Imagine using vibration to allow the body to heal itself! That’s what I do with homeopathic color and sound remedies, to create inner balance and stability by activating an individual’s energy system. Recently, practitioners have found positive results in addressing compromised immunity, inflammation, and hypersensitivities in children with autism and other developmental delays using these vibrational remedies, which penetrate deeply to address imbalances in the energy field.

From Classical Homeopathy to Color Healing
As a classically trained homeopath of more than 20 years, I have used remedies by following homeopathy’s key tenet known as the “Law of Similars” to match a homeopathic remedy with a patient’s constitutional nature. Classical remedies, which address a patient’s physical, emotional and mental symptoms, are made from plant, mineral or animal substances to stimulate the body’s “vital force,” thus enhancing its ability to heal.

In 1990, when living in the United Kingdom, I created a series of homeopathic remedies made with spring water, natural light and colored gels and filters. Since 1998 these homeopathic color remedies have been in clinical use internationally, but have only been available in the United States for the past several years.

Color Remedies
Color remedies come in kits containing small pellets in one dram brown bottles of the following colors: red, orange, yellow, green, pink, turquoise, indigo blue, violet, magenta and spectrum (all the colors). Like classical remedies, they are prepared through a process of dilution. The higher the number of dilutions, the greater the potency, and the more powerful the remedy.

Color remedies are available in three strengths. The lowest potency (6x) addresses physical symptoms, and is taken three to five times a day. The middle potency, 12c, stimulates both the physical and emotional levels and is used twice a day. A 30c, the strongest potency, addresses all three areas, and is given as a single dose. These low potencies allow parents to control the dosage.

Taking color remedies should follow the course of the sun. Use the hot and vibrant energies in the morning and the soothing and cool energies at night.

Sound Remedies
Homeopathic sound remedies are made from each of the sound energies at night.

Sound Remedies T ogether
Color and sound remedies work in conjunction with each other, and can be taken together for optimal effect. They also work well in addition to constitutional treatment. If applied correctly they do not have side effects, which homeopaths call “aggravations.” Once integrated into the system they hold their resonance for long periods of time.

The remedies can be repeated or the color and sound changed as needed, with especial care taken as to not over-stimulate a child’s fragile energy system. These remedies are ideal for homeopaths seeking to broaden their repertoire, as well as for naturopaths, chiropractors, acupuncturists, massage therapists, and other healers wishing to address a broad range of conditions.

More Information
To learn more about color and sound remedies, read my book, Homeopathic Color And Sound Remedies. Both the remedies and book are available from www.lifeenergymedicine.com.

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