Evidence-based Formulation of Three Hypotheses of Holistic Human Metaphysics

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The aim of this article is to introduce holistic human metaphysics, a new field of health science for maintaining the overall health of a human organism by following the Einsteinian view of reality. In this investigation, various facts and findings put forward by eminent scholars at different times have been compiled and correlated to formulate three evidence-based hypotheses of holistic human metaphysics. These hypotheses have been formed on the basis of logical evidentiary explanations of fundamentals for maintaining health in human life. The present study reveals the significance of the seven principal colours of light rays, viz., violet, indigo, blue, green, yellow, orange and red, in maintaining the functionality of systems in the human body. The first hypothesis of holistic human metaphysics states that the physical system of the human body is a manifestation of the effect of appropriate reductions in the spectral frequencies of the seven principal colours of light rays to a localised non-entropic boundaried physical space. The second hypothesis states that the first breath of a human being at the moment of birth determines the magnitude of the entropic force acting on the pattern of health at various stages of life. The third hypothesis states that predetermined magnitude of the entropic force acting on the pattern of health at various stages of life is alterable by maintaining an equilibrium of the seven principal colours of light rays. By introducing the above hypotheses, the authors wish to surpass the inertia of our thinking, which is preventing mankind from giving up the conventional way of treating the human body as a machine, and to bring forth a completely novel approach to repairing and balancing the major energy centres in the human body.

OVERVIEW AND BACKGROUND

Holistic human metaphysics (HHM) is a new beginning in the realm of science to delineate the significance of the Einsteinian way of understanding the origin and existence of matter in the universe. Present day healthcare, as well as industrial, systems largely depend upon the Newtonian model of reality, which is tangible, measurable and predictable in mechanistic ways. Though this model forms the basis of the materialistic mechanistic paradigm of almost all technologies being used today, it cannot portray the utility of certain other significant sources of power/energy that are available to us. On the other hand, the Einsteinian model of reality tells us the significance of identifying and applying such intangible forces/energies that exist in nature for the proper functioning of various abiotic and biotic components of the universe. HHM is a comparatively new field of metaphysics that creates a ‘silver cord’ between tangible and intangible sources of energies in nature. HHM reveals the infinite possibilities existing in the non-Newtonian world of reality for the realization of complete health.

Each human organism needs a certain finite number of inputs, collectively called environmental factors, and the life of the individual human depends solely on the availability of these factors. Among this finite number of inputs, some can be chosen by man; for instance, the food that is consumed, the duration of exposure to sunlight, etc. (Wurtman 1975). At the same time, the effect of certain inputs, such as exposure to cosmic rays, gravity and the electromagnetic field of the earth, cannot be controlled by human organisms (Wurtman 1975; Atri and Melott 2014). Recently, electromagnetic waves, as epigenetic factors, were reported possibly to have an effect on various biochemical processes in an organism and to play a crucial role in the development or treatments for various chronic diseases (Ebrahimi et al. 2015).

As per Einstein’s renowned equation $E = mc^2$, energy and matter are inter-convertible and are “dual expressions of the
same universal substance” (Klotsche 1993). All substances in the universe vibrate, and the rate of vibration of a substance determines its fate as its rate of vibration concludes its form/state in the physical world (Azeemi and Raza 2005). A slow vibration of a substance leads to the formation of physical matter whereas subatomic particles moving at speeds at or above the speed of light would exist in a state of pure energy (Gerber 1996; Azeemi and Raza 2005). The most important characteristic of all the kinds of energies that we are ‘exposed to’ is their vibration, and the rates of vibration of different cells in various parts of the human body determine the overall health of that body (Oschman 2015).

Though many theories related to the origin and the existence of the universe exist, a systematic, thorough perusal of scientific literature to seek associations between various ‘universal inputs’ and human health leads one to conclude that no unique theory exists to explain the onset of disease on the basis of variations in the ‘universal inputs.’ Among these ‘universal inputs’, the influence of the earth’s electromagnetic field on human health has been studied extensively, but no study has proposed a foolproof theory. In view of this, in this paper, the authors have attempted to develop and prove a theory to define in a meaningful way the earth, earthly events, and the role of human beings as a part of the earth by introducing a new field of science, viz., holistic human metaphysics (HHM). The foundation of HHM has been laid by using ‘logical evidentiary explanations of fundamentals’ (LEEFs). Based on the LEEFs, three evidence-based hypotheses of HHM have been formulated. Although detailed scientific investigations are absolutely required to confirm the veracity of these evidence-based hypotheses, the authors would like to attract the attention of the scientific community to the pieces of evidence given in this paper and to invite the members of that community to take up further investigations. The outcome of such investigations may lead to the ascendance of a new era in healthcare.

Based on the above information, the major aim of this study is to introduce holistic human metaphysics, a new field of health science for maintaining the overall health of a human organism by following the Einsteinian view of reality. Other specific aims include (i) revealing the role of the seven principal colours of light rays in composing the human body, (ii) emphasizing the importance of the first breath of a new born, and (iii) forming a strategy to maintain equilibrium of the energy levels of the seven principal colours of light rays in the human body so as to establish and maintain good overall health. In short, this is a conceptual framework designed to augment health education by integrating the meaning of health and wellness.

PROCESS OF CONCEPTUALISATION

Compilation and correlation of various facts and findings put forward by eminent scholars at different times were carried out to formulate three evidence-based hypotheses of holistic human metaphysics. The present study has been designed to frame theoretical perspectives by following the law of parsimony for developing an alternative holistic healthcare model by adopting concepts mainly from the following areas:

i. Energy medicine
ii. Theory of dissipative adaptation
iii. Theory of everything
iv. Geo-magnetic field
v. Colour medicine
vi. Vibrational medicine
vii. Subtle energy systems in human body

Objective

The main objective of the present study is to introduce three hypotheses formulated on the basis of various logical evidentiary explanations of fundamentals.

First hypothesis of holistic human metaphysics

The first hypothesis of holistic human metaphysics states that the physical system of the human body is a manifestation of the effect of appropriate reductions in the spectral frequencies of the seven principal colours of light rays to a localised non-entropic boundaried physical space.
Second hypothesis of holistic human metaphysics

The second hypothesis of holistic human metaphysics states that the first breath of a human being at the moment of birth determines the magnitude of the entropic force acting on the pattern of health at various stages of life.

Third hypothesis of holistic human metaphysics

The third hypothesis of holistic human metaphysics states that the predetermined magnitude of the entropic force acting on the pattern of health at various stages of life is alterable by maintaining an equilibrium of the seven principal colours of light rays.

THE BASIS AND EVIDENCE FOR THE FORMULATION OF THE FIRST HYPOTHESIS OF HHM

BASIS

Living systems are not in equilibrium according to the ‘dissipative adaptation’ theory published in Nature nanotechnology magazine (England 2015). According to the theory of ‘dissipative adaptation,’ a system crosses activation barriers by absorbing energy, and in crossing those barriers, energy will be dissipated. After the dissipation of energy, the system will no longer exist in its previous state (England 2015). Much before the origin of the theory of ‘dissipative adaptation,’ most of the properties of a living system had been reported to be describable only as ‘dissipative structures’ that originated as the result of nature’s effort to reduce the entropy of the system (Spanner 1951; Prigogine and Nicolis 1971; England 2015). From this theory, evidently the dissipation of energy is always associated with a reduction in frequency. The first hypothesis of HHM was formulated on the basis that these ‘dissipative structures’ are formed due to appropriate frequency reductions of seven principal colours of light rays (visible spectrum of sunlight) as a result of the dissipation of the energy possessed by each of those rays. However, the mechanism driving such a phenomenon is still not known.

In addition, in the universe, space and matter are in dynamic equilibrium, and only ‘one type of energy’ is used for creating matter and space (Fiscaletti and Sorli 2007), which means that all other types of energy are different forms of this ‘non-entropic energy filling space.’ The term ‘quantum/quanta of space,’ which is characterised by the presence of ‘non-entropic energy’ in the absence of ‘matter,’ was proposed by Fiscaletti and Sorli. When matter materialises, entropy will be realised. Hence, one must understand that when quanta of space are transformed into matter, entropy will vary from zero to a higher value. Also, Fiscaletti and Sorli mentioned that a quantum of space vibrates with a basic frequency and that the origination of matter takes place at a frequency far less than the basic frequency of the ‘quantum of space.’

When the ‘quantum of space’ vibrates with its basic frequency, its energy will be in a ‘non-entropic state.’ When various ‘quanta of space’ vibrating at particular frequencies (less than their basic frequencies) join together, the physical existence of material objects will be realised (Fiscaletti and Sorli 2007). At this stage, energy will be in an ‘entropic state’ (Fiscaletti and Sorli 2007). For example, take two very common events in our daily lives, i.e., i) melting of ice to water and ii) evaporation of water to its gaseous state. In the first case, the rates of vibration of the substances forming ice are increased to materialise water; i.e., their frequencies are increased. Similarly, in the second event, the rates of vibration of the substances forming water are increased further to materialise vapour (in other words, their frequencies are increased). If one wants to create water from the vapour, the frequencies have to be decreased, or if one wants to create ice from water, the frequencies have to be decreased further. That transformation of matter from one form to another occurs only by changing the rates of vibration or the frequencies of the components of that matter is a Universal Law.

EVIDENCE

Certain logical evidentiary explanations of the fundamentals that led to the formulation of the first hypothesis of HHM are as follows: If quanta of space vibrate at frequencies corresponding to those in the electromagnetic spectrum, electromagnetic waves will be generated (Fiscaletti and Sorli 2007). Our eyes are sensitive to the visible spectrum of sunlight, having a wavelength range of 380 - 780 nm. The visible spectrum of sunlight comprises seven principal colours, i.e., violet (V), indigo (I), blue (B), green (G), yellow (Y), orange (O) and red (R). Each of these colours possesses a unique electromagnetic frequency. Hence, each of these colours possesses a particular quantity of energy (Klotsche 1993; Azemmi and Raza 2005). If the frequencies of the seven principal colours of light rays (visible portion of electromagnetic spectrum) are reduced to a certain level in a non-entropic boundaryed physical space, various chemical elements will be formed (Table 1). In fact, all chemical elements have been proven to be coloured.
compounds (Klotsche 1993). In ‘The Theory of Everything’, Stephen Hawking states that each chemical element absorbs a particular colour of light. Furthermore, some colours have been found to be missing in the light spectrum of certain stars. In view of this, Hawking suggests that the presence or absence of a particular chemical element in a star’s atmosphere can be identified by using information on the missing colours in the spectrum emitted by that particular star (Hawking 2002). This fact clearly shows that the seven principal colours of light rays are responsible for the development of the chemical elements. That the human body is constituted by chemical elements is common knowledge. In view of this fact, each spectral colour of sunlight can be converted into a particular group of minerals in the body (Babbit 1878). This knowledge helps us understand that all chemical elements that constitute biological macromolecules such as DNA and proteins are made up of colour waves or colour vibrations. This opens another door and provides us with the insight that the emergence of disease due to a chemical imbalance has to be viewed as a colour imbalance/frequency imbalance, i.e., an energy imbalance. Other reports indicate that a living cell is an electromagnetic entity activated by cosmic light rays and that the development of a cell is directed by those rays (Lakhovsky 1939). In that same study, the author mentioned that all kinds of proteins, which are essential for biological functions, originate from cosmic light rays (Lakhovsky 1939). Sunlight, the prime source of energy on the earth, is the least dense form of cosmic energy, and it enters the human body through the eyes and the skin (Cousens 2005). That each of the seven principal colours of light rays in the visible spectrum of sunlight has the following unique entry point in the human body is common knowledge:

Red - Root Chakra  
Orange - Sacral Chakra  
Yellow - Solar Plexus  
Green - Heart Chakra  
Blue - Throat Chakra  
Indigo - Brow Chakra  
Violet - Crown Chakra.

At this point, I would like the reader to consider this question. If the human body is not composed of the seven principal colours of light rays, then why are these energy centres created in the human body? The logical answer is that if the human body had not been composed of the seven principal colours of light rays, these unique entry points would not have been established in the human body. Hence, believing that the existence of the chakra system affirms the fact that the human body is manifested as a result of the condensation of the seven principal colours of light rays is proper. These rays influence the functioning of the seven major endocrine glands in the human body (Azeemi and Raza 2005; Cousens 2005; Maxwell 2009; Aktekin and Şımşek 2011). In addition, fasting experiments have supported the fact that merely ‘eating food’ will never give to the human body the nutrients that are vital for the existence of life; instead, the condensation of the seven cosmic light rays offer all required minerals for the subsistence of life (Hotema 1962) as living organisms in the universe are totally immersed in light, which affects their overall, as well as organ-specific, health (Azeemi 1999). In the human body, all organs and limbs have unique cosmic light rays associated with them (Hassan 2000). The Einsteinian model of reality considers the human body as a living matrix that functions in complete harmony with the electromagnetic energy system of the universe (Gerber 1996; Azeemi and Raza 2005; Oschman 2009). Further, oriental teachings affirm that all kinds of foods are composed of the seven principal colours of light rays (VIBGYOR) and that the energy values of foods vary according to the composition of those colours (Klotsche 1993). Hence, believing that all activities of a human organism are totally regulated by these colours is proper.

In 2006, a case report was published regarding the association of fertility and conception with Chakra centres (Kissinger and Kaczmarek 2006). The authors of that report observed that reconfigurations of the bio-energy fields existing in and around the human body facilitate conception (Kissinger and Kaczmarek 2006). Though that report did not list a sufficient number of cases, the finding is supported by the ‘dissipative adaptation’ theory, in which a particular driving environment is necessary for the manifestation of physical objects (England 2015). According to this theory, when a particular environment is realised, a typical structure is selected from a set of many structures, and selection follows the rule that the selected structure must resemble the ancestral structures that are well synchronised with that particular environment. This is the essence of the ‘dissipative adaptation’ theory proposed by England (2015). In addition, because a living organism operates far from equilibrium, any structure that is manifested must be
in the ‘optimum’ state to absorb and dissipate energy (England 2015). Major energy centres that are not visible in the physical planes (Chakras) facilitate the absorption and the dissipation of energy. By considering all the above facts, the authors assume that conception will take place only if the mother receives all the seven principal colours of light rays properly through her chakras as the appropriate frequency reductions of the quanta of spaces of the seven principal colours of light rays manifest life forms. Worth mentioning is that the human body is composed of chemical elements and that a pattern and time for composing it must exist.

Table 1: Selected elements and associated colours (Klotsche 1993)

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Predominant Colour</th>
<th>Elements Spectrographically Emitting That Colour</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>Purple</td>
<td>Europium, Bromine</td>
</tr>
<tr>
<td>2</td>
<td>Magenta</td>
<td>Potassium, Lithium</td>
</tr>
<tr>
<td>3</td>
<td>Violet</td>
<td>Cobalt, Actinium</td>
</tr>
<tr>
<td>4</td>
<td>Indigo</td>
<td>Bismuth, Ionium</td>
</tr>
<tr>
<td>5</td>
<td>Blue</td>
<td>Oxygen, Indium</td>
</tr>
<tr>
<td>6</td>
<td>Turquoise</td>
<td>Fluorine, Zinc</td>
</tr>
<tr>
<td>7</td>
<td>Green</td>
<td>Chlorine, Barium</td>
</tr>
<tr>
<td>8</td>
<td>Lemon</td>
<td>Germanium, Iron, Gold, Iodine, Phosphorous, Sulphur, Thorium</td>
</tr>
<tr>
<td>9</td>
<td>Yellow</td>
<td>Magnesium, Carbon, Sodium</td>
</tr>
<tr>
<td>10</td>
<td>Orange</td>
<td>Calcium, Selenium, Copper</td>
</tr>
<tr>
<td>11</td>
<td>Red</td>
<td>Hydrogen, Krypton</td>
</tr>
</tbody>
</table>

THE BASIS AND EVIDENCE FOR THE FORMULATION OF THE SECOND HYPOTHESIS OF HHM

BASIS

In 1944, Ellsworth Huntington, a professor at Yale University, stated that the presence of an internal electric field in the human body reveals that any change in an external electrical field will influence that internal field (Williams 1984). That variations in the electric field of the sun or in those of other rotating celestial bodies will surely affect the electric field of the earth is certainly true. If the earth’s field is affected, the internal electric field of a human being will also be affected. This chain of variations creates the rationale behind the influences of the planets and the sun on the human beings living on the earth (Williams 1984). This idea intensified the interest of the authors to look into other similar observations made by various scholars and finally to arrive at a conclusion that the frequencies of electromagnetic waves and those of the rotations of celestial bodies are two major factors that influence human health. In this paper, the factors that contribute to the variations in the earth’s electromagnetic field are termed as ‘entropic forces.’

EVIDENCE

Certain logical evidentiary explanations of the fundamentals that led to the formulation of the second hypothesis of HHM are as follows: Dr. O. R. Wait of the Department of Terrestrial Magnetism of the Carnegie Institute of Washington demonstrated the significance of the first breath drawn by a new born baby via a series of experiments (Williams 1984). He was also able to prove that every human breath consists of 700 million electrically-charged particles produced as a result of the impacts of cosmic rays on the earth’s atmosphere. Even though the fact that the quantum of electrically-charged particles, as reported by Wait, has to be supported by using advanced analytical tools, quite obviously millions of electrically-charged particles are present in the breath that we inhale. The changes in the relative
positions of the celestial bodies cause cosmic fluctuations that will result in changes in the global energy field. These changes will certainly affect the electromagnetic field of the Earth (Saunders 2003). Thus, one can perceive that the composition of 700 million electrically-charged particles in a breath (the quantum of electrically-charged particles may vary) that human organisms inhale depends upon the electromagnetic field surrounding the earth, which, in turn, is determined by the frequencies of the cosmic rays emitted/reflected by the celestial bodies. The first breath of a newborn draws self-animation, and the moment at which the first breath is taken determines the lines of force of the resultant electromagnetic field of the Earth acting on the newborn, with contributions by the rotations of celestial bodies and by the rotation of the Earth on its own axis, as well as around the sun (Tucker 1938). The relative positions of all sub-atomic particles in the body of a newborn will be set by the above-mentioned 'resultant' electromagnetic field of the Earth. Hence, the belief that the first breath determines the body chemistry of a newborn is reasonable (Tucker 1938).

Another study suggests that as the earth and the celestial bodies rotate, the electromagnetic field of the Earth will vary over time (Freshwater 1997) and have a strong time-dependent influence on the newborn as he/she progresses through life (Tucker 1964). The meridian lines detailed in the acupuncture system of healthcare is electromagnetic in nature and is highly susceptible to variations in the intensity of the Earth's electromagnetic field (Freshwater 1997). According to the subtle energy system of the human body, meridians act as the connecting links between the physical body and other subtle bodies, such as emotional, etheric and spiritual bodies (Freshwater 1997). A significant change in the intensity of the Earth's electromagnetic field is likely to disrupt the 'connection' between the physical body and other subtle bodies, which will, in turn, cause vibrational disequilibrium and, in turn, cause diseases (Freshwater 1997) as exposure to a fluctuating electromagnetic field interferes with the functioning of the human immune system and affects the regulation of cell growth (Adey 1997).

Ardently, in an interesting review (Saunders 2003) on the association between the Earth's magnetic field, cosmic radiation, and life on Earth, Saunders states, "...The Earth's natural, electrical and magnetic fields create a constant interaction called 'zones of resonance' or 'patterns of interference' between terrestrial energy fields and cosmic radiation originating from the Sun, moon, planets and Milky Way. Without these interacting, extremely weak fields of subtle energy, we would not exist, plants could not survive, birds and animals could not navigate, turtles could not return after 30 years at sea to the beach where they were hatched, and the tides of the oceans would not rise and fall".

Quartz is a crystal having high magnetic and piezo-electric properties. It forms the major part of the Earth's crust. When quartz is pressurised, it will emit negative ions, thus producing an electromagnetic field. This electromagnetic field will enable the crystal to work like a transducer, which converts electrical energy into other forms of energy, such as ultrasound and light (Saunders 2003). In addition, crystalline continental plates that are always under pressure generate varying levels of energy and high-voltage piezo discharges (Saunders 2003). Such geographical locations are not suitable for conception as the electromagnetic field at such locations will fluctuate very much. Moreover, a significant correlation was found between the phase of sunspot activity and the variations in the ionisations of the different ionospheric regions (Ghosh 1953). At some geographical locations, incoherence will develop between the earth's outer and inner electromagnetic fields, with this incoherence affecting the mind-body complex of human organisms negatively as the range of resonances of the ions in the blood varies from those for the earth's natural geomagnetic field to those for another field with a frequency ranging between 1 and 500 Hz (Saunders 2003). Moreover, exposure to a low-frequency electromagnetic field results in a fifty percent reduction of melatonin levels (Reiter and Robinson 1996). Correlating the functioning of the mind, endocrine glands, and the immune system with the extremely-weak electromagnetic field generated by earth's telluric and cosmic radiations revealed that the physical, biological and mental states of human organisms were significantly influenced by an interaction between the extremely-weak electromagnetic field of the Earth and the electrical brainwaves in humans (Saunders 2003). Notably, the initial level of damage, i.e., damage occurring during the season of birth, determines the longevity of human organisms (Gavrilova and Gavrilova 1999). Particularly, DNA methylation has been proven to be one of the many epigenetic mechanisms used to control the expression of genes in eukaryotes (Philips 2008). Recently, the environment was reported to have an influence on DNA methylation, and a recent study confirmed that the season of birth determined DNA methylation in adulthood as the season of birth is strongly associated with DNA methylation and allergic disease (Lockett et al. 2016).
THE BASIS AND EVIDENCE FOR THE FORMULATION OF THE THIRD HYPOTHESIS OF HHM

BASIS

An understanding of the principle of yoga breathing, i.e., pranayama, is vital for balancing the basic physiological functions of the seven major energy centres through which pure cosmic energy flows (Cousens 2005) to integrate the vital functions of the body (Bernard 1959) as pranayama makes slow breathing rhythmic and profound to attain voluntary control over the functionings of the major subtle energy centres present on the spinal cord (Bernard 1959). The word ‘Prana’ means ‘breath’ and ‘yama’ means ‘control.’ Hence, the practice of pranayama confers to the one who practices it full control over the inner vital forces/currents. According to the doctrines of cosmic law, the ‘prana’ is the cosmic electrical energy in the air that we breathe (Bernard 1959). When cosmic rays hit the atmosphere of the earth, ions and minerals are produced as a result of reduction in frequency. When we breathe, these cosmic ions and minerals are taken into our body and will be used for the synthesis and the operation of functional biological macromolecules (Babbit 1878; Bernard 1959; Hotema 1962). This ‘food’ is known as the ‘cosmic food’ (Bernard 1959; Hotema 1962). Moreover, we know that ‘everything in life is associated with a vibration’ and that all these cosmic ions and minerals have the unique properties of their associated rays. In view of this, a reasonable statement is that when we breathe in, if we are able to receive the vibrations of all the seven rays, that will satisfy our body’s need for nutrition. If one is unable to receive the vibration of a particular ray naturally, one will become physically, mentally, or spiritually diseased.

EVIDENCE

Certain logical evidentiary explanations of the fundamentals that led to the formulation of the third hypothesis of HHM are as follows: Because matter and space are composed of one form of energy, the phenomenon of colour is a resultant of the cohesive interaction between energy and matter (Klotsche 1993). The principal light rays have been used to heal many ailments since 2000 BC as the human body (Graham 2004) is a mass of energy vibrating at different frequencies (Jirsch 2009) and it responds to light rays in the visible spectrum at subliminal levels (Saunders 2003).

Careful examination of various abiotic components of the universe unveiled the great significance of altitude, light rays, and the human body (Hotema 1962). Cosmic rays are thought to be abundant at higher elevations when compared to the middle, warmer and the lower, hot elevations of the earth’s atmosphere (Hotema 1962). Particularly, a recent scientific investigation proved that the rate of mortality due to cancer and heart diseases was significantly lower in people living at higher elevations when compared to those living at middle, warmer or lower, hot elevations (Hart 2010; Hart 2014). The studies noticed that the lower mortality due to cancer and heart diseases at higher elevation was attributed to radiation hormesis; i.e., low doses of radiation enhance the repair mechanisms that protect against disease. The intensities of the seven principal colours of light rays are stronger at higher altitudes, and exposure of the human body to these rays maintains the equilibrium of the seven principal rays, i.e., the seven energy levels or the seven frequencies, that compose the human body.

Every organ in the human body works best at a certain energy level. This energy corresponds to the electromagnetic frequency of the colour, or in other words, the ‘vibration or frequency,’ that is associated with the given organ (Klotsche 1993) as the human body functions as a receiver of electromagnetic waves (Freshwater 1997). If the human body is given colour vibrations with the correct frequencies, the human’s sub-conscious mind directs such vibrations to the affected area for healing (Table 2) (Klotsche 1993). Always, one must remember that frequency precision is mandatory for realising the health benefits of colour vibrations (Klotsche 1993). Organisms derive energy from nutrients consumed, but the chemical energy of the nutrients cannot be used directly by the cell; hence, the nutrients need to be converted biochemically into cellular-compatible forms (Azeemi et al. 2008). An investigation of the range of energy required for the production of ATP from nutrients revealed the role of the visible region of the electromagnetic spectrum as colours could be used as catalysts in enzymatic reactions (Azeemi et al. 2008). This finding confirms the speculation that colours have significant effects on cellular metabolism.

Table 2: Colours and rate of vibration (Klotsche, 1993)

<table>
<thead>
<tr>
<th>Sl. No</th>
<th>Colours</th>
<th>Vibrations (trillion times/s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Red</td>
<td>436</td>
</tr>
</tbody>
</table>
According to the rainbow model, colours can be used to energise and align Chakras for realising deeper and sustainable levels of health and well being (Davidson-Rada and Davidson-Rada 1993). In this model, each colour represents a particular ‘wavelength’ of understanding about possible and practical approaches for maintaining health. An individual who is functioning with the consciousness of any specific colour is considered to have a particular ‘vibrational rate’ of evolution (Table 3).

Table 3: The rainbow model (Davidson-Rada and Davidson-Rada 1993)

<table>
<thead>
<tr>
<th>Sl. No</th>
<th>Colours</th>
<th>Approaches to Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Red</td>
<td>Life, Current health,</td>
</tr>
<tr>
<td>2</td>
<td>Orange</td>
<td>Courage, Life style and Risk factor orientation</td>
</tr>
<tr>
<td>3</td>
<td>Yellow</td>
<td>Habits of thinking, Understanding behaviours</td>
</tr>
<tr>
<td>4</td>
<td>Green</td>
<td>Healing values, Inner direction</td>
</tr>
<tr>
<td>5</td>
<td>Blue</td>
<td>Achievement of higher purpose</td>
</tr>
<tr>
<td>6</td>
<td>Indigo</td>
<td>Intuition, Attunement, Awareness</td>
</tr>
<tr>
<td>7</td>
<td>Violet</td>
<td>Universal consciousness</td>
</tr>
</tbody>
</table>

Because the body chemistry of a particular person was fixed at the time of taking his/her first breath, an in-born code of seven principal rays will be set at the moment of birth; hence, the requirement of each principal ray will vary as he/she progresses in life because as stated earlier, the compositions of the seven principal rays in the several million electrically-charged particles is mainly due to the rotations of the earth, the moon, the other planets and the sun. Hence, the health of a human organism will vary as a function of time and location, i.e., f (t, p), where t = time of birth and p = place of birth. The food habits (plant food as it is the condensed form of sunlight) of a person will certainly have a strong influence in maintaining the equilibrium of the seven principal rays in the human body, and as a result, adopted food habits will certainly influence the maintenance of human health as a person progresses through life. Food is composed of seven principal light rays, but the intensity of the seven principal light rays in each food item will vary from one food item to another. The selection of food for consumption is of great significance in maintaining the equilibrium of the seven principal light rays in human organisms because the colour of the food develops a certain mental and psychological readiness and initially, the human body absorbs the vibrations of each food visually (Cousens 2005). Another statement that has been made is that “…each food according to its outer colour, which is its reflecting surface, can be related to the specific colour and energy of a particular chakra. Different colour foods are specific for energising, balancing, and healing corresponding colour-related chakras. Each colour food energises, cleanses, builds, heals and rebalances the glands, organs, and nerve centres associated with its colour-related chakra…” (Cousens 2005). The colour of the food at the time of consumption has high significance. For instance, a well-studied health-promoting neurotransmitter, viz., GABA (gamma amino-butyric acid), was found in high
concentration in unripened tomato (green in colour), but the concentration was found to be very low in ripened fruit (red in colour) (Takayama and Ezura 2015). During the process of digestion, the entropy of the food that was taken in will increase due to the combustion reaction. In other words, the rates of vibration of the chemical elements that compose the food will increase. When the phase velocities of these vibrations reach or exceed the speed of light, pure electromagnetic energy is released inside the human body. Because the condensation of each principal light ray has been proven to produce specific types of elements and the compositions of the elements vary from one kind of food to another, each food possesses varying proportions of principal light rays. Hence, during digestion, the intensities of light rays released will vary depending upon the kind of food.

IMPACT
That humans are capable of achieving much higher levels of health when compared to other organisms on the earth has already been reported, but most of the efforts that were taken in the past were to achieve health and wellness by merely eradicating the diseases (Davidson-Rada and Davidson-Rada 1993). Mere eradication of diseases does not seem to be a permanent and acceptable solution to reach the maximum attainable level of health and wellness. In fact, permanent solutions or answers to attain complete health are not available in the mechanistic materialistic paradigm of the healthcare systems currently existing in the world. Hence, a reasonable conclusion is that these hypotheses of holistic human metaphysics, if proven, may gain momentum as a reliable alternative strategy to empower one’s own health.

In view of the above, the authors would like to state that these evidence-based hypotheses, if proven, will certainly form a basis for a shift in strategies and measures for effective healthcare systems from a conventional materialistic mechanistic paradigm to a more holistic approach. Medical practitioners who understand this relationship between colours and the health and well-being of their patients will be able to work more effectively than others as they will be able to help their patients to bring harmony to their physical, mental, emotional and spiritual levels by perceiving health as an ongoing transformation.

IMPLEMENTATION
The three hypotheses of HHM, as discussed above, form the foundation of holistic human metaphysics. An understanding of these hypotheses will help the public to devise strategies for the maintenance of complete health. Human organisms can never neglect the influence of the seven principal light rays on the functioning of the body-mind system. Any efforts to tune the day-to-day life of a person with a view toward living in harmony with nature will result in that person learning more about the various aspects of the seven principal light rays. Being receptive to the vibrations of these rays on a regular basis will benefit human organisms in a holistic manner. In view of these facts, the authors propose the predominant consumption of a specific coloured food (plant origin) on each day of the week as one of the strategies for maintaining the equilibrium of the seven principal light rays in the human body. For instance,

a) red-coloured foods on Sunday
b) orange-coloured foods on Monday
c) yellow-coloured foods on Tuesday
d) green-coloured foods on Wednesday
e) blue-coloured foods on Thursday
f) indigo-coloured foods on Friday
g) violet-coloured foods on Saturday.

Although specific coloured foods (preferably fresh, uncooked plant-based foods) are suggested, small quantities of other coloured foods can also be consumed on a specific day. Long-term consumption of coloured foods according to the strategy given above will certainly energise and balance the major energy centres in the human body, which, in turn, will help maintain the ‘energy connections’ between the physical body and the subtle energy bodies, such as the etheric, emotional and spiritual bodies, to realise complete health of the body-mind-spirit complex.

On the other hand, according to ancient vedic principles, the seven celestial bodies (Sun, Moon, Mercury, Venus, Mars, Jupiter and Saturn), excluding Earth, are considered to be seven rays of light; thus, harnessing the energy possessed by each of these celestial bodies by using any method (‘upaya’ in Sanskrit) increases the quantum of the corresponding ray received by an individual (Svoboda 1997). To increase the quantum of each ray received by a
person, ayurveda suggests another food habit that is slightly different from the above-mentioned strategy. In ayurveda, all edible forms of plant-based foods are categorised based on six tastes (i.e., sweet, salty, sour, astringent, pungent and bitter) (Frawley 2006). In ayurvedic principles, each of the seven celestial bodies is associated with one of these tastes (Frawley 2006). In addition, according to vedic principles, each day is governed predominantly by a particular celestial body (Svoboda 1997): for instance, Sunday (Sun), Monday (Moon), Tuesday (Mars), Wednesday (Mercury), Thursday (Jupiter), Friday (Venus) and Saturday (Saturn). By combining these concepts, ayurvedic systems of knowledge suggest that we include the following specific foods in our regular diet (Svoboda 1997): wheat on Sunday, rice on Monday, red lentils on Tuesday, green gram (mung bean) on Wednesday, bengal gram (chickpeas) on Thursday, white beans on Friday, and black sesame on Saturday.

To conclude, the authors would like to suggest that a balanced diet formulated by combining both the strategies, i.e., chromotherapy and vedic systems of knowledge will help individual to resonate better with the seven rays of light to experience higher states of consciousness.

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