

Characteristics of Color and Sound Remedies

One tone of the scale and one color of the spectrum share similar healing characteristics. Some of these are listed in the following charts.

Red and Middle C Adrenal Cortex

Emotional Symptoms

These remedies are specific to feelings of being disconnected from or unaccepted by home, family, or community. These are excellent remedies for chronic depression, suicidal thoughts or tendencies, prolonged grief, and any inability to cope with a move, a job change, or the loss of a relationship through separation or death. They are good for helping a person feel better grounded to earth, better able to find and follow their purpose in life. Excellent aid for the development of organization skills.

Physical Symptoms

Helpful with pain and irritation in joints and ligaments, particularly of the feet, ankles, knees and hips. These areas are our ‘connection’ to the earth. Red and middle C also have an affinity for bowel and rectal problems, circulatory problems, varicose veins, and autoimmune imbalances. One area in which these two remedies are of great value is in childbirth and postpartum care.

Orange and D Ovaries and testes

Emotional Symptoms

Orange and D address the polar opposites of the attitudes of poverty consciousness or and abundance mentality (the attitude that there is enough for everybody and Heaven is blessing me in particular). These remedies can moderate feelings of selfishness and greed based on the false presumption that there is not quite enough for all of our needs. These remedies can be useful for depression and states of very low energy brought on by depression. Either one, or both together, can relieve feelings of despair, especially those that accompany a feeling that nothing changes (for the better) in our world and nothing ever will. These two remedies should also be considered for the emotional drivers of any eating disorder.

Physical Symptoms

These remedies are used for sexual dysfunction of both sexes, PMS and other menstrual difficulties. They seem to have an affinity for the digestive system, the urinary tract, and the immune system. This makes them of value for allergies, constipation, eating disorders, and autoimmune disorders.

Yellow and E Pancreas

Emotional Symptoms

Yellow and E are good for times in our lives when we feel afraid, unsettled, or angry. Our minds may be feeling fuzzy and frazzled, and we lack our usual resilience and inner strength. Perhaps we have even become dependent on others in order to make a usually simple decision. Yellow and E can strengthen our sense of independence and personal power, helping us remember that the choice of focus and direction in our lives ultimately resides within ourselves.

Physical Symptoms

These remedies are mild and general diuretics. They are of benefit to each of the organs of the body, but particularly to the liver, gall-bladder, stomach, pancreas, pulmonary and respiratory organs. An interesting symptom of these two remedies is right eye vision problems or loss.

Green and F Thymus

Emotional Symptoms

The thymus is considered to be the master gland of the immune system. Just as the physical thymus stands guard against attack by bacteria and germs, the emotional thymus is associated with our perception of safety or attack from people and situations around us. These remedies can aid us in our relationships with family, friends, and community members by giving us clarity about their intentions and feelings towards us. Feelings of vulnerability can lead us to avoid progress and change in our lives; these remedies can bring a resolution of conflicts within us, and help us move forward with enthusiasm and peace.

Physical Symptoms

These remedies have an effect on the fluid levels in the cells of the body, acting as a diuretic throughout the tissues. This effect is most pronounced in cases of pulmonary or cardiac based edema. In fact, these two remedies are considered regulating and toning to the entire cardio/pulmonary system. Generally, they can be very calming remedies.

Turquoise and G Thyroid

Emotional Symptoms

Since the thyroid is located at the base of the throat, it is often associated with issues of communication and creative expression. Turquoise and G are of benefit for those who struggle with tendencies to gossip, exaggerate, or even tell lies. They are also of benefit for those who are timid and shy in their communications.

Physical Symptoms

The range of physical symptoms controlled by the thyroid is large. Some of those symptoms include sore throats, tired or strained vocal cords, and pain in the neck or shoulders. These remedies can also be useful in programs to stop smoking, drinking, or overeating. They act as stimulants to the thyroid and parathyroids.

Indigo and A Pituitary

Emotional Symptoms

The color indigo is always associated with wisdom, knowledge, intuition, discernment, and imagination. The indigo color remedy, and the associated sound remedy of A, are helpful for balancing the opposites of these qualities. They should be used when intuition and good judgement seem to be lacking, when the thinking processes have become muddled and unclear, and when the mind seems to have become closed to new ideas and methods.

Physical Symptoms

The physical symptoms of indigo and A are predominantly concerned with congestion to the head and inflammation or other problems with the eyes, ears, and nose. They make good calmative remedies for anxiousness and insomnia. They may relieve migraine headaches, headaches brought on by eye strain, and may also be useful in reducing high fevers.

Violet and B Pineal

Emotional Symptoms

The major secretion of the pineal gland is serotonin. People who are lacking in serotonin often suffer from depression, insomnia, and a lack of spiritual striving and connection. Because Violet and B act on the pineal gland, they may increase understanding and intuition, clear our perceptions, and foster appreciation of life while, at the same time, tempering ego and quelling prejudice and narrow-mindedness.

Physical Symptoms

These remedies act as tonics to the nerves. They have been of value in the treatment of liver conditions, jaundice, and nausea. They act as antiseptics in the cleaning of wounds and seem to speed healing. Just as yellow has an affinity for problems in the right eye, so violet has an impact on problems in the left eye.

Pink (No note or gland applies)

Emotional Symptoms

Pink remedy is a remedy for the heart and is particularly appropriate where grief, disappointment, separation, and loss have robbed the person of either the desire or the ability to give love or be involved in other loving relationships. This remedy can be an aid to new mothers in bonding with their child and in avoiding postpartum depression.

Physical Symptoms

The pink color remedy may alleviate heart palpitations and arrhythmias that are the result of tension or sorrow. This remedy has a reputation for increasing milk production in new mothers. I suspect it is most effective when the cause of the problem is emotional rather than physical.

Magenta and High C Pineal

Emotional Symptoms

The symptom picture of these remedies includes feelings of unworthiness and self-doubt. These remedies can open us to receive love, happiness, health, and prosperity. They can increase our insight and creativity, make us more open to change and growth, and increase the joy and enjoyment we find in life.

Physical Symptoms

Magenta and High C remedies act as general tonics and can increase physical energy levels, focus the mind, and improve the memory.

Spectrum and the Chord

Emotional Symptoms

These two remedies act against tension, fatigue, exhaustion, and burnout. They are particularly effective with chronic illness and pervasive discouragement.

Physical Symptoms

Any physical symptom that is evidence of overwork and exhaustion may be ameliorated by these remedies. They are specific for lack of vitality from overwork, illness, or substance abuse.