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CLINICAL INNOVATIONS

A Brief Introduction to Esogetic Colorpuncture Therapy™—A System of Wholistic Acu-Light Therapy: Theory and Case Studies

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1. Esogetic Colorpuncture and Energy Emission Analysis

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Abstract: Esogetic Colorpuncture Therapy (ECT) is a new system of light therapy based on concepts of acupuncture. Developed by Peter Mandel, a German naturopath and acupuncturist, this system offers a systematic method of using colored light applied as a stimulation at acupoints in order to facilitate the healthy exchange of information between the physical and subtle bodies, to clear the energetic remnants of trauma and to support the evolution of the individual. The authors briefly discuss the theories and research which have served as a basis for development of this work, and present three case studies to demonstrate the wholistic healing potential of this unique healing modality.

THE APPLICATION of light and color as a healing modality is a rapidly developing field with roots in ancient medicine. Light offers a gentle, pain-free, non-invasive therapeutic alternative, with no side effects. Many light

therapies may be continued at home by the patient, thereby reducing treatment costs. In addition, light exhibits a unique capacity to effect psychological and spiritual healing while simultaneously supporting physical healing.

History records the use of light and color in many ancient medical systems, including those of the Egyptians, Greeks, Chinese and East Indians. The Egyptians designed temples that split the sun's light rays into different colors, allowing patients to bathe in the appropriate color for their particular condition. In Heliopolis, the Greek "city of the sun," early Greek physicians regularly prescribed sunbaths for their ailing patients.

Beginning in the late 1800s, renewed interest in color and light therapies led to many treatment innovations. In 1878, Dr. Edwin Babbit published *The Principles of Light and Color* and developed a device

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known as the "chromo disk," which focused colored light on areas of the body designated for treatment.

In 1920, Dinshah P. Ghadiali developed the "spectrochrome" system of healing, in which precision color filters in combination with a light source were used to tonify areas of the body. This system was based on the theory that the body was surrounded by an energy field—or aura—which when disturbed or imbalanced, could be balanced with colored light to improve health.

About the same time, Harry Riley Spitler, OD, developed "syntonics," a system which focused different colors of light into the eye to restore balance to the autonomic nervous system and its related functions.

Today developments in the field of color and light therapy are numerous. While it is not within the scope of this article to discuss these methods, the following few examples are mentioned. Full-spectrum light research, particularly as pioneered by Dr. John Ott, has led to the development of light tools for the treatment of seasonal affective disorder (SAD) and other symptoms of light mal-illumination. Lumatron™ light therapy represents an expansion upon the original syntonics methodology of introducing light and color through the eye to effect mind-body healing.

The clinical use of laser light has been researched by scientists in the U.S., Europe and Asia; they have found that red and infrared light frequencies can provide relief of acute and chronic pain and aid in wound healing. Today, red and infrared lasers and LEDs (light-emitting diodes) are also used in acupuncture in addition to, or as a replacement for, needles.

Notably, Dr. Paul Nogier's auriculo-therapy has proven to be highly responsive to monochromatic red-light LED.^{1,2} With Esogetic Colorpuncture therapy, the subject of this article, acu-light therapy has been expanded to include the entire spectrum of colored light.

1. What is Esogetic Colorpuncture Therapy?

"Light is life...Light is present in the communication between cells in the body, and disease occurs when this communication is broken, when the cells can no longer speak the same language. ...[Applying light to the body causes] a resonance effect, bringing the cells into the same language again and healing the body."

—Peter Mandel³

Esogetic Colorpuncture Therapy (ECT) is a new system of light therapy that incorporates the concepts of acupuncture.⁴ It was developed in Germany by acupuncturist and naturopath, Peter Mandel. As with acupuncture, ECT presupposes that the balanced flow of energy through the meridian system will support good health. In contrast to the use of needles in acupuncture, colorpuncture restores cellular communication by introducing vibrational information into the body in the form of different colored light frequencies via the acupuncture meridian system, thereby re-establishing homeostasis.

ECT involves the placement of the illuminated tip of the *acu-light pen* instrument at selected acupoints. The acu-light is a small (7 inches in length), handheld instrument with insertable colored-glass (silicon) tips. It emits incandescent light and is battery-operated with 2.4 volts. The process is noninvasive and extremely gentle. Treatment points are derived from traditional acupuncture, other holographic grid systems such as reflexology and applied kinesiology, and also new points discovered by Mandel in his clinical practice.

Colorpuncture therapy is done in conjunction with Kirlian photography in accordance with Mandel's system of Energy Emission Analysis™. Subtle changes in energy states are carefully tracked by means of Kirlian photographs taken before and after treatment; the light treatments are specifically aimed at correcting imbalances revealed by the photographs.⁵

ECT places particular emphasis on the interplay of body, mind and spirit by addressing the deeper causes of illness according to Mandel's healing paradigm. In addition to relieving bodily symptoms, treatments are also designed to expand self-awareness and gently "unwind" and release any traumas, emotional scars and negative beliefs that are held in the subtle energy body and contribute to a constant state of imbalance and ill health.

II. History & Development of Esogetic Colorpuncture Therapy™

"[Thus,] matter, as it were, is condensed or frozen light...all matter is a condensation of light into patterns moving back and forth at average speeds which are less than the speed of light....[Light is] energy and it is also information—content, form and structure. It is the potential for everything."

—David Bohm⁶(pp45-46)

Since the early 1970s, Mandel has worked to reconcile the theoretical and empirical data on the effects of color and the philosophy of Chinese medicine with the latest findings of modern photon physics. One of the central tenets of Chinese medicine has been the recognition of the existence of Qi (Chi), or energy. Qi manifests with two qualities, Yin and Yang, which are antagonistic, yet complementary, forces responsible for health and well-being. Mandel has likened the bipolarity of Yin and Yang to the bipolarity (positive and negative) of electrical systems and the behavior of electromagnetic wave phenomena.

Modern Physics Supports the Energetic Theories of Chinese Medicine

While Western medicine has not concerned itself with a concept of energy flow in the body similar to or consistent with that of the Oriental perspective, the research of Western scientists has provided substantiation for such a viewpoint. In the early part of this century, scientists researching the phe-

nomenon of light, began to challenge our understanding of matter. Following their efforts, a new model emerged in which matter was understood as consisting of atoms, which in turn are made up of electrons orbiting around a nucleus. The minute satellite system of the structure of the atom was determined to be maintained by electromagnetic forces without which matter, as we generally perceive it, would cease to exist.

Soon after the emergence of this "planetary" model, research by an international group of physicists (Planck, Bohr, De Broglie, Schrödinger, Pauli, Heisenberg and Dirac) brought man into contact with the strange and unexpected reality of the subatomic world. The subatomic units of matter were found to be very abstract entities which have a dual aspect. Depending on how they are viewed, they appear sometimes as particles, sometimes as waves; and this dual nature is also exhibited by light which can take the form of particles or of electromagnetic waves. More recently, physicist David Bohm suggested that matter, of any mass, is actually comprised of highly condensed light existing at speeds which are less than the speed of light, so that it simply appears solid.⁶

Einstein designated the smallest quantifiable measurement of light "quanta," now known as photons. All photon emissions are electromagnetic in nature.⁷ Within the electromagnetic spectrum, the range of visible light is from 400 nanometers (violet) to 780 nanometers (red); thus, the frequency of each color corresponds to a specific electromagnetic wavelength. Since the phenomenon of light involves the constant oscillation of an electromagnetic waveform, the given limits of this oscillation may be described as analogous to the parameters of Yin and Yang, within which Qi manifests in the Chinese medical model. Thus, Qi may be likened to manifestations embodying characteristics scientists use to describe the phenomenon of light.

Table 1.
Primary and complementary colors used in Esogetic Colorpuncture Therapy

Color	Action	Indications	Organs	Qualities
Red &	Hot color, the color with the greatest penetration, strongly stimulates the flow of blood	Poor circulation, inflammation, chronic cough, asthma, anemia, eczema	Heart, lungs muscles	Love, anger, wrath, joy
Green	Neutral color, treats chronic problems, sedative, soothing relaxing	Whooping cough, inflammation of joints, tumors, cysts, eye diseases, diabetes	Lungs	Contentment, tranquility
Blue &	Cold color, has a relaxing effect, used for all diseases involving heat	Pain, congestion, hemorrhoids, warts, sleeplessness, impotence, frigidity, menopausal difficulties	Pituitary gland, endocrine system, contraction of muscles, ligaments and tissues	Quietness, reserve
Orange	Gives energy makes joyful, color of the sun	Pessimism, psychosis, depression, fear, arteriosclerosis, anemia, emaciation, tiredness	Heart	Joy, happiness
Yellow &	Fortifies the endocrine system, makes chronic processes acute	Diseases of digestive tract, strengthens the nervous system	Liver, bladder, kidneys, stomach	Intelligence, cheerfulness comprehension
Violet	Acts on consciousness, promotes awareness, prepares for meditation	Lymphatic system disorders	Spleen	Meditation

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The research of German biophysicist, Fritz Albert Popp, provided Mandel with the theoretical basis for ECT. In his studies of human cell communication, Popp demonstrated that normal living cells emit a steady stream of photons, i.e., *biophotons*, and hypothesized that they act as carriers of information in living organisms. Popp further observed that a cell will show an increased emission of biophotons whenever its functions are no longer in a state of balance.^{8,9} From this, it may be inferred that any disruption in a cell's homeostasis can lead to a change in the balanced flow of information (light) in the body. As with the expected effects in the image of a pebble dropping into a still pond, a change in the

biophoton emissions of one cell will eventually disturb biophoton emissions in neighboring cells. This transformation from harmoniously oscillating light eventually leads to *incoherence*, i.e., disease.^{10(p46),11} Mandel carried Popp's observations one step further by suggesting that the resultant cellular changes also eventually affect the electrical receptivity of related zones and acupoints on the surface of the skin.

Given that human cells exhibit energetic properties of light, and that light and color have a modifying effect on the body's system of energetic information, it seemed obvious to Mandel that the informational properties of light and color could be used to restore *coherence*, or health.

The Acupuncture System Provides an Entrypoint for Light

The decision to use the system of acupuncture, with its skin points and meridian channels, as the means of introducing light into the energetic anatomy was supported by existing research:

1. Investigators at the Institute of Clinical and Experimental Medicine in Novosibirsk, Russia showed that meridians can be a channel for light,¹² and

2. Dr. Orm Bergold found that "human photoreceptor molecules are not limited, as might seem logical, to the retina of the eye, but rather are ubiquitous, being found in virtually all tissue."¹³

Since acupoints are reactive to a variety of stimuli (needles, heat, cold, pressure, etc.), Mandel theorized that they would likewise react to stimulation by light. Because of their specificity of correspondence to organ/body structures and function, the use of acupuncture points suggested a more efficient method of introducing light into the internal environment than had been used in previous light therapies. Through extensive experimentation, Mandel determined that "certain acupuncture points did indeed display a particular relationship to certain colors."^{4(p39)} Moreover, all acupoints corresponded to one of three complementary pairs of colors: red/green, orange/blue, yellow/violet.^{4(pp40-41)}

The formulation of a means of treatment using complementary colors to balance acupoints signaled the actual birth of Esoteric Colorpuncture Therapy.

The colorpuncture acu-light instrument used in this therapy (see Resources) provides a highly differentiated means of affecting the Yin-Yang balance between complementary pairs of points. The three complementary color pairs command the entire light spectrum of the cells, within which their biophotons as information carriers can transmit these vibrations to the cells. The effects of and indications for each color used in this system are summarized in Table 1.

Light Communicates Through the Atomic Structure of the Cells

Light waves enter through skin receptors. These receptors respond to both light and color (the inherent vibrational components of light).¹⁴ According to Popp, biophotons allow a faster means of impulse communication than the transmission of electrical impulses along neural pathways. With biophotons, the impulse spreads independently of nerve conduction to the smallest components of the organism through the atomic structure of the cells. In keeping with the principle of resonance, the smallest oscillation will initiate the greatest effect. ECT utilizes this effect to address and reverse pathological processes. Colored light can transmit information to the inside of the body via the disturbed zones and help restore malfunctioning systems by virtue of their inherent resonance forces.^{4(pp33-41)}

III. Esotericism: The Development of a New Paradigm for Healing

"Any kind of disease should be considered as an alarm signal for disharmonies in the spirit and soul...We have to turn away from our suffering and sickness, because they are the hindrances on our path towards the inner. We have to bid farewell to those frustrations and fears which prevent us from progressing and from coming into contact with our higher selves."

—Peter Mandel⁴

In 1987, Mandel's early colorpuncture treatment protocols and his systems of Energy Emission Analysis, Acu-Impulse therapy, Induction therapy and Color-Sound therapy were already established. Mandel then began conceptualizing a wholistic paradigm to encompass all of his therapies. For this, he coined the term *esogetics*, referring to the "merger of the esoteric wisdom of life with the energetic principles of life's processes."⁴ Mandel's concept of Esoteric medicine is a synthesis of key principles of

ancient esoteric doctrines (e.g., the ancient Hermetic doctrines and the more recent works of Alice Bailey and C.W. Leadbeater) with the thinking of modern energetic scientists and the bases of Chinese medicine.

A common theme in many esoteric doctrines is that each human being, as a soul, comes to this life to manifest a unique potential or life path. No one can be told about his or her path by another person. A life path or potential can be discovered only by the individual by accessing and following his or her inner wisdom or consciousness.

A similar line of thinking appears in the research of modern scientists like David Bohm and biochemist, Rupert Sheldrake. They suggest that our physical, material reality actually exists against the backdrop of a greater order. Rupert Sheldrake describes *morphogenetic fields* which govern our reality and play a causal role in the development of all forms.¹⁵ David Bohm speaks of an all-encompassing background to man's experience and consciousness called the *implicate order*. The work of each individual, according to Bohm, is to continually unfold his potential out of the greater implicate order into individual material reality.^{6(pp23-49)}

In Mandel's esoteric paradigm, illness and pain are seen as signals that the individual may be blocked in their ability to manifest their potential or may have become distracted from their life path. This is often due to the accumulation of stresses and burdens in the energy system that are caused by, e.g., past trauma. According to the paradigm, lasting healing results require not only the elimination of presenting symptoms, but also that patients be brought back in touch with *who* they are and *why* they are here. Thus, ECT offers a precise system for using light to facilitate the exchange of information between the conscious, unconscious and superconscious; to clear the energetic remnants of trauma, and support the evolution of the individual. As a

result, during treatment, colorpuncture patients often report a "better flow" of personal insights, increased and more informative dreaming, and the release of old feelings and memories. And even as their physical health improves, many patients observe that they are acting on their new insights to make positive and healthy changes in their lives. To quote Peter Mandel, "Esogetics is intended to help remove existing blockages and disorders, so one can travel one's path freely and lightheartedly."⁴

IV. Case Studies

The following case studies, taken from the authors' client files, have been selected to demonstrate the intention and capacity of ECT to effect a wholistic healing outcome.

Case 1.

A 40-year-old female presented complaining of extreme exhaustion, depression and loss of the "will to live." Her history of sexual abuse had left her with a lack of sensation in the pelvis and genitals. Examination revealed that the patient had deficient Kidney and Heart pulses, as well as numbness in the pelvic and genital areas. Further interviewing revealed that the patient had been working as a masseuse specializing in sensual massage (e.g., not involving intercourse).

Treatment Strategy: Over the course of one year, the patient received regular ECT, approximately once per week. The protocol involved utilization of "Transmitter Relay treatments," designed to systematically access and release childhood, prenatal and past-life traumas. These light treatments were augmented with Chinese herbs and acupuncture.

Results: During the course of treatment, the patient's Kidney and Heart pulses completely normalized, she stopped working in massage therapy, and thereafter entered her first monogamous relationship with a man. Subsequent to the ECT, the patient also en-

tered sex therapy and recovered sensation in her pelvis and genitals. She also began to develop and market her unique skills as a gifted porcelain doll-maker.

Case 2.

A 40-year-old male presented complaining of ringing in the ears (tinnitus), a feeling of tension in his head, headaches, and insomnia due to head pressure. He was also extremely emotionally "ungrounded." The intake interview revealed that he had undergone a very difficult birth, at which time all the ligaments in his neck had been badly strained. Recently, the patient had received chiropractic adjustments, which had exacerbated the problem. Now he was experiencing vertigo, nausea and loss of visual focus.

Treatment: He received weekly ECT over a three-month period. The protocol included initial treatment of points for relieving neck tension, working with the energy flow in the Liver/Gallbladder meridians, "brain balancing" treatments, and therapies for the thalamus and medulla. Subsequent treatments addressed prenatal trauma including strategies to address the preconception and conception stages of life.

Results: Within three months, the patient experienced a substantial stabilization of his neck, his vision and his emotional state. Neck tension and vertigo symptoms ceased. As a result, he was finally able to address and resolve his bankruptcy and financial issues in a manner that had previously not been possible.

Case 3.

This 9-year-old girl was suffering from nightmares and sleep disturbances as well as attention deficit disorder (ADD), manifesting as behavioral and concentration difficulties at home and in school. She was then currently receiving daily medication for her condition. The intake interview revealed that her mother had undergone extreme emotional distress during the girl's gestation. Additionally, this child had experi-

enced a traumatic head injury at nine months of age as the result of an automobile accident.

Treatment Strategy: To date, the patient has been receiving bi-weekly colorpuncture treatments for six weeks. Treatment protocol has emphasized detoxification of the lymph system, and therapies aimed at clearing energetic stress patterns due to early childhood trauma. This included treatments for the limbic system (the portion of the brain associated with emotion and behavior), prenatal therapy and treatments to strengthen the Kidney/Bladder energies. The patient's mother was also given simple home therapies to administer to the patient designed to stimulate dreaming and release fear through dreaming.

Results: When first seen, she was taking Ritalin daily (10mg, b.i.d.). After four treatments, she stopped taking it on weekends and often took only one dose during weekdays. Family members report that nightmares and insomnia episodes have decreased, and the patient appears more relaxed and focused both in school and at home. Colorpuncture treatments are continuing at this time.

Esogetic Colorpuncture Therapy is a Work in Progress

Peter Mandel is a prolific and inventive healer, with a busy clinical practice, research and training programs. He is continuing to develop colorpuncture, as well as other therapies from the perspective of the healing model of esogetics.

"We who are imprisoned in matter have to bring our 'I' out of matter and darkness and into the light....On the level of the spiritual world, we humans, in our wholeness are light-beings. We must, and always will, develop toward the absolute light, which we call God....In this process we are accompanied by light on the outside and, if we allow it, by light as well on the inside."

—Peter Mandel^{4(p23)}

Endnotes

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4. Mandel P: *Practical Compendium of Colorpuncture*, vol 1. Energetic Verlag, Bruchsal, West Germany, 1986, pp. 34, 39, 40-41, 33-41. (English translation)
5. The system of Energy Emission Analysis developed by Peter Mandel is an in-depth study of its own. For more information on this method and it's application, see "Workshops" info following this article and Mandel P: *Energy Emission Analysis: New Application of Kirlian Photography for Holistic Health*, Synthesis Publ. Co., Wessobrunn, West Germany, 1987, pp 13-197. (In German)
6. Bohm D: The Implicate Order and the Super-Implicate Order, in Weber R (ed): *Dialogues with Scientists and Sages: The Search for Unity*. London and New York, Routledge and Kegan, 1986, pp. 45, 23-49.
7. Einstein's theory for which he received the Nobel Prize in 1922 stated that light is an electromagnetic wave phenomenon and that its energy is transported in "bundles" called photons. A photon corresponds to a wave in which the energy is bundled. The waves travel at the speed of light. The energy of a photon is dependent on the wave length involved. Red light photons have less energy than blue ones. The shorter the waves of light, the greater the energy. American physicist, Arthur Compton further explained how photons interact with matter. While they are capable of penetrating matter, photons generally transmit energy to all electrically charged particles, such as electrons. Electricity is the interaction of photons with electrical charges. In nature, photons act as energy carriers.
8. Popp FA: *Biologie des Lichtes (Biology of Light)*. Verlag Paul Parey, Berlin, 1984, p 38. (In German)
9. Popp FA: *New Horizons in Medicine*. Haug Publishers, Heidelberg, 1987, p 141. (In German)
10. Mandel P: *Esogetics: The Sense and Nonsense of Sickness and Pain*. Energetik-Verlag GmbH, Sulzback/Taunus, 1993, pp. 46, preface (p 3). (English translation)
11. As part of his research to demonstrate biophoton communication between cells, Popp conducted the following experiment: In two hermetically sealed jars made of quartz glass, he placed trays of living cells in a nutrient solution. He then deliberately introduced a virus into one of the jars and infected the cells. When the jars were touching, the cells in the neighboring jar immediately became infected. When the same experiment was repeated with regular (non-quartz) glass jars, the virus did not spread to the

second jar. Quartz glass is known to transmit ultraviolet rays of light while regular glass does not. Out of this came Popp's conclusion that the ultraviolet light was transmitting the impulse of disease.

12. Pankrotov S: Meridians channel light. *Raum und Zeit (Space and Time Journal)*. 1988; 35: 16-18. (In German)
13. Bergold O: The effect of light and color on human physiology. *Raum und Zeit*, 1989; 1(4): 33-38. (In German)
14. In this context, the work of German anatomist Helmut Becher, is relevant. In 1954, he discovered that the origin of the retino-hypothalamic bundle was located in multipolar vegetative cells of the retina between optical cells. Since the hypothalamus has a regulatory effect on the autonomic nervous system (and the ANS is connected to all the organs), Mandel postulated that color vibrations received by the eye and transmitted to the hypothalamus will also have a corresponding effect on all organs.
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About the Authors

Manohar Croke and Rosemary Dass are certified practitioners of Esogetic Colorpuncture and Kirlian Energy Emission Analysis and received training from the system's originator, Peter Mandel.

Manohar Croke practices at the Boulder Wellness Center in Boulder, Colorado; she is the founder of the Institute for Esogetic Colorpuncture and Energy Emission Analysis and is an American representative for the German distributor of the books, tapes and products used in ECT.

Rosemary Dass is also an acupuncturist and Doctor of Oriental Medicine and combines ECT with traditional Chinese medicine in her private practice in Marin County, California.

Ms. Croke and Dr. Dass are certified by the International Mandel Institute as Instructors and commit a large portion of their time to sharing the skills and information related to Esogetic healing processes. They are also contributing authors to *Light Years Ahead: The Illustrated Guide to Full Spectrum & Colored Light in MindBody Healing*, published by Celestial Arts Publishing, Berkeley, to be released in the summer of 1996.

Workshops

The authors work in cooperation with the International Mandel Institute to offer training in Esogetic Colorpuncture Therapy and Energy Emission Analysis throughout the United States. These programs include both introductory workshops designed to teach simple self-healing regimens, as well as separate programs leading to certification. The training is designed in cooperation with Peter Mandel, and certification is granted through the International Mandel Institute.

In 1997, Peter Mandel will teach his first seminar in the United States. For information regarding training in Esogetic Colorpuncture Therapy and Kirlian Energy Emission Analysis, as well as Peter Mandel's 1997 U.S. seminar, contact Manohar Croke, Institute for Esogetic Colorpuncture and Energy Emission Analysis, 1705 14th Street, #198, Boulder, CO 80302, Tel: (303) 443-1666; or contact Rosemary Dass, PO Box 3013, San Anselmo, CA 94979, Tel: (415) 461-6641.

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Resources and Equipment

Equipment used in Esogetic Colorpuncture Therapy includes the Perlux B111 acu-light pen, the Perlux Infrared acu-light pen, etc. Additional products used in Esogetic therapies include the Esogetic Herb Oil, the Color-Sound Therapies and the Esogetic Sound Pattern tapes. For information on these products, equipment, or books by Peter Mandel, contact:

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