

Microcurrent & Color Light Mu-Shu Technique and Mind-Body Acupuncture

by Darren Starwynn, O.M.D., Lic. Ac..

I continue to be amazed by the effectiveness of a simple technique called Microcurrent and Color Light Mu-Shu. This is the practice of applying polarized microcurrent stimulation with simultaneous color light to Front-Mu (Alarm) and Back-Shu (Associated) points of Organs, so that the currents flow through the Organ and its associated autonomic control nerves. For detailed instructions on administering this technique, please see my article in the February, 2006 issue of *Acupuncture Today*.¹

As the positive experiences of my colleagues, students and myself have piled up as a result of using microcurrent and color light Mu-Shu technique, I am convinced that this method has very valuable and far-reaching applications in the treatment of most internal medical diseases as well as psycho-emotional imbalances. According to cutting edge neuro-physiological research, all functions of body and mind are regulated by minute bio-chemicals called neuro-peptides which embody the innate intelligence of life within our bodies.² These are the physical basis for the mind-body inter-relatedness described by Chinese Medicine since ancient times. Acupuncture and acupuncture-like techniques apparently have immediate and profound effects on the neuro-peptide network of the body. The application of resonant colors of light seems to be particularly powerful for this purpose, and in my experience greatly exceeds the effects of needle acupuncture alone for Organ regulation.

In applying microcurrent for this technique, we use + polarity on the Front-Mu and - on the Back-Shu points simultaneously, thereby creating a subtle electrical circuit through the body.³ Colors of light are selected according to Organ resonance and the specific condition, and can be accurately confirmed by kinesiography. Mu-Shu point combinations are treated bilaterally, or in the case of midline Mu points, the positive probe is held on that one point while the 2 Back-Shu points are treated in turn. Total treatment time is about 2 - 3 minutes for testing, treatment and confirmation re-test.

One level of the effectiveness of microcurrent and color light Mu-Shu is to balance Organ functions through autonomic nervous system regulation. The autonomic nervous system (ANS) is composed of two branches – the sympathetic and parasympathetic. Sympathetic innervation generally stimulates the Organ into greater physiologic activity, while parasympathetic innervation generally relaxes the Organ into a more quiescent state. My research shows that the warm “Yang” colors of light usually increase sympathetic tone, while the cooler “Yin” colors of light facilitate parasympathetic effects.

To recap from the last article on this subject, here are the balancing sets of complementary colors⁴:

¹ See <http://www.acupuncturetoday.com/archives2006/feb/02starwynn.html>

² For more information on neuropeptides, see books *Molecules of Emotion* by Candace Pert, PhD or *Quantum Healing* by Deepak Chopra, M.D.. More technical information can be found in journals of PNI (Psycho-Neuro-Immunology).

³ It is not recommended to pass microcurrent through the Mu-Shu points of the Heart or Pericardium to avoid interfering with the heart's internal pacemaker. For treatment of these Organs we use light only.

⁴ Most of the above complementary sets listed in this table will produce white light when mixed together (with the exceptions of Lemon-Turquoise and Scarlet-Purple). In optics, there are 3 primary colors (blue, yellow, red) that make up white light. When any two of those are mixed together they will be complementary with the remaining primary. For example, blue + yellow = green, which is complementary to red.

Yang Colors	Yin Colors
Red	Blue (green)
Yellow	Violet
Orange	Indigo (blue)
Lemon	Turquoise
Scarlet	Purple

Balanced Colors:

Magenta	Green
---------	-------

The following chart shows which complementary color sets of light are resonant with each Organ:

Organ	Primary Colors		Secondary Colors	
	Yang	Yin	Yang	Yin
Lungs	Red	Green	Orange	Indigo
Pericardium	Scarlet or Magenta	Violet	Orange	Blue
Heart	Scarlet or Magenta	Purple	Orange	Blue
Gall Bladder	Yellow	Violet	Red	Green
Liver	Yellow	Violet	Red	Green
Stomach	Yellow	Violet	Orange	Blue
Spleen/Pancreas	Yellow	Violet	Orange	Blue
Triple Warmer	Yellow	Violet	Red	Green
Small Intestine	Magenta	Green	Yellow	Violet
Large Intestine	Orange	Blue	Yellow	Violet
Kidneys	Red	Green	Scarlet or Magenta	Purple
Urinary Bladder	Red	Green	Scarlet or Magenta	Purple

The “Primary Colors” and “Secondary Colors” specified for each Organ come from two different traditions of color healing. I teach my students to use kinesiology to select which of the sets for each Organ is most effective through therapy localization.⁵

Here is a remarkable case history from a recent seminar I taught that indicates the power of color light applied through the Mu-Shu points. A female student in her 40's had been distressed by an unusual complaint: She had a history of cervical cancer, now in remission. She had subsequently been treated with an electro-therapy device through her head about 18 months prior to meeting me, and had a bad reaction. Ever since that treatment, she had suffered with symptoms of emphysema and mucus congestion in her throat area. She had tried many types of treatment to alleviate these symptoms without any success, including many acupuncture sessions.

I evaluated her and determined that her Spleen Qi had been damaged, and her Liver was now

⁵ This is a challenge test in which the patient touches the test point of the dysfunctional Organ, and then colors are introduced into the region until one is found that strengthens the indicator muscle. These colors tend to have very effective therapeutic effects.

chronically irritated. While such a prolonged reaction to any form of energy stimulation is very unusual, I concluded that it was likely that the offending treatment had imbalanced the autonomic steering of her nervous system. I administered Mu-Shu to her Spleen (using Liv 13 and UB 20 bilaterally) and Liver (using Japanese Liv 14 and bilateral UB 18). In conjunction with polarized microcurrent, I selected Orange light for the Spleen Mu-Shu and Indigo light for the Liver.⁶ Treatment lasted about 2 minutes, one minute treatment per Organ. After treatment, I used kinesiology to verify that the Organ test points were balanced, which they were.

The student reported about 75% reduction in the annoying symptoms in her throat and lungs within 2 hours of the treatment. By the next morning, she reported 90% relief. These results were far in excess of any benefit from any of the other treatments she had tried for 18 months.

Here are some other patient conditions that have been greatly benefitted by microcurrent and color light Mu-Shu treatment: food and environmental allergies (Liv & Sp), severe itching as a sequela to chemotherapy for leukemia (Liv), insomnia related to depression (St and Kid), chronic hip osteoarthritis (GB), addictions (solar plexus PNE center⁷), migraines (Liv and Sp), asthma attacks (Lu and Kid) and many other challenging conditions.

How can we explain these profound results? Here are some hypotheses:

- 1) Root treatment - by addressing the Root of the patient's symptoms rather than only using points to clear symptoms, they received the appropriate level of treatment.
- 2) Resonance - Applying the needed complementary colors of light through well-chosen acupuncture points created a positive resonance with the damaged Organs, feeding them the information needed to "reboot" their optimal functioning.
- 3) Microcurrent and color light combination - Microcurrent opens the conductive pathways and tonifies and electrically balances the Organs. It is highly synergistic with color light therapy. Color light is literally "food" for cells and Organs.

I encourage any colleagues using this technique, or wishing to, to communicate with me so I can continue to collect more case histories. I will be happy to provide guidance to anyone wishing to participate in this form of informal research.

Darren Starwynn, O.M.D. dstarwynn@neta.com

⁶ Orange and Indigo are complementary colors, and so can produce profound balancing

⁷ PNE = Psycho-Neuro-Endocrine reflex centers, a more medical term I coined for *chakra* centers. A variation of the technique described in this article is highly applicable to treatment of these mind-body centers for a host of mental, emotional and spiritual imbalances. For further information, see my article about PNE Balancing in the Acupuncture Today archives under my name.