

Editorial

ILLUMINATION

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*The self-luminous being who dwells within the lotus of the heart,
surrounded by the senses and sense organs,
and who is the light of the intellect, is that Self.*
—The Upanishads

The next two papers begin a section on Light, Color and Sound in Healing. These subtle energies are attracting more and more interest in their potential as healing agents among scientists and practitioners, and are now beginning to fulfill their prophecy as “medicines of the future.” Four more papers on these topics will appear in the next issue, Volume 17, Number 3.

In *Effects of Binaural-beat Stimulation on Recovery Following Traumatic Brain Injury: A Pilot Study*, Signe Klepp, an Occupational Therapist in Norway, first shares data from two of her patients treated shortly after surgery who inspired her to further study. The treatment consists of listening, through headphones, to music in which specific binaural beats are embedded, (Hemi-Synch) created by The Monroe Institute. One of these patients, a 20 year old student in computer science, completed his studies and made a remarkable recovery seldom seen in patients with his type of injury; the other patient, a 76 year old man, regained considerable autonomy and functioning that had been lost. However, in spite of these unexpectedly broad results, there was no basis for determining that the degree of recovery was attributable to the tapes they listened to. The pilot study was then undertaken with clients who had sustained their injuries more than two years earlier.

This promising pilot study reveals exciting possibilities for improvements in quality of life in many domains, including physical activity and dexterity, and psychological and social gains. This study offers new hope where presently

offered treatments are expensive, labor intensive, time consuming, and offer only small changes, or no changes, in functioning. In contrast this program is self-administered after the first test and introduction, and requires relatively simple and inexpensive materials. Despite the study's limitations, the results indicate that this method can be used successfully to brighten the brain, with increased mental focus and concentration, increased energy and vitality, and expanded activities. With so many veterans returning with traumatic brain injuries, the potential for substantial help for many is great.

Steven Vasquez brings us another outstanding contribution on the healing and mind-changing potentials of light, this time in *Color: Its Therapeutic Power for Rapid Healing*. This is a comprehensive paper on the use of color in its many aspects, such as hue, saturation, brightness, and their various effects are described, and related to changes that occur. We are given a review of the historical, political, philosophical and religious contexts for the use of color. The neurophysiological responses to color demonstrate pathways for the profound effects of color on mind and body. Healings are not only rapid, but generally persist long-term. Profound, transformative effects on “Body, Emotions, Mind and Spirit” are elicited with this color therapy. Dramatic improvements in chronic physical pain and in many medical conditions including osteo- and rheumatoid arthritis, chronic fatigue and fibromyalgia are rapidly changed “by resetting the brain pattern associated with these conditions through visual color stimulation.” Psychological relief is afforded for depression, post-traumatic stress, panic disorders, and seasonal affective disorder; and relief of overwhelming affective flooding, and of cognitive confusion can take place within seconds. And accompanying this therapeutic work, profound spiritual phenomena are consistently observed. The case study the author provides illustrates many of the principles of this powerful therapy.

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