

**HEALING
WITH
COLOURS &
LIGHTS**

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Healing With Colours & Lights

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At Your Service

It is hereby submitted that, under the rubric "Roohani Daak", as featured in the esteemed daily newspapers *Hurriyat*, *Mashriq*, *Jasarat*, and *Millat Gujarati*, I have received in excess of one hundred thousand letters from individuals—both men and women—grappling with psychological and emotional distress. While the particulars of these communications varied in form, the essential nature of the problems conveyed was uniformly characterized by acute anxiety, inner turmoil, neuropsychological tension, and cognitive disquiet.

By the boundless grace of Allah, the Almighty, I was endowed with the fortitude and divine facilitation never to intentionally neglect or dismiss any matter—regardless of its apparent triviality or magnitude. For, indeed, what may seem inconsequential to the many may, for a particular individual, become a profound personal crisis. All praise is due to Allah; it is by His immense favor that the guidance offered through my replies has been received as a means of psychological equilibrium, emotional solace, and physical as well as spiritual restoration by those in distress.

A thought continued to recur within my inner consciousness—namely, that I ought to systematize this body of experiential insight into a coherent textual form that might serve the public in a more enduring and accessible manner. It is a metaphysical principle, often observed, that when sustained cognitive focus is directed toward a singular idea, that idea eventually assumes a manifest, perceptible form. In accordance with this principle, and through the divine grace of Allah the Exalted, the present work—entitled "*Healing with Color and Light*"—has been compiled and is now presented in the form of a book before you.

It is with unshakable conviction in the beneficence of the Divine Being that I submit this endeavor, with the hope that it may serve as a means of benefit for His creation. Furthermore, I supplicate that—through the intercession of the Mercy to All Worlds, the Seal of the Prophets, our Last

Prophet Syedna Huzoor (P.B.U.H.)—this work may be graced with acceptance in the Court of the Lord Most High,

Preface

Various books have already been written on this subject. I have researched them and in addition to that I added some in my mind as well, then analyzed those additions by research. I cannot claim that patients were cured hundred percent, but fact is that if the colours are applied and used properly up to ninty nine percent results. The biggest benefit of this therapeutic is that the treatment is cost effective ... almost free, simple and hassle free. This treatment can be carried out using ordinary drinking water after charging it with colourful rays. When this charged water is used, the stomach does not check it and its charge passes over to the blood and the nerves directly.

Another property of thus charged water is that it circulates in the body just like ordinary water circulates after merging into blood and is excreted after leaving behind its absorbed colours in the veins, arteries and flesh. Every medicament affects the body and is excreted leaving behind its effects.

Colour Therapy balances the excess or deficiency of colours in the body and the required colour infuses in the nerves and muscles, the most important characteristic of this therapeutic system. This also is the quality of the charged water that after discharging the colour, it washes down the nerves, veins, blood cells, heart and the brain and helps in excreting the toxic and poisonous materials from the body system.

Basic purpose of presenting this book is to benefit the mankind and to provide a new vista for the open-minded researchers of tomorrow.

What, in actual fact, is the history of colours? What do the wavelength, frequency and creation of colours actually means? The present scientific theories about colours, the spiritual point of view, the system of waves and colours in the cosmos, production of the senses due to distribution of waves and chemical changes in the cells of the human

body because of increase and decrease of colours, have been comprehensively delved upon in this book. Whether it is Homeopathy, Acupuncture, Allopathy, Ayurveda or Biochemic or any other therapeutic system, all have one thing in common; the effect of vibrations upon the body.

Vibrations are of two types; direct and indirect.

Vibrations affect the body indirectly in all the therapeutic systems except Colour Therapy where the vibrations affect the body directly. When doctors, homeopaths and other medical practitioners tried this therapeutic system, the results proved to be satisfactory.

Research on Colour Therapy is still on-going and it is hoped that this therapeutic system will cause the medical science to enter into a new era and man would be benefited from this cost free and simple treatment. It is not unlikely for this natural and curative treatment system to become very popular among the masses.

We have established a Laboratory, in which new experiments are carried out on the subject of Chrome and it is hoped that besides the charging of water with colourful rays new medicaments would be introduced and the treatment using Colours become further simple and easy.

Khwaja Shamsuddin Azeemi
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First Chapter

Colours & Life

"Man has so far discovered about 60 types of colours and people with very sharp vision only can distinguish these sixty colours. Man names the thing, which sight can perceive, as colour, light, precious stones and, in the last stage, calls it water.

Regardless of what sky color is? How is it made? Is it just a fantasy or a reality? However, the human eye perceives it and the name it gives is sky blue.

After raining, when the atmosphere is clear of dirt and smoke, the rays of the sky blue colour change their hue according to their position. Here 'position' means atmosphere, which man terms high, low down, vast, near or away from the earth. These things make the blue colour deep or light and so much so that it changes altogether into different colours.

Between the earth and our range of sight there exist innumerable types of rays. Here the word color can be called "type". Infact "type" is sighted as colours. That is, the types of color, not only color, but the atmosphere is filled with many things besides rays of colours, which are responsible for changes in it. It is our intention to describe this thing by the name of "type".

The scene before our sight includes light, oxygen, nitrogen, and other gases. Besides these gases some shades of different intensity are also there. Some other components also include in the sky blue colour. These very components produce different types of colours. Here this must be kept in mind that the light and dark shades also play an important role in the making of different types of colours.

In the atmosphere through which we see the difference of color, there is much between the sight and the limit of sight, although the information is clear.

Photon and Electron

First, we mention the lights that specifically affect the color of the sky.

What is the actual source of light? Man does not know it exactly. The distance between the source of rainbow and earth is reported to be ninety million miles. This means that the colours seen so closely are originating at such a far away distance. It is bit difficult to understand that besides rays what other things keep on dissolving in the air exist in the atmosphere.

The smallest particle of the rays reaching us from the sun is called photon. And one of the characteristics of this photon is that it does not contain space.

Space means is dimensions, that is, it does not have length, width, thickness. When they scatter in the form of rays, they neither collide nor replace one another, In other words, they don't block space, unless they collide with another color. Consider the second color here again.

As many elements exist in the atmosphere, the collision of a photon with any element gives it space. What is this atmosphere? Atmosphere is the division of colours. This division of colours is not happening because of the *photon* alone; rather it takes place because of the loops produced by the *photon*. When *photons* strike against these loops it gives rise to things like space, colours and other things.

Galactic system and 2 Billion Sun

Now the question is that how the loops are formed in the rays? We do know about the existence of stars in the galaxies the stars which are considered to be the sun. The distance between two stars is estimated to be five light years at the least. Wherever the lights of these stars collide they form loops because of difference in their types. Our earth or other planets are also merely loops, which are formed in the colliding lights of the billions of stars in our galaxies. Wherever the lights of these stars collide; a loop is formed which, after accumulating more lights takes the form of a planet.

Now space is created in the photon and the smallest particle of space is called electron, where both photon and electron collide, the eyesight begin sighting the color. What is the color? Why is that? What is the eyesight? Why is that? We do not discuss what is the intensity of sight and why.

Bipeds and Quadrupeds

There are two animals. One animal is quadrupedal and the other is bipedal. A flying animal and a swimming animal are also among the four-legged animals. Because they use the wings and the pedals. Withal, its flighing ability is the same as that of a quard-legged animal. A bipedal animal is a man.

The quadrupedal animal, the flying animal, the swimming animal receive the sky-blue color equally in all bodies. For this reason, they are usually driven by instinct, thought does not work or at most they are taught. But that too does not come under concern. They only accept the things they need in their lives, they do not relate to the more unnecessary things, the things they need are mostly related to the sky-blue color waves.

The bipedal animal, man, first of all a mixture of blue colour, combined with many other colours, is received by man through his head and hair. These mixed colours keep on absorbing and influencing the thoughts and feelings in him. The more one accepts the influence the more one is affected by it.

A compartment of the brain is one in which electricity continues to take and distribute photos. This photo is too dark or too bright.

There is a second compartment that holds some important things but they are not so important that they are remembered even after years. A third compartment absorbs more important things that are sometimes forgotten on occasion. A fourth compartment is called routine chores by which man acts. But it does not involve intention, the fifth compartment is the sudden recollection of past events that have nothing to do with the interplay of life. The purpose is that

when one thing is remembered in the mind, another thing is remembered which was never related to the first thing. A sixth compartment is one that either does not remember anything and if it is remembered, it is acted upon immediately. An example of this is when someone thought of a bird, as soon as the thought comes, that bird is actually in front of us, the seventh compartment is also called memory in general terms.

Since man being a biped, walks and moves around in upright position on two feet therefore, these shades, first of all, affect his brain. Our brain has specific movements through which it causes our nervous system work for us. The hind portion of our brain; medulla oblongata, and the spinal cord play the key role in our nervous system. The sorrow and delight, which in fact, are a sort of electric impulse, enters the nervous system through our brain and affects the whole of our nervous system.

Thoughts keep on passing through the conscious and the sub-conscious and more through the unconscious mind, due to this current.

A compartment in the brain is one that receives and distributes electrical photons, either very dark or very bright.

Thoughts and feelings keep on changing continuously under the influence of the light and dark shades of the colours. A shade, after producing its effect, leaves its place so that another type of shade could take over. The replaced shades, if they are dark enough, transform into our feelings and rest of thoughts dissipate into thin air.

Gradually man learns to connect these thoughts with one another. The thoughts, which are not entertained, are altogether deleted. And, the thoughts that absorb in our mind become our acts and deeds. These very shades are responsible for the sorrows and delight that we experience. These make us happy or sorrowful according to their intensity. Discarded shades are discharged from the body system and which are absorbed and adopted, form our nervous system.

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which it causes our nervous system work for us. The hind portion of our brain; medulla oblongata, and the spinal cord play the key role in our nervous system. The sorrow and delight, which in fact, are a sort of electric impulse, enters the nervous system through our brain and affects the whole of our nervous system.

The waves that enter the brain of bipeds are earthed through the feet after passing through the whole body. The weight and effectiveness of these waves are not uniform for all the places in the atmosphere rather it varies from place to place because of their dividing nature. As a result of this division the brain absorbs few shades more than others and the others are altogether left out.

If we look at someone's face intently, we can notice various colours on it and the most prominent of all is the colour of one's eyes and that of the feelings which one experiences at that particular moment.

Film in the Face

If we look at someone's face intently, we can notice various colours on it and the most prominent of all is the colour of one's eyes and that of the feelings which one experiences at that particular moment. Many a reflection from outside influence our feelings; some refresh us, some cause us to become pensive, some give us strength and some make us feel weak. All the brainwork depends upon those much-seen things, which gradually infuse in our nerves, sometimes it works correctly and at times it does not. The brain waves produce so many impressions on a face that virtually it seems impossible to read all of them but still a sort of film is displayed on the face that informs us about the impressions transferring into the nerves.

What is Sky Blue Color

As stated earlier, colours are of many types and each and every one of them has its importance. Here we shall delve into the seven colours of the rainbow.

The sky blue colour, according to the spiritualists, in fact, is not a colour. It is a combination of those waves that reach the atmosphere of our earth from distant stars of our galaxy. The rays of light from every star, traveling at a speed of 300,000-km/sec., collide and mix with the lights of other stars. The human eyes cannot see the colour of these rays. The lights of the stars mix up to form a dark shade which our sight perceives as the sky blue colour. Impression of this colour permeates the human skull and all the brain cells are filled with it to such an extent that these cells cannot accommodate anything else.

Although every brain cell has a typical state and function to perform, the, working of each cell cannot be studied individually. Over all working of these cells results in the form of a fantasy, thought or feeling. This atmosphere of fantasy, thought or feelings infuses in the brain neurons. Blood circulates in the brain capillaries at a faster speed. It will not be out of place to mention that according to the spiritual masters the blood in its actual characteristics is quite different from what have been so far understood about it. According to them, the impressions cast upon the brain, because of the atmosphere around us, take the form of a flow or current, which, in fact, is nothing but the thoughts or fantasies.

When the atmosphere created by the sky blue colour mixes in to the flow of blood, the loops resulting from the intermixing of lights of the stars become functional in the body. These loops are so tiny that these cannot be sighted by any material means but their effects can be studied in the form of certain functionalities which stimulate our nerves and the increase or decrease of the very same stimuli result in the form of disturbance in the nervous system.

Diffrence of Colors

At this stage the difference in the colours and their tones starts. The light blue colour produces a very weak fantasy, which dissolves in the brain in such a way that scores of shades of sky blue colour are produced in each and every brain cell. Every shade has its own typical characteristics. The first current of this fantasy is so weak that unless it is not multiplied twice or up to six times it cannot

be perceived by the mind. If this fantasy remains focused on a point and not shifted from its original position man remains healthy and never experiences any nervous weakness. Flow of this current is seldom noticed. If this current focuses on a point even for a while it produces remarkable effects, not only upon the body but also at far away distances.

Initial impact of this current is felt by the brain through medulla oblongata and then it permeates the spinal cord to be further divided into the tentacles of neurons of our nerves. This very division of the current produces the senses. Sight is considered to be the most important of all the senses.

When reflection of an object or a scene falls upon the retina of an eye, it produces sensation in the epithelial cells of retina causing a continuous flow of current in the optic nerves. If the flow of this current is in right direction man is quite healthy. But, if this current is not flowing in the right direction, the shade of the colours prevailing in the brain become darker so much so that weakness is produced in the brain cells and the nerves cannot withstand the pressure of the colours of the reflection falling upon the retina. If the situation is not corrected, the darkness of the shades results in altogether a different tone of a colour for instance the sky blue colour becomes the blue colour. It must be born in mind that all the intermediary phases of this transformation, that takes place in sequential succession, have their effects. In the first phase of this transformation, one becomes somewhat whimsical and with the increase in the darkness of the shade the apprehensiveness also increases. Under the influence of this state different nerves experience different changes causing an over all change in the colour.

Properteis of Colors

Now we describe the properties of light blue and dark blue. Basically, the blue colour is of two types, light blue and dark blue. The brain cells are more sensitive to the light blue colour. It is the light blue colour that first of all affects the brain cells. The light blue colour prevailing in the brain cells is different from that of the blue colour of the celestial atmosphere. Thickness of every cell membrane varies and these are also capable of filtering the colours. The blue

colour changes into another colour when a cell filters its blue colour. In this way millions of cells partake in this process and it gives rise to an imagination, which in its last stage is manifested practically. Sometimes the colour of these cells undergoes changes to such an extent that it is perceived as red, green, yellow or orange. The lights entering from the outside do not have space in them rather it is produced under the influence exercised by the brain cells upon those lights. When the influence of the brain cells fashions space it transforms the waves of light into a variety of colours reaching up to sixty in numbers. In actual fact, these very colours are responsible for the senses operative in our mind and body.

We have no objection to a person not accepting more than sixty colors or settling for less. But it is important to mention here that all nerves are related to brain cells and their electrical currents. All the nerves are affected by this, as we have mentioned that the wavelength of the ear can be reduced to less than four hundred or more than sixteen by an electric current. It also means that we are surrounded by a constant electric current. How many types of electrical resistors do they contain? What is his count, man cannot count by any means. However, this electricity comes out of the control of the brain cells, so it brings a net of different colors in front of the eyes. In addition, the sense of sight, sense of taste, sense of smell, sense of thinking, sense of speech, and sense of touch etc. are formed from it.

Etc. does not mean that the number of senses is the same, but surely there are many more senses which are not known to man.

Second Chapter

Diseases caused by lack and excess of lights

Fits of Epilepsy

When the electric charge flows in the brain cells and takes the form a current, it collides with other currents of the body; this collision gives rise to many colours. These colours may be named as whims or thoughts. All the states that we experience in our mind are the variation of these very colours. When this variation exceeds its limits, it flows out. When many currents entangle together, the out passage in the medulla oblongata, blocks away due to congestion of these currents. If, in such state, water is seen the congestion is further multiplied many folds, which is known as fit of epilepsy.

As long as the rush of currents keeps the doors blocked, the fit lasts. When the rush recedes, the patient gains consciousness but since the nerves remain suspended, the movement begins after some time, and the patient normalizes after some time.

Besides seeing the water, there can be many other reasons that can cause the fit. The on rush of the electric current, in such a state could result into many complications; therefore, the on-rush of these currents is to be subsided as soon as possible. The patient falls to the ground because the nerves and muscles become immobilized. The simple method to handle the situation is to raise his head from the ground, keeping the palm under it, only one inch from the ground and is to be shaken slightly. The fit would come to an end but the eyelids of the patient are to be kept in focus to have an eye contact with him upon his opening of eyes, so that the memory cells could have a contact with the person watching them. This helps in reducing the on-rush of the currents in the passage.

One of the symptoms of epilepsy is that the pupils move upwards.

Causes of insanity or mental disorder

When fits of insanity fall on a person, it may be either gradually or suddenly. There is always a rush of current flow inside the center of the brain, and since they don't have a way out, due to the current flow pressure, the walls inside the cells break and the way is more open than anywhere else. It is not necessary that the space is not absolute. In most of the cells, flow becomes equal to zero, then the person becomes completely Incogitant while sitting. Although this is not a disease, but when such a gap occurs in the brain, the one-way flow in the cells increases a lot. Even those cells become void of any kind of memory. If a person wants to remember old events, and repeatedly keep recalling but does not succeded. On the other hand, the obstruction becomes so great that the brain is unable to function. In this way, the arrangement of the cells does not remain, but there is such an irregularity in it that the patient says one thing of the earth and another of the sky. We call such a person crazy in our term. There is no condition of insanity being less or more.

Weak memory

Sometimes only a few thousand cells are completely empty with influence of current or there is no influence of current absolutely. The non-influence of the current does not mean that the current does not exist, but rather that there is no order in the current. It even becomes completely irregular.

Now the effect of a few thousand cells being out of order is that a man cannot relate one thing to another. Sometimes it's an embarasment. It is not possible that such incidents did not happen to any person. Of course, thats not a disease, but due to such repeatation a disease occurs. That's known as poor performance of memomry.

Fever and its types

When many such spaces are formed in the brain and the current becomes congested in many places, then many types of fever occur. Changing the color of the crowded current causes different fevers. The process of sudden color change is called Jaundice. And this disease is fatal. Its

treatment becomes easier if the patient lies down and does not consume prohibited substances in food.

On the second place is typhoid ie standard fever, which has a definite duration, but if treated properly, it recovers very quickly.

In third place is red fever. It is not less than 104. The face gets red. Cramps and restlessness in hands and feet. Sometimes the lower part from the waist is completely useless. The patient cannot move.

Meningitis comes in fourth place. In this fever, where the cell space is empty, a mixed colored liquid becomes water. This water should be extracted and treated properly.

Black fever comes at number five. In this fever, the color of the patient becomes completely black. But not too deadly. If it is treated properly, it will heal soon.

Fever of Tumor

Due to poor performance of nerves which is carrying heat to spinal cord the cuase of less flow of current and formation of space in brain and finaly cuasing the tumor in joint.

Tumors produce tiny worms in seconds. Because of this the heat is pushed in one direction and most of the time and increasing the temperature as 108 and 110 degrees, sometimes its exceeded from 110 degrees and resulting the death of patients. The patient can be cured if propely diagnosed initialy.

Tuberculosis

Germes of a certain size enter the lungs through the throat. The reason for this is that small spaces are formed in the brain in large numbers. These germes accumulate anywhere and also cause cough. That is why cough is very important in these diseases. This disease is called tuberculosis.

Kyphosis / Hunchback

If this disease is not congenital, it can be cured by careful treatment. Unfortunately, this disease is almost

incurable. In our spinal cord, some fibers are healthy and some are strong. Under creat system of human body, the strong fibers are somehow working to strengthen the weak fibers. The source of strengthening these fibers is the same electric current as the brain. If the distribution of these powerful fibers is uniform, the man's chest is strong, and if the distribution of fibers is not uniform, the ribs of the chest become weak and soft. For this reason, some patients sometimes look hunched.

Reality of Facial Paralysis

Brain hemorrhage, blockage in the arteries or veins, injury or other problem of nerves emerging from the spinal cord degeneration of muscles etc are few known causes of this disease.

If the cosmic rays intercept the electric flow of colourful rays and displace them towards the left up to four inches, then the heart-side of the body is affected and in this case chances of survival of the patient are marginal. But, when the cosmic rays displace the body currents towards the right side up to four inches, they damage the electrical system of the body currents and the right-side body from shoulder to right foot is paralyzed. If it is treated in time, the cure is achieved to such an extent that it is not known without consideration that the person ever had a paralysis stroke.

Clavicle fracture

The bone, called the clavicle, is the passageway for current around the neck that runs from the brain. The fracture of this bone also causes damage to the fibers of the brain. This defect cannot be removed except by closure. Because that current is re-established in its place from where it was removed. The use of blue ray oil is a very useful treatment in this disease. But still, it is likely to get tangled. This node is not harmful for those who do physical activity but it harms those who do mental work.

Heart Failure

Causes of Paralysis and Polio

When the electric current passes through the brain, and for any reason such a situation occurs that Cosmic Rays come between this current and this current is moved at least four inches to the left, then it attacks the heart instantly. This situation we call heart failure in which the patient's chances of survival are very low but almost impossible. But this same cosmic ray, when shifted four inches to the right, destroys the entire electrical system. Even straight from shoulder to toe it has an effect. This is called paralysis and is also called polio. Timely treatment of stroke in this situation makes recovery much easier. Delayed or inappropriate treatment can lead to severe complications.

Heart and Cosmic Rays

The thing to see is that the heartbeat and pumping system from birth to death is caused by cosmic rays. But these cosmic rays are balanced and their way of entry is through the pores and is always the cause of heartbeat. But more effective are the cosmic rays that enter through the pores of the brain. There are many types of these rays. Therefore, as soon as they enter the brain, they act in billions of cells.

All these electrical currents that reach the body through the brain are generated in the cells. If the distribution of this current is correct, the person stays healthy and the heart pumps the blood properly.

It is worth mentioning here that millions of veins of the heart perform their respective functions. If by chance some veins in these veins do not function properly, it affects all the nerves. In this situation, if timely and proper treatment is done, the patient recovers very quickly.

Causes of liver ulcers and Diabetes

Liver is a wonder creation of nature in which millions of electrical currents continuously flow. The liver is so strong in

its structure that it takes at least fifteen years to become useless if it starts to malfunction.

In addition to other reserves, there is a large reserve of iron and glycogen (sweetness) in the liver. In fact, glycogen is the body's greatest energy source. The electric current that passes through the liver removes excess and useless cells and adds healthy cells to the blood. Ulcers sometimes occur in the liver. This causes the number of unhealthy cells to multiply millions of times. This type of situation depends on the diet. If the food is eaten repeatedly and in large quantities, its consistency in the stomach does not become suitable. Due to which the liver is gradually affected and gets damaged. The liver is directly related to the stomach and intestines. A special organ of nature is located in the intestines, which is called "Pancreas". Pancreas is responsible for keeping the whole body healthy. It produces the required insulin and supplies it to the liver and the deficiency of this insulin leads to diabetes which affects all the nerves.

Spleen, Bile and Kidney function

An imbalanced electrical current causes the joints swelling.

A person's health depends on the balance of electrical current in the blood. If for some reason this current becomes imbalanced, the muscles that support the joints will lose or increase some excess mass called fat. If the fat increases, the joints get swollen and if decreases, it becomes very difficult to move and the muscles become dry and resulting the person is unable to walk.

Contagious Disease

The skin has three layers, and each layer has two sub-layers. One layer is thinner, and the other is thicker. If these two layers are affected in any situation, scarlet fever type diseases are caused. Affecting the thick layer causes boils, pimples, ringworm, psoriasis etc.

Electric currents are of three types. One of these currents does not absolutely affect the first and second part of the skin. The second current affects only the second layer and does not affect the first layer. The third current affects

only the first layer. Accordingly, the severity of the disease occurs. It should be noted that these diseases caused by exposure to electric current are contagious.

When the light reflected from the sun does not fall on the body in a balanced way or there is excess of it, the third layer of the skin is affected, and as a result, early diseases are caused. For example, smallpox, etc.

If the deficiency is moderate, diseases affecting the second layer of the skin, such as measles etc.

If the sunlight reaches the body in a low intensity, then the first layer of the body starts early diseases like pearls, wrinkles etc.

If the sunlight does not affect the body with the desired intensity, the first layer of the body becomes affected by skin diseases such as scarlet fever.

Causes of Cancer

Cancer harms the blood, in fact the electrical current in the blood somehow prevents it from flowing to certain points of the body, due to this some points left dead. These are the points where tiny roundworms are formed. This worm is actually a hole. The feed of this hole is electrical current. The electric current that should have been consumed by the organism becomes food for these holes. As a result, a tiny particle of food harms the blood instead of being beneficial. The cure is that, eat four leaves of a small marigold flower in the morning with an empty stomach, and nothing should be used for half an hour after that.

Note: Cancer is a disease that is empowered, it has senses, it listens, if it is befriended and sometimes in isolation, provided the patient is asleep, by addressing Cancer with sycophancy and requesting, say, "Brother, you are very nice and very gracious, this man is very suffered, forgive him." So, he leaves the patient and gives proof of friendship.

The small flower of the marigold contains the electric current that feeds the pores. Due to this, the electric current in the bloodstream becomes the source of minimal pores

and after some time the current working in the marigold flower becomes its permanent location.

Chapter Three

Principle of color and light therapy

Color and light therapy is based on the principle that color breaks down into life through waves. When these colors are found in the human body in their required values, then the human remains healthy and energetic. If there is no moderation in these colors, some kind of disease occurs. If the color quantity is controlled, the disease is cured. Sun rays and light help to compensate for the deficiency or excess of these colors.

Principle of Treatment by Colours and light

Color and light therapy is based on the principle that color breaks down into life through waves. When these colors are present in the human body in their correct amount, then the human being is completely healthy.

The principle on which color and light therapy is based is related to the wave system, and through the waves that colors break down and form life in the human body. A balanced ratio of colors keeps a person healthy and energetic. When the ratio of required colours in one or more centers of the colours imbalances, it gives rise to various problems and when the colours balance, diseases are easily cured. In order to overcome the deficiency or to normalize excess of a colour sunlight or the artificial lights are used.

Method of colors and light therapy

Treatment using colours is so simple that even a man of common understanding can make good use of this therapeutic system. It takes less time at an affordable cost, almost none to get well.

First Method: a) Have a glass bottle of the required colour. One should buy a bottle of the required color from the market and first clean it thoroughly with cold water and then with hot water. So that no residue remains on the inside surface of the bottle. If there is any label or paper on top of the bottle, it should also be removed. After

cleansing it with hot water, fill it with distilled water or with water that has been sterilized by boiling. Let one fourth of the bottle remain empty. Leave the top one-fourth of the bottle or vial empty. This filled bottle should be placed on a table or wooden case in a sharp and open sunlight area. If the bottle of the required colour is not available, take an ordinary transparent glass bottle and enwrap it in a cellophane paper of required colour in such a manner that the bottle is covered from all sides using transparent adhesive tape.

Transparent paper refers to the paper that is used for decoration on the packet of Incense Stick (agar bati) etc. If such paper is not available, a transparent plastic sheet can also be used.

b) Place this bottle in the sunlight, keeping it on a wooden surface for four to six hours. The best time to treat water with coloured rays is from 10 am till 4 pm.

c) Accumulation of droplets in the empty surface of the bottle is an indication that the water has been charged enough. Keep the bottle properly secured with cork or stopper. If bottle of many colours are to be charged do not place the close to another so that no bottle be over shadowed with a bottle of a different colour.

Second Method: In the rainy season electric light bulb can be used instead of natural light. Another arrangement for charging the tablets of sugar of milk in the bottle of required colour before the rainy season is for six hours daily for one month and during summer time, fifteen to twenty days charging or Chromatization would be sufficient.

Third Method: Get windowpanes painted with the required transparent colour or use-coloured panes of required colour on the windows from where the sunlight could come into the room and the patient could sit or lie in that light, in such a manner that light pouring into the room should fall on the affected part of the body for duration deemed necessary. Now the curtain should be removed from the glass window of the color required by the patient so that sunlight can

enter through the glass of that particular color. In this way, only the light that the patient needs will remain in the room. For example, put a fever patient on a bed in such a room and remove the curtains of the blue glass window and let the patient stay in the light of this color for two to three hours. Keep checking the patient's temperature with the help of a thermometer every half hour, then you will know that slowly the patient's fever temperature is reducing gradually.

Fourth Method: In this method of treatment at night, a table lamp should be fitted on the stand in such a way that the light of the bulb falls on the bed of the patient in the place where light is needed. Light a bulb of the required color and lay the patient in this light.

Fifth Method: A wooden or hardboard box, installed with a reflector and a bulb of 100 watts, having a window of appropriate size, can be used to get the rays of required colour. The window of the box is to be covered with coloured glass or a cellophane sheet of the colour needed. When the bulb would be switched on the light coming out of the box can be directed towards the affected part of body from a distance of about 2 feet.

Sixth Method: The method of preparing Chromatized oil is to charge the flax or linseed oil under the sunrays for forty days. If it rains or clouds cover during this period, count these days and after forty days complete the course by remaining in the sun for so many more days. After the oil is prepared, it should be massaged. A circular massage should be done for five minutes in the morning and evening

For massaging the head or as hair oil the sesame seed oil charged with sunrays using the glass bottles of sky blue

colour is recommended. This oil is very effective to nullify the effects of heat in the blood, hearing of voices and sparks or black spots seen flying before the eyes. Absorption of this oil into the skin improves consciousness within a few minutes.

Sesame oil prepared in blue bottle is extremely beneficial for people who do official work or feel weakness due to overwork, memory loss, or mental pressure and hyperbrain due to heat, weakened hair roots, headache, baldness and itching caused by excessive itching, blue bottle oil is very beneficial. For the weak memory students and for the intellectuals who suffering lack of focusing the problems, this oil has proved to be a remarkable gift of nature.

Use of it in daily routine one can avoid nightmare. If you feel heaviness of the head due to flu and cold, then by using this oil, the mucus is diluted and discharged from the nose, Strengthens the eyesight. It has also been observed that the discharge of cataracts water can be cured with the regular use of this oil.

The prepared of oil red colored bottle instantly heals patients suffering from pain in any part of the body due to cold.

The purple and orange bottled oil has shown miraculous effect on syphilis sores. The patients suffered due to intensity of wounds pain have been relieved by applying the oil once.

Seventh Method: Put distilled water ampoules in colored glass jars and keep them in the sunlight for a month from eleven a.m to four p.m every day and apply a "CC" injection of the desired color. It has been observed that the disease can be eradicated with just one injection. If necessary, the duration between one injection and the other should be at least one week. Twenty years old back

pain has already been observed as relieved with just one injection prepared in red color.

Note: Application of Injection should not be done without the advice of a doctor.

Eighth Method: For eye disease, strain and already been damaged eye after the surgery, using light blue colored glass lenses has the best results.

Note: Sky colored glass lenses should be worn during the day from 9 or 10 am to 4 or 5 pm. It is better to remove the lens after the duration of twenty-two hours and put it back after fifteen to twenty minutes.

Chapter Four

Treatment of diseases caused by excess or deficiency of colors

Skyblue color is exactly blue like sky. This color is cool in effect. But when we say blue color, it means dark blue color this color has contain very light reddishness which is called indigo or purple color. Blue color is always better for weak patients, old people and children than sky color. Because they cannot bear the coldness of the skyblue color. That bottle is similar like imported bottle of castor oil.

Red Color

Deficiency of this color in the body causes more lethargy, lack of appetite, bluishness in the eyes and nails, white urine and bluish stools.

Blue Color

A person suffers from anger due to deficiency of blue color. Sometimes irritability in the mood, rise in temperature of body and loose motion also occur. Eyes turn pink, redish nails, reddishness in urine and the body turns yellowish.

Sky blue Color

Deficiency of the blue color causes jaundice, fever, pale skin, profuse sweating, yellowish-red urine, loose motions color of motion becomes yellowish and redishness. Sometimes patients suffer with green motion, and the eyes have a reddish yellow color. Sky blue color has the command of elixir in favor of mental diseases.

Purple and orange color

A slightly reddish and mixthure of dark blue is Purple Color. It is very useful for disease of insomnia. It is also very effective for pneumonia, throat diseases and cough. Relaxes the lungs and throat, excretes mucus.

Yellow Color

Deficiency of yellow color causes stomach diseases and excess is one of the causes of fever.

Red Color

Red is a heavy stimulus. This color gives heat to the body, has a strange effect on paralyzed parts.

Treatment of diseases with color

Raucous sound or sore throat

Blue colored water will be beneficial for this disease. Dosage: 6 ounce or more than one tola should be taken after half an hour consecutively in the morning and evening.

Swelling in eyes

It is considered a very dangerous disease. For this disease, the dose of blue water is one and a half tola, i.e. one ounce in the morning and evening. If the disease is severe, one dose should also be taken in the afternoon.

Intestinal disease

In Intestinal disease, the patient has difficulty in defecation. Patient must have to drink yellow colored water three times before breakfast and food.

Bowel movement

For this, purple water should be drunk in small quantity for a long time.

Migraine

Migrane is a very painful disease. For treatment, the patient should apply to poin to pain blue ray for five minutes and green color ray for three minutes and also take a dose of blue water daily i.e. one ounce.

Eye diseases

Eye soreness, pain, conjunctivitis, swelling, redness, stinging and trachoma etc. These diseases are caused by digestive disorders or external disturbances like heat, cold, injury, dust and smoke. If digestion is impaired, foods with a hot temperament should not be used in the diet. Eat light

foods. Wear light blue lenses (which are called sky colors without any redness) for two to three hours a day. Apply the blue light in your mouth for a minute or two, and if blue light is applied to the whole face. So even more useful. By applying blue light on the eyes and eyelids, the trachoma disappears completely within two months.

Burn with fire

By applying a blue ray, the burn is immediately relieved and by keeping a blue water pillow, it is immediately relieved.

Influenza

All type of fevers is caused by an excess of red color in the body. Which can be balanced with blue color. Therefore, a blue light should be placed on the patient and a blue ray water should be given to the fever patient one ounce every four hours. For light, a glass should be taken in which the greenish color is also reflected.

Tachycardia and Heart palpitations

Apply the blue light on heart position in the morning and evening for about 15 to 20 minutes and patient should drink 1 ounce of blue ray water and 2 ounces of violet water in the morning and evening.

Uterine asphyxia (hysteria)

In this disease, whenever the patient has fits, apply blue light. This disease often occurs due to miscarriage and menstrual disorders. In this disease, the presence of leukorrhea remains to a considerable extent.

Nerve pain

Applying red light and feeding orange ray water is extremely beneficial.

Ulcer

Patient should drink Sky ray water in which and more quantity of yellow colored ray water is mixed. Apply sky ray ligh from head to stomach.

Nocturnal discharge

This disease is cured in a few days by applying purple light on the spine and drinking one ounce of water of the same ray color three times a day.

Vaginal inflammation

For this disease dosage of purple ray water be consumed in the morning and evening.

Inferiority complex

A depressed heart and always suffering from grief, red color is very useful for inferiority complex as it evokes courage and masculinity. Orange color is also used to soothe heart problems. Such patients should dress mostly red colored clothes. The curtains in the bedroom should also be red. However, bed sheets, pillow covers should be orange in color. And a small basket should be filled with oranges and kept in the room, and the eyes should be kept focused on the oranges for a few minutes every day. If along with this, when you wake up early in the morning, stand up straight in front of a big mirror and have a look yourself with focused eyes, repeat these words calmly in heart for two or three minutes, "Everything is attractive and pleasant, I am not inferior to anyone, I can do whatever I want." After acting upon this walk around the room for a few minutes and then stand in front of the mirror and repeat the same process. In this way, if this process is done three times a day, all the suffering will be resolved in ten to fifteen days.

Ascites

In allopathy commonly draining of water with a needle the treatment, but after some time the water accumulates again and redrained. Obviously, this is not a permanent cure. It has been our experience that this disease can be cured if treated consistently with method of color and light therapy. Ascites is due to kidney failure, or if water accumulates in the stomach due to a heart disease,

treatment is done with white and yellow rays. By preparing water separately in a white vial and a yellow vial, two ounces should be fed to the patient. And the patient should lie down in a comfortable bed for one hour each in two white and yellow rays during the day and night. By preparing white and yellow ray water separately dosage or two ounce each should be fed to the patient. And the patient should lie in a comfortable bed for one hour in white and yellow rays' light day and night. Water in the head also called (HYDROCEPHALUS) is treated with water of white rays and applying white rays light to the patient.

Marasmus (Um-u-subyan)

Symptoms of Marasmus in children include getting frightened during sleep, crying and weeping for no reason, trembling, scratching oneself or others, suffering from fever intermittently without any cause for it, weakness or sickness of any sort by birth, undernourishment, bony and skinny, lose watery motions, darkening of the skin around the eyes.

Prepare sesame oil in an orange-colored bottle and massage it to the whole body of the child daily and also prepare water in an orange-colored bottle and let drink this water to the child. Dosage should be determined according to age.

Habbit of Geophagist in Children

This habit can be eliminated by a few doses of blue-ray water and exposing children to light of blue-rays. The dosage should be determined according to the age of the child. According to the conditions, half of the 24 hours or one hour should be laid in the rays.

Premature graying of hair

According to the method of preparation of the oil, pure sesame oil of crude grass should be filled in a clear transparent sky colored bottle leaving a quarter of the top of the bottle empty and kept in the sun for forty days. This oil should be well absorbed in the head twice a day and night. Staying in orange rays light for twenty minutes a day and

fifteen minutes at night and drinking orange water twice a day in the morning and evening can control graying of hair.

Fever

There are many types of fever. All have the same cause, as described as cure of influenza in this book.

Rheumatic fever and fever of winter

Two and a half tolas (one ounce) of blue water should be given in the morning and evening, but for children it should be one tola each. If you have a headache, apply blue light on your head.

Gall fever and Puerperal fever

Give one ounce of sky-colored water in the morning and evening and if loos motion occurs more, then give this water four to five times a day. Even if there is faintness, apply a ray of heavenly color on the mind and body.

Mucous fever

In mucous fever, orange water is the best remedy, even four to five doses are beneficial. Children should be given this water only twice a day. For adults one ounce of water per dose, for children the dose should be determined according to age.

Indigestion

Slim people due to excess of red color and healthy and fat people get indigestion due to excess of blue color. People suffering from excess of red color should drink one ounce of yellow color twice a day. If the complaint is chronic, the treatment should be continued for two months.

The complaint of indigestion is due to excess of blue color in people who sit a lot and do not exercise. For its treatment, yellow colored water should be given twice a day and the treatment should be continued for one month. However, the signs of health begin to appear only after a week.

In all types of indigestion, method of colored and light water should be drunk after having meal, and food should be light and digestible. If there is nausea or vomiting in indigestion, one tola of blue water should be taken after half an hour.

Hemorrhoids

There are two types of hemorrhoids one flatulent hemorrhoids and other is bloody. This disease is caused due to constipation, remaining seated for long hours, use of hot temperament and spicy food or due to use of liquors and other intoxicants. Drink one dose of yellow ray water in the morning and evening. Apply yellow light rays on warts or soak a cotton pillow in blue rayu water and keep it on the warts repeatedly.

For flatulent hemorrhoids drink orange water and apply orange ray on the warts or keep a pillow of sky-blue water.

Rheumatic pain

Rheumatic pain, whether it is affecting particular part of the body or every joint, it is useful to drink orange ray water in the morning and evening and apply orange rays ligh to the painful part of body.

Excessive crying and fussing of the child

Apply light red and dark red rays on the child for three to five minutes once in 24 hours and drink water of the same colors one tola in the morning and evening.

Teething of children

In childhood, the teething stage of children is very difficult. During this time, they get various diseases. For example, sore eyes, diarrhea, vomiting, fever, etc. The best remedy for this applies blue ray light for several hours every day. Apart from this, give as much sky-colored water as possible in the morning and in the evening.

Excessive or lack of appetite

Both these disorders are caused due to the poor digestion. To get rid of thi disorder refer to prescribed treatment for indigestion in this book.

Treatment of insect bites

Apply sky coloured ray to the biten part of scorpion, wasp, bee and other insects. Having a sky-colored water pillow absorbs the heat and provides immediate relief.

Dishonesty and malfeasance etc

The disease of morality can also be treated by method of colors and light. For this, follow the cure of "inferiority" in this book according to that person should stand in front of the mirror. Everything should be shiny white like clothes, bed sheets, room curtains, flooring, bedspreads, quilts, pillow covers, the color of the walls in the room. By act upon this moral depravity can be cure within a few days.

Boils, Rashes

Such boils and rashes, which sometimes appear in different parts of the body, should be apply green rays daily for fifteen to twenty minutes, and one ounce of green water should be given in the morning and evening. With this treatment, the pus is discharged from the boils and the wounds gradually heal.

Lung disorders

If it is due to cold, give one dose of orange colored water daily and apply orange rays on the lungs for a few minutes daily.

Insanity

In this disease, drink one ounce of blue water in the morning and evening and keep applying the blue ray on the forehead and brain for ten to fifteen minutes every day. In case of delirium, keep blue water pillow on the head. This treatment should be continued till recovery. The blue color should be reddish which is called purple.

The Plague

Sky color is especially useful in this disease. After half an hour feeding one ounce of food gives relief. If a development of goiter appears, apply sky ray and place water pillow of sky color. If the goiter is cracked, apply green ray and keep green water pillows.

As a precautionary measure in the time of plague and cholera, one should drink one dose of blue water in the morning and evening.

Diseases of the stomach

Pain, belching, flatulence, stomach bloating after food, etc. In all these diseases, drink yellow water one ounce in the morning and evening.

Complex diseases or Undiagnosable

If sometime disease is undiagnosable and the patient is getting sick and become normal randomly, or more often feels sick, in this situation patient use of red colored water is useful.

Dysentery

Bloody or simple dysentery both are caused by intestinal irritation. For immediate cure patient should use yellow or orange ray water. Water doses should be given according to the nature and intensity of the disease, after two hours in the morning and evening until recovery.

Vegetables that grow underground, spices and meat are harmful in this disease.

Continuous treatment with consistency required to get cure with chronic disease of dysentery and patient should be most careful about the diet. Diet includes of, sago, arrowroot and by preparing Khichri take one part quantity of rice and 2 part of mung pulses. Keeping yellow or orange color ray bottle of milk in sunlight for ten minutes will be affecting as food and medicine of this problem. Orange

water should be used only in dysentery with abdomen cramps.

Urinary diseases

Painful urination

Edema in the urinary tract or irritation of the inner membrane, this complaint is relieved by doses of purple water.

Bedwetting

If this disease remains until old age, it is very useful to apply purple or red light on the bladder. In children, this problem resolves by the time of certain age.

Frequent urination

Due to excess of yellow and red or orange color in the body this problem occurred. Doses of violet colored water should be given in the morning and evening. In case of excess, one dose can be added in the afternoon.

Diabetes mellitus

To treat this, apply yellow light on the joint of the spine for fifteen to twenty minutes, then apply a violet-colored ray for one minute.

Tuberculosis (T.B)

Apply red ray light to the lungs and feed water of red ray at initial stage of tuberculosis. Apply blue ray on the lungs and one tola of blue water in the morning after four hours orange water one tola and then after four hours orange water one tola and then after four hours blue water in a day It should be given three times.

If there are spots or water in the lungs, one should massage linseed oil kept in the sun for 40 days should apply to the lungs, chest and waist for five minutes once a day and night, orange water should also be used.

If the patient is suffering from nausea and weakness, orange colored water should be given after eight to ten days.

Diarrhea

Diarrhea can be treated with yellow water. For adults, 2-2 ounces four times a day, and for children, determine the dose according to age.

Gonorrhoea

It is a most contagious disease and renders the patient collapses. It is useful to apply the purple ray on the spine for 15 to 20 minutes. Apart from this, four ounces of water or milk prepared in a purple bottle should be drunk in the morning and evening.

Masturbation

Such inglorious act creates unnecessary heat and stiffness in the patient's body. For its treatment, apply sky-colored rays on the spine and sky colored water is also useful.

Excessively lean body

Deficiency of red pigment is the cause of it. For this, person should drink red colored water and apply red colored ray on body. Since red color stimulates and excites the blood, purple colors which are reddish blue should be used instead of pure red for those under fifteen years of age.

Swelling of body organs

Apply red ray and dosage of red colored water on the body or wet water pillow of red colored water can be placed on the affected organ.

Numbness of body organs

In order to stimulate the blood in the body, red colored water should be given in the morning and evening and the red ray should be applied on the organ for 10 to 15 minutes. You can also use wet water pillow red water on the organ.

Boils on the body

Boils, whether large or small, have severe burning and pain. Black or blue boils are all treated with orange rays and orange water.

Edema on the body

To cure of this drink blue and red water once a day and application of purple rays on the whole body are useful.

Psoriasis. Rash

In these diseases it is useful to apply oil to dry itch. Blue rays should be applied to the rash or psoriasis once a day for one hour. Water of blue and yellow rays should be given to drink twice a day.

Smallpox

It has often been observed that smallpox sometimes appeared partialy or suspended. Dosage of one or two red colored water is enough is very useful. Initialy by applying red ray light for three minutes to the body can provoke smallpox rapidly to emerge with well intensity.

Note: Red color should not be used at all after the outbreak of smallpox. Rather, when pimples fluid filled is about to flow then apply *ibuutii (mixture of dung and ashes smeared by the Hindu yogis on their bodies)* should be sprinkled on them and one ounce of blue water should be taken in the morning and evening and the blue rays should be applied daily for three to four minutes. Patient gets relief with heat and inflammation and heals the wounds.

Injury

Bandage of blue water and keeping the injured area wet with the same water will bring relief very quickly. If there is a wound, blue light should also be applied to the wound.

Irritability

To get cure of this the patient should stay in darkness, even the curtains of the room in the house should be kept dark.

Menstruation

In case of scanty menstrual flow, discomfort, or pain during menstruation, blood clots and all such diseases one ounce of purple water should be drunk in the morning and evening.

Particularly In case of scanty menstruation, the treatment should be done for at least fifteen days. In case of discomfort, the days should start one week before menstruation and continue until one day after menstruation stops.

Pregnancy

A single dose of the sky-colored water is sufficient for diseases during pregnancy like fever, diarrhea, dizziness, nausea, lack of appetite etc.

Pseudocyesis (False pregnancy)

Pseudocyesis also called false pregnancy and all symptoms are similar to pregnancy. This disease should be treated from the tenth month. For this, one ounce of yellow or orange colored water should be given in the morning and evening and the orange ray should be applied to the stomach for ten to fifteen minutes daily.

Note: This treatment should not be done until it is confirmed that the pregnancy is false.

Gastric Problems

For this, drink one ounce of yellow colored water after meals.

Diphtheria

It is a disease that occurs inside the throat. For this, half a tola of blue water should be given after half an hour.

Hydrocele

Only one dosage of red colored water daily and by applying red rays for one minute to four minutes daily, this disease is eradicated.

Anemia

To eliminate anemia or thinness of the blood, twice a day, one ounce of red-rayed water one hour after breakfast, and one ounce of orange-rayed water, should be drunk by early evening.

High blood pressure

In this disease, pressure of blood flow increases compared to normal pressure. Blood pressure (blood pressure) refers to the force of heart contraction and expansion, that control the flow of blood in vessels of the blood to be function normaly.

The heart is a special organ related to blood circulation, which is cone-shaped and is located in the left side of our chest and it contracts and expands inside the chest like a pumping machine. The strength of contraction of the heart and the strength of the fine veins, if the condition is not moderate, the blood pressure increases.

Pressure of blood is not same but remain different for all. But despite these differences, experts have set an average for blood pressure. If the blood pressure increases from this fixed average and that sustaines for some time, then it is considered as heart disease. Sometimes stroke occurs immediately after high blood pressure. Seizures and heart attacks also occur.

Doses of water of sky color or blue rays and keeping the patient lying down in sky or blue rays for one hour day and night is an effective treatment.

Low blood pressure

Low blood pressure cannot be called a disease because in some individuals the blood pressure naturally results in a low temperature. Decrease in blood circulation is also caused due to excess bleeding, diarrhea and vomiting etc. This condition can also occur due to nervous tension and emotional excitement. In this disease, it is important to know what actually causes the decrease in blood flow. Along with the treatment of the real diagnosed, if the patient is given one ounce of red water and kept in red rays, this disease is cured.

Scrofula

Massage of sky color linseed and water of yellow rays should be used for drinking will be useful.

Itching

Itching can be cured rapidly by applying sky-colored rays and drinking the warer of same color three times a day, bath will be also cure of this disease with same water.

Mustard oil can be prepared by keeping red color bottle in sunlight for 30 days and massage of the same is useful.

Ringworm

Applying the prepared oil to dry itch is beneficial.

Diarrhea

If indigestion is the cuase of diarrhea, give one ounce of yellow water in the morning and evening. Sky colored water is especially beneficial for bloody dysentery. By feeding three or four doses of it, this complaint will be cured.

Dental diseases

Toothache, swelling of gums, swelling of molars, Gingivitis, etc. Frequent gargled of blue ray water can be advised, along consumption of with yellow or orange colored water in the morning and evening for five or six days will be useful to cure the disease.

Asthma

During an asthma attack, drink one tola of orange water for ten minutes. Massage of linseed oil prepared with orange rays on the chest in circles at the lung area for five minutes at night while sleeping and in the morning will be cured. An ounce of orange water can be given to an asthmatic patient for a few days even if he is not under stroke conditions. Asthma patients who are deficient in red color are relieved by blue water and blue oil.

Heart pain

Patient can drink sky-colored water twice in the morning and evening and yellow-colored water after meals to maintain proper digestion.

Mental tiredness

People busy with mental work and keen to get peace of mind, at the end of the work, keep their head in the sky-colored light will get peace of mind. Drinking one ounce of blue water is also useful.

Edema of the brain

This disease occurs mostly in children. It begins with fever and restlessness for which blue light is the best cured.

Sour burps

Frequent burping indicates over burden of stomach and a malfunction in the digestive system. Although burping after food is a good sign. Sometimes burping occurs even with empty stomach. One dose of yellow water is enough for all type of burping. Blue water is useful for people with deficiency of red color.

Burps

It is a symptom of indigestion and should be treated with indigestion treatment in this book.

Thinning or dilution of semen

Keep the pure linseed oil in a red or blue transparent bottle in the sun for a month and massag this oil on the joint

of buttocks and neck for three minutes at night and before sunrise in the morning.

Tumor

Tumors in the nose, stomach or any other organ of the body, with or without pain, can be treated with blue rays. Give Blue rays water and should apply on the tumor can cure the patient.

Parkinson

Patient can have three drops of blue or sky-colored water daily, also apply the rays of same color will cure the disease by the grace of God.

Cold & Flu

Cold & flu normally caused by stomach disorder, cold effect and mental weakness. For this, feeding of dark blue water and ray light is also very useful for most old colds. Patient should drink red colored water and apply rays of same if patient is suffering with fever due to cold. For normal digestion yellow water should be given once in 24 hours.

Leukorrhea

Leukorrhea is the discharge of fluid from the uterus. There is two types of fluid one is reddish and other is white, but cure for both of these is the same. Patient should drink one ounce of purple or violet colored water in the morning and evening.

Headaches

Headaches, whether caused by heat or cold, whole or half head, fever or mental stress, should be treated with blue rays for five minutes followed by green rays for three minutes.

Heartburn

Generally, this complaint is more common in phlegmatic temperaments people and indigestion also the reason for this complaint. Single dose of yellow water is

enough for such burning and its cure digestive system as well.

Head Hair

Hair has a life span of about four years. Hair falls out in routine and after completing its natural age it stops growing to a certain extent. As we observe that growing young age hair are thick and relatively thin with age and falls out after some time. Fall out of few hair while combing is not a matter of concern, but small hair along with long will be having some cause to be concern and can be termed as a disease. Dandruff is usually the first symptom of hair loss.

Due to imbalance practice of spicy and tasty food, unhealthy food and prepared in impure oil, use of soap to wash hair are basic causes of dryness in the skin of head.

Family or genetic factors are also particularly important among the causes of premature graying of hair. Repeated brain trauma also causes gray hair. There are also such incidents in history that due to a serious accident, the hair of the head has turned completely white in just one night.

For any of above reasons, use of sky colors and rays is very useful. Sky colored water should be used for washing the head and sky colored ray oil should be used regularly for applying on the head. Prepare the linseed oil as per the method of color and light and massage well into head before sleep.

Comma

All the symptoms of this terrible disease are cured of the blue color.

Swelling due to cold

Red color is very useful for such swelling. Apply red color ray or keep a red water pillow to the swelling point.

Fungus

Apply red light continuously for an hour or two, one time application is enough.

Leprosy

Dosage of red colored water in the morning and evening and applying the red ray for four to five minutes daily is the better cure.

Gonorrhea

Painful urinating or discharge of pus, Injuries or swelling in the urinary tract. For all these ailments, drinking two tolas of purple water in the morning and evening will heal the swelling and wounds.

Cancer

Red color has special importance in curing this disease. One ounce of red colored water in the morning and one ounce of yellow colored water in the evening should be given and the red colored ray should be applied daily for four to five minutes. The clothes worn by the patient, bed sheets, pillow covers should all be red. The curtains on the walls, windows and doors of the patient's room should also be red.

Tuberculosis TB

Shortness of breath. For painful discharge of mucus, bleeding after coughing, blue and orange water and massage with blue rays and orange oil are useful. After absorbing the rays of orange colored oil, one should massage the chest, waist and lungs in clockwise at night and in the morning for five minutes. This treatment should be continued for at least one month. After absorbing the rays of orange colored oil, one should massage the chest, waist and lungs in circles at night and morning for five minutes. This treatment should be continued for at least one month.

Phrenitis

It is useful to drink rose water while vomiting in Phrenitis.

When the patient is in a state of deep unconsciousness, blue rays should be given two or three

times every two hours. As patient become consciousness application of the ray should be stopped and a dosage of blue colored water should be given. If the disease is mild, the use of orange color is sufficient. If the cold is severe and the pulse slow, one or two doses of red water should be given. Even if you have a fever, do not try to stop it, waste will discharge naturally.

Premature ejaculation

In this disease, the dosage of violet colored water and the oil of violet-colored rays are very useful.

Hypersexuality

Hypersexuality can be controlled and cured by drinking sky colored water.

Excess of Bile

Bile irritation is relieved by drinking yellow water at duration s of two hours. Excess of heat, mixture of blood in the bile, bleeding from the brain to nose, mouth and urine as well, patient should drink two tolas of yellow water in the afternoon and evening, half a tola of blue water in the morning. This treatment should be continued for five to six months so the disease should not occur again.

Vomiting due to bile

In this disease, doses of half a tola of blue water should be given every half hour. If vomiting still remains the dose should be doubled.

Paralysis

If any organ paralyzed, and having numbness as well, patient should be applying red color light to the organ and drink yellow water in the morning, noon and evening.

Colic

At the attack of colic, one ounce dose of orange-colored water, six drops every ten minutes in an hour, it is enough to keep repeat it three times with an duration of one hour.

Constipation

Constipation is caused by inefficient functioning of the liver and sitting too much. People like shopkeepers, officials, accountants etc. are more prone to this disease, they all should drink one ounce of yellow water in the morning and evening. It relieves old constipation. But in order to get quick results, one should not drink a lot of water repeatedly, otherwise there will be a loss instead of benefit. A lot of caution is needed in this disease. Fresh vegetables and salads should be used more.

Vomit

Vomiting is relieved by the use of blue water.

Ear diseases

Dosage of blue water and rays are very useful for ear pain, ear discharge, hearing loss, in all these ailments. If any swelling and pimples, apply of blue rays and very drops of light boiling of blue water is beneficial.

If there is difficulty in hearing accompanied by unreal voices or ringing in the ears, to get cure of it patient should take of constipation, keep the feet warm, wash the feet with cold water before bed and apply blue rays to the head. The oil produced in the SKY rays can be used. Please note that the oil should always be apply in the ear should be moderately warm.

Leprosy

The treatment of this disease requires six to seven months. However, patient will be having useful result after one and a half months. For this, one should drink two doses of orange water, one in the morning and one in the evening. From this, the patient begins to have motions

within a week and the wastage is gradually excreted. the dose should be reduced to one instead of two If patient having loose motions. Avoid rice, milk, fish, egg, all kinds of meat, jaggery, oil and salt during treatment.

Weakness. Laziness

Weakness, laziness, coldness of hands and feet, breakdown and yellowing of the body, frequent spasms in the nerves, for all these diseases dosage of red water, red rays oil is useful to cure.

Get Cut

If there is a slight scratch or cut of knife on any part of the body, keeping a strip of cloth soaked in brown water will cure it.

Rabid dog bite treatment

For its treatment, blue colored water should be drunk for eight to ten days. First after three-to-three hours, then only three times a day, and once in good health only once a day for a few days. It is very useful to wash this part with sky-colored water and keep wetted water pillows in the same color water and to apply sky-colored rays to the bitten place.

Dry cough

The discharge of mucus in this disease is hard and difficult. Dosage of dark blue colored is easy relieve of dry cough. However, for congealed mucus and old cough patient can drink orange colored water to get cure.

Wet cough

In a wet cough, the chest fills with thick mucus and is difficult to expel. It is useful to drink the water prepared in orange color three times a day. To get cure with Chronic cough drink orange colored water for fifteen to twenty days.

Renal edema

It is caused by cold and bladder infection. If it is due to cold, give blue and red colored water once a day and apply purple rays on the kidneys.

Sore throat

This disease is often caused by cold. Blue water acts as an elixir in many diseases of the throat. This cures the disease completely in twenty-four hours or maximum forty-eight hours, to get cure gargle with blue water at durations of three hours.

Baldness

Washing the head with blue-ray water and applying blue-rays on the head is a cure for baldness and hair growth.

Poliomyelitis

One tola of red water and two and a half tola of yellow water at a time, adding red rays for four to five minutes every day and absorbing the red rays in banana oil for a month and eating it with bread sticks produces strange results.

Typhoid

In typhoid, doses of red water are very useful, but water has to be boiled first and let it be cooled then keep it in sunlight. Two doses of red color will be useful for stuck typhoid rashes. Dosage should be determined according to age.

Malaria

In this fever, give one ounce of blue water in the morning and evening and apply blue rays on the body.

Bleeding from the mouth

Bleeding from the mouth, throat or gums, by any reason, patient can drink yellow or orange colored water. The red rays should also be put inside the mouth by opening the mouth.

Blisters in the mouth

Small white and red spots appear inside the mouth. When these blisters reach the intestines, this disease has become dangerous. It is often caused by excess heat from feverish heat and upset stomach.

Children often get mouth sores, which is very painful for children, and the reasons are more or less the same as those mentioned above.

Half a tola of blue water should be given every half hour for three days. If patient didn't get complete rest in 24 hours, take a break for a few hours and then repeat the same process. Dosage for adults is one ounce.

Stones in bladder

Drink doses of red or violet colored water in the morning and evening, apply red or violet rays to the kidneys.

Melancholy

Apply blue light on the brain and drink blue water morning and evening.

Stomach irritation

Stomach irritation occurs due to indigestion. A dose of yellow water is sufficient for cure.

Warts

Red water and linseed oil prepared in red color are the best remedies to remove small warts that occur on any part of the body or on the face.

Warts

Burning the warts by putting sun rays through a dark and sharp pink colored glass is also a cure. But it requires very strict caution, sun's rays should fall only on the wart, otherwise there is a possibility of burning and damaging the other part and duration of this should not be exceeded more than three minutes, Otherwise, there is a possibility of burning and damaging the other part.

Epilepsy

In the morning and in the evening, a sky colored Panido Tola should be fed for a period of time and a sky-colored ray should be apply on the head. This treatment should remain continue till the result of no future attack of epilepsy. it is sufficient to apply a blue ray to the head at the time of seizure.

Obesity

Obesity is a disease. It can be cure with method of color and light, patient should drink black-ray water and apply black-rays as well. The quantity of doses 2 ounces and the duration of lying in the rays is half an hour and two times.

Malady of Solar Plexus

The solar-plexus affects by weak nerves men and women. Massag of yellow rays' oil by night at bed time for five minutes each morning and evening to the Solar Plexus point will be cured soon. If pateint can drink two ounces of orange water is half an hour before meals, will be relieve of Solar Plexus and makes nerves strong.

Gout or foot pain

Orange colored water and orange rays are very beneficial.

Insomnia

Apply of sky colored water and sky-colored rays on the head is the cure.

Pneumonia

Drinking one ounce of blue water in the morning and evening and applying the rays of the same color on the lungs for three to four minutes daily is the cure of pneumonia.

Canker sores

Cure for this disease is not definite as of per current treatment methods, but the canker sores are eliminated

by the doses of clear, transparent green bottle water and rays.

Hemorrhage

Bleeding is controlled by inhalation of the blue water into the nose due to blood viscosity. A dose of blue water given to old haemorrhagic patients at bedtime for a week always stops the haemorrhage permanently.

Joint pain

It also includes arthritis and gout and it is of two types. For acute diseases, blue water should be given, blue water mattresses should be kept and blue rays should be applied, and chronic acute apply of orange water pillows and blue rays will be cured. Patient should reduce the use of salt about quarter, also avoiding cold, sour, fried and oily foods is necessary.

Hatred, jealousy and arrogance

By practice of looking at the bouquets of flowers for at least ten minutes every day, these moral ethics disorders are cured in few days.

Dyspepsia

If you have diarrhea due to poor digestion or if you have stomach pain, you should give one ounce of yellow water in the morning and evening. Determine the amount of food for children according to their age.

Cholera

By the initial stage of cholera, giving one tola of yellow water after half an hour relieves all ailments like thirst, vomiting, diarrhea, body spasms, urinary obstruction etc. Because in the last stage of cholera, the patient loses the red color. Due to which the body gets cold, drinking red colored water three to four times at an hour interval is beneficial for its treatment.

Cramps and spasms of hands and feet

It is useful to drink sky-colored water in the morning and evening and to apply sky-colored rays. The quantity of salt and fat in foods should be minimized.

Numbness and Cold hands and feet

As the numbness of the hands and feet is due to the lack of red color in the body, red water and red rays are useful.

Jaundice

Jaundice is directly related to the liver and brain, depending on the severity and deficiency of the disease, use blue water doses and rays. The rays should be applied twice daily for five to ten minutes and one ounce of yellow water should be given after meals.

Chapter Five

Healty and unhealthy foods in diseases

Gastrointestinal diseases

Healty foods

1. Mash of red tomatoes and onions serve with food.
2. Use of turnip curry gravy is useful.
3. By making garlic as pill and swallowing it is a quick remedy for stomach pain.
4. For stomach and intestinal diseases, ginger pickle, green chili pickle, paneer, spinach greens, Sponge Gourd, purslane, coriander, old lemon pickles, mustard greens, orchid vegetables, etc. have often been found useful.
5. Use of sweet mango, fig, marba bel gri, behi etc. are useful fruits.
6. For bloated abdomen, Cold sweating and panic attacks, and sometimes chills and fever also occur, all these are the symptoms of frozen blood or milk in the stomach. It can be cured by fed by grinding dry mint, or mint juice mixed with sugar or roasted chickpeas mixed with salt.
7. Stomach secretions can by dry by use of Garlic, ginger, black pepper.
8. For the strength of stomach and intestines use of Garlic tart pomegranate syrup, peach, pineapple, papaya, java plum, Grewia, orange, loquat, lemon peel, pear is healthy.

Injurious Foods

General salt, spices, spicy foods, fried foods, beef, undigestive and stale foods, or frozen foods that have been stored in the refrigerator are vitamin deficiented foods, and in addition to this, "foreign bodies" are added to these foods.

(For example, if the meat (fresh) left in open area will remain fresh for several hours, whereas refrigerator meat

gets rotted and cannot sustain freshness more than one hour. Persistence of refrigerated items at low temperatures and rot at high temperatures indicates that rot was present in the food.

In dysentery and other intestinal diseases, foods grown from earth are injurious.

Ascites

Healthy foods

Barley bread, Spinosus, Variegata, bitter gourd and Mung pulss, , fresh grapefruit juice, carrot pickle, red rice, whole grains and camel milk are useful in this disease. Apart from this, boil a gram in one cup of water and when half of the water is left, strain it and give it to the patient, it is often useful, sunbathing with your back to the sun is also useful.

Injurious foods

Drinking more water and using salt is injurious in this disease.

TB

Healthy foods

Pumpkin, duckweed, fish, chickpeas, goat's milk, apple juice, spring greens, peas and honey are useful. A tested cure for dyspepsia patients who cannot digest milk is as follows:

هو الشافى

Soak the cloves in water for 24 hours. After dry out and by grinding will get substance, take this substance about equal to one clove with milk. By the Grace of God milk will be digested. Oil, olives, fruit extracts and eggs are useful in this disease.

Injurious foods

Red chillies, spicy foods, heavy foods, intoxicants, tobacco including, hypertension, pollution with dust, dirt, labor and hardship.

Liver diseases

Healthy foods

Pineapples, lemons, oranges, almonds, grapes and apples are very useful to maintain the heat of the liver. Use of banana is useful if easy to digest, because it gives enough nutrition to the body and it has more liver power, because its better nutrants of the body and strengthen the liver.

Pomegranate juice is useful for reducing liver inflammation. Mustard greens, pumpkin, peach, bitter gourd, plum, mulberry, lemon, falsa, sugarcane, and duckweed are useful items. Healthy goat's kidney soup and bergamot are useful.

Injurious foods

Garlic, saffron, and red chili have been recognized as stimulatory substances that induce an increase in hepatic thermogenesis.

Kidney diseases

Healthy foods

Mango is such healthy and useful for efficiency of kidney. Pistachio nuts are also strengthening the kidney performance. Apart from this, almond nuts, pine nuts and grapes have also been proven to strengthen the kidneys. Use of vegetable like, turnips, duckweed, radish salt and asafoetida are very as well useful. Often accumulation of wastage in kidneys affect kidney function, but use of lemon extract and orange helps in the elimination of this bad waste. Moreover, it stimulates kidney function.

Injurious foods

Hot spices, hot pepper, egg, fried fish, large meat, shrimp, tea, coffee and all kind of hot and dry temperament foods are injurious.

Hemorrhoids

Healthy foods

Green garlic salad, duckweed, radish, melon, turnip, goat's milk and bitter gourd are good foods for hemorrhoids. Zucchini salad, papaya, guava, Spinosus, Variegata curry, Variegata, tangerine syrup and cow's milk are useful foods for bloody hemorrhoids.

Injurious foods

Hot pepper, hot spices, egg, fish, beef, shrimp, tea, coffee and all unhealthy and inhygienic should be avoided. Spinach is also injurious in this disease.

Diabetes

Healthy foods

Cow's milk yogurt, bitter gourd, coconut water, soybean flour bread, chickpea bread, husk bread, chickpea water, fish, tomato, tomato salad, buttermilk, boiled eggs, cheese are usefule but skimmed milk is also useful in thirsty condition. Apart from this, high consumption of Kandahari pomegranate is very useful for people with high temperament. Frequent use of pine nut in winter is beneficial. The use of grapes and plum is also beneficial in this disease.

Injurious foods

All sweets and starch containg foods as well.

Palpitation

Healthy foods

Myrobalan jam, almond syrup, pumpkin salad, cucumber (without seeds), carrot and carrot jam, raisins, ripe guava, custard apple and beetroot are heart-strengthening. If pomegranates, grapes and apples are used in abundance, they are beneficial to every elixir. Eating cherries, pineapples, pomegranates, oranges, and

peaches is heart-healthy, and patient should have mental and physical rest.

Consuming lemon is beneficial for palpitation due to its soothing properties. The use of the extract of the above-mentioned fruits is particularly beneficial in heart diseases.

Injurious foods

Never use foods that cause gas or thicken the blood.

Pragnacy and protection of pragnancy

Healthy foods

Grapes are a boon for a pregnant woman. Its regular use protects it from fainting, dizziness, convulsions, bloating and constipation etc. Moreover, pregnant deliver a healthy baby. Apart from this, use of raisins and small quantity of vinegar is also useful. The use fresh vegetables, milk and fresh fruits and digestible items in the diet is beneficial

Injurious foods

Pregnant women should avoid heavy lifting, strenuous climbing of stairs, jumping, taking laxatives medicin and sexual intercourse for four months. Apart from this, hot spices, dates, black sesame seeds, cumin should be avoided and red and green chillies should be used oftenly.

Menstruation

Healthy foods

If there is irregularity in the menstrual cycle, eating husk bread, egg yolk, milk, butter, cabbage, salad, carrot, spinach, beans and beetroot is useful, because all of these cariere of high quantity of protein E, and juice of grape is also very useful.

Apart from this, the nuts of almonds, raisins, pistachios, coconuts, walnuts, mixed raisins and apricots are useful. It is very useful to massage linseed oil prepared in blue rays on the joint of the spine between the hips with calmly for five minutes in the morning and evening.

If menstrual irregularity is due to anemia, use of fresh fruit juice, sugarcane juice, kidney water, meat, and kidney ice are useful in winter. Juice of pine nuts, beetroot, Mung puls water, mustard greens, carrots, fresh green coconut milk, pineapple, pine nuts, apple and turnip pickles are also useful.

If there is excess of menstruation, it is beneficial to eat Variegata beans cooked as a vegetable. Use of rice husks, Myrobalan jam, and all those items that contain vitamins E and K are useful.

Injurious foods

In case of irregular periods, hot spices, cold and bitter things should be avoided. It is harmful to use cold, indigestive and inhygienic in deficiency of menstrual period and Excess of menstruation period is injurious to use hot, windy and inhygienic.

Lecorea

Healthy foods

The patient of Lecorea should use milk, bananas and sweet fruits with fresh juice in their diet. Grapes are especially useful in this.

Injurious foods

It is necessary to avoid sour, indigestive, hot temperament foods.

Lecorea

Healthy foods

Cook puddinmix by grindin finely walnuts adn cottonseed and mixed well into quater kilo milk and use it in daily routine to get best result of excess mother's milk.

If the mother breasts are not fully developed enough for feeding, such women should be roasted the pudding mix and eaten. One table spoon of roasted white cumin paste should be given to mother, she can drink by mixing it in milk, with water, with pulses, or can take vegetables or mutton. Apart from this, consuming cow's milk mixed with honey, grinding carrots, melon and melon seeds and eating sesame seeds also lead to excess milk production.

Injurious foods

Lentils, dry and hot temperament foods and spices

Premature ejaculation

Healthy foods

It is useful to use okra, gourd, tinda, tori, peach, kharni, golar, mango flowers in the quantity of one tola daily with prepared milk mixed with one third of water.

Injurious foods

It is necessary to avoid all such things that are sour or spicy and cause constipation, pickle and chilli also injurious in this disease.

Skin diseases

Healthy foods

Daily use of one teaspoon of honey with mixed in water is useful in the morning. It is also useful to use plain goat's milk, gram flour bread without salt and use curry of arvi with very little salt and pepper.

Injurious foods

Red chillies, all kinds of meat, sour and starchy and hot temperament foods.

Paralysis

Healthy foods

Mix one part of pure honey and three parts of water, boil it, cool it and give it to the patient, feed pigeon or bird broth and drink the above honey water in the condition of thirst. Seasoning, malt and grape extract are also useful. It is useful to feed rabbit brain cooked with black pepper for shivering. For paralysis and conjunctivitis, use garlic, ginger jam, use of nutmeg, two to three tolas of walnuts daily, pine nuts, mint with honey. Chicken soup, bitter gourd, egg, dry date, dates, Celery of farm and asafoetida etc. are also useful. Chicken soup, bitter gourd, egg, dry date, dates, Celery of farm and asafoetida etc. are also useful.

Injurious foods

Cold, sour things, sweets, syrups and heavy foods must be avoided by the patient of paralysis and constipation. Also, avoid salt, potatoes, gram and rice and all types of fat. Cold, sour things, sweets, syrups and heavy foods must be avoided by the patient of paralysis and constipation. Also, avoid salt, potatoes, gram and rice and all types of fat.

Weak memory

Healthy foods

Healthy goat's brain half-roasted, almonds, carrot yogurt, carrot smash, walnuts with raisins, figs, roasted chickpeas, ginger jam, apple jam, amla jam, pheasant and chickpea soup, egg yolk, chicken half-roasted are useful foods.

Injurious foods

Avoid red chillies, sour, heavy and spices and gas producing foods. Restlessness, mental disturbance, lack of sleep etc. are the side effects.

Mental weakness - mental dryness

Melancholy and madness

Healthy foods

Use of almonds in different ways and also almond, walnuts, coriander, ginger, bitter gourd, pumpkin, sweet potato, soybeans, sheep's milk, pheasant meat and goat's brain are useful. Among nuts, pumpkin seeds, pistachio seeds, pita seeds, watermelon seeds, cotton seeds etc. are very useful. Fruits include pineapple, mulberry, coconut, raisins, grapes and oranges are also useful.

Injurious foods

Avoid tea, coffee and tobacco in case of lack of sleep. Use black pepper instead of red pepper and hot spices.

Arthritis

Healthy foods

Make milk curd by peeling garlic and grind well and eat mash of it three ounce daily in the morning and evening. Currant, dry coconut, walnut millet bread, bitter gourd salad, all these items are useful in this disease. Apart from this, lemons and dried dates are also very useful.

Injurious foods

Avoid fish, meat and eggs altogether. Whenever patient wish to eat meat start with bird meat, after that can have fish as well and then gradually eat beef. But even then, do not eat kidney, spleen and liver for a while.

High and low blood pressure

Healthy foods

Garlic is very useful in this disease. Give highly digestible foods in the diet. Apart from this, amla Jam, sour

pomegranate, loquat, buttermilk and lemon are also useful things.

For low blood pressure, juice of fresh fruit and sugarcane, can have meat of kidney and its soup also boiled water of kidney, milk, juice of plum and juice of beetroot are useful.

People who cannot digest milk should add a cardamom and saffron in milk and use it. Oranges and orange juice are useful should be consumed daily during the orange season.

Injurious foods

Avoid slow digestive and heavy foods also salt in high blood pressure. Avoid cold foods in low blood pressure.

Gallstones

Kidney and bladder stones

Healthy foods

Mango, carrot, radish, potato, four to five glasses of water daily, onion juice, daily consumption of figs, Quince, watermelon juice, cucumber seeds, Chenopodium, spinach and radish greens, all these items are useful. Eating an apple daily for forty days is especially useful for gallstones.

Injurious foods

All fried foods and fats should be avoided.

Asthma

Healthy foods

Use fresh and open air, dust-free atmosphere, cook crab in water and extract the water and use one crab daily for forty consecutive days.

Injurious foods

Sour and cold things are injurious in this disease.

Jaundice

Healthy foods

Boiled salad, sugarcane juice, fresh fruit juice, lemon, lemon zest, carrot juice, sour pomegranate, onion and radish pickles are useful.

Injurious foods

Avoidance of all fatty foods like ghee, oil, fried foods, milk curd, dry fruits, etc., and hot drinks are essential.

Weakness of nerves

Healthy foods

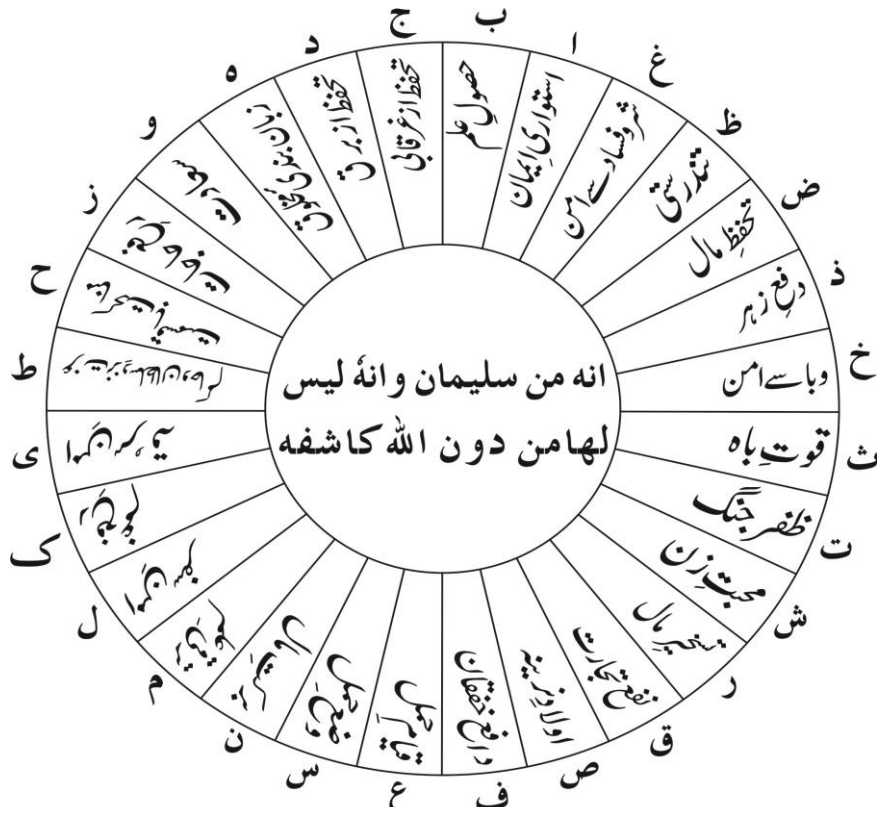
Fruit juice, milk curd, cheese, dried dates, walnuts, almonds, pine nuts, fenugreek greens, gourds, goat's brain, kale soup, mutton trotters etc. are useful foods.

Injurious foods

Excessive consumption of red chillies, sour foods, and salt is injurious.

Chapter Six.

Circle of "Hadiraat"



Spiritual method of determining the effectiveness of stones

To find out which stone can be beneficial for you. On a separate piece of paper, draw a similar circle so that the diameter of the inner circle is 2.75 inches and the diameter of the outer circle is 6.5 inches.

Now perform ablution and pray two rakats of nafl istikhara. Then recite Surah Yasin once and blow on all the stones (the effectiveness of which is to be tested) with you, and place one of these stones in the center of the circle. Place the index finger gently on it, means just touch the stone with the finger but do not obstruct the movement of the stone. Now you slowly - *إِنَّهُ مِنْ سُلَيْمَانَ وَإِنَّهُ لَيَسَّ لَهَا مِنْ دُونِ اللَّهِ كَاشِفَهُ-* to be read without number. After a few minutes, the stone will move and the stone will stop in the box of the circle, it will have the same effect for you as is already recorded in the box and will benefit you accordingly. If the stone moves through multiple boxes, the boxes the stone passes through will have the same effects on you as the boxes listed. If the stone does not move, then the stone will not be beneficial for you. Place the second stone one after the other in the circle and then start reciting the above process. In the same way, you can find out the properties of many stones and jewels by doing one meeting, one Istikhara prayer and reciting Surah Yasin once.

The weight of the ring or stone should not be less than three rattis.

Stones and gems as per name

According to your date of birth and if you do not remember the date of birth, choose the color from the first letter of your name. And the stone or gem (imitation) of this color is worn in the ring in this way and kept touching the finger.

Date of Birth	First letter of name	Effective color
21 March to 20 April	ا-ل-ع-ی	Red
21 April to 20 May	ب-و	Blue
22 May to 21 June	ق-ک	Redish Yellow
22 Jun to 23 July	ح-ه	White-Milky-
Light blue		
24 Jul to 23 Aug	م	Orange
24 Aug to 23 Sep	پ-غ	Dark Yellow-
Silver		
24 Sep to 23 Oct	ر-ت-ط	Light Pink-Blue
24 Oct to 22 Nov	ظ-ذ-ض-ذ-ن	Dark Red- Scarlet
23 Nov to 22 Dec	ف	Purple
23 Dec to 20 Jan	ج-خ-گ	Brown-New Blue-
Gray		
21 Jan to 19 Feb	س-ش-ص-ث	Black-Blue-Green
20 Feb to 20 March	و-ج	Burgundy

Stones and human life

He unleashed the two seas so that they merge together, and yet there is a barrier between them which they may not overstep. Which of the wonders of your Lord will you twain – you men and jinn – then deny.) From these seas come forth pearls and coral.

God has not mentioned that the colors of pearls and pearls are different rather the properties are also different.

God has declared this as the basis that water of one color does not mix with water of another color at all, after that pearls and corals are mentioned by God. Objectively, the principle of perception in colors is fundamental, whether it is in water, glass, clay, stone or metal.

The point here is that the effects are in the colors and as far as wearing a stone or ring is concerned, even a simple ring has the same characteristics as a precious stone due to its color.

Now we describe the colors of gems and stones with their properties. It is a different matter that the stone is precious and the color is within the reach of every man depending on the price. If you look for the same colors in the stones, you will find them.

The pearl

Pearls are usually found in white and shiny colors, especially in yellow colors. You can find the same color in ordinary jewelry. Its properties are as follows:

Pearl helps to cure insanity, enhances vision and protects against most eye diseases. If a white colored pearl or its minor gem is washed in water and given to children, teething becomes easier. If it is worn in a ring, it strengthens the heart and is useful in cold and fever.

Coral

The properties of coral are, coral is red in color and red color includes many colors such as dark pink, orange, reddish, full red and includes both light and dark reds.

Wearing a ring of this color or drinking it after washing the ring stops bleeding from the lungs. It also relieves diseases of the spleen and intestines. Wearing this color ring also increases the power of vision.

Turquoise

It appears greenish or bluish in hue. Nishapuri turquoise is often available to the general public at affordable prices. A turquoise gemstone, or one of its color, is believed to sharpen vision. If a person prone to excessive anger encounters someone wearing turquoise, their temperament is softened. The one who wears a turquoise ring is said to be safeguarded from poverty and destitution.

Ruby

The color of a ruby includes several colors. The best color is onion pink. Ruby is also green and pink in color. Wearing this color jewelry gives the same results as wearing ruby. For example, nightmares, mental disturbance and its also enhancing the conscious immunity.

Amber

Amber is actually not a stone but the gum of a tree. Its color is yellow. If the straw is rubbed on the leather, the straw will stick to it. A woman who wears this stone does not get pregnant. It is mostly used in prayer beads. Instead of wearing it, it is better to keep its prayer bead or to wear a necklace of its beads around the neck.

Lapis lazuli

Lapis lazuli is also not beyond the reach of the people. Applying grinded lapis lazuli on drooping eyelids makes the eyelashes grow. Lapis lazuli is blue in color.

A good lapis lazuli has yellow dots. Rings are made from lapis lazuli which is cleaner.

Jade

Jade is also a very cheap stone. It also makes rings and pots. This stone is green in color. It has two types, white and black. This stone strengthens the heart. It keeps the digestive system good and prevents constipation. Whoever has this stone, his enemy cannot win over him.

The emerald

Wearing an emerald or an emerald-colored stone in a ring does not prevent epilepsy. The heart becomes strong and there is no obstruction in the blood circulation, the light of the eyes increases, and there are no nightmares. If the mother has an emerald or a jewel of this color at the time of birth, the birth of the child will be easy. Its colors are as follows:

Color of beetle, rusting of iron, color of bee's wing, color of tinned and color of tree leaf.

Diamonds

Diamonds come in many colors including pink, greenish and yellowish in addition to white. Even minor gems of these colors will have the same effects as diamonds. The real reason is the color mentioned by God.

Diseases can be treated with the colors of diamonds. The method is the same: use a diamond colored gem in the ring and wash the gem in water sometimes and drink the water. Diamonds and diamond-colored stones protect against leprosy (white spot), bladder stones, madness, melancholy and evil eye. Lightning does not strike a person in the presence of a diamond. Gems of diamond color create importance and courage in a person like a diamond, by which he prevails over his enemies.

Note: Care should be taken not to drink water after washing the diamond, however, there is no problem in drinking water after washing a diamond-colored gem.

Topaz

Topaz is found in light blue, light green, pink, orange and yellow colors. A gem of any of these colors strengthens all kind of powers. Increases intelligence and protects from forgetfulness.

Ruby

A ruby or imitation consisting of these colors. Reddish-black, grey, green, navy, light grey, fleshy, brown, waxy, orange.

Whether a person uses a jewel of one of these colors or rubies, the matter is the same, the goal will be achieved equally. Ruby or any gemstone with ruby color protects against plague and purifies the blood. By keeping it in the mouth, the heart gets joy and strength and the intensity of thirst ends. People respect a person who wears rubies or gems of any of these colors in a ring.

Agate

Agate is usually found at a cheap price and is therefore accessible to the masses. The colors of agate are brown, yellow, white, yellow and red, yellowish and whitish; among these colors' red is the best. These benefits are listed.

Agate sharpens and strengthens the teeth, removes bad breath, refreshes the heart and mind, and purifies the blood. Protects against skin diseases like boils, boils. Most people wear it to pray for blessings and acceptance.

Sapphire

Sapphire is very clear and transparent in color. It is a very beautiful and shiny blue stone. The best variety is found in Sri Lanka. Some people call reddish sapphire "Lal, greenish sapphire "topaz, and purple sapphire as quartz. It is a very dangerous stone. The one who uses it is also killed and becomes a beggar. But on the contrary, it has also been observed that users of Neelam become very respectable and wealthy.

Reddish sapphires have light waves and are visible. This sapphire is dangerous and should not be used.

The sapphire, which is called topaz and has greenish shades in it, is an auspicious sapphire. The user of this stone is helped and honored by God, and also wealth revolves around him.

The user of sapphire is protected from kidney pain and stones. It cures sciatica pain and weakness of the spine is also gets better and, at the same time, gives strength to the bladder. Its user does not suffer from migraine pain.

Violet sapphire, called quartz and having a violet shade, is also very dangerous.

This stone makes a person beggarly and beggarly, causing neck diseases and paralysis. Often a man who uses this stone loses his legs and should stay away from it. A topaz-colored gem also has the same benefits as topaz itself.

CATEYES

Cateyes are like a cat's eye. Whatever the color of this stone, it must have a white shiny stripe inside it, and it has four colors. Yellow, brown, green and black-green and olive-colored stones are considered good. This stone facilitates childbirth. Protects against evil, supernatural influence and witchcraft. Wearing it on the big finger of the right hand prevents nightmares.

Solomon stone

Solomon stone is a type of agate. This stone is very similar to human nails, its color is blackish brown. It has white, green, brown and black color layers. This stone is also used for carving and writing tablets. Its user is protected from "epilepsy".

Moonstone

It is called Hajar al-Qamar in Arabic, and there are different traditions about it.

It is said that according to the waxing and waning of the moon, the image of the moon is reflected in it. Its color is white or blue. Its appearance is like frozen water and its luster is like silver. Removes fear and mental diseases like depression and madness. Increases mental capacity and increases comprehension and intelligence.

Dhan Firang

If it is worn on the big finger of the right hand, then the kidneys do not get sick, if there are stones in the kidneys, fill water in a silver or cast iron container, remove the ring from the finger and immerse it in this water, and if this water is boiled in the morning and evening, then the stone crumbles and is excreted through urine.

Experiments

"Roohani Dak" In response to a letter from a gentleman in the daily Jisarat Karachi, several articles of mine on treatment with color and light were published, and then Homeopathy Dr. Muhammad Khurshid, Djakot Road, Lyallpur, conducted experiments on this treatment through letters and correspondence with me.

In the experiments, wherever they encountered problems. I used to advise them based on my experience. After the amazing experiences came out, the idea started in my heart that this treatment should be presented in a book form with scientific explanation.

So that those people who cannot afford huge fees and expensive medicines. You can benefit from this treatment in this era of economic backwardness, this treatment is not only cheap but also free.

Fever

Dr. Muhammad Khurshid Sahib, while describing his experiences, writes that, I put water in a dark blue bottle and kept it in the sun for two hours. After that, for the homeopathic method, one drop of blue water and one hundred drops of plain water were added to a dodram vial and given one hundred shocks; it made one strength. Take one drop of it and add two drops of water and give another hundred shocks. (This is how homeopathic potencies are made.) I did this to save myself the trouble of exposing myself to the sun again and again and to preserve the

effect of the medicine. The water prepared in this way lasted me about three months. A child of a long-time friend of mine developed severe fever. He became dizzy and had a severe headache. He became dizzy and had a severe headache. I thought that, since the patient has passed three months, the medicine in this water may have lost its effect. However, I gave this water to the feverish child. The result was surprising. A drop of this blue water was put on a sugar of milk, and within fifteen minutes the headache was cured. The pain in the joints also decreased. The fever, which was very high earlier, started to subside. Again, after four hours, more water doses were given. Within 24 hours the fever, chills, and pain were completely cured.

Dysentery

This color therapy was my first experience. Similarly, I prepared other colors of water in different strengths. Since the first experience was so wonderful, I decided to try it on other patients. A child complained of severe dysentery. It was given the power of yellow colored water IX. A few doses of it cured the dysentery. My wife had pain in her ear and the glands on the right side of her neck were swollen. She also complained of fever and constipation. I gave him a dose of blue water. Within fifteen minutes the pain subsided, and the fever subsided. My wife had pain in her ear and the glands on the right side of her neck were swollen. She also complained of fever and constipation. I gave him a dose of blue water. Within fifteen minutes the pain subsided, and the fever subsided.

I hastily administered another dose of yellow after half an hour, which aggravated the disease, which, again, had to be controlled with homeopathic medicine.

Animals and color therapy

One of my friend's purebred chickens got a hundred and four fever and started pooping green, stopped eating, and was standing with his neck on the ground. Friend said that all my chickens die from this disease. For fever, I instructed to give alternately the strength of sky color IX and

the strength of yellow water IX with an interval of two hours. But there was no difference in fever and diarrhea. Then I gave only blue ix strength water after two hours which completely relieved the fever but did not show appetite. Now I only gave a few doses of the yellow ix-power, with which the rooster opened up and started crowing in full health. The friend expressed his surprise and said that none of my chickens have been cured like this. Coincidentally, my own chicken also fell ill and became constipated. I gave him yellow water. From this he began to vomit and after vomiting, his lethargy went away and his appetite also returned. But his body turned cold to ice. This was an alarming situation. I panicked. Then the thought came that Khawaja Sahib had written for the red color that it is a great stimulant and warms the body. I gave the chicken a dose of red colored water and the water warmed up in five minutes and he was restored to health.

A woman in the neighborhood had an infection in her mouth. There were so many blisters in her mouth that she could not eat or drink anything. It was given the blue water by adding a few drops in a glass of water. In four days, it was as if he had no pain.

Food poisoning

In one family, by eating bad or poisonous banaspati ghee, all the members of the house suffered from severe nausea, vomiting, foaming at the mouth and bodies cold as ice as soon as they ate the ghee. All but one of them survived due to immediate medical attention.

But a 18-year-old boy survived with immediate medical attention. But his body gradually began to heal. Even the huge amount of frothy saliva did not stop flowing from the mouth. After disappointment from all sides, it was brought to me. The condition was really pathetic. I took the name of Allah and started giving red colored water and yellow colored water after 15 to 15 minutes. After half an hour there was a significant difference in the heart condition. After an hour the body became warm. The

paralysis continued and after two hours the frothy saliva stopped coming from the mouth. Now that boy is all right.

Bladder stones

A child who had severe pain in the urethra, a single dose of purple dye stopped the pain in half an hour. There were many more patients with burning urine and urgency and severe pain in the bladder and urethra who benefited from purple foods. Bladder stones are dislodged from the orange-colored water. Abdominal cramps, severe pain, colic, flatulence and gas in the intestines, orange water proved to be very useful and effective.

Burn with fire

A girl whose hand was burnt by fire and was moaning with irritation and pain and who was not helped even by use of famous ointment. A dose of blue water soothed the girl so much that she fell asleep. Surprisingly, placing a pillow of blue water on his hand did not cause a boil or inflammation.

Gout

A patient was suffering from mumps and had a mild fever. One was on the right jaw and the other was on the neck, which was quite stiff, and there was severe pain. First, blue and green water were given alternately every four hours. After four days, pus started flowing from the maxillary sinus, and the pain also cured, but the other did not cure. After waiting for about a week, I alternately gave red and yellow water. Within a week, the gout was reduced by half; the pain was also gone. Now the third week is going on, and gout has remained nominal. The girl was very thirsty even in winter; she has also recovered by the grace of God. In my experience, it has also come to the point that the spoon used to give water of one color should not be given water of another color without cleaning and drying it. Giving sky- and yellow-colored water after two hours gives very quick benefit. In severe cases, some doses may be given after half an hour. My method of treatment is that I put a few drops of colored water in half a glass of transparent water and a few

drops of water of another color in another glass or a clear bowl of sugar, and I instruct the patient to keep the spoons of the two vessels separate. I do This caution is important in color therapy treatment.

Allopathy Doctor and Cancer

Dr. Muhammad Iqbal MBBS, who is currently in charge of a hospital in Saudi Arabia, writes about his father's treatment, his father had cancer in the last stage, which had spread to the whole body and formed lumps in the body. This faqir prescribed treatment by color therapy for this disease, but for three or four days there was no effect. After that, Dad started sweating so much that it seemed that all the pores of the body had opened. The doctor has expressed his surprise that the sweat was extremely rotten and the color of the sweat was so black that the bed sheet also turned black and at the same time the pain increased and the restlessness increased but we followed your instructions, and keep treatment continued accordingly. After seven days of treatment, new nodules stopped forming in the body and the existing nodules ripened and began to discharge. (No ointment was used to ripen the nodules) and after that they felt relaxed. Sleep also started getting better. Nature is attracted to food.

Note: We have prescribed only red rays in this disease.

After the publication of the first edition of the book on treatment with color and light, Dr. Hakeems wrote down his experiences individually and sent them to me. If they are published, it will become another book. Therefore, ignoring them, I consider it sufficient to write down that I offered the oil and water prepared by the rays to the service of the experts in every field of treatment, the results of which were sufficient." (Khwaja Shamsuddin Azeemi).

Successful treatment of tuberculosis with color therapy

A doctor came to me and his wife was a patient of TB. He said that one of my wife's lungs has deteriorated to such

an extent that the doctors have agreed to remove this lung, but the wife does not agree to this in any way. I instructed them to give the oil prepared from the rays to massage the lung area on the chest and waist for ten minutes in circles at night and in the morning and come to me after a week with the X-ray report. After 15 days, Dr. X-ray was done. Now the doctors were of the opinion that there is no need for an operation. Health is recovering rapidly. Dr. Muhammad Salimuddin Sahib is not present in the world at this time. But he was a very dignified person. Despite being older than me, he maintained a loving relationship till the end, may God bless him.

Producing electric bulbs and injections by colored rays

I developed red ray injection with the help of my dear Dr. Muhammad Abdullah MBBS. He placed an ampoule of distilled water in such a red jar and kept it in the sun for forty days. One of my older brothers had back pain for sixteen years, which unrelieved by any treatment, one cc injection was given in his thigh which reduced the pain by 50%. After fifteen days, the second injection was given. By the grace of God, the disease disappeared completely.

A group of elderly women from a wealthy family were so affected that doctors advised her to undergo treatment. We suggested treatment with the rays of colored electric bulbs. God had mercy and this elderly lady was spared the pain of kidney removal. Similarly, this treatment has been 100% successful in removing blemishes on the face and in brain diseases. Man makes an effort, God heals.

Orange and blue rays' oil

The specialty of this oil is that by massaging it on the chest and back instead of the lungs, diseases like tuberculosis and dysentery are eliminated by the grace of God. The damaged and injured lungs are restored to their original state. The old fever disappears and the lost strength of the patient is restored. It has a strange effect in eliminating the expansion or contraction of the heart and the diseases of diabetes.

Azure rays' oil

Menstruation diseases such as swelling in the uterus, lack of periods, irregular periods, pain during periods and infertility are very effective in removing it. It is also observed to resolve the complaint of lack of germs in men.

Sky rays' oil

Experience has proved that this oil completely removes all the disorders of the tonsils i.e., throat glands without surgery. Extremely useful in sinusitis (enlargement of nasal glands).

Green rays' oil

Sciatica is a very painful disease. In this disease, the patient becomes unconscious due to the intensity of the pain and eventually starts walking with a limp. Massaging this oil on the kidneys, thighs, knees and calves in the morning and evening relieves pain.

Red rays' oil

By massaging the paralyzed parts, the effects of paralysis are minimized and the affected organs of the patient are able to perform their physical function again.

Violet rays' oil

For hidden diseases and urinary diseases like gonorrhoea, leakage of fluid in urine, excess or stoppage of urine, and bladder problems, apply this oil on the joint of the spine between the hips; massage in circles at night and for ten minutes in the morning has amazing effects.