

February 4, 2019

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Woman's World

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“Color healed my made my world



“It’s like my brain was rewired through light and color—now I’m truly living again!” Mary Jo says after doing color homeopathy for grief and depression

After Mary Jo Zimmer lost her husband to pancreatic cancer in May of 2017, she spiraled into a paralyzing depression. Just when she’d given up hope of ever feeling joy again, a book—that she never ordered—showed up at her home and within its pages, she found the key to a vibrant, happy life



Mary Jo still wears colored lenses a few minutes each day to keep her mind and body healthy

Brilliant morning sunshine filtered into her bedroom, promising a beautiful day, but Mary Jo Zimmer just pulled the covers over her head. Ever since she’d lost her husband, Chris, to pancreatic cancer in May of 2017, Mary Jo had slipped into a dark place. They’d been together for 23 years, and Chris had been the love of her life...he had been her everything.

As she lay there, overwhelmed by sadness, suddenly, her two dogs scampered into the room and gently nuzzled her. *Come on, we need to go out for a walk*, they seemed to say.

“Okay, okay,” Mary Jo sighed, pulled herself up out of bed and began dragging herself through the day in a fog.

Along with working as a communications consultant near her home outside of Indianapolis, Mary Jo was also a therapist, dedicated to helping others work through difficult times. Yet her own grief consumed her, leaving her exhausted physically, emotionally and spiritually. Without provocation, she’d often burst into tears and her grown stepchildren and friends were deeply worried about her. No one knew how to help her. *I can’t even help myself*, Mary Jo despaired.

A vibrant solution

Mary Jo began to fear that she’d never feel joyful again. Then one day, the book

Quick color cure

All life experiences are forms of vibrational energy, says Jacob Liberman, Ph.D., author of *Luminous Life*. We can become “allergic” to a color that has a vibration similar to an illness or trauma. To ID an allergy: Take deep breaths while gazing at each hue. If you have trouble or feel uncomfortable, you have a sensitivity to that color. To heal: Take one deep breath while visualizing the problem color, working up to as many breaths as you can.



Known as a color of power, red represents survival, money and stability, Dr. Liberman says. Those sensitive to red often have issues affecting their legs, hips and lower back.



Orange is linked to sexuality, relationships and pleasure. Aversion to this color can point to troubles with the lower back, GI or urinary tracts and reproductive organs.



Representing intellect, will-power and self-esteem, an inability to “breathe in” yellow can indicate issues with the stomach, liver, gall bladder, pancreas and middle back.

broken heart and beautiful again!”



Luminous Life by Jacob Liberman, O.D., Ph.D., was randomly delivered to her house. *I didn't order this... where did it come from?* she wondered. But as she thumbed through the pages, Mary Jo became intrigued. The book discussed the concept of color homeopathy, which purports that by exposing yourself to specific hues, you can change your emotions, energy and well-being.

Maybe this can help me out of this darkness, she thought, her heart filling with hope for the first time in months.

“Color homeopathy gets to the heart of the matter in ways words can't touch”

—Jacob Liberman, O.D., Ph.D.

A beautiful new life

Excited, Mary Jo contacted Dr. Liberman, and after purchasing his color homeopathy kit, which includes 13 pairs of eyeglasses with different colored lenses, she began working with him through FaceTime. “All life experiences—both emotional and physical—are a blend of different vibrations,” Dr. Liberman explained to Mary Jo. “Colors are the visual representations of these vibrations and the colors we feel uncomfortable with often trigger

allergic-like reactions because they are related to unresolved traumas. But by identifying and desensitizing ourselves to those problematic colors, we become comfortable with them again, which helps heal that negative energy and emotion.”

After doing a color analysis, Mary Jo expressed discomfort or felt “allergic” to the colors red and yellow. Dr. Liberman suggested she slowly desensitize herself to these hues by combining them with two shades she liked. He advised Mary Jo to pair the yellow with green (a color she enjoys and that resonates with love and joy), and layer the red with violet (representing selflessness and higher consciousness). She wore the yellow-green lenses, then the red-violet ones, for five to 10 minutes per pair, up to six times a day.

Within a matter of days, the effects had begun to kick in. “I feel more emotionally grounded and more whole—it's as though more of me is present,” Mary Jo enthused to Dr. Liberman.

And her incredible improvements soon became apparent to other people too. After just a month, her son-in-law noticed

a change in her energy and asked, “When did you decide you're ready to live again?”

Mary Jo hadn't consciously made that decision, but his remark helped her recognize that she *was* beginning to see beauty in the world again. Over time, she felt more alive and was inspired to participate in activities like knitting and traveling. She also signed up to substitute teach and began holding retreats for introspective writing.

Today Mary Jo, now 60, wakes up eager to live each day. She continues to do color homeopathy daily because it makes her feel good—mentally, emotionally and physically. “It's like my brain was rewired through the light and colors,” smiles Mary Jo, who still doesn't know who sent Dr. Liberman's book. “I'm truly living again; I'm no longer just existing. I'll always miss my husband, but color homeopathy helped me find my way back to joy.” —Stacey Colino

Share your own inspiring story with us, and we'll pay you \$250 if we publish it! Read or heard someone else's story you think belongs in *Woman's World*? Send it to us! If you're the first to share it and we publish it, we'll pay you \$100! Email the story with your name and phone number to: WWFeatures@WomansWorldMag.com. Or mail to: Scoop, *Woman's World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632.

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GREEN

Green is linked to love, joy, balance and healing, and an aversion to it can point to issues with the heart, breasts, upper back, respiratory/circulatory systems and esophagus.



BLUE

Blue is associated with communication and sharing of truth. Dr. Liberman says a blue allergy often corresponds with symptoms affecting the neck, throat, jaw, mouth and teeth.



INDIGO

Linked to seeing the world (inner and outer), spiritual perception and wisdom, a dislike of indigo can be related to issues affecting the eyes, ears, nose and brain.



VIOLET

Violet represents selflessness, a connection to the world and higher consciousness. An allergy to violet is linked to issues with the skin, nerves, muscles and bones.