RESOLUTIONS

Multitonal Contrast Photography

Tutorial for MCP version 1.9.2

The manufacturers & distributors of Multitonal Contrast Photography (MCP) software take no responsibility for, nor make any claims in connection with MCP This program is a research tool and whilst interesting anomalies have been seen they have not been validated by clinical trials.

MCP is not intended for the purpose of diagnosing physical problems and does not take the place of medical diagnosis. Anyone with a health problem is strongly advised to see a medically qualified practitioner.

The manufacturers of MCP software make no claims as to its suitability for any particular purpose. It is a flexible system that is designed to work with many external devices, but no guarantee is given for reliability or compatibility with any particular computer or device.

How to use this document:

This html help file can be browsed using Internet explorer or any other web browser. All subjects listed in the contents have ‘hyperlinks’ to their relevant chapters. You can also use the ‘Back’ button to jump back to the subject you last looked at.

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MCP Tutorial v 1.9.2

Getting Started

System:

System requirements:

NOTE: MCP will run on the minimum system requirements (see below), but it is strongly recommended that you use a computer with as high a specification as possible. We also suggest that it would be advantageous to run the system on a dedicated computer. Obviously, this is not always possible, but, failing this, try to keep the number of other programs installed to a minimum.

Minimum System Requirements

Hardware:
CPU: 500 MHz
Memory: 128Mb
Video: 24bit 32mb graphics card
CD drive

Software:
System: W98.
DirectX9
Video settings: 800 x 600 24bit colours

Recommended System Requirements

Hardware:
CPU: 1800 MHz or higher
Memory: 512Mb
Video: 128Mb graphics card
DVDW or CDRW drive
Hard drive: 120Gb 7200rpm Ultra ATA/133
USB 2 interface

Software:
System: WXP or W2000
DirectX9
Video settings: 1024 x 768 32bit colours

Pre installation:

MCP software is protected with a 'dongle' that is programmed to work only with your software.

MCP will only operate with your dongle attached to your computer (USB or Parallel port).

Please do NOT attach this dongle before running the installation CD as all the necessary dongle drivers are installed together with MCP.

Installing MCP:

Insert the MCP installation CD into your CD drive and wait for the auto run setup to start.

If this fails to start, open the CD (My Computer\your CD drive letter\MCP) and double click ‘setup’.

If your system does not have DirectX9 installed you will need to install this first. We recommend that you install this anyway, as it will search your system and update it as necessary.

After a ‘Full’ install of DirectX9 your system will automatically reboot. You will then need to reinsert the MCP installation CD to install MCP.

Install MCP, following the on-screen directions. If in doubt as to what you need, just follow the ‘Full install’ in the setup program. MCP will automatically be installed into your 'Resolutions' folder.
A shortcut to your MCP Image folder will automatically be created onto your desktop. This is to give you easy access to your images. You can then change the size or format from within other graphics programs if you wish. You could even e-mail them to your clients or share them with you friends.

If you do not have Acrobat reader installed (needed for the PDF manual) you can install this from the CD. This is not essential as the manual is included as a html document as well as a PDF (Acrobat).

You may also wish to install Primo PDF, which is a PDF creator. This will install as an invisible printer which will print (create) a PDF document of the opened file.
You can install Primo PDF from the Setup menu, following the on screen directions.

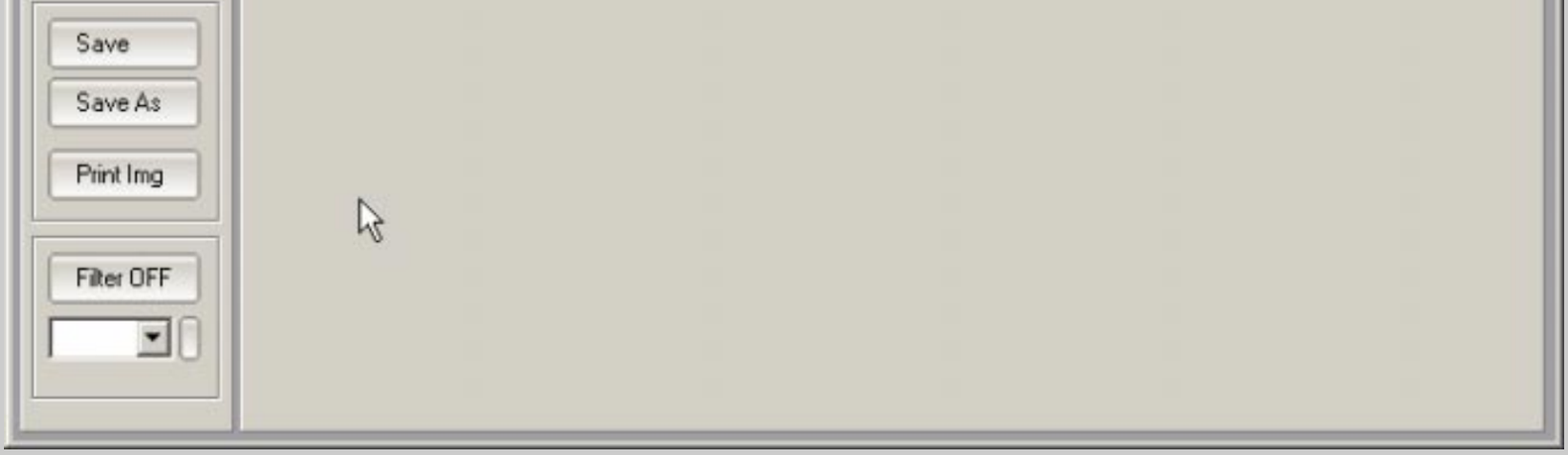
Camera types:

MCP is not dependant on camera types as it functions solely by image processing. It will filter almost any bitmap or Jpeg image. It does, however, find very large files (more than 3000 x 3000 pixels) more difficult to process.

Using MCP:

Start up:

When starting MCP you will see the Main window.

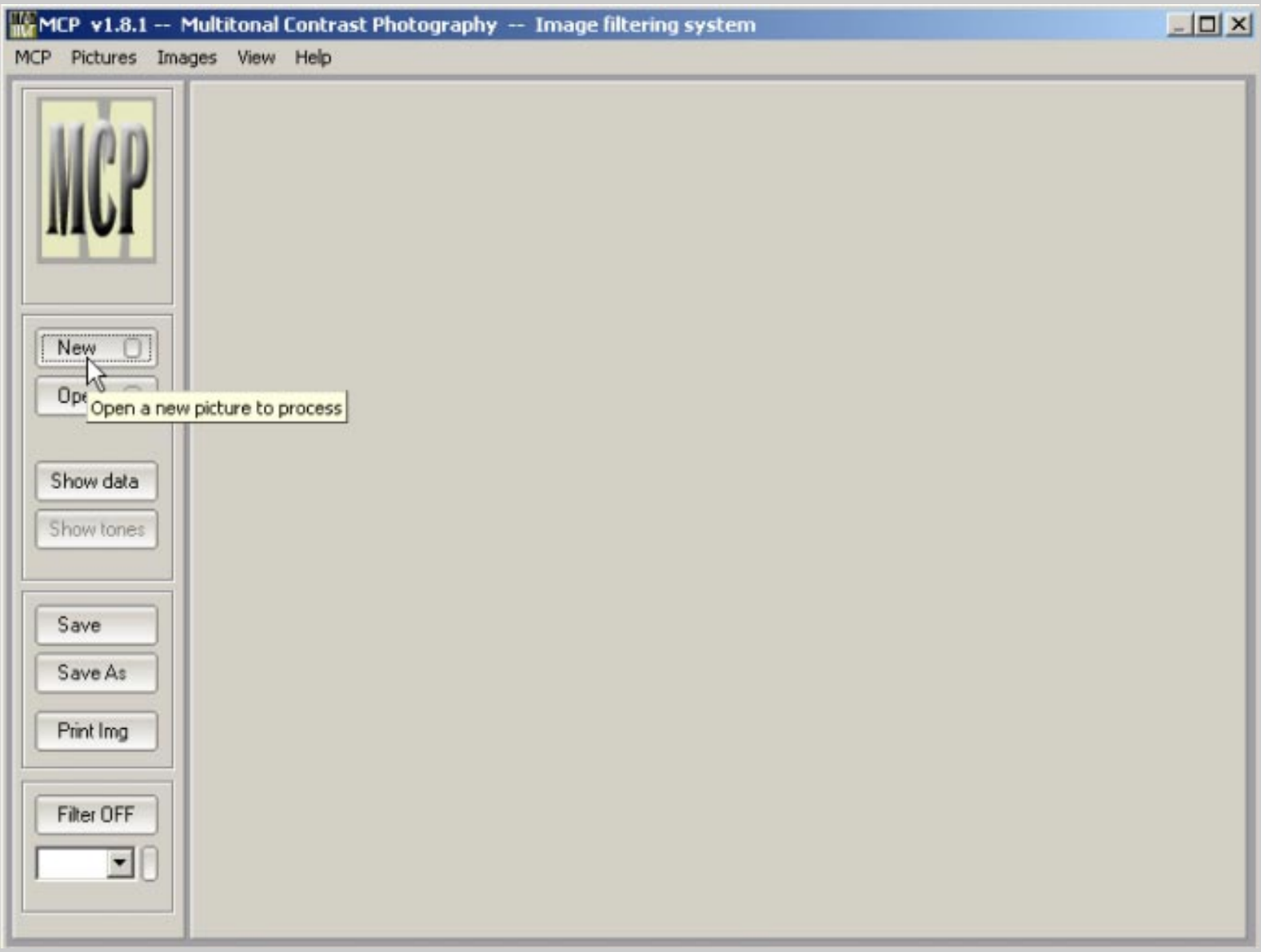


The main controls are all on the left hand side with the main image window in the centre.

Let's look at the main controls and see what they do:

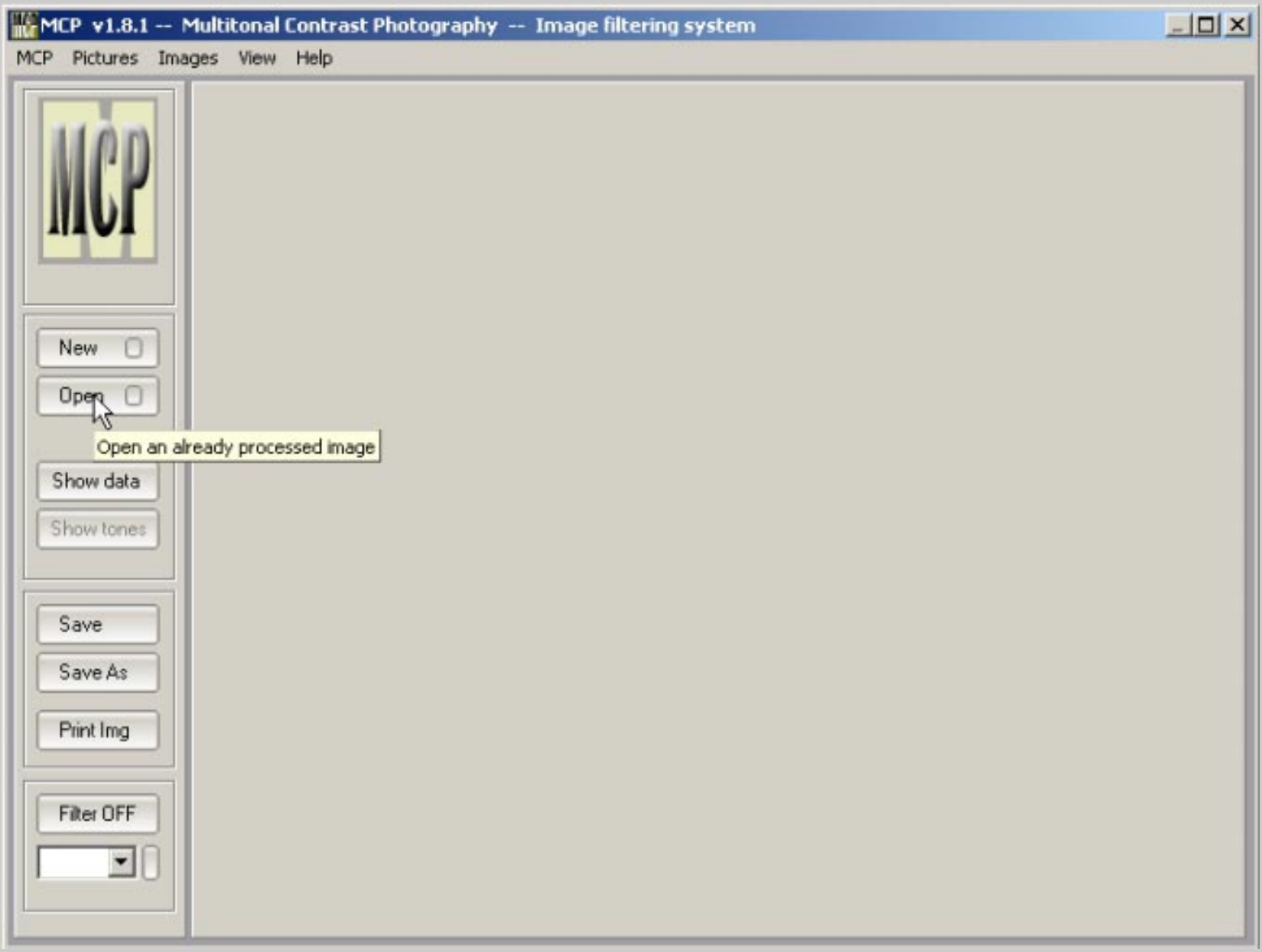
Opening a new Image:

By clicking the 'New' button you will open the Windows (system) picture dialogue box. You can browse anywhere on your computer to open any JPEG or BMP image you wish.



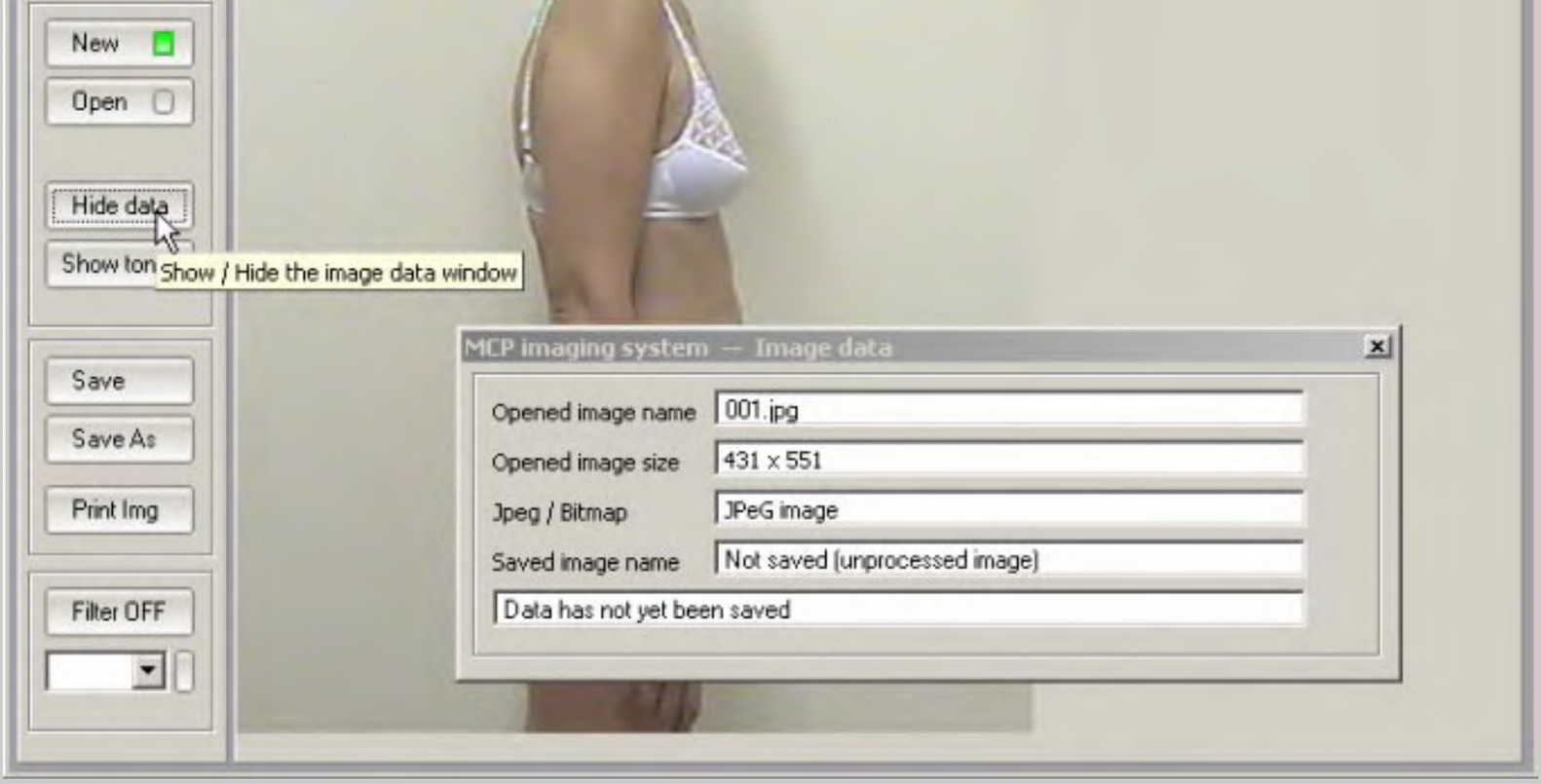
Opening an already processed image:

Clicking 'Open' will always browse for an existing image within the MCP program. These are the images you have already opened, filtered and saved.
See: 'Saving an image'.



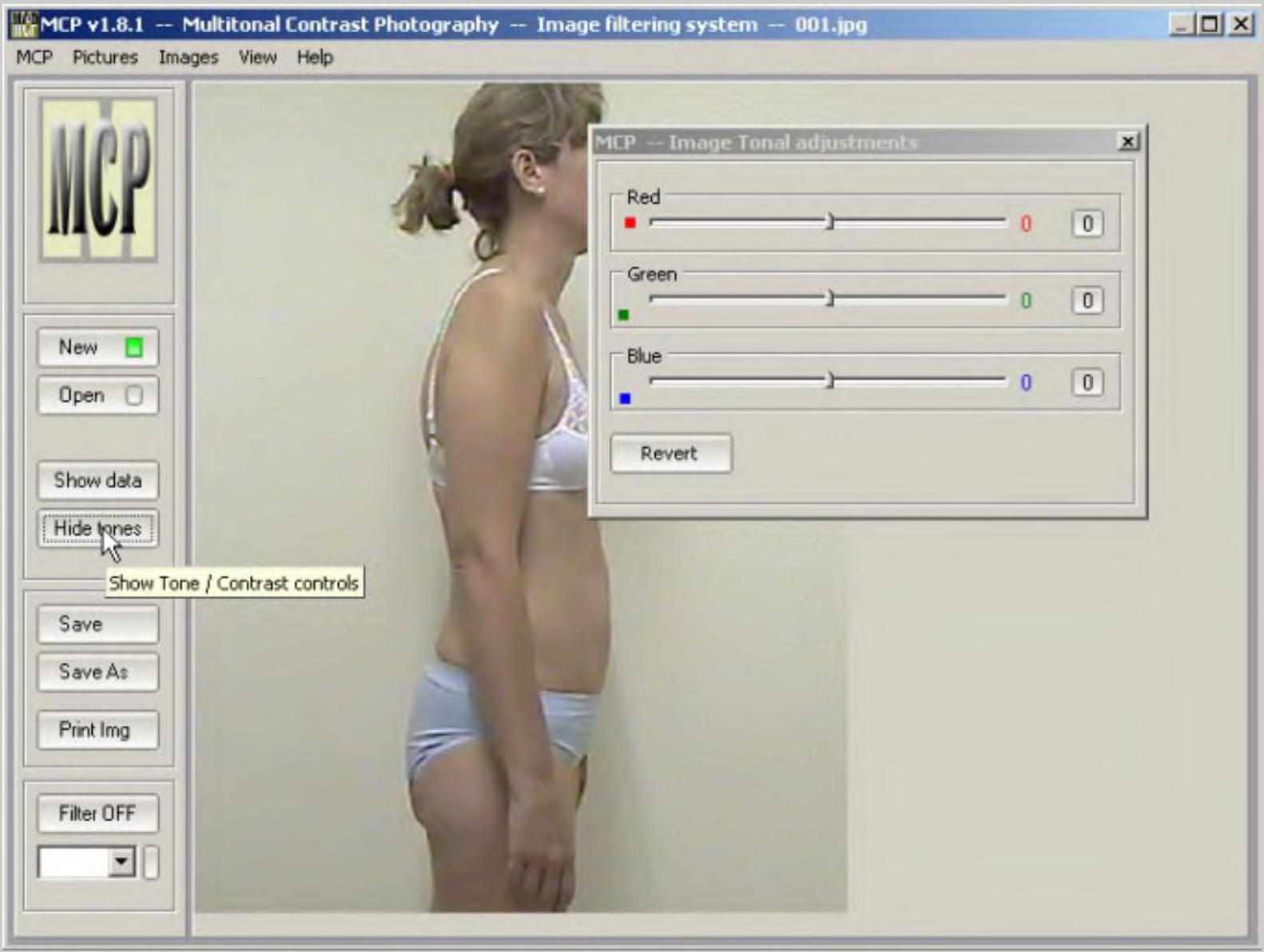
The Image data window:

The 'Show / Hide image data window' allows you to see information relevant to the opened picture.
It shows the name, the size in pixels and whether it has been processed (saved as a filtered image).



The 'Tone control' window:

This window allows changes to be made to the three colour channels (red, blue and green).

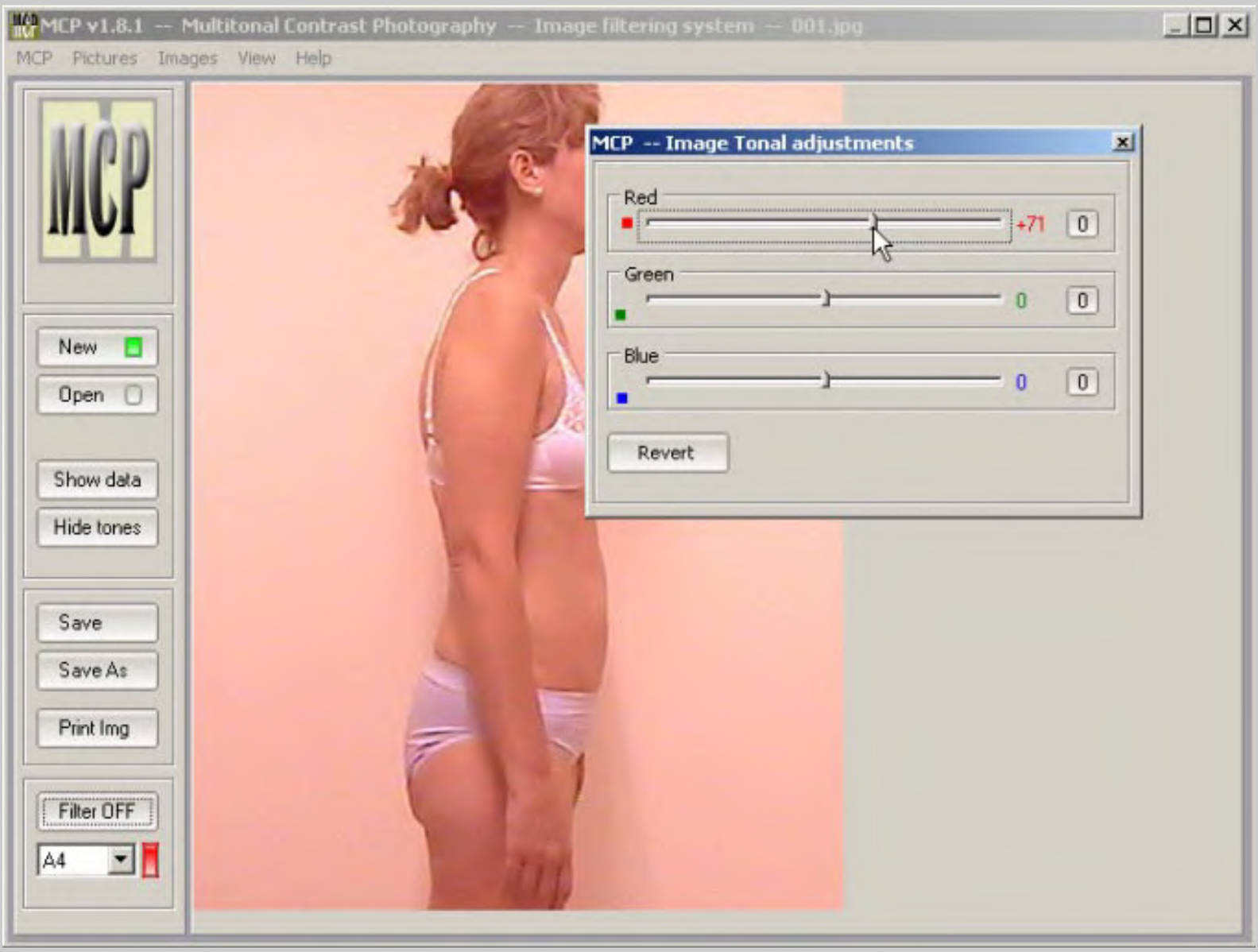


How to:

Changing the colour depth / brightness:

You can adjust the tonal values and the brightness of any opened image in MCP as follows:

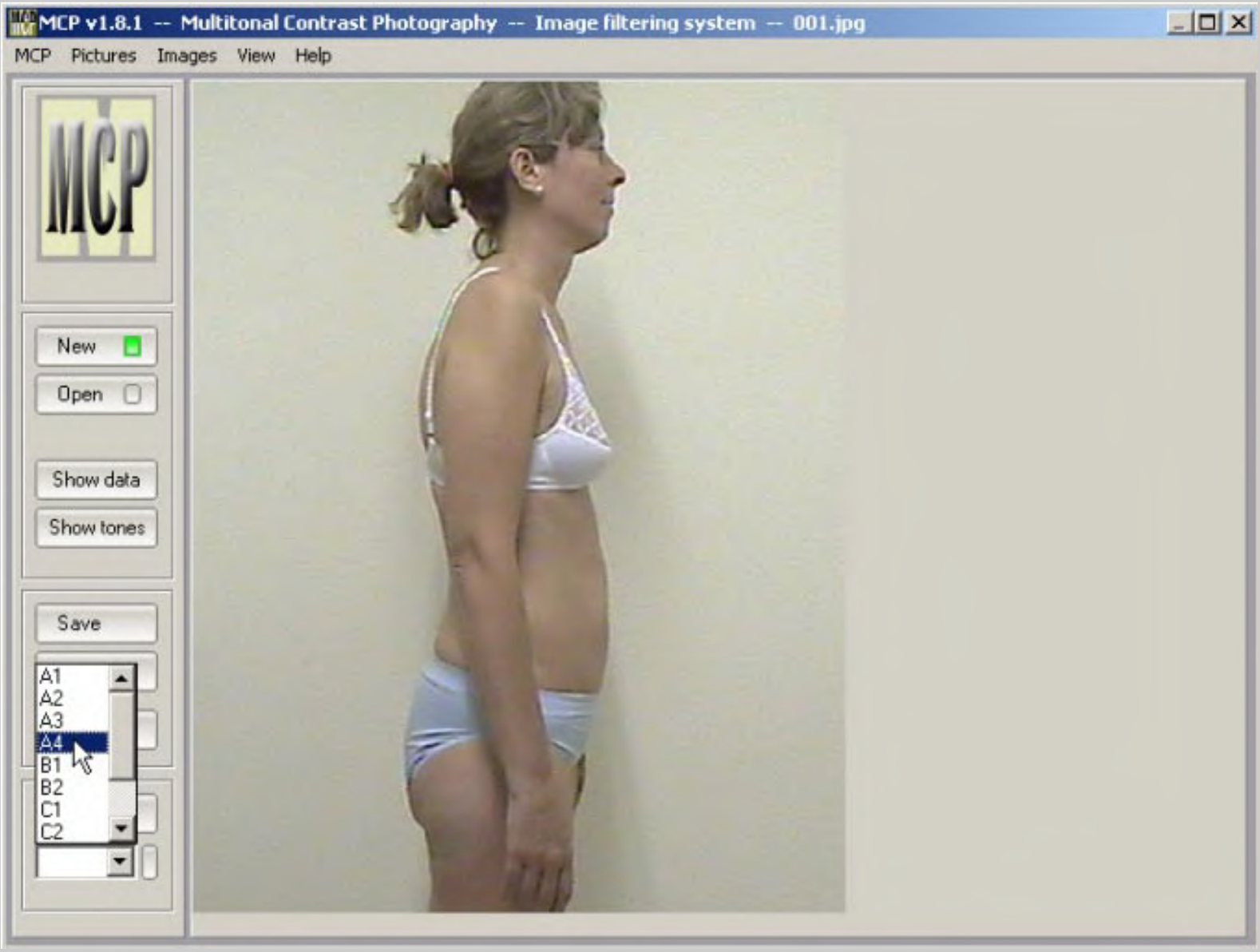
Click and drag the slider (image tonal adjustments window) for each channel as required to change the red, green or blue colour depth of the image.
To change the brightness of the image move all three sliders to the same position.
To cancel your changes just click the 'Revert' button.

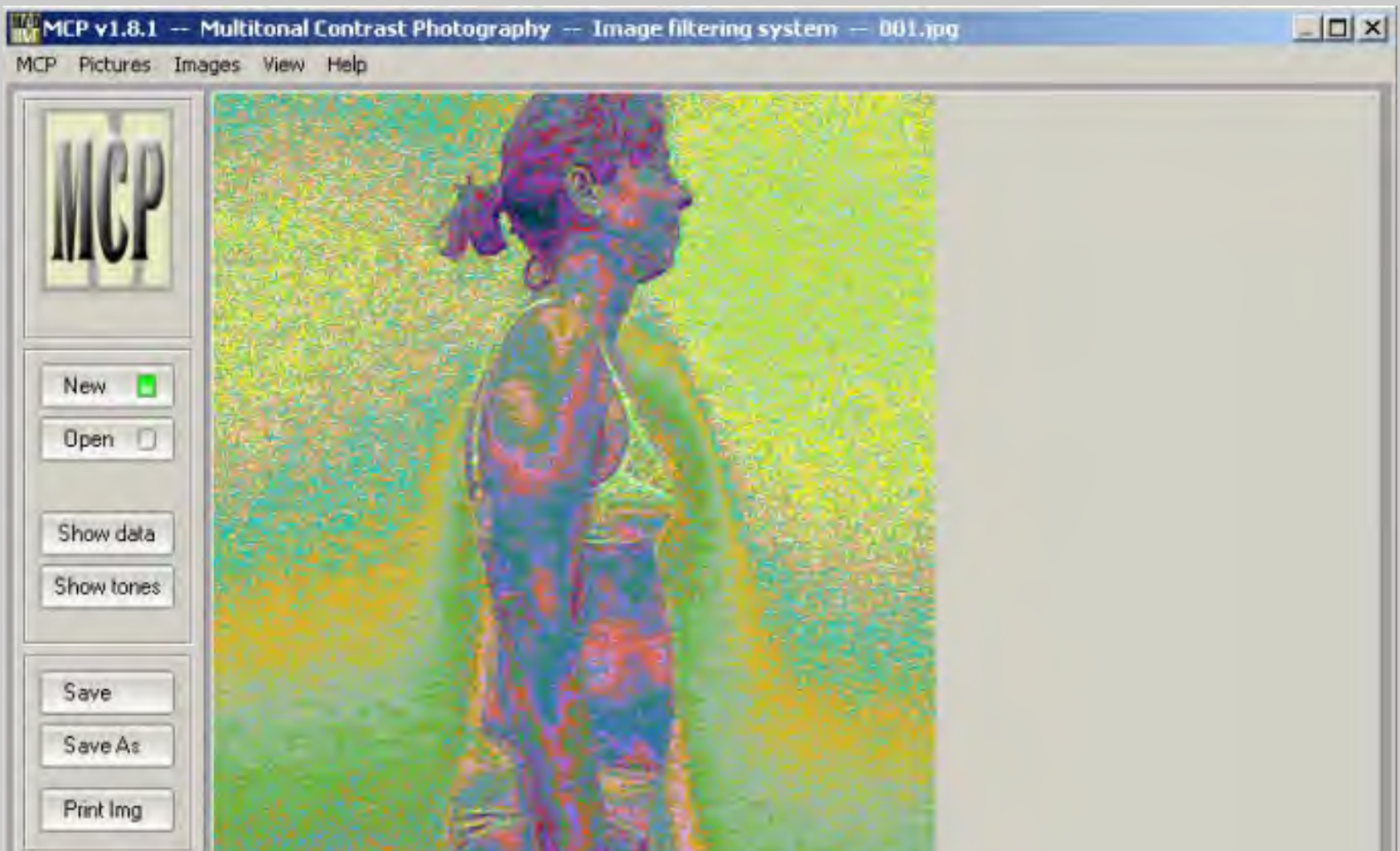


Applying a filter:

With a new image open click on the select filter box (bottom left control). All the available filters will appear in the drop down menu.
Click on the filter required and click 'Filter ON'.
When the 'Filter' button is on, you can scroll through the filters to change them quickly. You can even use your mouse scroll button.
Don't forget, if you have opened a very large image, MCP will need time to process a new filter when applied.

Please note: MCP does not allow you to apply a filter to an already processed image. If you wish to apply a different filter to a picture, you must re-open the original first, as a new image.


MCP v1.8.1 -- Multitonal Contrast Photography -- Image filtering system -- 001.jpg
MCP Pictures Images View Help
MCP
New
Open
Show data
Show tones
Save
A1
A2
A3
A4
B1
B2
C1
C2

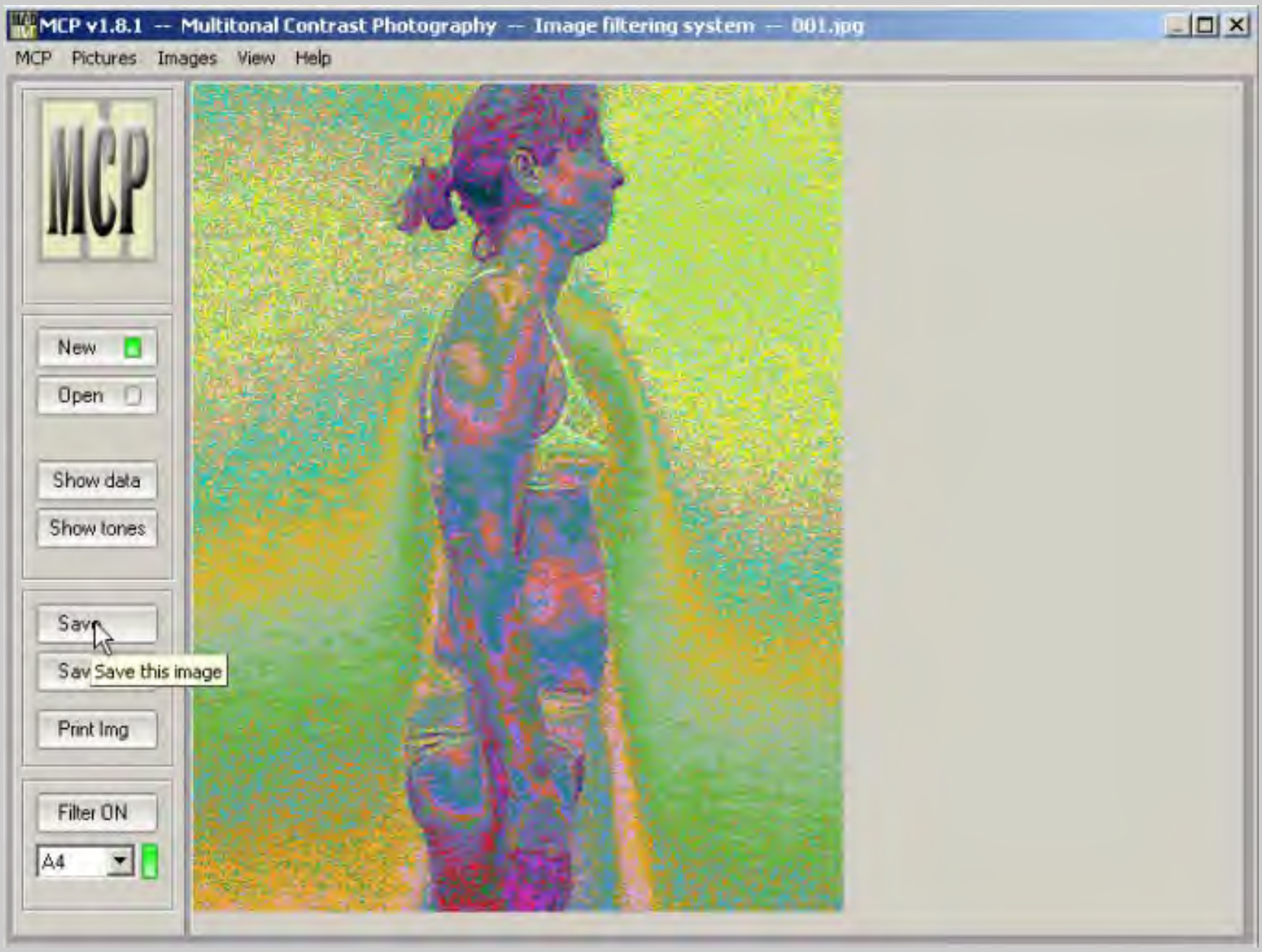

MCP v1.8.1 -- Multitonal Contrast Photography -- Image filtering system -- 001.jpg
MCP Pictures Images View Help
MCP
New
Open
Show data
Show tones
Save
Save As
Print Img

Saving an image:

To save an image just click 'Save'. This will always save the processed image into the 'MCP Images' folder. You cannot save these images outside of MCP. The reason for this is that they are always saved along with relevant filter data that makes up the complex MCP process. This enables MCP to read this data when you re-open saved images.

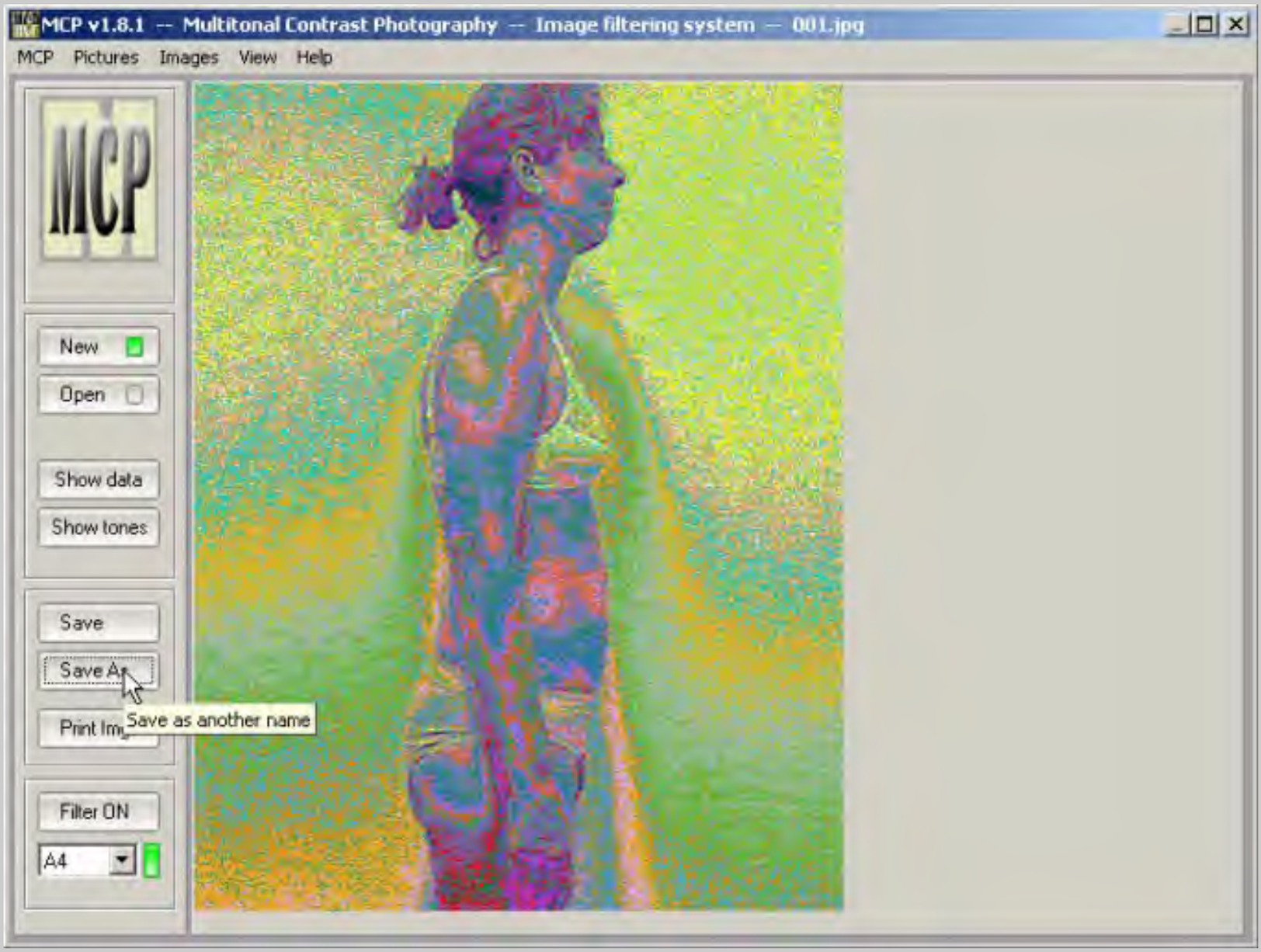
By default, all images are auto-named with the existing name of the image.

All processed images are saved as bitmaps as this enables all the relevant data to be kept within the image.
Jpegs lose some information on compression.

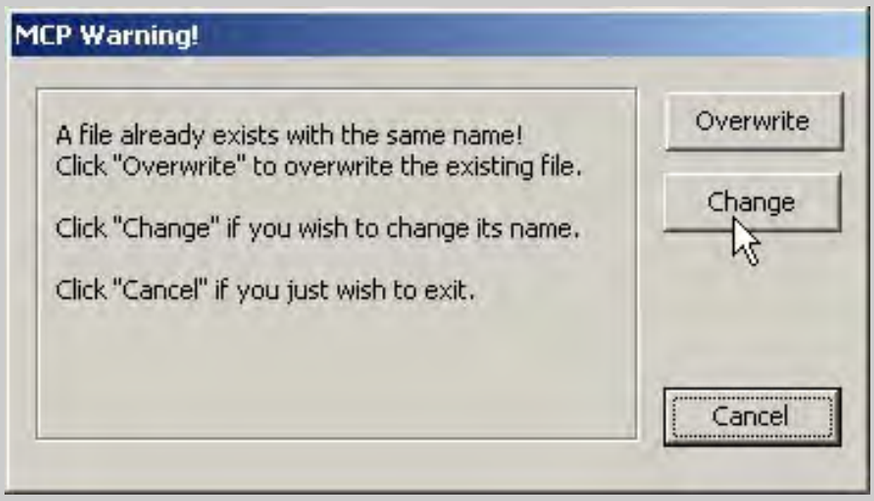


Saving an image with a different name:

Clicking 'Save As' lets you change the name of an image before saving.
This is useful if you don't want MCP to auto-name the image, e.g. applying different filters to the same image and saving as 01, 02, 03 etc.

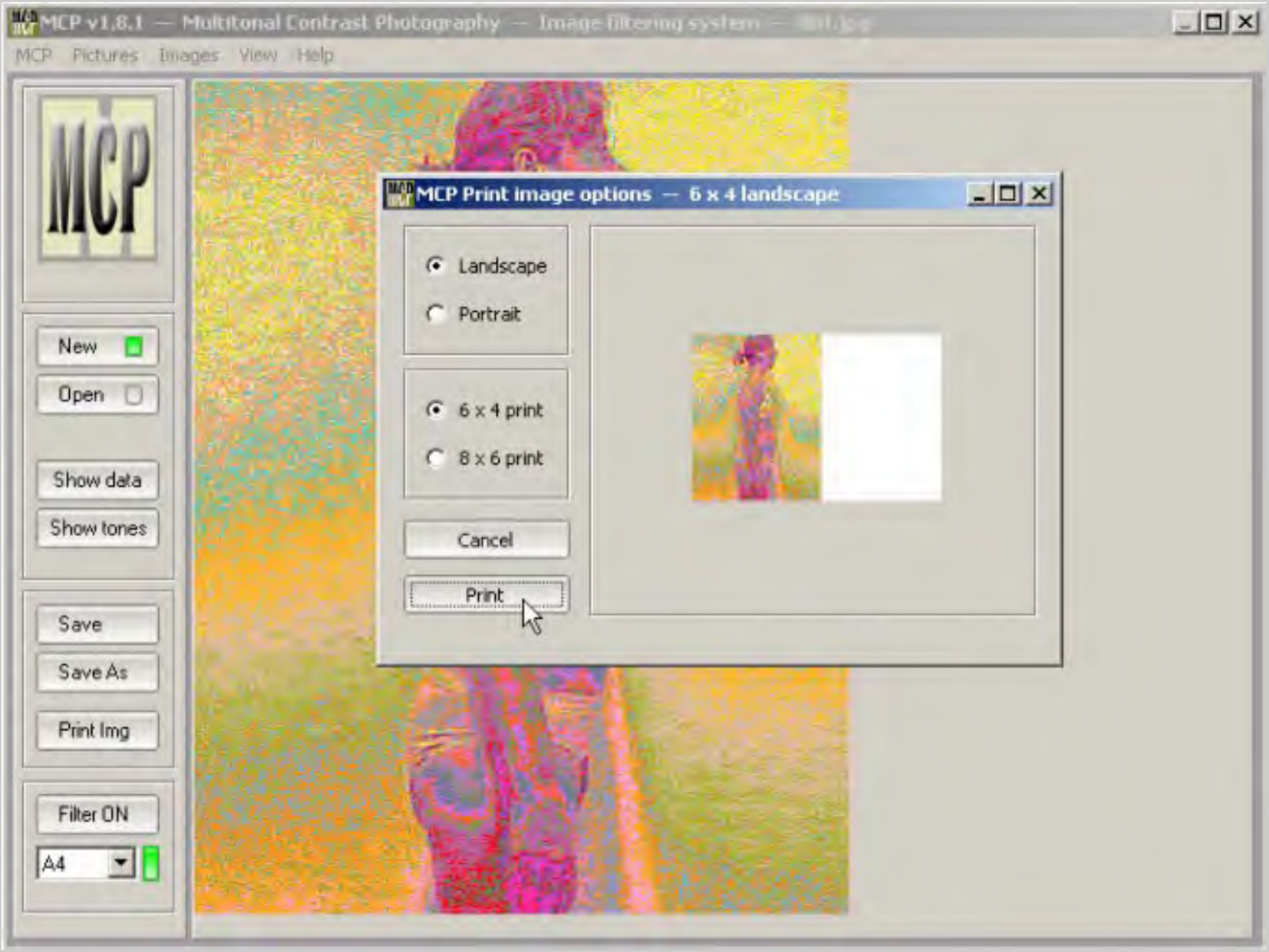


MCP will always check for you when you try to save an image with the same name. It will give you the option to change the name or to overwrite the existing image.
If you choose to overwrite, you will of course loose the original image, so be sure that is what you want to do.

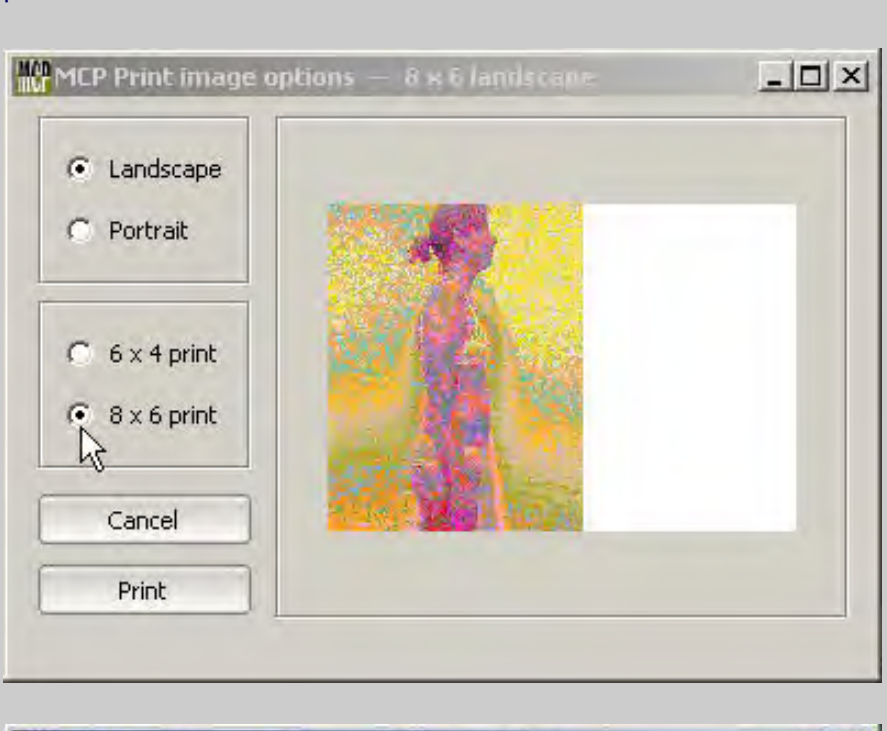


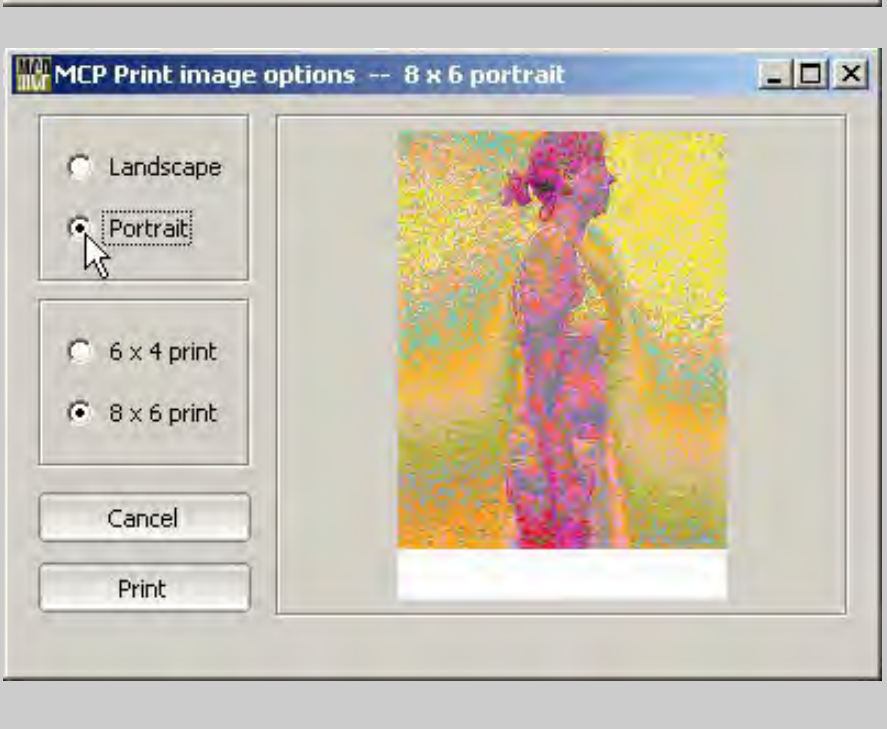
Printing an Image:

Just click 'Print' to open the MCP print dialog box.

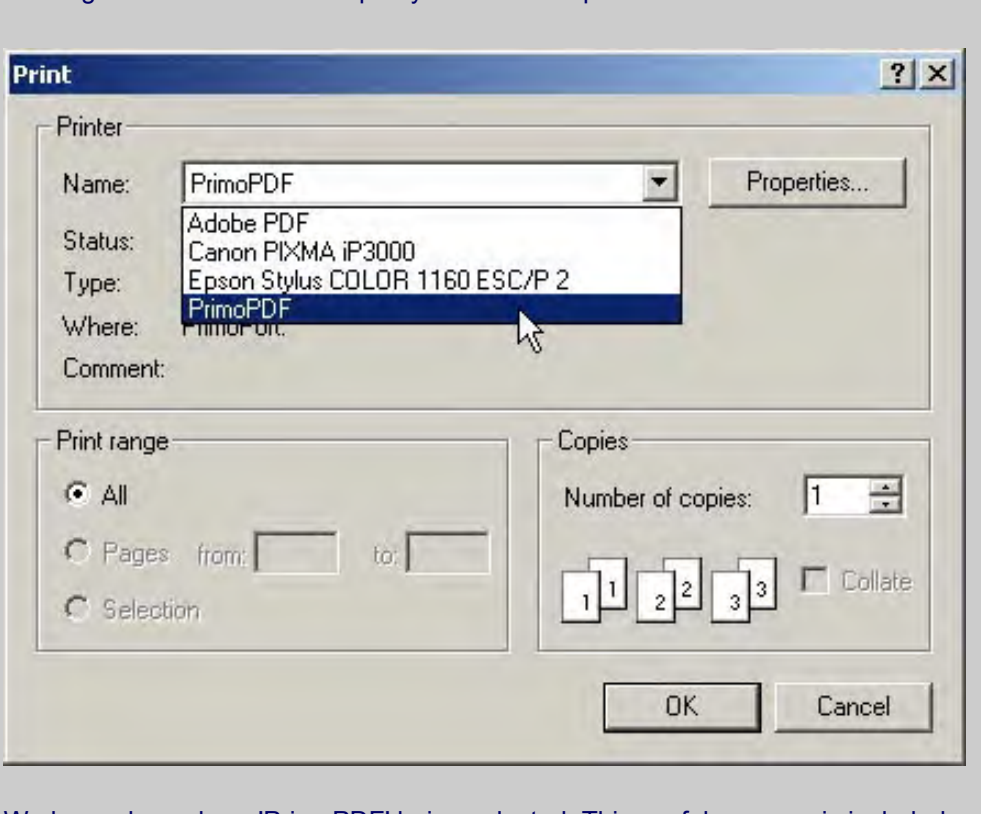

MCP v1.8.1 — Multitonal Contrast Photography — Image filtering system
MCP
Pictures
Images
View
Help
MCP
New
Open
Show data
Show tones
Save
Save As
Print Img
Filter ON
A4
MCP Print image options — 6 x 4 landscape
Landscape
Portrait
6 x 4 print
8 x 6 print
Cancel
Print

This gives you several options.
By clicking the radio buttons you can change between 6 x 4 and 8 x 6 size prints (inches). You can also select landscape or portrait.





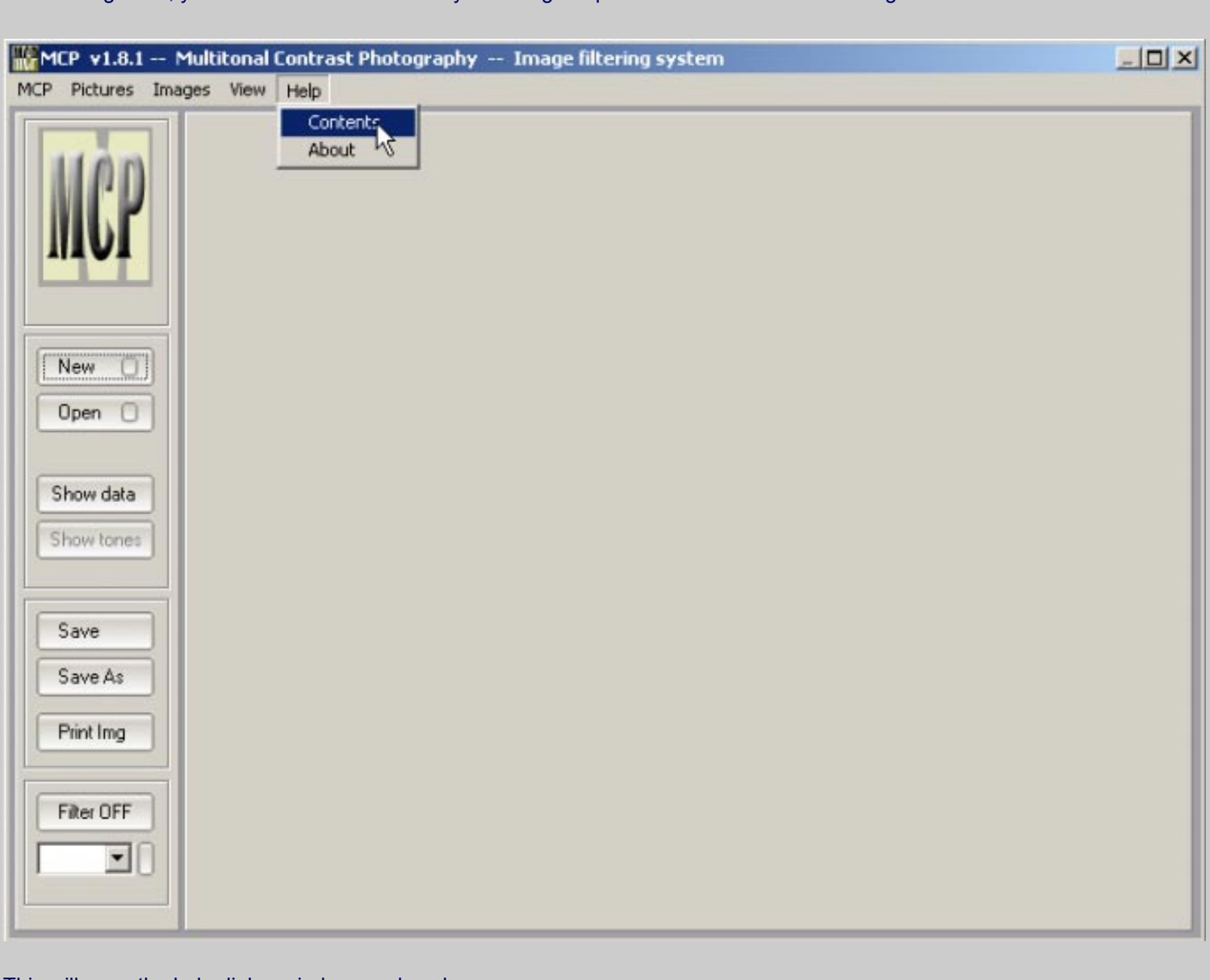
Clicking 'Print' in this box will open your Windows printer box.



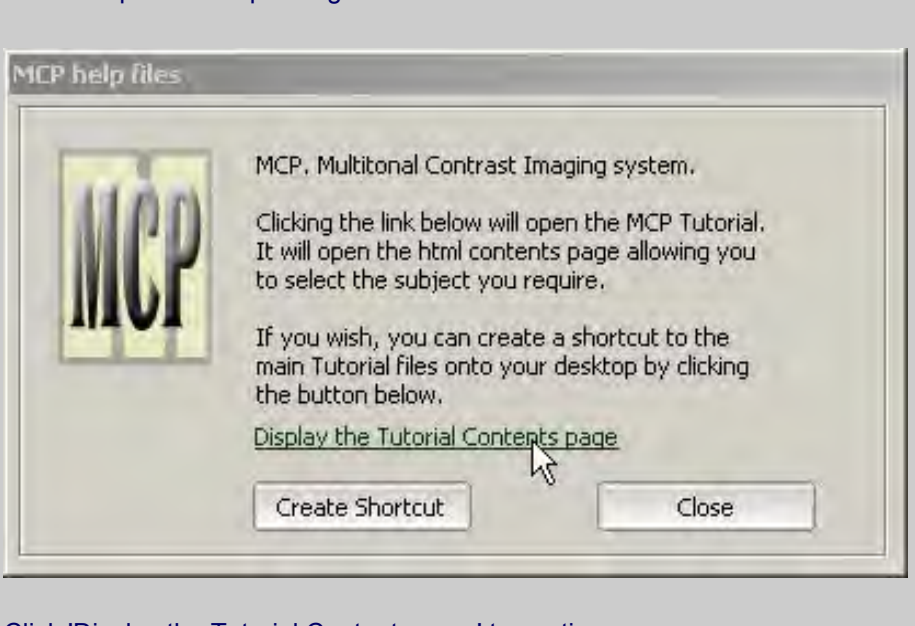
We have shown here 'PrimoPDF' being selected. This useful program is included on your installation disk and enables you to print (save) as a PDF document.
It will of course have to be installed before it will show up in you printer list as shown. Installation of this print utility is straight forward following the instructions included.

Access this help file:

When using MCP, you can access this tutorial by selecting 'Help' in the main menu and clicking on 'Contents'.



This will open the help dialog window as show here:



Click 'Display the Tutorial Contents page' to continue.
You can also create a shortcut onto your desktop to these files.

More about MCP

Explained:

The Directory structure:

The directory (folder) structure in MCP is as follows:

By default, all folders are installed in 'C:\Program files\Resolutions\MCP'.
All processed images are automatically saved into 'C:\Program files\Resolutions\MCP\MCP Images'.
All filters are installed into 'C:\Program files\Resolutions\MCP\Filters'. As new filters become available they will be automatically installed into this folder by the program update.

Moving any of these folders to other locations on your hard drive will render MCP inoperative. MCP needs to know where everything is, as it was installed, to function correctly. Changing the name of any of these folders will have the save detrimental effect.

MCP filters:

The MCP filters are the most important parts of the MCP program. A filter decodes every point of light that your image contains, then analyses and displays them as an MCP filtered image.

You will find the filters (by default) in C:\Program files\Resolutions\MCP\Filters, where MCP can access them when needed.

Using MCP as an Imaging tool:

Applications:

Measuring tool:

Many complementary medicine therapists have found imaging systems such as MCP a valuable measuring tool aiding assessment of where a client may need treatment. Pools of congested light, or light which is too bright or too dull, may be seen where a client has an existing physical problem or where one has occurred in the past. Light patterns may be 'cloudy' or red over the organs of elimination (with MCP filter 001), e.g. liver or kidneys, giving the therapist information about the state of these important organs and whether or not the client may need to address their diet or whether a detoxification regime or cleansing diet may be appropriate.

Information for client:

The MCP scan can show the client how their light field is before therapy starts. Subsequent scans, taken as therapy progresses often appear to show a more 'balanced' distribution of colour and patterns. This may act as visual confirmation for the client that their light field is improving, hopefully alongside a feeling of increased well being.

Sometimes therapy may involve a regime of detoxification or cleansing. Whilst this is happening the light field scan may show increased distribution of red in the field (with MCP filter 001) possibly due to release of toxins as the body cleanses itself. This has been seen to settle after the period of cleansing is over. The field may then show more 'vitality' and 'brightness' (with MCP filter 001).

Changes in the light patterns have been noted before, during and after therapies such as acupuncture, aromatherapy, Bowen technique, healing, massage, meditation, osteopathy, reflexology, reiki, yoga and many more.

Examples of these light field patterns can be seen on our website: www.resolutions.org.uk

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MCP Scanning:

About MCP scanning:

With MCP we use a full-spectrum light reference to produce the interference effect. The person being scanned stands against a monochromatic background screen. The picture is taken with a still camera, which is connected to the computer.

MCP provides qualitative analysis using a still camera and computer to measure light reflected by the subject. Light from the environment, interacts with the subject on a very subtle level, and bounces off into the environment again. MCP is designed to get information about the energy field from this ambient light and subject (whether animate or inanimate), interaction.

In the case of human beings, sensitives describe the human light field as a corona of different coloured lights which flicker and flow around the body. Most people are unable to see it, so we have developed a system which uses an artificial eye, the camera, with an artificial brain, the computer. The electrical wire from one to the other represents the artificial optic nerve.

An advantage of the MCP system, from a scientific viewpoint, is that its representation of the light field is always the same no matter who the user is, whereas the descriptions of light emanations described by different sensitives, can vary considerably so it is difficult to make objective comparisons.

The MCP system distinguishes many subtle grades or qualities of points of light, which the eye does not normally see. It analyses each point of light and a decoded image is the result. This decoded colour image is seen on the computer screen.

The person or subject being scanned stands in front of a non-reflective, monochromatic background e.g. a light-coloured screen or wall painted with matt paint. This type of background allows the subject's light field to be clearly defined for analysis.

For research studies where current scans are compared with previous scans, the conditions in which scans are taken have to be kept constant or as near to conditions of previous scan as possible. We plan to construct an MCP lab, which will consist of a structure in which the lighting and surroundings are always the same. This lab will be portable and could be of use to MCP users who may want to compare their findings with those of other researchers. With a constant environment scans will be conducted under similar conditions.

Lighting:

Full-spectrum white lighting is recommended for MCP scans. Fluorescent strip lights of 5 feet (1500mm) secured to the ceiling have provided satisfactory lighting conditions for scans. Strip lights have been situated from three to five feet (900mm-1500mm) away from the background wall or screen against which subject stands. They can be positioned in line with or, at 180 degrees to subject.
See diagrams 1-4.

We do not recommend that the light source is positioned vertically in front of subject, i.e. on a table or stand, as this results in scans which show less differentiation.

Full-spectrum lighting can be sourced easily through lighting retailers or on the web. Examples are 'Osram Biolux' or 'True Light'.

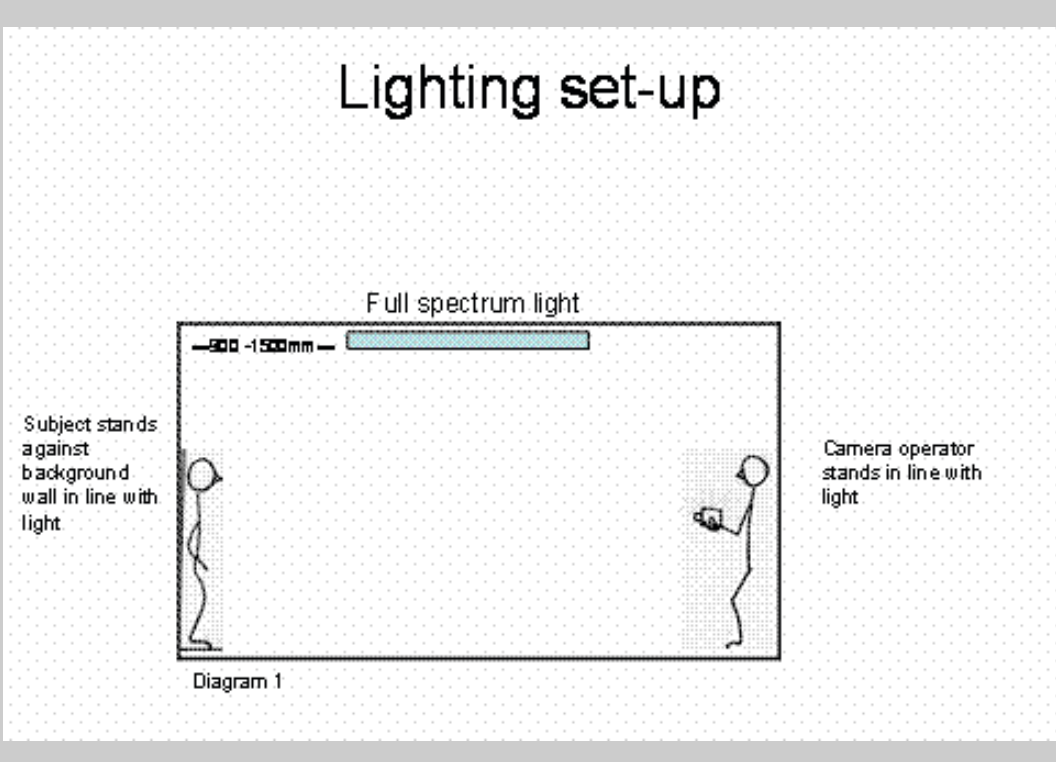

Diagram 1 shows a common lighting set-up. Note: having the light source too close to the subject may result in 'white out' (see section on Camera Settings). It may be best to position camera on a tripod. (see section on Positioning of Camera).

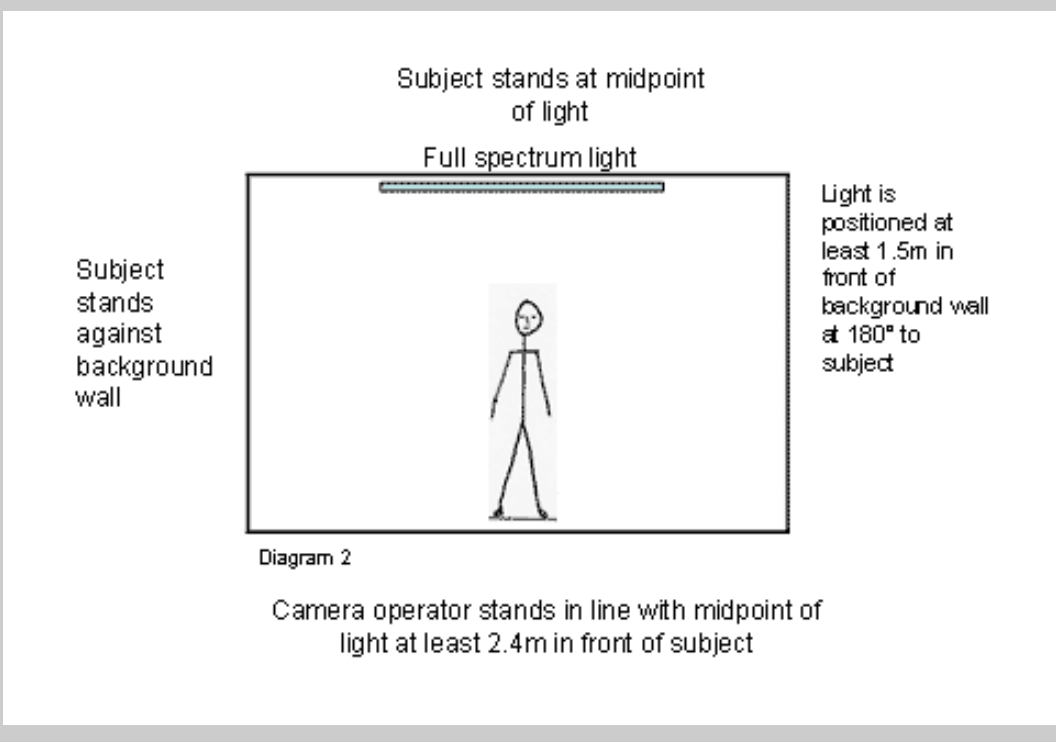

Diagram 2 shows alternative set-up for lighting.

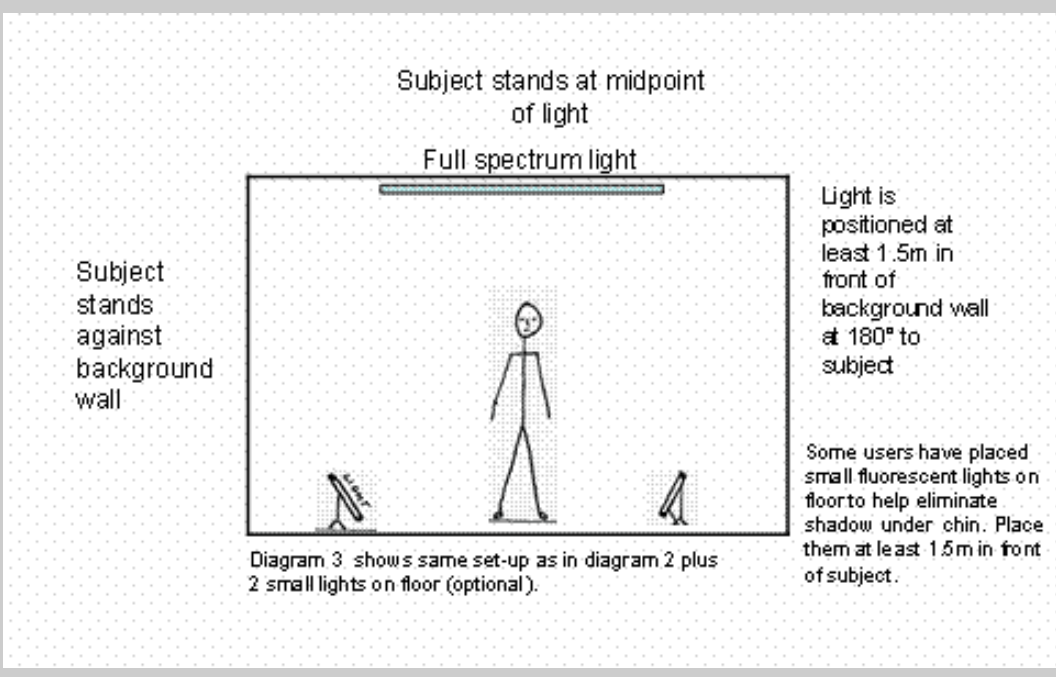

Diagram 3 shows another lighting set-up. Take care to avoid having too much light when using 2 small fluorescent tubes on stands on floor.

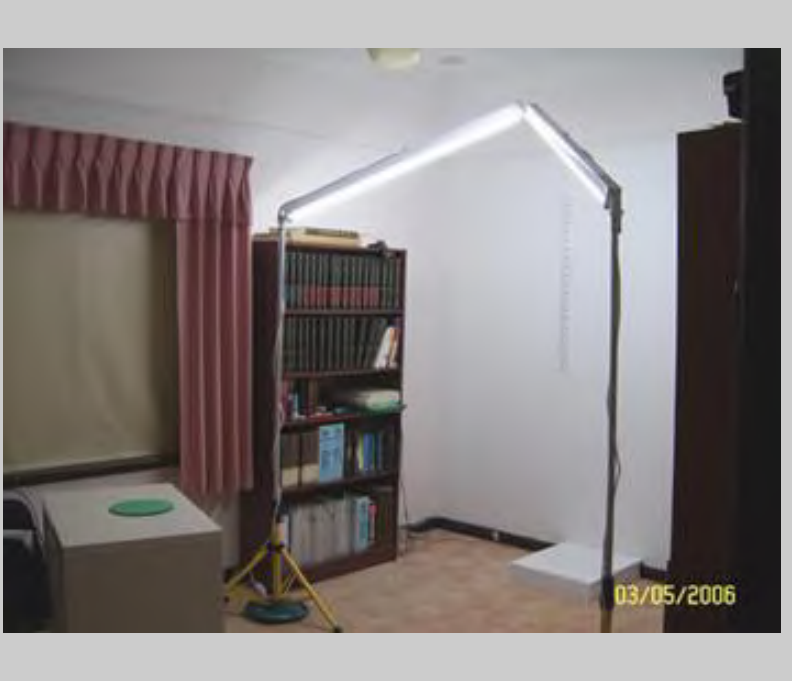

Diagram 4 (above) shows how full-spectrum lighting has been set up using two fluorescent tubes positioned so that subject (who will stand on white platform against wall) is evenly lit. Care would need to be taken in this environment that the objects around the scanning area are exactly the same for all scans so that comparison – say 'before' and 'after' a therapy – is possible. Ideally a dedicated area for scanning helps ensure that conditions are the same for all scans.

This lighting is portable. An alternative portable set-up would be to use one light tube on a stand or, tripod, positioned at correct distance from subject and close to ceiling. In this case the stand or tripod would have to be positioned behind the camera to avoid obstructing the camera's view of subject.

Positioning of subject:

Standing.

The subject stands as close as possible to the monochromatic background in a relaxed pose. Ideally, they should be positioned so that they are in line with the mid-point of the light source and in line with camera.

For side views of subject the same applies, they stand as close as possible to the background with the mid point of the light source and midpoint of the camera in line with midline of their body.

Sitting.

The subject sits as close as possible to the monochromatic background in a relaxed pose. Again, they should be positioned so that they are in line with the midpoint of the ceiling-mounted light source and midpoint of the camera.

For side views of subject the same applies, they sit as close as possible to the background with the mid point of the ceiling-mounted light source and midpoint of the camera in line with midline of their body.

If subject is sitting in a wheelchair more information may be obtained if the arms of chair are removed – providing the subject is well supported and not at risk of falling from chair. If subject is sitting, a plain, i.e. (one colour) chair is preferable to a patterned chair that may make analysis more difficult.

Positioning of camera:

Use of tripod: The camera on the tripod can be placed in the same position for all scans and adjusted to the same height. Some users have the camera at the same height as the middle of the breastbone of the subject, for head and body shots and at the level of the navel for leg/lower back shots.

The distance between camera and subject can be measured and kept constant. The angle of the camera can be measured and charted for different shots taken of subject so that these parameters can be used for consecutive scans.

The camera should be positioned 'in line' with the ceiling-mounted light source (if light source is in a straight line in front of camera) and at the midpoint of the light source if it is at right angles to the camera's view line.

The camera lens should be positioned in line with an imaginary vertical line that would separate the subject's body in two halves i.e. left and right. This applies for whatever shot the subject has taken i.e. from the front, back, or side.

Camera settings:

Some modern cameras have a button for 'Back Light Compensation'. We have found that a more defined picture in terms of patterns & colours is achieved if this facility is 'on'.

In small rooms with light-coloured walls and good lighting, 'white-out' may be a factor. Whiteout is where white light is seen on top of subjects' heads/shoulders and on wall behind head and shoulders in the majority of scans (with MCP filter 001). It means there is 'too much' light saturating the subject. This may be because the light is positioned too close to the subject. To get maximum information from an MCP scan we recommend reducing the exposure setting on your camera (see your camera manual to see if that is possible).In larger, darker rooms where the lighting may not be so effective, a better, 'lighter' scan may be achieved by increasing the camera exposure setting, or moving the light source nearer to the subject. Alternatively, try painting the walls a lighter colour.

Temperature of room:

The ambient room temperature should be kept within a determined range so that the subject (who will probably be in their underwear) will be neither too hot nor too cold as this could affect the colours seen on MCP scan. A thermometer placed in room could monitor temperature and this could be charted at start of scanning session. Time of scan would also be relevant and should be charted.

Temperature of subject:

If subject is too hot or cold i.e. coming in from a boiling hot summer's day or, a freezing cold winter's day, then this could affect colours seen on scan. Let the subject cool down or warm-up before attempting to scan. An appropriate cool or warm drink may help.

Clothing of subject:

White or pale coloured cotton underwear or clothing is best for scans. Patterned clothing should be avoided as it can make it difficult to identify light patterns through them. Ideally the subject should wear the same clothing in each scan so that changes in the scan are more likely to reflect changes in the light field of the subject and not be the result of 'reflections' from different clothing.

An experienced scanner may be able to identify patterns 'through' clothing but this takes many years of experience and would not be a suitable method for comparison with previous scans of the subject.

Condition of subject:

The optimum conditions would be where the subject is neither hot nor cold, and is not dehydrated. Emotional factors may affect the colour and light patterns seen on the scan. If a subject has had a stressful journey getting to their appointment for a scan then allow them time to relax. They may also be a little nervous about having a scan done, so take time to inform them of what is to happen and listen to any concerns they have.

Conditions in scanning room:

Where possible a dedicated scanning room in which the conditions are always the same is best.

In a dedicated room the temperature can be maintained within a certain defined, range, the lighting can always be from the same internal light source. All external light should be blocked out by either by using a windowless room or by means of a 'blackout' at the window. White-coloured 'blackout' blinds on a roller are effective and more aesthetically pleasing than a black-coloured blind.

The light in a room and hence the scanned images, can be greatly affected by external light sources e.g. the sun or street lighting. The room will be much lighter on a sunny day or if the street light is on. The changes in lighting can make a scanned image appear lighter or darker or can give the impression of patterns which are nothing to do with subject but are more to do with shadows or bright shafts of light from outside.

Keep equipment and/or furniture in the same position in the room. Light interference or reflections from equipment or furniture in the room may affect the colour of the light around the subject being scanned.

If there is a tiled or marble floor in the room (through which the subject's energy may be said to 'ground') it may be necessary to get the subject to stand on a white, or light-coloured material such as a cork or rubber mat or on a small wooden platform. In this way the subject does not have to stand on a cold surface which may affect the scan result and insulates them from 'grounding'.

Some users have a small wooden platform for subject to stand on. They have drawn lines where the subject's feet are to be placed, thus ensuring the subject stands in the same place for each scan.

Light Field Analysis

Note re: MCP filter 001.

All information on Light Field Analysis on this help file relates to our experience using the 001 filter. There are also other filters on the MCP programme which can be used for research. To date most of our research has been with the 001 filter.

Patterns:

It must be stressed that, when analysing the human light field with MCP, both the colours and patterns are considered. Pattern recognition, which gets easier through training and experience, is considered an essential part of analysis.

The light field may be a template on which the physical molecules are strung. Therefore, it does not just surround the outside of the body but permeates through it. With photography it is only possible to achieve a two-dimensional image. So, colours and patterns seen on the body may indeed be within or outside of it. Therefore it is best to take a series of views around the body. This allows comparison of the light field patterns from different angles.

Shapes:

What we believe may be chakras are not always visible on every individual – healthy or otherwise - using MCP.

A chakra, which appears too wide (on a front body shot), may be extended from the body. A chakra, which appears too small, may be situated for the most part within the physical body. The accepted shape of a chakra is circular or elliptical. Chakras can be irregular in shape and, when they are so, it suggests that the spin of the chakra is out of synch. If this malfunctioning continues over a period of time, then traditional theory suggests that disease may well manifest in the organs associated with that chakra. In low energy states, such as chronic fatigue, the chakras can sometimes be seen as smaller in shape than those seen in 'healthy' states. Sometimes they are very hard to distinguish from surrounding patterns. In extremely low energy states the coloured MCP scan can appear to be colourless and 'washed out' (with MCP filter 001).

Brightness / dullness:

Since the MCP scanner is copying the human eye/brain ability to distinguish amplitude (brightness) as well as frequency (colour), some patterns are seen as brighter than others (with MCP filter 001). Brightness of colours such as orange, yellow and green may indicate good general vitality in some instances, e.g. if seen generally throughout the light field. However, brightness of red may indicate a more intense area of congestion, which may reflect the state of a physical problem in that area.

Dullness of colours, when seen generally throughout the field, may indicate an energy field system which is not vibrant and vital. This is often seen in low energy states such as Myalgic Encephalomyelitis (ME – Chronic Fatigue Syndrome).

Both brightness and dullness in the field can extend some way beyond the physical body.

This has been a general introduction to MCP interpretation. Since the system is a visual one, it is easier to understand the above once you have seen a large number of pictures.

Colour Analysis:

The following refers to colours seen with MCP filter 001. The colours are not generally seen only in the area of the chakra they are related to. This analysis is meant as a general guide only. Through experience of scanning many people the scans become easier to interpret.

Red:

Red is associated with the base chakra (located at the base of the spine). It is believed that red represents the life force or 'kundalini' energy. It can be seen in some individuals in the area of the base chakra and in the lines of energy flow around the body.

Where the energy is flowing in a balanced way these lines of force will be seen as 'narrow' channels. Where there is an imbalance of energy flow these channels appear as thickened red lines or pools of red.

We often see red 'leakages' or 'streamers' of energy flowing away from the body which appear to emanate from the point of imbalance These streamers can often appear in areas where the person being scanned reports problems or disease. Red pools are often observed over any part of the body where there is existing disease.

It has also been observed that red pool patterns are seen in areas which subsequently become diseased. As such, clinical trials may confirm that MCP has the potential to be used as an early warning system in that congested patterns appear in the light/ energy field before physical symptoms manifest.

Orange:

Orange is associated with the navel chakra (located in the region of the navel). Once again, it must be stressed that each chakra is a mixture of colours and one colour is thought to predominate, being the 'optimum vibration' for that area of the body. However, the optimum colour is often not seen to predominate.

Yellow:

Yellow is traditionally associated with the solar plexus chakra (located in the area below breast bone between ribs). However, with MCP, it has been observed that yellow can often be seen (with MCP filter 001) in the region of the heart chakra (located in middle of the chest at the same level as the nipples) in many people. We see yellow in cases of 'electrical' activity in the tissues of the body, for example when someone moves and tenses a shoulder muscle when being scanned.

Green:

Green is thought to be the colour of balance - being in the middle of the spectrum. It is traditionally associated with the heart chakra. However, with MCP (with MCP filter 001), it has been observed that green may be seen in the region of the solar plexus in many people. One suggestion has been that this apparent reversal of colours could be due to the body's response to the increasing amount of pollution with which modern man has to cope. Organs of cleansing such as the liver, spleen and kidneys are found in the solar plexus region. The green colour, being the vibration of balance, is thus needed in the solar plexus region for human beings at this time. Green may be brought in by the human energy system to help healing in areas where there is imbalance.

Green has been seen with MCP filter 001 in all areas of the body where the subject reports no past illness or trauma. Green may reflect areas of balance throughout the body.

Blue:

Blue is associated with the throat chakra. It also has associations with the element of water. Where there is fluid retention in the body, the colour blue is prominent in the area affected. Blue may be a 'cooling' colour, brought in to balance an area of inflammation of the body.

Violet:

Violet is associated with the brow chakra. It is not often seen to predominate.

White:

White is associated with the crown chakra. It represents the highest state of vibration picked up by MCP. White light is often seen above the head when the crown chakra is balanced.

Note: 'Whiteout' is due to too much light on the subject. This can be from any source i.e. sunlight through a window or too bright or concentrated artificial light source. If precautions against these effects are taken, scans will reflect the state of the individual.

Black:

Black may represent absence of vibration or light in the energy field. It has been seen above the head and shoulders in cases of severe depression. It has been seen in areas of necrotic (dead) tissue such as cells killed by radiotherapy.

Black can also be seen in dark shadows where the lighting is insufficient.

Traditional Philosophy:

The aura:

Clairvoyants, or sensitives, through the ages, have reported seeing emanations of light from living things called the 'aura', which most of us are unable to see. This light is described by sensitives as being configured in seven main places on the human body in what are called energy centres. In India, these energy centres are known as 'chakras', taken from the ancient Sanskrit word meaning 'spinning wheels'. These chakras have been described as step-down transformers which distribute light or 'energy' from the universal energy field to the body via a network of channels (called meridians and nadis) which correspond closely to the physical nerve pathways and blood vessels of the body. With MCP and other imaging systems we have seen light patterns which suggest the existence of chakras and meridians. We suggest the following as a guide for healthy colours and patterns seen in certain areas of the body, which may correspond to the position of the chakras .

When the chakra colours of the human light field are observed with MCP it is not just one colour for each chakra which is seen, but a mixture of colours. If a chakra is relatively balanced one colour may predominate – for instance the throat chakra may have more of a blue hue when it is healthy than when it is not (with MCP filter 001).

Examples of these Chakra colours can be seen on our website: www.resolutions.or.uk