



# WAGING WAR ON BLACK

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For a long time, I have noticed, that people who wear black, seem to be difficult to approach, as they are shielding themselves by wearing black clothes. Some people wear black all the time.

Case: A 19-year-old woman came to be treated by me as an Osteopath; to be treated for a simple back problem and in my opinion, it would have taken just a few treatments to correct her spine. After 2 treatments, nothing happened and I was surprised at the negative result. I thought about it and realised that she was wearing black clothes, including her underwear, bra, shoes and handbag.

I asked her if she had any coloured clothes in her wardrobe and she said: "NO, everything in my wardrobe is black". I asked her if she would buy some colourful clothes and wear them for a week and come back for another treatment. She did and surprise, surprise, I got the result I was looking for.

This is an amazing revelation, something that surprised me, but somehow, I was led to believe, that this change was needed to get a result.

I often got/get messages from 'above' to lead me to a positive answer. This was another one of those.

Now, having this firm belief that Black is mostly negative, I want to share this with you, so maybe you can change your wardrobe as well. Over the last few decades or so, black is worn all the time in business and it affects me a lot.

Once upon a time, black would only be worn at funerals or other very sombre occasions. Most people don't think about it and live with it regardless, but I am a thinker and a researcher and I want to know WHY THINGS ARE SO?

I firmly believe in the Higher Power, God, who put me on this Earth to achieve certain goals and to use my brain to work things out and educate people. He has shown me the "Light" and I live by that.

Here is my thought on BLACK in anything.

DECLARING WAR ON "BLACK".

The bible says BLACK stands for **suffering and death**. There are 29 references to black in the bible.

Spiritually, black **evokes images of death, misfortune and evil spirits**. With that said, this ominous hue **provokes deep-seated sadness and distress**. Since it holds such negative connotations, black isn't preferred by many. In fact, most people avoid this sinister shade for fear that its presence will **rob them of happiness**. Though black doesn't intend to intimidate, its dark essence **doesn't inspire much positivity** and perhaps this is why many find black to be **standoffish**. The colour black chooses to go through things in a vacuum. This withdrawn approach to life **wreaks havoc on the psyche**. Be sensitive around those who often wear black. They may be experiencing **emotional pain**.

Fortunately, some good comes from black's intimidating disposition. Some people cling to black, because it makes them feel secure and protected. No one would dare approach the person who isn't afraid to associate with black. Black doesn't appreciate being used in this way, but it is happy to be of some help. When surrounded by toxic energy, use black as your shield.

Black is the ultimate darkest colour. It is the result of the complete absorption of light and contains no shades in its purest form.

How the colour black affects you.

You feel hidden and un-noticed in a crowd.

Provides a restful feeling of emptiness.

Black opens the door to mystery and prepares you for the unknown.

Then there is WHITE, the LIGHT, that encompasses every colour you can imagine. White is a combination of all the colours of the rainbow. It represents: happiness, love, peace, friendliness, care, thoughtfulness, beauty and all other positive moods you can imagine. Surround yourself with colour of any kind and your life will change.



Which one would you choose? **The image of colour or the image of black?**

We are inclined to follow "the leader" and do not give any thought



to what the intensions are, but we should follow OUR OWN thoughts a lot more and do what we feel ourselves. So many ideas are brought in by the “RULERS” of today’s world, and it is done so subtly. *A lot of ideas are of a sinister kind, often not known what for.*

Advertising via the TV is EVER-SO-POWERFUL and eventually we believe what they say and follow, BUT BE CAREFUL. I have covered some of these thoughts in my paper named CONSUMERISM, a paper dealing with the way big business is forcing people to buy goods they do not need at this time and get you into debt for nothing.

Having dealt with this phenomenon for years now and having seen and experienced the negative effects, I hope I can sway you to re-consider the wearing of black in your life.



When I started to treat people in the 1950’s, all of the doctors, nurses and physios in the hospital, would wear white gowns, a sign of cleanliness and positivity. Today I see a lot of masseurs, osteopaths, chiropractors and other healers and also carers, wear black in their clinics, which is surely not the preferred colour AT ALL.

To all professionals, especially healers and carers: Please give this some deep thought and you will find that the results of your treatments and cares, will be much more positive indeed. Not just the treatments, but also **the relationship between the patient/customer and yourself, will be more at ease and free.** The patient will feel happier to relate to you, when you are wearing beautiful clothes. Wear BLACK and they are inclined to find communication ‘*a little*’ (maybe ‘*a lot*’) more difficult.

If you cannot go all the way wearing colours, break the black image with a colourful scarf, a waistband, or anything else, to soften the effects of black.

Before I end this message, I had a funny thought, although true.



Would you give a person a **bunch of black flowers? \***, to cheer them up?



I have given many flowers to those, who needed a pick-up over the years, but I always made sure, **that they were very colourful.**

*\*Thank goodness, they still haven't found a way to grow black flowers. They have tried for many years. Very dark flowers and leaves in the garden, can really create a beautiful contrast to colour. Some of the ones that look black are actually very dark red, blue or purple.*

*For my French lessons in high school, I had to read a book called "La Tulipe Noire", The black tulip. It was all about cultivating a black tulip.*