower end of the spectrum like red and orange might not be advisable at night before retiring because, just like ingesting a cup of your favorite caffeinated beverage, it could disturb your sleep pattern. If you have block-out curtains then it will work fine in the daytime. Blues and violets should produce a more calming effect before sleeping. I use mine in my bedroom, sitting on a chair next to the bed, and there is a mirror on the opposite wall, so the light is enveloping. Any further discussion about my bedroom and mirrors would be too much

information.

The recommended time for exposure to color screens using artificial light is 15 to 30 minutes. As you can see, the box is small and the bulb is close to the filter as well as the surrounding cloth insert. I have been using mine for 15 minutes per session daily and have not noticed any deterioration to the filter or overheating of the fabric, so the 53 watt (800 lumens) bulb seems to be sufficient to cast enough light without damaging its surrounding components which, as you'd expect, are all made in China. I would refrain from leaving it on for more than 30 minutes or falling asleep with it on. Since I cannot afford a decent lawyer, I will borrow my legal disclaimers from the Chinese packaging: *Never use this appliance in a bath, shower or swimming pool; Not intended for use by persons, including children, with reduced sensory or mental capabilities or lack of experience and knowledge, or Australians unless under supervision.*

by Paul V. Young