

Dr. Lai's Mailbox

■ Chiu-Nan Lai, Ph. D.

Question 1:

If we sun ourselves every day, we would absorb all colours. Is that not good enough?

Answer:

In normal circumstances, one is able to absorb all colours of sunlight. But when the body is sick, there is no way it can absorb all the colours. It is only able to take in one single colour at a time. Those who are in good health do not need colour therapy, since we all live under the sun. Weeds grown in contaminated soil and air are unable to absorb all colours; it can only absorb one or two colours. Plants grown with chemical fertiliser also have few colours. The reason that nowadays people are unable to absorb colours is due to air pollution, food contamination, etc. I have dowsed vegetables bought from supermarkets, they contain only one colour - blue and blue only. So some people say that because they are vegetarian, their body constitutions are cold. That depends on the kind of vegetarian diet you are on. Are the vegetables you eat grown with chemical fertilizers or are they grown organically?



Question 2:

There are a lot of people who are allergic to flour products, and there are more cases with Westerners than Orientals. Why?

Answer:

This is a big question. Historically, Westerners have been consuming wheat for thousands of years. So why are there so many cases of allergies now? In the 1960s, wheat varieties were altered to give higher production yield. These modified seeds produce ten times more than the original traditional seeds. Because of the high yields in the modified wheat varieties, it is not possible to request farmers to revert to growing the original traditional varieties.



As a result of the changes in the wheat varieties, many people become allergic to wheat products nowadays. Since modern wheat has been altered, containing many times more gluten, causing problem to some of those who take wheat products have now. If the wheat is of the traditional and unaltered varieties then they can still be consumed without problems. Bob Cannard grows wheat that the Spanish brought over to the U.S., this wheat can still be consumed safely. In the United States, wheat varieties with a thousand or five thousand years of history are now available for sale. These are the wheat varieties that are safe to eat.

Question 3:

Dr Lai, could you please explain the functions of the different colours?

Answer:

Red increases your creativity, entrepreneurship, and freedom. Sky-blue is unconditional love, and helps you let go. When there is something that you cannot let go, use sky-blue colour to help you let go. This also works for letting go of deceased relatives and friends as well. You can send your love to the deceased (family members and friends). The unconditional love of sky-blue light will allow you to let go. Even to those you dislike, or when nasty people give you trouble, just send sky-blue light to these memories and to that person. Because sky-blue light is unconditional, it is the safest light to send to others since this colour is love and will not control others. Yellow is the colour of joy and organizational ability. Green is the colour of healing and is the most common colour on earth. Fill your

whole body with green colour, especially the right side of your body, because electromagnetic waves can cause the imbalance between right and left side of the body. If the right side of the body needs to be balanced, green colour is essential. Green colour can help speed up recovery on whichever part of the body that has old wounds. Green colour is essential to balance the head and is also good for the eyes. Visualize the eyes filled with green colour light. Let yourself be filled with green light. This also helps to speed up your spiritual growth. As for orange colour, filling each cell with orange colour will enable you to have confidence and wisdom. Magenta colour is for balancing the left side of the body. When interfered by electromagnetic waves, the left side of the body needs magenta colour to balance. For those who have inexplicable body pain, this method of balancing the right and left side of the body can sometimes help stop the pain. Magenta colour can help balance the heart. It is good for the heart. In general when the chakra and qi of the heart has been hurt, the heart feels unwell. Visualizing a magenta sun in your heart chakra can help repair and balance the chakra and qi in the chest. Magenta colour has healing quality. From young till old, from the womb to the present, there would be some emotional trauma. Magenta colour can help you recover. Lapis colour, very dark blue, is a protective colour. Sometimes when you are not safe or do not feel safe, wrap yourself in lapis colour. If you happen to be at a place that you feel is unsafe, wrap yourself in lapis colour.

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