

Colorful Stress Release for Physical and Emotional Pain

by Kay E. McCarroll, DHP, MC.

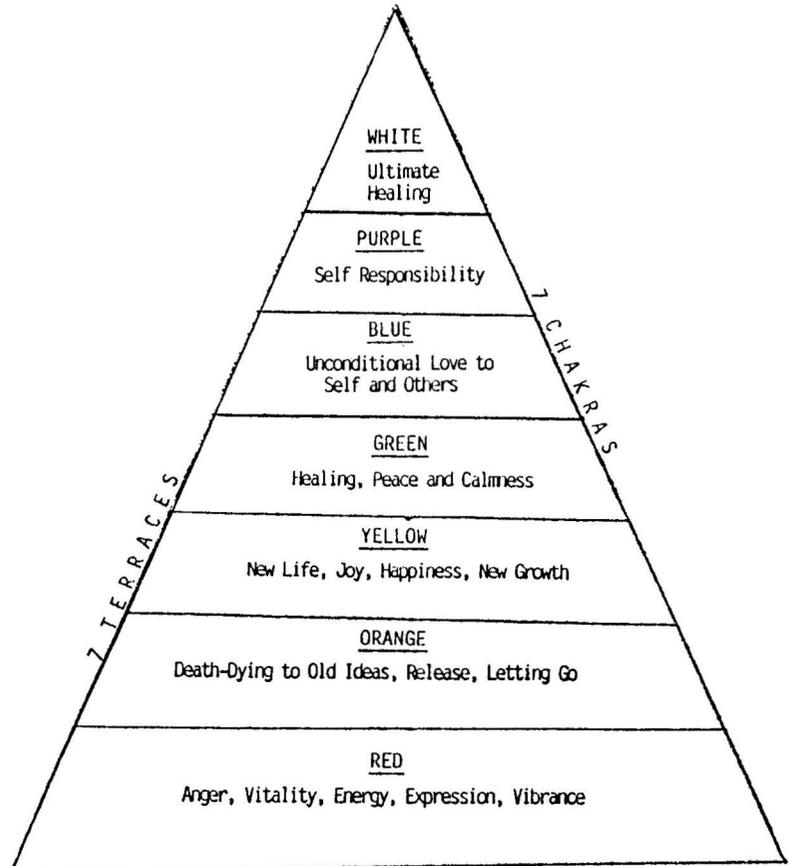
Abstract. This is a new way of applying stress release that I have found to be of great value to the TFHer, the Chiropractor, and the Health Practitioner. Using my own color system as devised by my meditation group (The Inner Light Consciousness), I am able to combine the feeling and emotions of the colors to the pain with Wayne Topping's Stress Release technique and in this way to help people come to terms with their physical and emotional pain. This is a simple and beautiful way of training the client to take care of themselves. I have used this technique with serious accidents, child and adult abuse victims, with children who cannot express their problems, and with general everyday communications and life experience problems. Be colorful - your stresses can paint a beautiful picture.

Back in October 1978 I became involved with a spiritual group called Inner Light Consciousness, developed by an ex-Baptist Minister called Paul Soloman. This non-denominational organization set about to educate people in taking responsibility for their own lives and to open their minds and hearts to healing with the healing energies. Through this process we were all taught a beautiful meditation using the 7 chakras and their specific colors. Each chakra became a garden terrace, covered with flowers of the particular color of that chakra, and each had its own energy and words depicting that life force.

I have found when using Wayne Topping's S.R. (Stress Release) techniques with the colors I am able to take the person far deeper into their subconscious and clear very old and painful memories without them having to go through yet another dreadful experience. It is also a great way to help people communicate on a higher level with their relationships when other means of communication break down.

Ed. Note: The Topping SR technique is basically the same as the TFH ESR with the addition of slow eye rotations around the edge of your visual field. Feel for a forehead pulse while visualizing situation (or color). Monitor MT with PMC muscle. (See Ref.)

The color chart is as follows:



Other colors which I have found to be of great value and meaning are:

- Pink Self love, accepting one's self
- Grey Grief, apathy
- Brown Indecision, not knowing
- Black Transition from one situation to another

When using the colors, I ask the person what color they see around their pain (physical or emotional), and/or what color would they like to give to the pain to heal it.

To give you some examples as to how this works, I would like to share some of my experiences with you:

1. B.J. is a lady from the West Indies living in London with her 20 year old son. She had been brought to the U.K. to look after her father and stepmother's children at the age of 12. She had been dreadfully abused by the father, who did time for his crime. She was banished from the family at the age of 14, spending most of her life in Social Security homes bringing up her son.

She came to me to see if I could help her with a dreadful pain down the right leg, and she was about 70 lbs. overweight. After a few Chiropractic treatments I was able to embark on the Stress problems. By using the eye rotation stress release with colors she was able to begin to look at her life and let go all her pain. She painted the memories with the colors she saw behind the situation, thus diminishing the stress level and giving the healing the situation needed at that time. Slowly, looking at her life now with colors she is beginning to forgive and take charge, asserting herself more in her job and at home with her son. She has also, with the help of a medical doctor, been able to lose 21 lbs.

B.J. still has a long way to go with this ordeal; however, to see the beauty in her face now is just a joy. She now laughs and has fun when we are working together. She uses the colors at home for herself with the S.R. technique whenever she finds herself unable to cope.

2. Children with physical aches and pains are not always able to express that pain may be emotionally based. By asking them to see what color the pain is and then doing the S.R. eye rotations, the results are extraordinary. First you enable them to get in touch with the emotion behind the pain with the color, and then with the S.R. eye rotations you begin to

eliminate all other associated emotions from their past life experiences relating to that pain.

Quite often after releasing the stressful memories this way, children will begin to tell you all about their problems in such a matter of fact way.

After a session I always find the priority color that the person may like to continue to work with. Then suggest they wear something, or buy some flowers, or paint something in that color so that they can look at it for confirmation over the following weeks.

I have found this to be an extraordinary tool to use with rape cases, painful relationship break-ups and child abuse, as well as the every day problems in life.

Let me share some of these ideas with you:

When teaching a S.R. course in England, I was experiencing a difficult lady in the class who questioned everything I was saying to such an extent that it felt as though she was trying to make a total fool of me. At first I placated her with all the "good" techniques a teacher uses, without getting myself upset. Then it got too much for me, and suddenly I thought, "The Colors!" Instantly I saw her with Red and Black around her body. My inner turmoil totally vanished, and I was able to handle the situation without any loss of face to either of us. The rest of the day went along very well and I gave her the 2 colors every time I looked at or spoke to her. Guess what, to my surprise she arrived the next day wearing a black skirt and red jumper!

I have shared this same technique with many people, and they too have found that the person they are having problems communicating with suddenly were wearing the colors they gave them in healing.

There is another way I use Wayne's S.R. technique for pain and this is without the use of color. In my chiropractic clinic I treat many people who have had serious accidents at some point in their life.

Although their body seems to have overcome the impact of the injury they still feel pain. Many Health Practitioners later they end up in my clinic as the last resort.

As first I treat the body with McTimoney Chiropractic and TFH Kinesiology to ascertain that there is no structural problem. Then I ask them if they can still feel the pain. Usually they cannot at this moment and tell me, "I feel pain when I do this or that", etc. The bells start to ring! This could be Mind Pain (or memory pain). After explaining what I am about to do, I hold their ESR points, I ask them to stop me when they feel "the pain" Then we hold that position until the pain has evaporated. We can use color at this point too, if necessary, as the memory may be a traumatic one.

I have found this to be extremely successful with many people. Two cases in particular are:

1. Gill, a skier, had a car accident. She suffered whiplash and could not continue her sport without extreme pain. The Medical Profession had done all they could for her. After 2 more successful McTimoney Chiropractic treatments, she still had pain in the Right side of her neck.

I asked Gill, "Where is your telephone at work situated?", as her job involved a lot of telephone work. It was as I suspected - to the far left on her desk and she had to look and stretch forward to pick it up, thus stimulating the memory of the whiplash in her brain. When we did the S.R. technique while holding the ESR points, we found that the pain in her neck returned whenever she looked up to the far front and left visual area. The pain has not returned at all since this treatment, and that is over one year ago.

2. Dianne - A Company Executive, was caught in what we call a pile-up accident on the highway. She smashed into the back of one car and was hit in the back by another. She had to be cut free of the wreckage. She spent six months healing broken ribs, plus her pride. Then the next 12 months she saw doctor after doctor for

all her body pains. They could not find anything physically wrong with her and told her, "It's all in your mind." This is the very point they missed. It was in her mind, and they did not know how to cope with it.

Dianne was very sceptical of my work as "kinesiology" was not a common word in 1984. However her colleague, who was a friend of mine, knew of this very new work I was doing; so she came with him to see what could possibly be done.

This was when I first found that Wayne Topping's S.R. technique could be used for pain ONLY and NO AFFIRMATION work was needed at all. I started doing the eye rotations with her and suddenly all the pains started to show up in different areas of the brain. After 1-1/2 hours of S.R. on the painful areas, eliminating all traces of pain memory, I took her back through the accident, and she tested so strong (she was totally weak before hand) that she just could not believe it. Dianne was also going through a marriage break-up at the time, and a lot of emotional pain over this was eliminated as well.

To finish in both cases I used a color of their choice to clear the MIND MEMORY totally.

It is very interesting to see people's response when you use the colors and then tell them later what the colors represent. They are then able to relate and take responsibility for their own past in the healing process, and in many cases can relate the feelings of the colors to the "pictures" that rise from their deep subconscious.

This is one of the most beautiful aspects of Touch for Health, and I give it to everyone with love. Use the colors as you find they work for you. Use your own ingenuity, develop new ways - be colorful - your stresses can paint a beautiful picture.

Reference

Topping, Wayne W., PhD, *Stress Release*, Topping International Institute, revised edition 1987