

# COLOR FIELDS IN SYNTONICS

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Color fields are of great importance to the syntonics practitioner. This paper is an introduction to this concept and points in the direction of possible research. New ideas are presented as we contemplate the meaning and the true depth of information that can be obtained from measuring our patients' color sensitivity in the periphery. Taking color fields is an integral part of treatment allowing the doctor to derive more information than is available from using only a white target to measure form and blind spot. The color fields are the most sensitive part of the visual field, being the first to contract and the last to expand. Color fields also provide information for gauging both the physical and the emotional state of the individual. This article will discuss procedures used to measure color fields and analyze results as well as put forth new interpretations of how color fields may be used in the future.

Color fields are measured in the same way we measure the white form field. We bring the one-degree color target from the periphery toward the central spot of fixation and have the patient respond when the color saturation of the moving target equals the color that is placed at the fixation spot. Eight cardinal points are plotted and then connected. It is preferable to attach a target of the same color that you are measuring in the middle of the fixation area for comparison.

Fields are measured in order: green, red, and then finally, blue; green is normally the smallest and blue the largest. Green, the smallest field, is the most sensitive to acute conditions. It is often the first to contract. Constriction of the green field on a physical level often indicates a focal infection either in the choroidal or retinal vasculature. The choroidal vasculature is especially affected when there are infections in the teeth, tonsils and sinuses. Green constrictions also indicate poisoning either through exogenous (outside the individual), or endogenous (within the individual), creating a focus of infection in the retina. Empirical charting of the green field throughout the day will determine whether the toxemia is a result of the exogenous or the endogenous origin. The most accurate way to do this is to follow the charts derived by Dale Fast, O.D., within the Blue Book.<sup>1</sup> This determination process is outside the scope of this article. Reduced sensitivity to green could also indicate tissue edema, especially in the pulmonary or cardiac region. Green field constrictions can also be related to immune dysfunction and therefore involve difficulties with the thymus gland.

I wish to propose that color is a form of energetic information, which is communicated and recorded in our feelings and emotions. The ideation of these emotions can be seen in our psychological states. With green field constrictions a person may have difficulties with relationships, personal or family. A loss of sensitivity to green could also involve emotions such as bitterness, grief, and anger, self-centeredness, loneliness, and lack of forgiveness issues in that person's psychological make-up.<sup>2</sup>

The second color field that we are interested in measuring is red, representing our systemic integrity. Difficulties in the red field usually involve health problems that are more chronic in nature and indicate congestion, especially in the circulatory system. In addition, red field constrictions could indicate intestinal stasis, constipation or a diet high in lipids and fats. Constrictions in the red field also indicate systemic conditions such as high blood pressure, diabetes, and accompanying circulatory compromise. Red field loss may represent a discharge in vital energy associated with chronic fatigue. Emotional issues may be associated with separation from family and/or place and resulting depression or grief.<sup>3</sup>

From a psycho educational standpoint, the red field correlates very closely with the symbolic field. Symbolic field-testing measures a person's recognition of symbols such as circles, squares, triangles, and rectangles as they are brought in from the periphery. Loss of red in this context could indicate a magnocellular pathway defect and a



correlation with reading problems.<sup>4</sup> Reduced sensitivity to red field can also be related to adrenal dysfunction. The endocrine function of the adrenals supplies the energetic basis to such life issues as survival, grounding, and how one fit into the surroundings. Because this relates to security issues, it may also reflect one's relationship to material attachments, to abuse and indulgences of appetites, and excessive behaviors.<sup>2</sup> Often the red field is interlaced with the green fields, indicative of a toxic condition either from the psychological or physiological balance standpoint.

The blue field is the third to be plotted and it is typically the largest of the three fields. Traditionally the blue field is used to represent the energetic integrity of the heart and the adrenal system. Blue constrictions can indicate a build-up of catarrh, thyroid and parathyroid toxemia, migraine headaches and sometimes sinus infections. On an emotional level, blue fields often represent creative expression as well as integrity issues, fears, shyness, and clarity of thought. The blue field can also represent love-hate relationships, resentments, grief and anger issues, self-centering, and self-knowledge. Blue is often associated with one's strength of decision-making and strength of words. This can include the ability to express oneself and to exercise judgment and critical thought.

Blue fields have also been associated with the pineal gland and therefore can relate to higher expressions of spiritual matters and conscience and self-knowledge. Issues in this area may involve an inability to learn, vague or unclear thinking, narrow-mindedness, high level of rationalization or having no conscience. This individual may be illogical, unreasonable, or just lack self-awareness. Loss of the blue field represents psychological stress probably more accurately than the other two fields. It is often associated with internalization of tension and therefore often associated with headache problems, especially migraines. On a physical level, blue constrictions involve the energy in the individual as a whole and therefore may indicate heart problems and adrenal exhaustion.

The basic prescription for red or green field constrictions is mu delta or yellow-green. This acts to facilitate a detoxification process. If the green field alone is constricted, it is typically not a detoxification issue, but a focal type infection and mu epsilon or blue-green is the starting filter combination. Then  $\mu\epsilon$  is often the first filter thought of because it is usually associated with a focal type infection. However, if it is deemed that the infection is exogenous, then the source of the toxemia must be removed and again mu delta would be the filter of choice for detoxification.

Constrictions of the blue field usually indicate the need for emotional support and often indicate use of alpha omega or alpha epsilon. These filters for physiological balancing are often combined with  $\mu\delta$  as well. Blue field losses also can be indicative of severe stress or headaches. If so, begin with epsilon omega or indigo to palliate the pain. mu epsilon may be added after several treatments when the pain diminishes.

The time of day the field is taken should always be noted. This is very important in toxic conditions and helps to determine whether the source of the toxic condition is internal or self-intoxicating.

Since the use of three colors to chart the field gives us information that we don't get from white form fields, it seems sensible that we might plot all the colors and not just red, green and blue. By using the seven basic colors, we might gauge with more specificity which color the individual is lacking the ability to assimilate from the visual field. We might also plot symbols and see which symbols may be representative of certain types of psycho educational or psychophysical problems. It opens up a whole new arena of field-testing.

Color field-testing in general gives us information we really cannot obtain any other way. That is why it is so essential to the practice of syntonics. Testing the color fields is valuable for diagnosis and monitoring our treatment as well as offering insight into the possible psychophysical and psycho emotional balance of the individual. The opening of the color field might be synonymous with the expansion of the psychophysical being of our patients and we know that our therapy is not complete until the color fields are brought up to normal.

#### References

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3. Ibid.
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