

Colors, healing and chakras¹

Interview with Isis da Silva Pristed²
Luiz Afonso Costa

The environment conspires in favor of relaxation, invites you to relax in the chair before anything. The furniture, plants, mandalas, crystals, multiform stones, shells, small sculptures, vedic emblems, signs and icons aligned in the shelves or on the walls suggest less of a refined decoration than a field of subtle harmonies, modeled by objects acquired in pilgrimages to various parts on the planet. The position of every piece and its relation with the others exchange energies with the observer. What are they? A universal game of shells, ancestral roots in a glance, a glimpse of the future? Borges and Buda sharing a ubiquitous space?

Isis Pristed is sitting in front of me, with all her simplicity, at a distance that balances individuality and interaction.

We are in her individual work room, next to the octagonal hall at LOGOS center. Lying in one of the hills at Patamares district, in Salvador, it is scenery to lectures, workshops, dynamics, meditations and healing groups. Isis shows her luminous and friendly smile, and the conversation flows naturally. There is no hurry, time is on our side. We are kindly invited to express ourselves. We can hear the leaves moving with the wind, trills of birds and the distant sound of a plane crossing the November sky. The inspiration for the first question arises:

Isis, as soon as I entered the room I could feel the vibration of this color in the crystal, a subtle presence of the violet...

I always use this shade of violet (Violet II) when I'm working individually with people. This color helps me penetrate deeper in the mental aura of my client. It is a vibration that affects profoundly the background, showing the causes of the physical and psychic conditions of

¹ Originally it was published in Elos number 3, Salvador, 2005. Recently, was also published in the ATH (Association for Therapeutic Healers) Online Journal, London, Spring 2013.

² This interview took place on November 12th 2004.

people. It is, for instance, the only color that may help understand and cure some serious physical diseases, such as arthrosis and cancer.

Do you use other colors?

I usually use only this violet in the individual work because it allows me to deepen the contact with my client, but sometimes I show other colors, so people can use with their individual exercises. There are a number of 14 shades of filters that we use in the lamps³ to the work with energy and healing. These other colors or color combinations cause many effects in the aura, chakras, in the physical body as well as in emotional and mental conditions. They can be associated to several exercises, practices and meditations, both in group or individual work.

I have used quite a lot one of the turquoise filters at home. I feel it passes a really positive energy, happy and erupting. Would it be the connection between the heart and the throat chakras?

Exactly. This turquoise (Turquoise II) is created with the green from the heart chakra and the blue from the throat and that's why you feel this effect. This color links naturally to the upper part of the chest, including the shoulders. It is an area that contains the affective experiences of the first childhood. We may find there deficiencies in the maternal relationship during breast-feeding. These conditions may be present in later phases of life as experiences of rejection or even take a person to autism.

Does the vibration of this color help people solve these problems?

This color has a deep softness. By getting in touch with it, the person may deal with these experiences instead of being stuck with rejection. This vibration can, for instance, fulfill that lack in the relationship with the mother and create an expansion that opens the functioning of the heart chakra and then allows the releasing expansion of the throat chakra.

³ See: PRISTED, Karl Erik da Silva: "Original Colors of the Creation",p.48, Elos number 2, Salvador, 2003.

I'm not surprised at all by the effects it has caused. How far do the colors influence people's mood?

They are vibrations that do penetrate the energy field and the body itself. The Chrome Orange, for instance, is a color that revitalizes and regenerates. A couple of years ago I had a great process of fatigue. I was exhausted. I used this filter consistently in my environment through the lamp with the crystal. It produced a precise effect in my etherical body, generating health and activating my vital force.

That reminds me that whenever I took part in groups of healing here, with you, the use of the colors has always been an anchor, some kind of reference to certain exercises... there was the amber, the turquoise, even the green...

I use the green quite a lot. In fact there are two shades of green – the Primary Green and the Dark Green. The first one is more directly associated to the functioning of the heart chakra, whereas the Dark Green produces a wider reverberation, involving more precisely the energy of the mental body.

What does it mean in relation to the group?

There are several ways of using it. One of them is using these vibrations to attune the energy of the group, as part of my preparation, even before I begin the work physically. The reaction of each person is developed in accordance with the dynamic of the group. We can also ask each participant to associate colors to a specific exercise. Visualizing the dark green in the vertebral column, for instance, allows a contact with non-emotional areas and produces more clarity between the feelings and the thoughts, which we can understand as insight into the mental activity.

Talking about colors remind us of your healing studies in England and in Denmark... I'm curious to know more about it and about a special person you met, Bob Moore...

In fact the colors have a great relationship with my learning process, together with Bob Moore. Since the beginning, Bob has always used colors. Based on the person's aura, Bob used to give to each person a color to link to. He's a clairvoyant and has great ability of visualization. However, this process with colors had great evolution, together with his teachings, ending in the 14 specific shades chosen by him. We were together in Ringkøbing, Denmark, less than two months ago and we talked about colors. He assured he hadn't found other shades

that could produce effects as precise as these do in the work with healing. Would you like to hear a bit more about it?

Of course!

Let's go then. The first bond between energy and colors is from the system of chakras, where each chakra has a specific color. These seven colors of the chakras correspond to the seven colors of the spectrum, from the red, in the root chakra, to the violet in the crown chakra. This work not only was but is still a basis for healing. We also include the spleen chakra, linked to the pink color.

From there, the work with colors evolved with the expression colors, also linked to different qualities that Bob perceived in the aura of people, such as, the white, the gold, the peach blossom and the silver. I was very touched to hear him explaining that in a true expression process the green of the heart chakra transforms itself in pink.

In the last instance, Bob completed his understanding of colors developing the idea of a lamp, with the 14 filters sending very precise frequencies of the spectrum, with a natural raw rock crystal. This device is capable of creating deep radiation of the luminous (light) colors, allowing cure through the colors. It may be worth saying that cure through the colors means a deep heartfelt connection with oneself, in any situation. Even in the process of death. The process of cure with colors is basically a process of change – from one energetic state to another state of the being.

I'm still curious to know how your relationship with Bob Moore happened...

It was immediate. And I say immediate because there are a lot of coincidences. I met Bob Moore when I went to London to take my masters, in England, 1975. But maybe this meeting had been outlined many years before, when I was a girl and started to express to my parents I would like to go to England when I grow up. My personal search began early. Before I left to Europe, I worked with Marta and Emilio Rodriguez⁴, when they arrived in Bahia. May be due to a coincidence, Rodriguez gave me the name and telephone of a person in London: Anne Parks. I took a work of intuitive massage and body therapy with her and a couple of months

⁴ Argentinian Psychoanalists that began a pioneer work in the early 70's in Salvador, Bahia.

later she organized the first course of healing with Bob Moore, in London. He wasn't well known at that time, but we began the process with 12 people, then we were 18 and so on.

So you took part in the genesis, the initial steps of healing with Bob Moore.

Exactly. And this first meeting gave birth to a relationship of more than 30 years, built intimately and with a lot of dedication from both of us. During the first years, I lived in London and Bob lived in Denmark. I took part in the courses in London and then in Denmark too. In one of these trips to Denmark, after a vacation in Brazil, I went through an experience that showed me clearly I had to make a change. So, some months later I left London and went to stay in a monastery in Jutland, in Denmark, for a sabbatical period. Then I moved to Ringkøbing, where the "Psydisk Center" - International Center for Human Growth, created by Anni and Bob Moore – functioned.

At this time I had a touching and revealing dream about my relationship with Bob and with healing. I dreamt of Bob's teacher picking me up in my parents' apartment, in Salvador. He held my hand and we flew back to *Mata de São João*, in the countryside of Bahia, where I spent the first five years of my life. He told me that since then he had followed me and waited for me. That made clear to me my deep connection with this "lineage" of healing.

When did you have this dream?

August 1983.

Do you use the same exercises and practices you learned with Bob nowadays?

My greatest learning with Bob came from observing and following his work with energy. By doing this I could see how he developed his knowledge according to the reality of that time. Of course I don't do exactly what he does, but the structures he passed on to me are quite "anchoring". The last time I met him I realized once again that many exercises I've learnt aren't useful anymore – because the world has changed, and so has energy; it is much faster, more accelerated, people are more evolved. Things we used to take ten years to do, may be can be done now in one or two years, I don't know. Perhaps I'm exaggerating a little bit, but it is important to understand this change. So in the last ten years, I've been developing my understanding of healing based on what I've learned, but also opening to areas I haven't learnt with him, such as the concepts of background and other dimensions of the aura. The work I

developed with Bob gave me great basis and inspiration to develop my own work, my understanding of things and how to use them in the present situation.

Are any of these principles steady to you in spite of the changes?

Of course! One aspect that will always remain to me is the connection to the heart chakra, which is the essence of the work with healing. It has always been like that and will always be.

It is clear that each chakra has its own quality, a specific function. Could you say something about it?

There are seven main chakras as I mentioned before... Beginning by the sacrum or the root chakra we may say that everything we do in our everyday lives is reflected in the sacrum. That's why it is the root chakra; it is related to the physical world, with the incarnated world. A typical example is that if you work in something you don't like for years, you'll end up creating problems to your sacrum. This is a negative effect. However, the quality, the function of the root chakra is to balance the relationship with the physical world. Feeling the reflection of what you do in the root chakra, through nice sensations or through pain, may start a process of self perception and self evaluation of what is going on in your physical world and with your basis, your roots, your work etc. So this is the root chakra. Now there are other subtle aspects. I associate it to belief and expression, because expression will be reflected in the throat chakra. But where does it begin? In the root chakra, based on what you're doing in the physical level. It is the situation of the root chakra that determines expression. Thus, these three basic chakras are fundamental: the root chakra, the hara and the solar plexus.

The hara seems to be very meaningful to people who meditate...

It is very much linked to this source of vitality, the sexuality... There is something interesting about it: if we got the endocrine system in relation to the chakras we would see how the glands have a straight relationship with the chakras. This is a world in itself, we could speak about it for hours... Back to the hara, besides the relationship with vitality and the sexuality, what lies more deeply in it is the principle of control. The calm generated in the hara, for instance, is reflected in the pineal chakra. It is there that we'll notice how calm we feel; if we manage to relax, meditate or think more clearly. But calmness comes, arises, from the hara. Much of what we obtain in the upper part of the body is a reflex of what we have in the lower part. I always give great value to these lower chakras, this basis, and I work a lot with it.

How about the plexus?

The solar plexus is not exactly a chakra in the lower part of the body. It is in the central part. From the physical point of view it is totally linked to the gastric and digestive functions. In another dimension it reflects our emotional nature. So if you want to get in touch with emotion, you may connect to this area. That doesn't mean there is no emotion in other parts of the body. But if we want to focus the work in the emotional level it is necessary to center in the solar plexus. The balance achieved in the plexus is reflected in the crown chakra. In fact, in the upper part of the body, the crown chakra corresponds to the plexus. Everyone says "Oh, the crown chakra – the spiritual!" Well, the plexus is quite spiritual.

So it integrates emotion and...

That is it: it integrates and brings stability. In fact, the plexus is also a chakra of energy distribution. When you work with the chakras, many functions and dimensions are involved: the physical and physiological aspects, and the vital energy. But there are still deeper levels connected to them. So there is always a wider process that we are never able to reach all at once. Every time you make contact with one of these chakras it is like the entrance to a whole world.

It is of great importance to my work with people, the chance one has to perceive more of a chakra and use more and more of that energy. The possibility of awakening small parts of a certain chakra and its qualities is really inspiring.

That meets one of the fundamentals you always mention: the inclusion.

Exactly.

I think our conversation strayed from the path. I'm afraid we won't have enough time to come to an end...

Let's go then. There are many other ways we can relate these chakras. You may, for instance, combine the root chakra and the hara. This will affect the relation with the spleen chakra – a greater connection between the base and vitality. If the root chakra doesn't function

well, the hara gets affected and won't function well either. That's because they are physically close and also because the connection between the hara and the spleen is through the root chakra. So there are many other ways of looking at and working with these chakras.

Can we awake this sensitivity with exercises?

Certainly, we work with this. Did you notice I've been talking about the chakras, but I didn't mention the heart? This is because it is a balancing element. We can connect the heart chakra to the root and throat chakras, to the hara and the pineal as well as to the plexus and the crown chakra. This is one of the many ways we may practice in order to awake more and more the sensitivity and the consciousness of these areas. By doing this, we may find ways of dealing with our difficulties and we will also be able to strengthen the qualities that will give us support to confront the problems. When you study the pituitary and pineal glands in a medical point of view, you'll see that the first one has a great relationship with the physical body; it is responsible for the functions of the physical glands. On the other hand the pineal would be related to the functioning of the non-physical and connected to other dimensions: dreams, light, to experiences we can't explain in the physical world. We may not be able to explain them properly in connection with the here and now, but you do feel them and they help to build the future.

What do you say about the upper chakras?

The upper chakras are part of the structure of the mental body; they have a very close relationship which is reflected in the outer part of the crown chakra. We can't practice nor exercise to develop this chakra. It is possible to develop the contact with the heart, the pineal with any other chakra. But it is different with the crown chakra because in its functioning it reflects all the functioning, balance and unbalance that exists below it. It has to do with reflecting and has a great connection with all these energies above the head, culminating with the individuality.

Is there a hierarchy? Because the Judeo-Christian tradition emphasizes the soul and underestimates the body... It may sound silly but how does the healing measure and give importance to these dimensions?

Actually, the practice of this lineage of healing focuses in the importance of the inclusion of all these dimensions, more than in the hierarchy. And it is necessary that you begin from the basis, from what goes on in your every day life, from what you do, from your work, from your relationships so that all the human energetic dynamic will be integrated. You mentioned the

inclusion, which is really important, not the hierarchy. What is fundamental is how to include all of these based on the connection with the individuality of each person.

By the way, I've always been committed to demystifying this work. Everyone should find ways of opening, of reaching his potential, of understanding his problems and find paths that lead to happiness. It is great if the healing can cooperate with this process. Otherwise it is better to try other possibilities.

This is another point: the relationship between healing and other existing therapies – the neuroscience, all the psychological, psychoanalytic, psychiatric, biological fields. I want to know if the function of the healing could be...

Complementary?

I don't know if this is the right word but, anyway, how does the healing relate to this wider therapeutic world?

I feel the healing may get connected to various dimensions because in my point of view there are four major principles: the opening to the unknown, the inclusion of dimensions, the connection with one's belief and the blending of polarities. All of these related to a person's process of expression. There is only one thing I was very careful to try to avoid ... Well you know I work with more than three thousand professionals in the fields of health, education, arts, environmental and social consciousness in Brazil. What I usually tell people is "Do not try to fit healing in any predetermined structure". Of course the psychologist will naturally tend to interpret it according to the psychology etc. So I say "Use the healing, use the psychology and see how they can be complementary, how they may be combined and how one field may help the other."

I see the healing can include the diversity.

I guess so. That's why there are people from different fields in the groups with a good connection and dialogue with this work.

These people are part of a thinking professional elite. They are concerned with life quality and they get involved with this idea in a deeper way. At the same time this qualification could be limiting if you consider the aspect of expanding the scope to reach

more and more people. I believe this is what ELOS is aimed at. I want to know about your next steps with the work of healing.

I believe you know a little bit about it. This year the progression of the work is reaching new areas. There is the work with the young people, educators and employees of the Center for Arts, Talent and Citizenship, part of the School of Arts and Crafts of Bahia and with the employees of the Department of Labor, Welfare and Sport – Setras. There are proposals to create extension courses in some universities. All of these in Bahia. I use to say that healing is becoming better known, being tested and evaluated by more and more people. This is great to its development. I'd love to think of anyone, no matter his or her background, being able to benefit from the connection with the area of the individuality, with the heart chakra, the points in the feet etc. I'm opening up and working for it.

In fact it seems to be all very simple, because the healing language is very straightforward... It is not complicated at all.

I couldn't agree more.