

**INTERNET COURSE ON**  
**VIBRATIONAL THERAPY OF LIGHT AND SOUND**  
**by Marysol Gonzalez Sterling**

**Look at video “VIBRATIONAL WORLD OF LIGHT”  
at [www.YouTube.com/bioaudio](http://www.YouTube.com/bioaudio)**

**Ask questions if needed, many of those subjects or you know already or I can give you further explanations,,,,, most are in the manual in the cd and others in the ProManual, which I can send to you via email. Please, Ask me to send it soon. It is about time you can handle it.**

***EVERY ANALYSIS SHOWN IN GRAPHICS IN THIS MANUAL COME FROM  
ACTUAL VOICE STUDIES OF REAL PERSONS.  
PLEASE, HAVE RESPECT FOR THE INDIVIDUAL ENERGY WAVEFORM THEY  
TRANSMIT.***

## ***How To Decide which COLOR to Deliver as therapy.***

***Assignments for this 6<sup>th</sup> week.***

***There are no videos in the Tutorials in the cd about this subject.***

***1.- Use the analysis of your own voice, as well as others that you know well what is wrong with them.***

***2.- Look at several analysis and choose notes related to the color needed.***

***4.-Print Screen some graphics and send attached as a Jpge graphic by email to [biosonica@retemail.es](mailto:biosonica@retemail.es)***

***5.- IN THERAPY MANUAL in he BIOSONICcd, pages related to this [THE NOTES AND THE COLORS, PHOTONIC'S LIGHT COLORS OCULAR TREATMENT AND THE ICHING](#) and [COLOR, FIVE ELEMENTS AND THE ICHING](#)***

***6.- In the PROManual we have more information, maybe you can leave this to read in a later time. [ALL ABOUT LIGHT, CHANGES IN THE VOICE AND EXPERIMENTS WITH LIGHT, THE SCIENCE OF COLOR AND LIGHT, COLOR ACUPUNTURE MERIDIANS AND KINESIOLOGY](#), and [PRISMS](#).***

## **SOUND VERSUS LIGHT AND COLOR THERAPY**

***I will try to synthesize my stand and knowledge on SOUND VERSUS LIGHT AND COLOR THERAPY at this moment, after 11 years researching sound therapy and voice analysis and 16 years with light and color therapy:***

***1st.- LIGHT is responsible for all biochemistry, SOUND is responsible for shape and movement.***

***2nd.- LIGHT is faster wavelengths than SOUND and it does faster corrections, mostly in the Biochemical balance. SOUND releases structural and muscular tensions.***

***3rd.- With SOUND we can use the musical NOTES as a synthesis of all frequencies, because the LIGHT from the RAINBOW is also manifested in 7 colors and 5 transitions, the same as we use the 12 notes. This happens because every molecule has maximum of 7 orbits and colors occur when electrons jump from one orbit to another. The problem with SOUND NOTES is which Musical SCALE we use. The Diatonic or Tempered scale is closest to PHI and the separation in the solar system between the Sun and its planets. Sun and Mercury is C, Mercury and Venus D,,, etc.....***

***4th.- For this reason using the Musical NOTES to analyze the voice is a right decision, and later look at the relationship of the frequencies with the Molecular Weight related to Nutrients. Even though nutrients would be needed to be looked at via LIGHT, as the Spectroscope and Fraunhofer lines show that any burning object will give you their biochemical composition. So to get the relationship via the Spectrograph would be a right way for research, still not done.***

***5th.- If SOUND is responsible of shape and movement, using tuning forks with notes is a right concept to use with manual therapies, acupuncture for stagnated energy of meridians. Which I teach as BIOSONIC CRANIAL.***

***6th.- If via the eyes all our Biochemistry is activated, and the sequence which we observe or our eyes look at colors activate the biochemistry (confirmed by Russian technology in the VIRTUAL SCANNER) just having a large rainbow in our rooms or house it would help us a lot. I used to do RAINBOW SUNDIALS, proposal for hospital and clinics, the rooms and waiting rooms. The RAINBOW moves with the movement of Earth and will tell the TIME as a clock, but to have a RAINBOW at home that entices us to look at will be a very healing idea.***

**7th.- Using a light and color instrument or flashlight to activate the stagnation of acupuncture meridians, due to the electrons that it releases it is right, but we can do this also with tuning forks, because the vibration via its stem will move the stagnated energy. To do it in cross sides in the body and in couple route meridians found in the BIOSONIC VOICE ANALYSIS is also most useful. Method is explained in the Pro Manual of the BIOSONIC system, sold separately.**

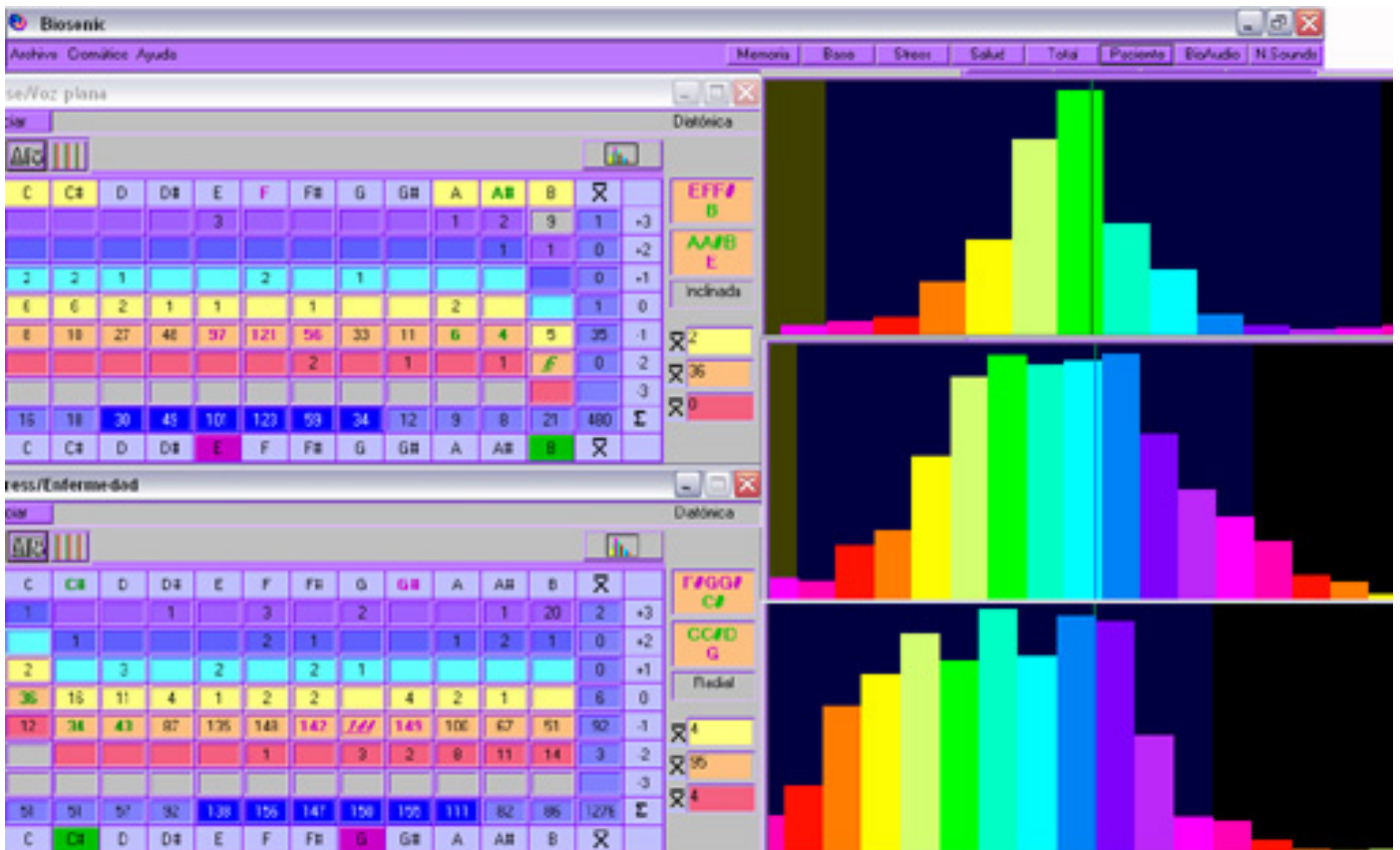
**8th.- The relationship of octave shift (x2) between the frequencies of SOUND musical NOTES to LIGHT and COLOR will give us the radiated light color, x2 32 times from the Mid C octave. In the VOICE we show the absorbed color which is the complementary of the radiated light color. PHOTONIC THEORY. We understand the complementary of COLORS in LIGHT because a rainbow radiated over a wall, we can see with the exact filter over our eyes, that the complementary color disappears completely from the rainbow, so we can see the exact complementary to use.. If this we take to SOUND we can have the complementary NOTES that correspond and help inverse the energy of a high or excess. For this reason again we need to use the Musical Notes, the only unsolved problem is which scale is the best for the human being.**

**9th.- SOUND therapy will help abnormal cells and cancerous cells die faster due that the movement created help the outer membrane brake, which is what we need so it slows down its mitosis. SOUND will also help release tension in the fascia and conjunctive tissue so it helps the exchange of liquids, that might help in part the Biochemistry. Meanwhile the right COLOR via the EYES will help more directly to balance the Biochemical imbalance, that we are all suffering due to the electromagnetic pollution we are all adapting too. The one which has affected us longest is the light bulbs and now the radio waves of new communication technologies. In the BIOSONIC system orange and blue are complementary and belong to Stomach and Large intestine, the most common chronic illness that we are suffering, due to adapting to light bulbs that have an excess of Orange color.**

**10<sup>th</sup>.- LIGHT COLOR therapy is not as well absorbed via the skin, which is the largest vibrational organ we have, it is best SOUND Therapy via the skin. It is better than the Ears, because we tend to block certain continuous sound via the ears, and we are still very active and HEAR ULTRA AND INFRA SOUND VIA THE SKIN. Meanwhile LIGHT COLOR therapy is best given via the eyes because it goes directly to the hypothalamus and changes the biochemistry of the glands.**

**11<sup>th</sup>.- The relationships of MUSICAL NOTES to organs is still in revision, some approximations between schools and different methods. The Biosonic organ to Notes relationship is a good synthesis and it works perfectly with the complementary colors and acupuncture meridians and its routes. Pro Manual of the BIOSONIC system. The relationships of emotions to COLORS are almost the same for most researchers, due that color affects moods, biochemistry and glands.**

**12<sup>th</sup>.- Giving the right COLOR via the EYES will provoke changes in the biochemistry and the emotional levels. What it does is exhaust one color pigment in the cones of the eyes and help activate in a natural way the complementary color wavelengths and all Biochemistry, enzymes, hormones and neurotransmitters of the complementary color. Balancing both. It does not change, it always stays within the same weakness in two or three colors next to one another, Orange Yellows, Blue greens etc... The same happens with the voice, Changes in the voice are more temporary than permanent.**

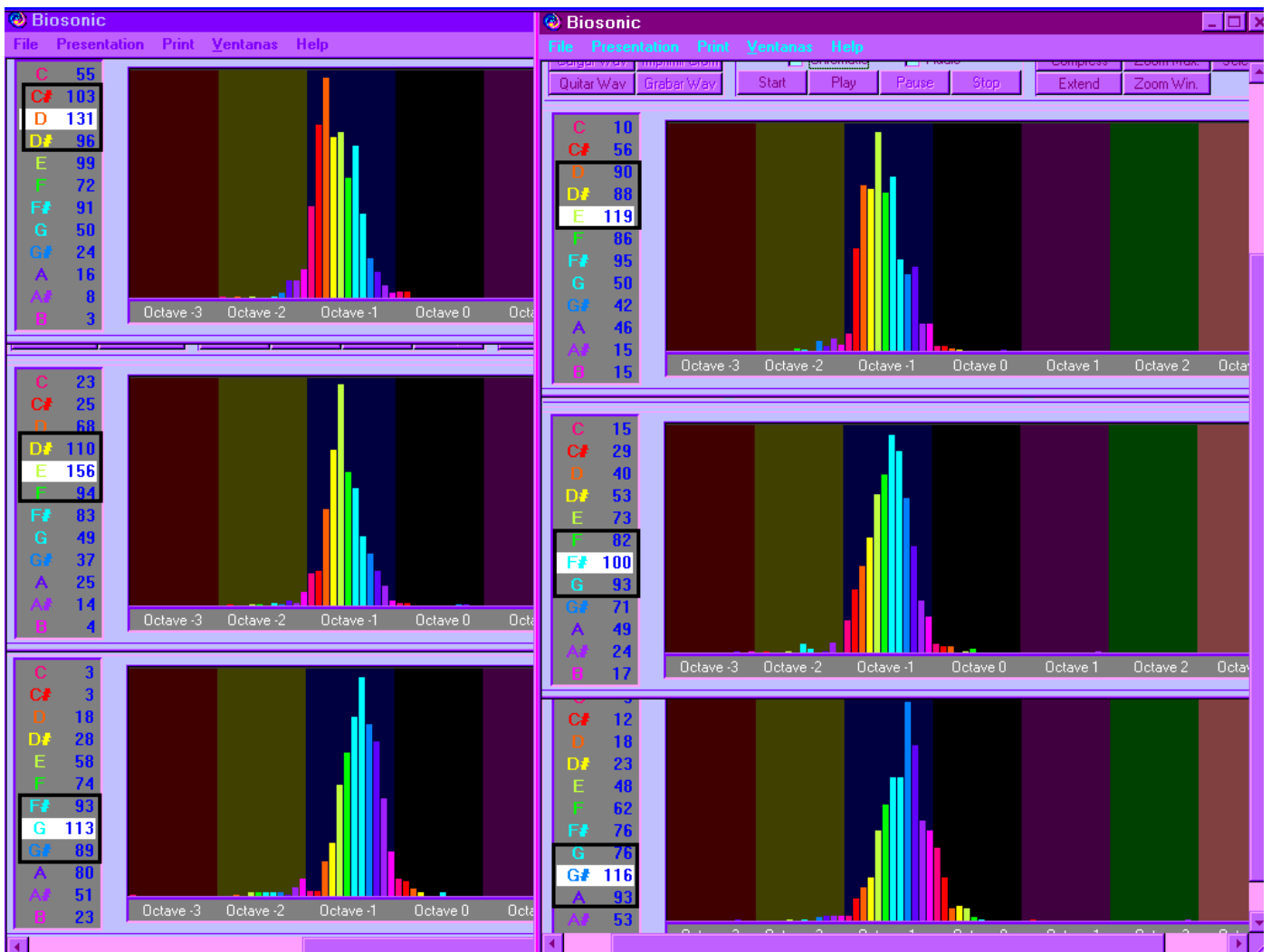


*This is a good example to see the movement of a voice as it gets better in the graphic in the bottom, in the left Chromatic we see that B note came up to -1 octave in the Main Octave in orange for skin and C note went up to the MidC 0 octave. Then all the weak notes have moved up in octave, meanwhile the stress notes have moved two notes to the right. The HIGH STRESS notes moved higher and so did the weak notes. We also see the harmony that is getting there in the middle analysis chart and then more coherence in the bottom chart, but more irregular incoherence, by some notes going up and other lower, the Bell curve is achieved in the center analysis chart because it might be more permanent situation than the analysis in the bottom window.*

*This is what normally happens, but do not take it for granted, you will see voices that move the other way too. We will get into recognizing incoherence in a later week, but what it means is that it is a more transitory situation.*

*Here we definitely want to bring down E and F yellow-green and green giving indigo probably better than violet, A or A#. I would ask the person to look through those filters if you have any, you can get a set of filters in an online store, you have some color therapy eye wear bought in many places. I will give you contacts to buy these tools in later part of this text.*

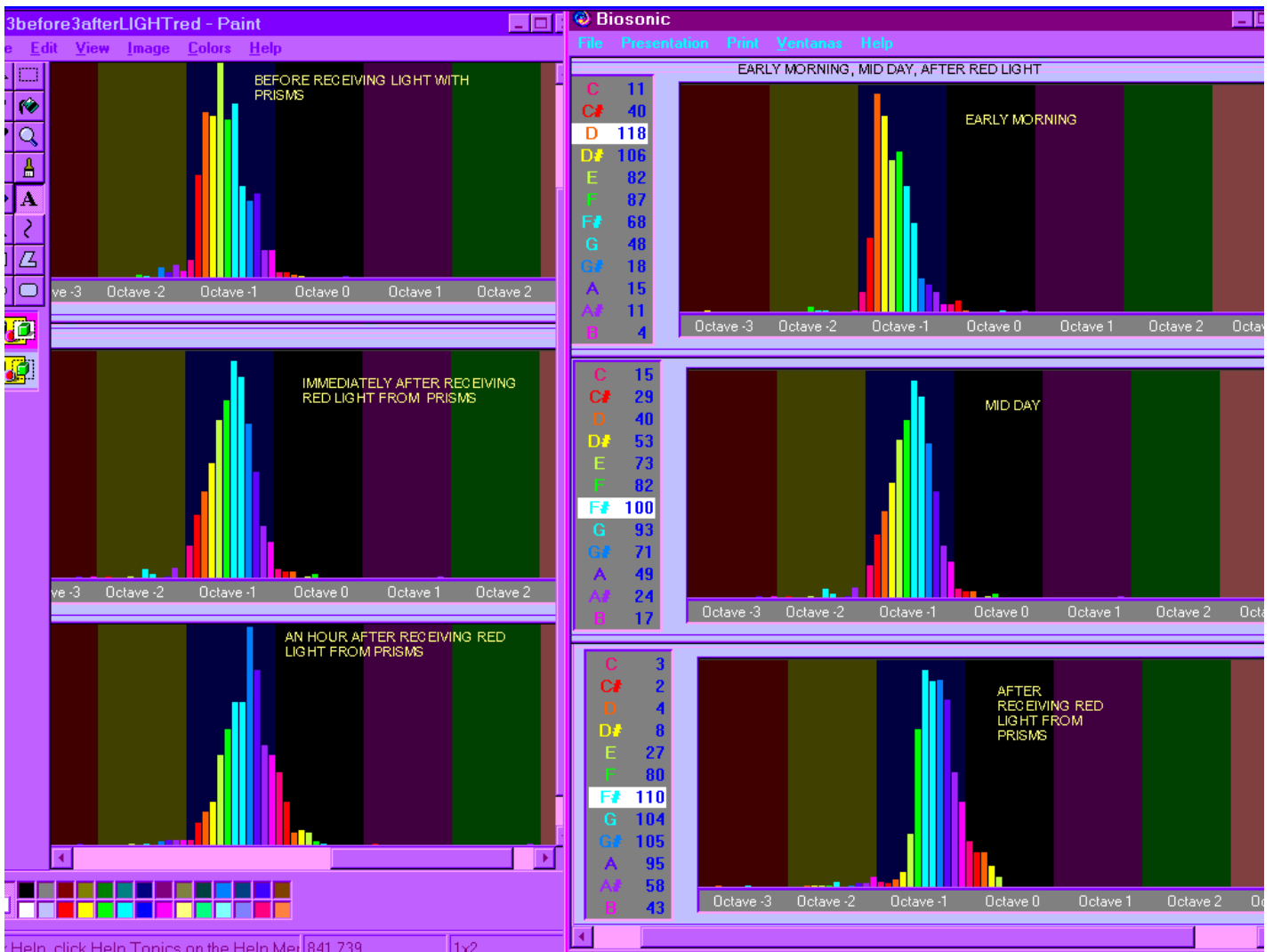
*I would choose the color the person feels more at peace with and the one that fits more the relationship with organs or meridians at risk. I will give you the contact of our lab in a later section of this text for this week.*



*Left side up and middle normal analysis charts before color therapy eyewear, left bottom after sunlight therapy with blue indigo to bring down yellow. Right side analysis charts after sunlight treatment with magenta, blue greens come up first as reaction in middle chart and after for a while harmonizes with more blue and also violet and magenta.*

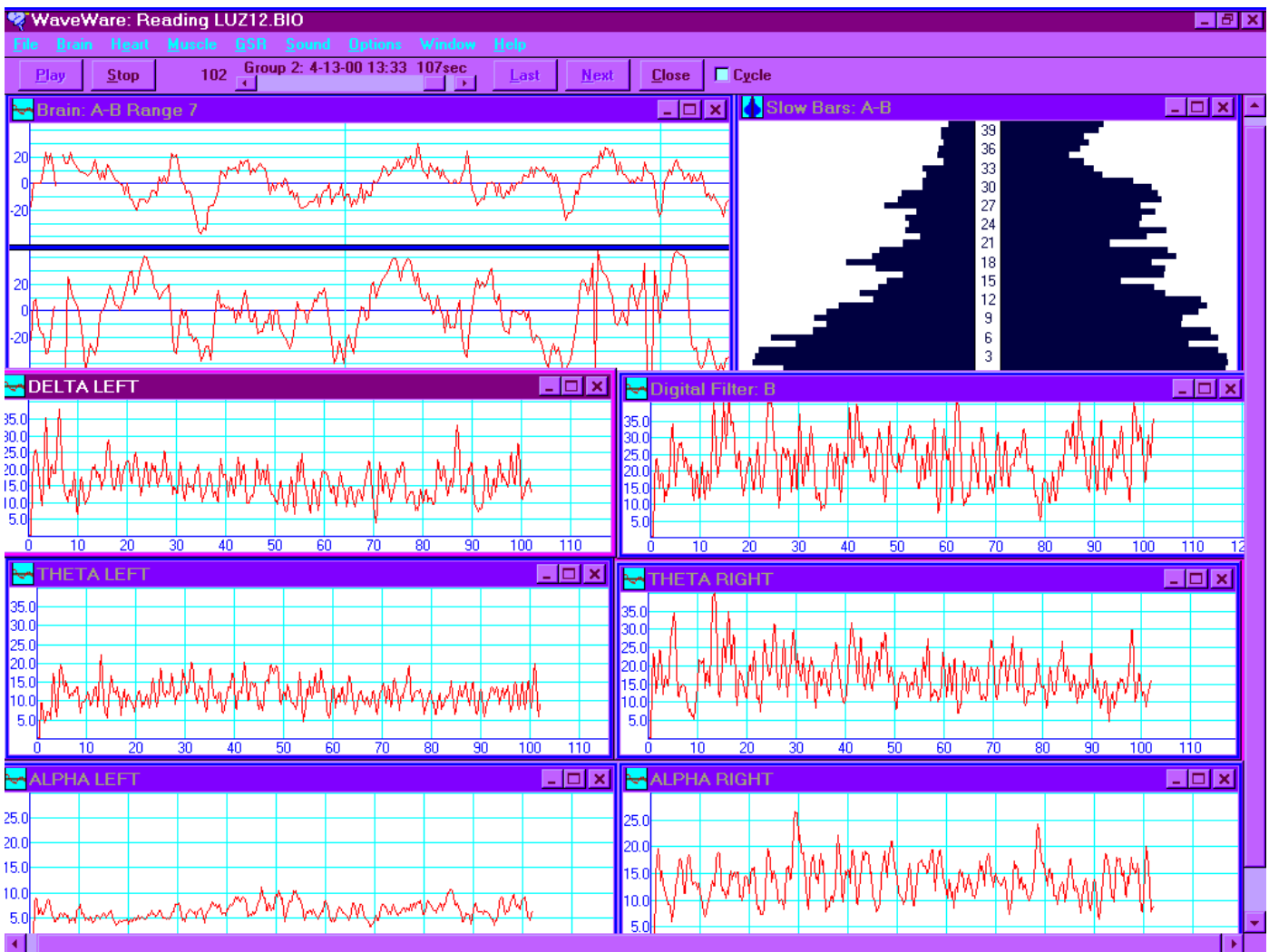
***COLOR EYE WEAR IS VERY SAFE AND DIFFERENT TO PRISM SUNLIGHT COLOR TREATMENT WILL PRESENT HERE MANY EXPERIMENTS WITH PRISMS SUNLIGHT COLOR TREATMENTS, BUT I CANNOT SHARE AT THIS MOMENT THE EXACT DETAILS TO DO THIS TYPE OF THERAPY BECAUSE IT IS VERY STRONG AND DANGEROUS AND I HAVE ALWAYS DONE IT IN A CLINICAL SETTING, WERE PATIENTS WERE STAYING IN THE SAME HOTEL AS MANY CRANIOSACRAL THERAPISTS WERE STAYING AND WE HAD COMPLETE CONTROL OF THE SITUATION AS WELL AS OTHER THERAPIES COULD BE DONE TO CALM DOWN STRONG EFFECTS FROM THIS TREATMENT.***

*In color eye wear we will be balancing to opposite inverse notes or complementary colors, producing the inverse to bring down the color of the filters in front of the eyes, it never goes too much to the other side... Meanwhile with prisms treatment I might reverse completely to the other color or missing weak color become the most stress for a while and this will do many things in the patient, from mystical experiences, to psychic to panic attacks, to physical strong reactions that disappear after a while. For this reason and because we need that type of setting I will not give you exact instruction at this time,, I leave it for you to be more prepared and do it at another course. I will anyway present to you cases with voice analysis before and after, also with WaveRider EEG and EKG coherence measurements from Dan Winter Heartlink unit that I had since year 2000 and have done many experiences and experiments with these tools.*



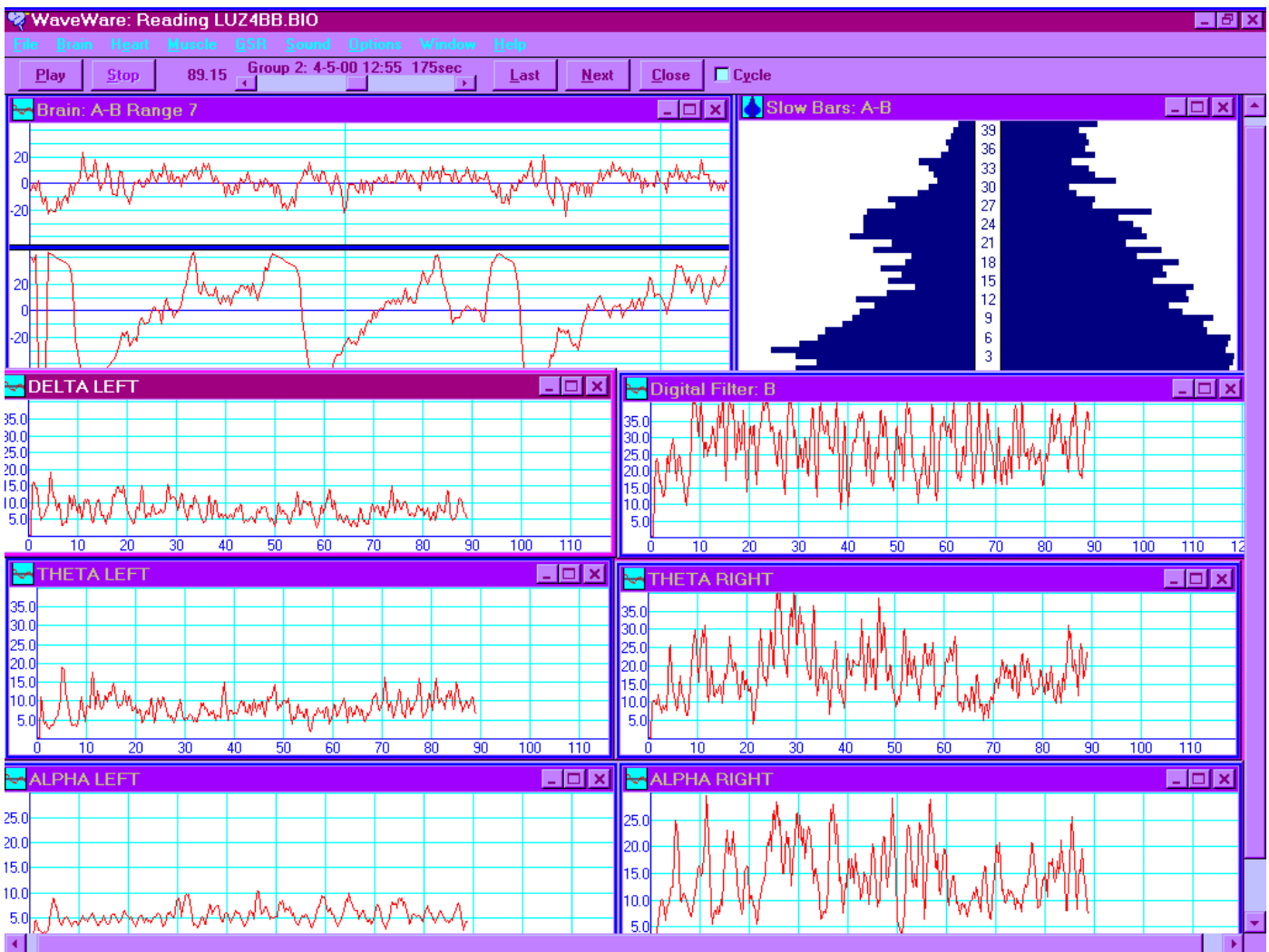
*Here we have again the same person receiving sunlight treatment via the eyes. This does not stay permanent, the tendency is to go back to almost the same as before, but the time it is with the new color spectrum voice, many things can happen. Strange sensations, sometimes emotional other time physical with fever or pain, that suddenly disappears when you loose such a biochemical difference and effect.*

**IMMEDIATELY AFTER AND ONE HOUR AFTER THE COMPLEMENTARY COLOR OF THE COLOR PROJECTED RISES UP A LOT. THIS IS THE REASON WE DO NOT CHOOSE A COLOR THAT IS DIRECTLY INVERSE OR COMPLEMENTARY TO THE ONE MOST STRESS, WE PREFER TO CHOOSE ONE TO THE RIGHT OR TO THE LEFT OF THE HIGHEST OR MOST STRESSED, THIS WILL BE CHOSEN IF WE SEE IN WHAT DIRECTION THE VOICE HAS THE TENDENCY TO GO WHEN IT GETS BETTER. IN THIS CASE VIOLET A# WILL OPPOSE DIRECTLY NOTE OF E, SO INSTEAD WE CHOOSE MAGENTA RED FOR SUNLIGHT PRISM TREATMENT, MEANWHILE WITH EYE COLOR EYEWEAR I WOULD RECOMMEND VIOLET TO BALANCE THE E/ A# RELATIONSHIP. THIS IS VERY IMPORTANT TO KNOW THAT THE COLORS USED FOR SUNLIGHT PRISM TREATMENT ARE NOT THE SAME AS THE ONES FOR COLOR EYEWEAR... WHICH YOU CAN TREAT DIRECTLY THE WEAKEST NOTE AND THE STRESS NOTE BALANCE RELATIONSHIP.**



***WHAT I DISCOVERED WITH EEG, A SIMPLE TWO ELECTRODE OF WAVE RIDER, WHILE DOING SUNLIGHT PRISM COLOR TREATMENTS. Here you see that the right side of the brain is definitely more active than the left side, this shortly after starting treatment with sunlight prism treatment. Activity in the right hemisphere started a few seconds after the sunlight prism treatment began. We have here the bar graph on the top right side, next to it the two sides of the brain in general and then windows below separating the waves left side in the left and right side to the right, Delta waves, Theta waves and below Alpha waves. Which is extremely different between left side very small to right side quite large.***

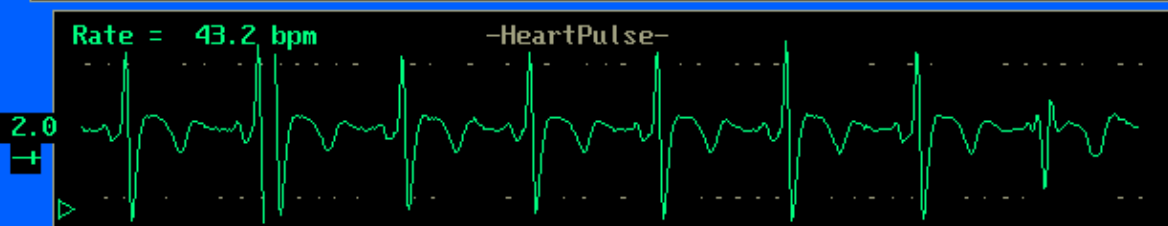
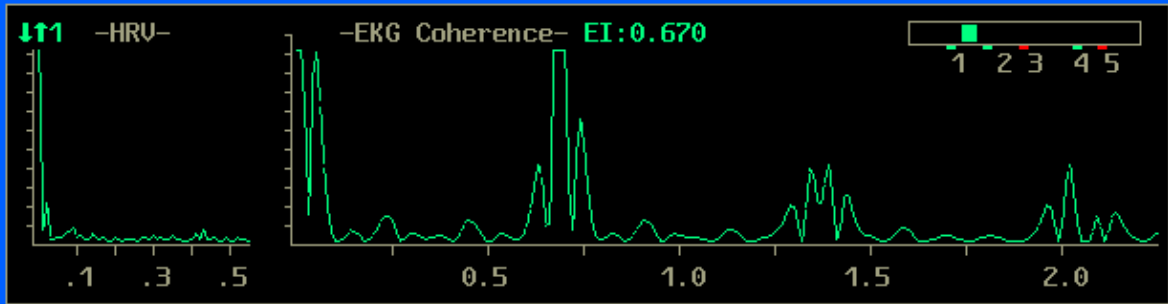
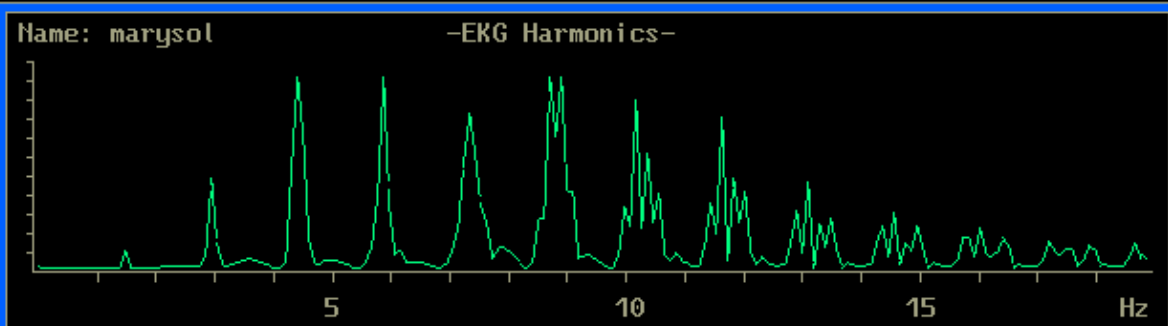
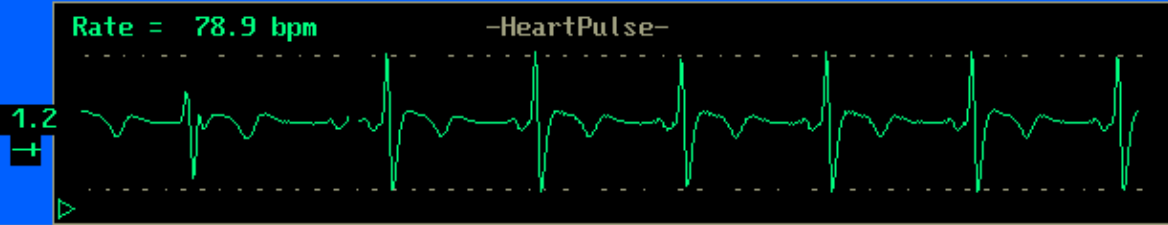
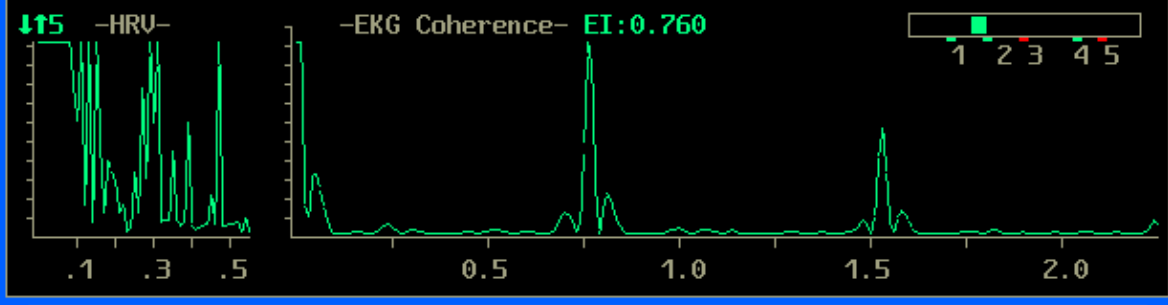
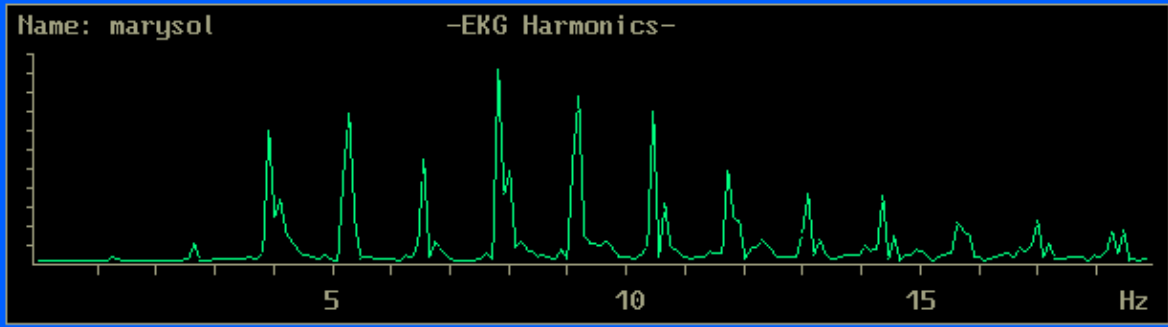
***In the next graph you will see the waves rising and mostly the long waves in the right side of the upper two general graphs come from long Delta waves, that I know they are more active by light, because they belong to biochemical reactions. It is proven by Russian scientists that Delta waves have to do with light and eyes, or dream visionary states. They have a system that diagnoses many cellular situations and organic functions, recovering the color memory of a film shown before. It is called the Virtual Scanner, and they are convinced and use the color mathematics relating to all the organs and body structures. Very interesting, I have had the chance to use it during several years.***

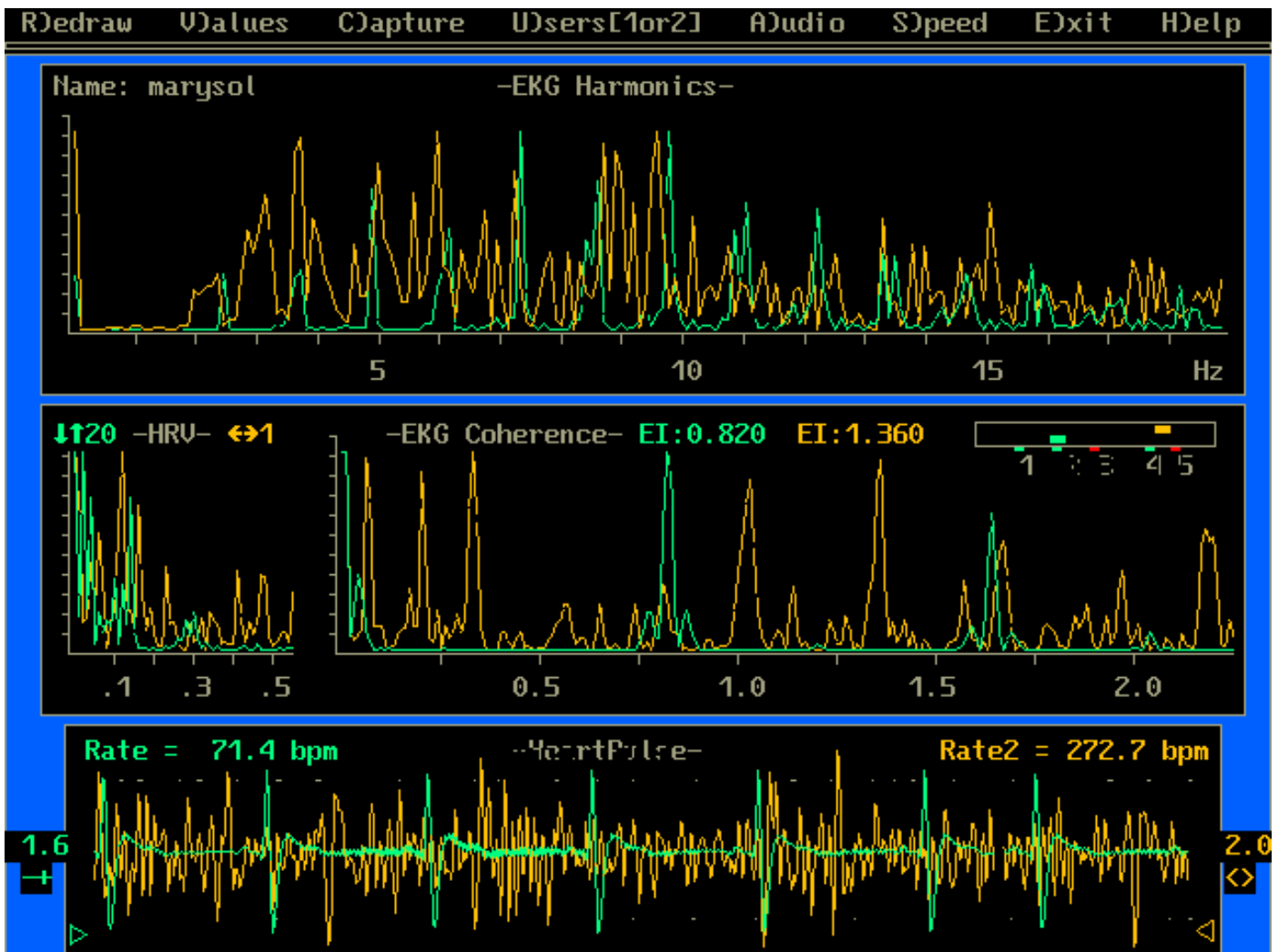


*Large Delta waves were always present to when receiving Cranio Sacral therapy, in children as well as adults, maybe it help us enter into a relaxed dream state, combined with Alpha waves. Meanwhile Theta waves come double higher than this in children or adults with high doses of medication, is a null sleep state, which is not as healing as Alpha and Delta waves.*

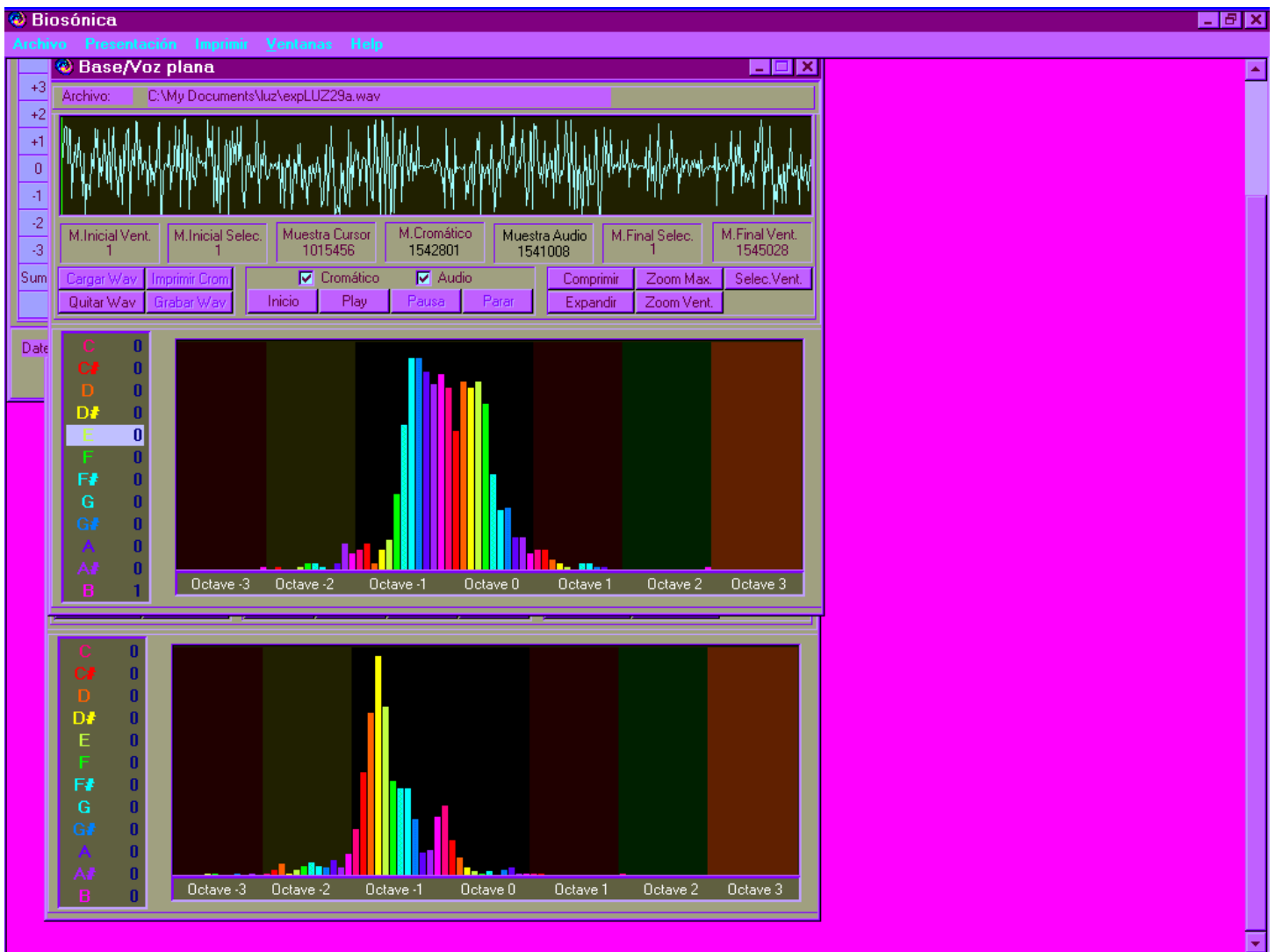
*IN THE NEXT GRAPHICS WE SEE THE REACTION OF THE HEART WITH THE HEARLINK THAT MEASURES COHERENCE IN THE CENTER SCREEN, WHEN BIG PEAKS COME UP IT MEANS THAT THERE IS A STRONG EMOTION AND THE HEART HAS HARMONICS. THE INDEX NUMBER WILL SAY THE EMOTION FELT. Which I helped develop these numbers using in many cases and in mothers and cerebral palsy children. To help the mother perceive that the kid did understand and respond to their love. Because it is very hard on parents when these children do not seem to have contact with their outside world.*

*Here in these two samples during a SUNLIGHT PRISM TREATMENT the heart became easily coherent and showed an Emotional index number that you see in the center of the window, the first one has the feeling of satisfaction EI 0.760 in the top graph and a feeling of wonder and love in the bottom graph, EI 0.670, when PHI sacred geometry number is 0.618, this is Dan Winter's research, which I have helped much with... I can send you the graphs relating the heart frequency to the speech frequency in his webpages, which we both researched together in the year 2000, when he came to a patient intensive in Mojacar, where I live now.*



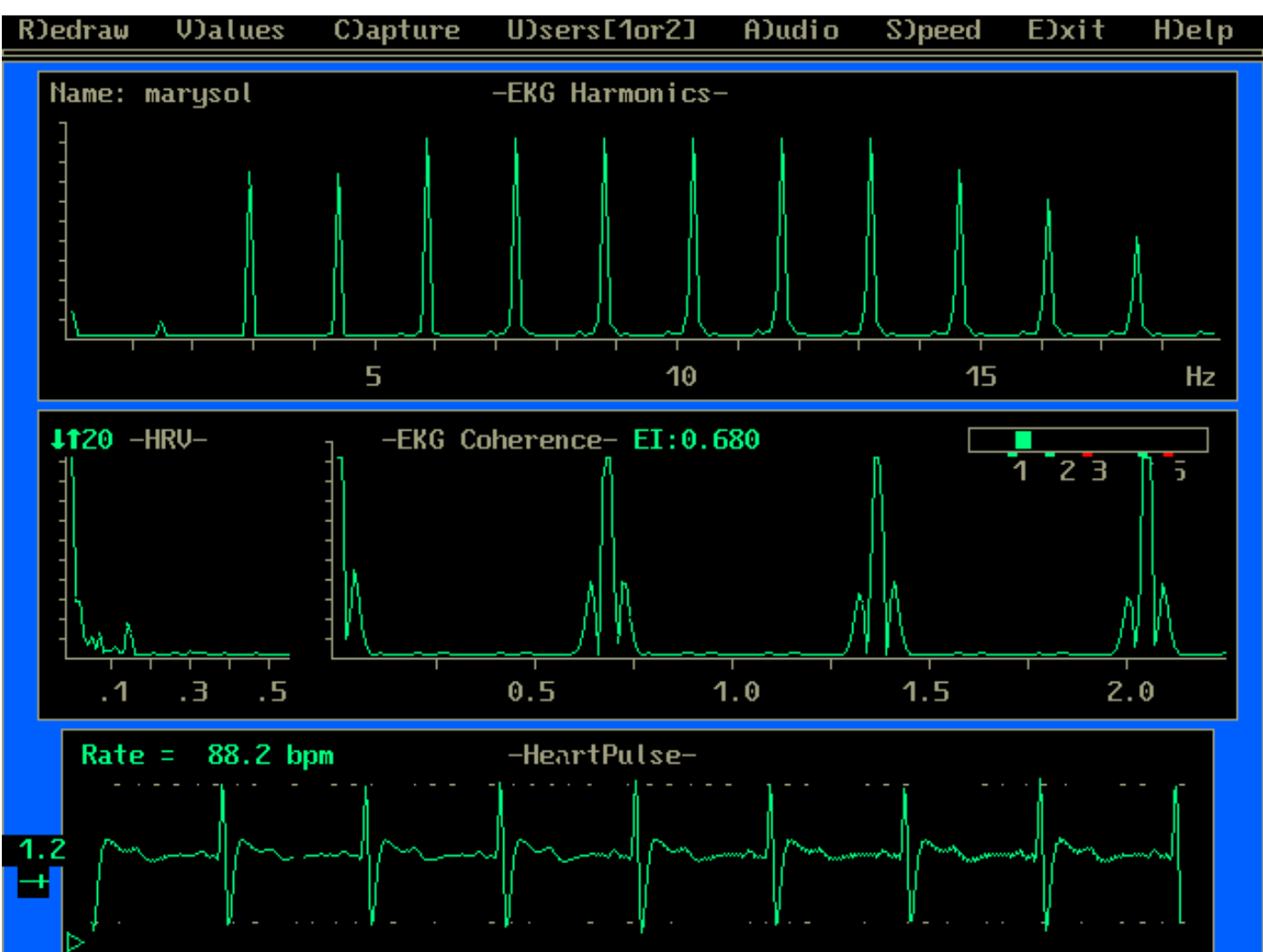


*This is a ScreenPrint of one of m sessions, having together the BrainLink in orange lines and EEG system that would connect with the Heartlink in green lines. This started to show Dan Winter that it is true that the heart can connect with the brain and both at this moment while receiving sunlight prism treatment show coherence in both, heart and brain, having high peaks in the center window, brain with an Emotional index EI 1.360, which divided by two comes to 0.680 really close to the PHI number, and the heart*



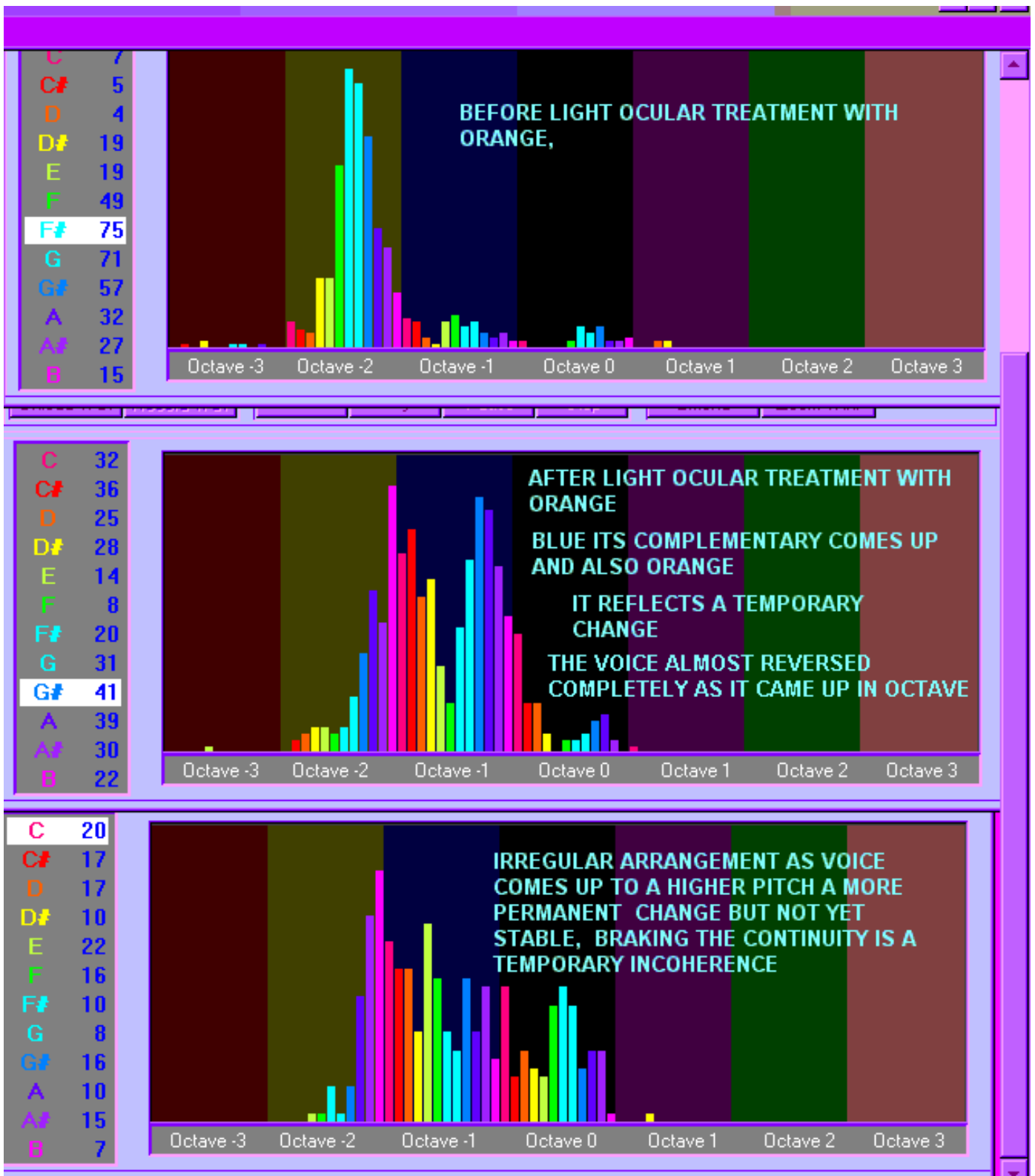
***THIS IS AN ANALYSIS CHART OF MINE FROM BEFORE (below chart) AND AFTER THE SUNLIGHT TREATMENT, IT USUALLY DOES NOT LAST AND I DO NOT KNOW YET HOW MANY SESSIONS ONE CAN DO TO MAKE IT MORE LASTING. THIS IS MY VOICE BEFORE, WHICH YOU KNOW FROM OTHER ANALYSIS CHARTS AND HOW FULL AND COHERENT ALL THE NOTES BECOME. There is more incoherence in the note of C# which is red and eventhough with sunglasses I have been using violet A# to bring the yellows down, and it belongs to the Spleen, with sunlight prism treatments I place into my eyes magenta and sometimes red.***

***Do you understand why? Why is it different wearing the sunglasses to the color projected from the prisms?  
This will bring the green green-cyan or turquoise up and balance the whole chart, meanwhile with sunglasses the effect is slower and we can balance the weakest with the strongest with no danger.***

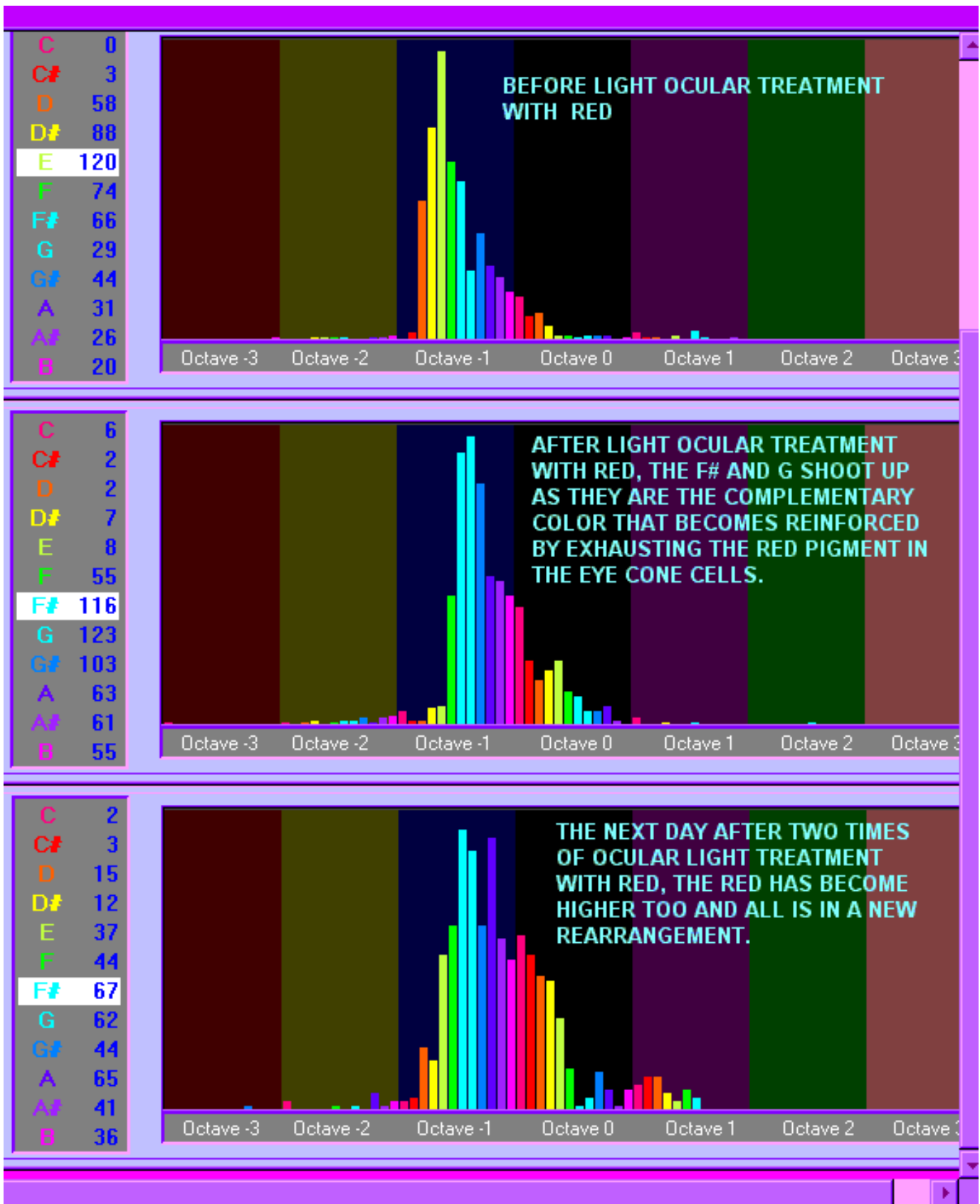


***THIS IS AN EXAMPLE OF PERFECT COHERENCE FEELING CLOSE TO PHI NUMBER 0.618 AT THE TIME I WAS RECEIVING THE SUNLIGHT PRISM TREATMENT WITH THE RESULTS WE HAVE SEEN IN THE LAST GRAPHIC ABOVE. HEART PULSE WAS PERFECT AND I GOT OVER AN ARRHYTHMIC HEART BEAT WHEN THE RATE WAS GOING SLOWER. IT LASTED A LONG TIME AND YOU FEEL COMPLETELY RENEWED.***

***I WILL TELL YOU THE DETAILS OF THE SUNLIGHT PRISM TREATMENTS IN A LATER DATE, WHEN YOU HAVE A PRISM AND I HAVE CONFIDENCE THAT YOU KNOW HOW TO DECIDE THE COLOR AND THE NECESSARY HEALING AND TAKE CARE SURROUNDINGS FOR THE PATIENT-PARTICIPANT.***



*This person is a man Javier and he had amazing discoveries about his life after this treatment, well he also was treated with cranio sacral therapy for 5 days, 5 hours a day in our Intensive clinic setting. His life completely changed after this week of intense therapy work. We cannot know how much was the cranial therapy or the sunlight prism treatments, a combination of both is wonderful... While he received the sunlight prism treatments a sensitive therapist was feeling the cranial pulse in this head and felt many changes, spirals of energy and also slower and longer cycles, that would say it was been accepted well.*



This is the before and after of a woman receiving red color from prism and sunlight, the next day she had fever and had as if it was a kidney infection, she received Red C# which belongs to the kidney, Some therapist went with her to the hospital because she had really high fever, the next day she was better than ever and her life has changed completely.

## **HOW TO DECIDE THE COLOUR OR WAVELENGTH A PERSON DOES NOT ABSORB CORRECTLY FROM THE SUNLIGHT DECIDED FROM THE WEAK MUSICAL NOTE IN THEIR BIOSONIC-PHOTONIC VOICE ANALYSIS.**

**WITH 3 RECORDINGS OF THE PERSONS VOICE**, maybe some changes have appeared or they are very similar. We can decide how the voice is moving when it is worse and when it is best. How we can tell when a voice is better, it is because the Main octave in orange color will be higher in tone and more notes are shown with many hits in the octave above, probably the amount of hits for each note is closer to the average number shown in the right side of the chromatic grid window. The worse voice will be more imbalance with many more hits in the stress note and fewer hits in the weak note, both number of hits will be less similar to the average number shown in the right side of the chromatic grid window, also the Main Octave shown in orange color will have more notes in a lower octave, the voice is lower in tone and in energy. This analysis will show us how the voice is when the person is most out of balance and how it becomes when they are sick. The changes from the best and worst voice recorded are always around the note colors, that is red to orange weak, blue to violet high. Or Yellow green weak with Violet to red high. The variations are not so big, but we want to fine tune and decide which is the best color to bring the high or stress note down. We can always click in the Total window and calculate the average of all 3 recordings, but at times we should understand better how the voice changes to better and to worse if we were successful in changing the tone and emotion from which the person expressed themselves when talking.

**WHEN WE SEE CHANGES IN THE VOICE**, we need to take into account if the voice changes to the right or the left when it becomes more balanced or coherent, similar hits for each note. This movement of the voice will help us decide between two notes or colors that might show similar hits. In reality we decide the color needed from the voice print that shows most imbalance and it is lower in the Main octave. This means that if the Main octave in orange(not color of the note, but color of the main octave for the skin), shows many more hits for the musical notes in the -1 or -2 octaves we will choose that voice that is lower and more grave in tonality. It shows less energy than when the musical notes are more in the higher octaves, as -1 and Mid C octave, that show more energy and a higher tone voice. If we really have succeeded in having changes in the voice, we should be glad that we have the variance a person can show... If a person shows much changes in the voice it could mean that they are in a transitory state, meanwhile if we cannot get changes in their voice it would mean that they are showing us a more chronic and stable state. You have two pages in the manual to go deeper into this subject, one is called Changes and the other Coherence, please study these in depth. We will get deeper into COHERENCE in another week coming soon.

**WE CHOOSE THE WORST VOICE PRINT TO DECIDE THE COLOUR NEEDED**, maybe we have to offer the patient-participant the opportunity to wear the color eyewear for both colors if we have a complete set of the 12 color eyewear to choose from either one and to feel new sensations when wearing them. For example, the two weak notes could only be one next to the other like F green and F# green-cyan or turquoise. In more than 10 years experience I have never known that persons might need another completely opposite color, if they have big changes in health and emotional stability they might go to a color next to the one wearing before, more to the right or to the left of the color used before. The changes in their voice already will say the tendency of the missing color if the person moves to a better state of health and well-being, shown also in more musical notes going up to a higher octave in the Main Octave shown in orange in the chromatic grid. At times if what is constant in all voice prints taken is the excess note, then we definitely choose the opposite, inverse or complementary color and note to this one, even if it is not the weakest note-color, but for sure it will be one of the weakest one. At times it is even best to choose the next note in a higher sequence to the right of the chromatic grid from the note in excess. Two notes or colors will be valid, because they do similar effect. If we trust the feeling of the person, we can ask them to wear the glasses with that color filter and decide which one feels best for them.

**WE ALSO HAVE THE CHANCE TO SEE WHAT SEEMS TO MAINTAIN IN TWO ANALYSIS CHARTS, THE 3 WEAK NOTES DO NOT CHANGE... OR THE 3 STRESS NOTES DO NOT CHANGE, OR THE WEAKEST NOTE OR THE MOST STRESS NOTE.**

**DECISIONS TO TAKE,**

**A.- CHOOSE THE WEAKEST NOTE COLOR, BUT IF IT IS NOT OPPOSING A REALLY THE HIGH NOTE, THEN MAKE ANOTHER DECISION.**

**B.- CHOOSE TO BRING DOWN THE VERY STRESS NOTE THAT IS ALWAYS THERE. THEN WE DECIDE TO GIVE THE COMPLEMENTARY NOTE COLOR FROM THIS.**

**C.- DOES THE EFFECTS THAT THE PERSON TELLS US COINCIDE WITH THE ANALYSIS, DO WE TRUST THAT THE PERSON KNOWS WHAT IS WRONG WITH THEM.**

**WE NEED TO TAKE INTO ACCOUNT WHICH MUSICAL NOTE-COLOUR IS IN EXCESS AND THAT WE NEED TO TAKE DOWN**, for this reason we also should know the notes and colors that are inverse or complementary to each other. We can also view them in a circle. If we had a spectrum rainbow from a prism we would see immediately that this is a physical reality, by wearing one color in the eyewear the complementary color disappears completely from the rainbow spectrum projected in the wall. (you can see it in the video VIBRATIONAL WORLD OF LIGHT in YouTube)



## PHOTONIC COLOR

## THERAPY SUNGLASSES

COMPLEMENTARY OR INVERSE NOTES AND COLOURS:  
As seen in a circle of the 12 notes.

C to F#. Red to Green-Cyan or Turquoise.  
C# to G. Red-Orange to Cyan.  
D to G#. Orange to Blue.  
D# to A. Yellow to Indigo Blue.  
E to A#. Yellow-green to Violet.  
F to B. Green to Magenta.

ONCE THE COLOR FILTER FOR THE EYEWEAR IS CHOSEN, the Optic lab responsible to create the filters should be contacted, if prescription filters are necessary the prescription lens filters should be sent to be colored by the lab.

The laboratory that does the filters for FOTONICA (Photonic) that I revised and agreed on the colors is in Barcelona.

LABORATORIO PANOPTICA, [info@panoptica.es](mailto:info@panoptica.es) and telephone number 34-934560042.

They do not serve me, they do not serve you, they only serve other optic shops all over the world. I do not make any money from this either, I just to follow the instructions for each color, and sent them the filters that made each color combining several plastic colors. HOW TO CONTACT THEM, you have to relate to an optic shop or start with one in your neighborhood and ask them to order yours to fit in the frame you desire, and that fits your fashion. The filters cost them around 20 euros with shipment, I have a student optic friend that does mine and most of my students and patients for only both filters 20 euros, fits them in the frames for that prize.. But I guess some opticians will charge up to 40 euros to make the order and fit them in the frame you choose. I cannot do nothing about it, I go the same route.

It has been an experimental process to decided the right color for the filter for each note, and it was done projecting a rainbow from a prism directly from the sun spectrum. It has also been a whole procedure to find a lab that would be able to reach the right color hue and saturation color need in the eyewear. Please, be respectful of all the work done to facilitate this to you today. The whole system is now under copyright and in a process of more official research to be able to reach more persons worldwide.

**TO ORDER THE COLOR FILTERS** just mention the number of the note. 1 for C deepred, 2 for C# red, 3 for D orange, 4 for D# yellow, 5 for E yellow green, 6 for F green, 7 for F# green cyan, 8 for G cyan blue, 9 for G# blue, 10 for A indigo, 11for A# violet and 12 for B magenta.

**INTENSITY 1 FOR SUN;** for places with much sun and to wear as sunglasses as you would normally,

**INTENSITY 2 FOR CLOUDS:** for nortnen countries with many clouds, the sun intensity is too much, but need to wear as much as possible.

**INTENSITY 3 FOR INDOORS:** to wear very often indoors and for prescription glasses or even reading glasses.

If the person needs indoor reading eyewear with prescription, it is optional if they want the color chosen also in a lighter, less saturated color for indoor constant use. We have 3 intensity lenses.

**INTENSITY 1** The sun eyewear will have an intense color saturation. When wearing the sunglasses at first the intensity of the color is shocking, but after 5 to 10 minutes the cone cell in the eye responsible to absorb the given wavelength from the white sunlight will saturate that color and then produce the complementary or inverse color in an intense bright manner. The same cone of the eye is responsible for both pigment color that are inverse or complementary.

**SO SATURATING AND EXHAUSTING THE COLOR PIGMENT OF THE COLOR FILTER WEARING IN FRONT OF THE EYES, WILL EXHAUST THAT COLOR AND PRODUCE INTENSELY AROUND THE EYES THE COMPLEMENTARY COLOR. This is when the color therapy is being effective and the patient-participant should wear the eyewear for more than an hour a day after this effect occurs. Once the change of color happens it is doing therapy and energizing all neurotransmitters, hormones, enzymes that need of the complementary wavelength color. THEN THE EYEWEAR WILL SEEM MORE GREYISH AS NORMAL SUNGLASSES.**

## **TOOLS FOR COLOR THERAPY**

We can buy a set of color therapy eyewear at [www.angelfire.com/biz/colortherapy](http://www.angelfire.com/biz/colortherapy), and in [www.toolsforwellness.com](http://www.toolsforwellness.com) even though they are not the right colors all of them, and they are only a set of 9 colors it works for tests, to have something to try.

*I will show you how to know it is the right color if you have a prism and project the rainbow in a white wall, then we see how it is the right color, , will erase and you will not see in the rainbow the complementary color of the color filter you put in front of your eyes. You can buy a Tank Prism and take it out of the metal casing with lots of care, to get a large right angle prism. You can find color filters and this large prisms at <http://scientificsonline.com> 54mmx38mmx146mm for 50\$, or an acrylic-water prism for 29,85\$ and fill it up with Johnson 's baby oil instead of water. I had mine done specially and have different angles, but the optician that did those for me is no longer available. I also have many color filters that using several together I would get to decide the colors in the filters for PHOTONIC's done by the lab in Barcelona. When the complementary color disappears completely I have the right combination of filters for that color.*

*My prisms are larger 200x120x60mm and are right angle one side, and 60° 30° the other side, so I project the rainbow in many more places.*

## **HOW CAN WE RECOGNIZE THE EFFECT OF THE COLOUR THERAPY EYEWEAR,**

once the cone cell in the retina of the eyes has saturated the pigment for that color, the world is not so intense in the colour of the lens any more, it takes a grayish, brownish tint and it is more normal and comfortable. Meanwhile this did not happen the effect of the color lens is very intense and shocking. When this effect is happening if we look to the inside shiny surface inside the frame, or we look towards our nose or chest meanwhile we are still wearing the color therapy eyewear we will see the complementary color in a very intense manner, it even seems fluorescent when it is being more effective. If we take longer to produce the complementary or inverse color it means we are more out of balance, when we are maintaining a healthy state the complementary or inverse color will be produced rapidly and intensely. The longer we wear the color therapy eyewear the more in balance we will be, helping the organism stabilize many functions, and slowly get rid of the sluggish and slow metabolic and hormonal chronic processes. At times there are immediate physical reactions, other times there is a sense of well-being. The exact way it will affect a person is unknown because it is individual, there could be a time with many physical effects and then it goes to more emotional effects. If the physical effects have been drastic, do not panic, by wearing them longer it will

subside and go to another more normal and comfortable effects. It is a good sign if the physical effects are drastic, do trust that the choice of color was right, the way and protocol it was done is correct.

That is the reason this technology has taken a long time to be given out, because some of the effects are very drastic and we needed to make sure that the choice of color is correct, even if it could be better adjusted to a color next to that one, we never choose the excess color which will bring negative effects. As long as we stay within the range of the weak musical notes and colors, there will be no adverse effects. If we chose a color that is the right one, matching the physical effects of imbalance of the person then the health effect and well-being will be obvious and immediate.

*There are many relationships of frequency to nutrients, Molecular weight and Mass to frequency conversions, both being able to access them in the Nutritional Sounds database from the BIOSONIC system software. But there is still discussions about the credibility of these two in a scientific community. Meanwhile what is completely established in physical science, through a spectroscope we project a rainbow, that will show black absorption lines according to the elements a light source gives. That is the way we know what elements compose a planet or star, by the light they emit.*

*With Spectroscopy is done hair analysis, due that they burn it and observe it through a spectroscope, the incandescence will give a rainbow with the black absorption lines from the Fraunhofer spectrum of elements. Many lines exist for one single element, according to the orbits the atom has and their jump, these lines present those orbits in a harmonic relationship. Next we show some relationships with elements and colors.*

*Next we have the list of essential elements from life and the color spectrum they absorb and they need. This is more scientifically accepted*  
*When you know the color sunglasses you need, check with the Nsdatabase if this fits the deficiency and effects you have with these elements. Take into account too that here we have 7 colors and we use 12 colors.*

*Note C will be read in RED.*  
*Note C# will be read in RED and ORANGE.*  
*Note D will be read in ORANGE.*  
*Note D# will be read in YELLOW.*  
*Note E will be read in YELLOW and GREEN.*  
*Note F will be read in GREEN.*  
*Note F# will be read in GREEN and BLUE.*  
*Notes G and G# in BLUE.*  
*Note A in BLUE and VIOLET.*  
*Note B in VIOLET and RED.*

#### ***FRAUNHOFFER COLOR ELEMENTS (the number is in Nanometers)***

**Red: about 6500 A Hydrogen - Lithium - Carbon**

**Orange: 6499 to 6000 A Sodium**

**Yellow: 5999 to 5750 A Helium - Magnesium - Chlorine - Chromium - Iodine - Nickel - Mercury**

**Green: 5749 to 4820 A Copper - Zinc - Bromine - Selenium - Germanium - Gold**

**Blue: 4819 to 4290 A Fluorine - Phosphorus - Sulfur - Vanadium - Calcium - Iron**

**Violet: below 4289 A Boron - Oxygen - Nitrogen - Aluminum - Silicon - Potassium - Manganese - Cobalt.**

## **REACTION TO THE OCULAR TREATMENT OF COLOUR IN PHOTONICS**

The colour is projected into the eyes while blinking constantly, at a rhythm between 60 to 180 cycles per minute following the beats of a metronome. We take the cardiac pulse and synchronize the metronome to the same rhythm of the heart to help enter into coherence with the eye blinking and the color absorption. We absorb the colour that is being delivered and we produce the complementary colour, by exhausting the pigment from the cones all is seen in the complementary colour. One can ask the person to talk about the memories and suggestions that the color provokes. The psychological benefit is noticed immediately and slower with continuous therapies it benefits and reaches the physical changes needed and that relate to the psychological and emotional attitude.

**RED** Gives trust in oneself, courage, daring, vitality.

**ORANGE-RED** Gives energy, strength, sincerity, spontaneity.

**ORANGE** Gives happiness, good mood, enthusiasm, desire to participate.

**YELLOW** Gives vision, intelligence, optimism, direction.

**GREEN-YELLOW** Gives interest, expansion, knowledge, self-integration.

**GREEN** Gives hope, understanding, direction, balance.

**GREEN-CYAN** Gives well-being, kindness, reassurance, firmness.

**CYAN** Gives tenderness, peacefulness, plenitude, trust in others.

**BLUE** Gives patience, idealism, tranquillity, relaxation.

**INDIGO** Gives compassion, idealism, integrity, connection with oneself.

**VIOLET** Gives spirituality, transcendence, connection with others, flowing.

**MAGENTA** Gives detachment, surrender, unconditional love, transcendental vision.

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**AFTER COMPLETING THIS LESSON  
ANSWER THIS PLEASE AND SEND IT TO ME:**

- 1.- What is the basic difference between sunlight prism treatment and Photonic sunglasses treatment?**
- 2.- Can you decide which color is needed for sunglasses color filter?**
- 3.- Which color you decided you need yourself and why?**
- 4.- How do you feel safe to be able to perform a sunlight prism treatment?**
- 5.- What is your experience with the color glasses?(you can answer later in time when you have been able to experience it)**
- 6.- What does it mean that one sees the complementary color around the sunglasses really fast?**

*I believe we will have much to exchange and many questions to ask on this lesson, send me all your difficult cases by ScreenPrints and also wavs zipped and lets talk about those cases through Skype and exchange between all of us as much as possible.*