

# Journal of Light

**International Light Association**



**Eyelight – New Science of Health and Wellness  
Transformational Light  
From Darkness to Enlightenment  
The Eye of Horus – Mystical Light of the Soul  
Research Abstracts**

August 2012



The International Light Association (ILA) is a uniquely collaborative group of light and color therapy practitioners, health professionals, scientists, educators, product manufacturers, artists, architects, interior designers and philosophers who are passionate about learning and applying the latest theories, techniques and technologies regarding how light and color can promote health, enhance performance and learning and raise consciousness. Our mission is to share and disseminate information, educate, initiate and promote research, and create an open-hearted, broad-minded and integrative community in the field of Light.

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Cover design by Carol Branch. This image is called Chakra Flower. Chakras are believed to be centers of the body from which one can collect energy. Feel free to browse my other images by Carol Branch at:  
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## Call for Papers

For future issues of the Journal of Light we are looking for articles on subjects of mutual interest. Please send research, advertisements, personal experiences and articles to Sarah Cobb at [eyeamsarah@hotmail.com](mailto:eyeamsarah@hotmail.com).

**The ILA wants your involvement and support!**

Visit us on the web at: [www.international-light-association.org](http://www.international-light-association.org)



# President's Letter

Dear ILA members and friends,

If you are reading this journal, it means you are interested in the applications of light for health and wellbeing. This is actually a rather peculiar subject, because it concerns two quite distinct domains. On one hand, therapeutic applications of light are now an area of intensive scientific and medical research, greatly accelerating over the last decade. On the other hand, older systems (and even ancient traditions) of light and color healing represent a significant body of empirical knowledge. The first domain is bringing us every year new understandings of fundamental biological mechanisms of light, with crucial discoveries such as photobiomodulation cellular pathways, nitric oxide mediation of photodynamic therapy, or ipRGCs and their influence on the retinohypothalamic tract (to name a few)... The second domain deals with more integrative applications of light for wellness, and its effects on our whole being - physically, psychologically and spiritually. Even though they sometimes still lack extensive scientific or clinical validation, many of these applications help a great number of people every year and deserve greater investigation.

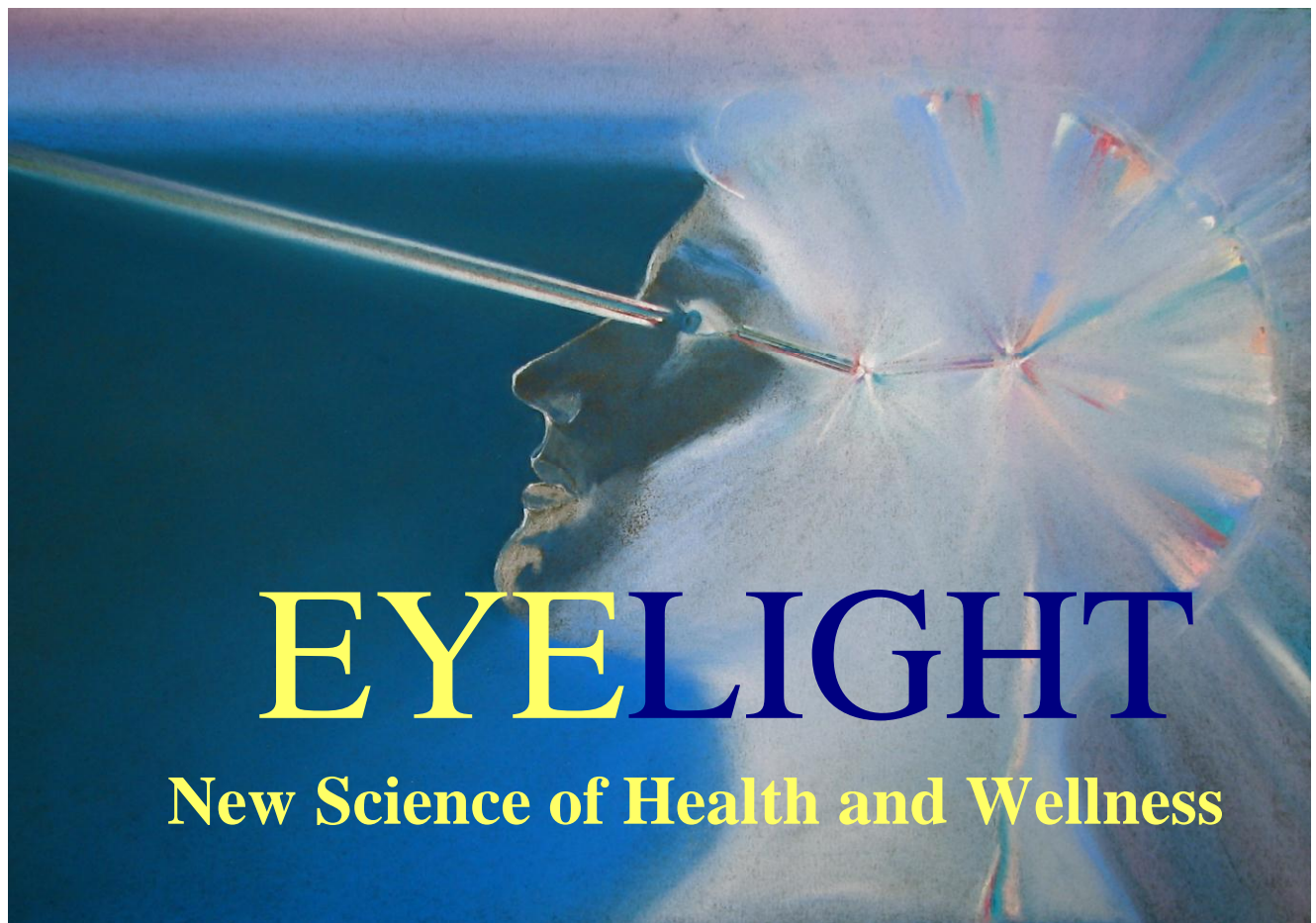
The International Light Association regroups people involved in each of those two domains. Recognizing their equal importance, the ILA is working towards greater communication between them: opening the scientific community to the remarkable potential of light healing modalities, while informing practitioners already using them of the wealth of new research underpinning their field. Although it will take a while yet before the two domains are bridged, only when they become so will the promise of this "Century of the photon" fully unfold. This complementarity is reflected in the rich program of the upcoming 9th Annual Conference of the ILA, which will be held in Berlin on October 14-18<sup>th</sup>, 2012. You are most welcome to join this event, which promises to be an exceptional learning and meeting ground for all those interested in light and health - and will be further enhanced by the coincident Berlin Festival of Light.

The first domain is already well served by numerous peer-reviewed medical and scientific journals. Therefore our own Journal of Light focuses more on the second domain, where precious pearls of knowledge could easily fall between academic cracks... In this second edition, our highly qualified editor Sarah Cobb has again assembled a collection of articles beautifully illustrating what the bridging of the two domains of light will bring about. I wish you a most enriching and colorful reading.

Yours in Light,

Anadi Martel,

President of the International Light Association



# EYELIGHT

## New Science of Health and Wellness

**Jacob Liberman, O.D., Ph.D., D.Sc. (Hon.)**

### **The Mystery of Light**

Toward the end of his life, Albert Einstein confessed that he had spent his career trying to understand the nature of light—and was no closer to the answer than when he began. The mystery of light, however, didn't begin with Einstein; it has been the question of the ages. Since our first sunrise, seers and scientists have suspected that this mysterious and all-pervasive phenomenon must be fundamentally related to our deepest questions—about God,

life, and the meaning of existence. The Bible tells us that life began with the dawning of light, and virtually every spiritual tradition identifies light with the Creator, speaking of the "divine light," the "light of God," and describing spiritual evolution as the process of "enlightenment."

Light is also associated with awareness, intelligence and understanding. Take, for example, the universally understood image for a "flash of insight" or "seeing the light" — a

light bulb going on or above our head. Austrian philosopher Rudolf Steiner compares the awakening of understanding to the "lighting up of an inner sun," and added that he meant this literally, not metaphorically.

Artists have always recognized the effect of light on creativity and performance. Richard Wagner exclaimed, "If only the sun would come out, I would have the score finished in no time." George Bernard Shaw had a small cottage where he worked that could be rotated



according to the position of the sun.

Health and well being are commonly thought of as a form or emanation of light — or "glow." Walt Whitman, for instance, defined health as a "radiance that cannot be described." "Glowing" physical health is primarily a function of the power of our "inner sun" and our glow seems to increase as our awareness expands. At full illumination, this radiance becomes visible to the naked eye, which is why great artists are often likened to "stars," and saints are traditionally depicted as being surrounded by brilliant halos, and described as "illuminated."

This inner light is not only a universal metaphor for health and awareness, *but also a quantifiable phenomenon*. It is now well documented that all living organisms, including humans, emit a measurable low-intensity glow known as biophoton emission or ultra-weak bioluminescence (Marco Bischof, *Biophotons – The Light In Our Cells, Journal of Optometric Phototherapy*, March 2005).

In addition, Light is the foundation of quantum mechanics, "The New Physics." The renowned physicist David Bohm captured this truth in the phrase, "All matter is frozen light." With recognitions such as these, the distinctions we have between science, healthcare, and spirituality are dissolving — and each is being traced back to

light. Mystics, scientists, and healers now agree, on their respective terms, that light holds the secrets of human awakening and transformation.

*Among the trillion mysteries of the cosmos, the most phenomenal is light...light remains the most subtle, the freest from material dependence, of any natural manifestation...With a few...strokes of his pen, Einstein banished from the universe every fixed reality except that of light.*

*—Parmahansa Yogananda*

## **The Power of Light**

We live in a universe that appears to be created and nourished by light. According to Goethe, "All life originates and develops under the influence of...light..." This becomes obvious when we experimentally place plants, animals, or humans in darkened environments and notice that their vitality gradually diminishes, bringing their life to a halt. Without light there is no will to live. We are literally robbed of the spark that propels our spirit. When the same experiment is repeated using artificial lighting, such as cool-white fluorescent tubes, the natural growth pattern of both plants and animals is significantly and adversely affected, reducing lifespan, and

at times manifesting as physical abnormality. In humans, there is a decrease in attention, performance, and learning ability, an increase in stress, irritability, and fatigue, and a significant rise in the incidence of dental cavities. However, when children are placed in classrooms that incorporate natural daylight into their design, learning ability, test scores, and productivity significantly improve.

All biological life is composed of, and dependent on, light. That is why "solar system" means, "derived from light." When Nobel Laureate Albert Szent-Gyorgyi said, "All the energy we take into our bodies is derived from the sun," he literally meant that light is the nourishment for life. The human body is a biological light receptor, the eyes are transparent biological windows designed to receive and emit light, and all physiological functions are light dependent. This becomes evident when observing individuals deprived of sight. In 1856, Wimmer, an ophthalmologist at Munich's Royal Institution for the Blind wrote, "The whole appearance of a blind person...bears the markings of...retarded growth...and...pallor... But this underdeveloped...state disappears...and the organism seems to grow younger when vision is restored..." (F. Hollwich, *The Influence of Ocular Light Perception on Metabolism in Man and in Animal*, 1979, Springer-Verlag). Since light guides the eyes, physical movement, and

physiological function, light and life are inseparable.

The transformative power of light is founded on a simple principle: life and light are the same energy, in two states of existence — form and formlessness. In its formed, or "frozen" state, light energy composes all the matter in the universe — everything that we can see, touch, or measure. Yet, from a scientific perspective, this fundamental building block of what we call reality is invisible, formless and without attributes. It cannot be directly perceived or measured.

How does the unity of light and life affect us on a personal level? The spectrum of electromagnetic radiation ranges from cosmic rays to electrical waves. Within this vast range lies the tiny band of "visible" frequencies of light, containing a spectrum of colors that, according to Eastern mystics, resonate with our state of health, level of consciousness, and personality type. Since human function is light dependent, our wellbeing on all levels is directly related to our ability to assimilate the entire visible spectrum of light.



## Windows of the Soul

Shakespeare said, "The eyes are the windows of the soul". But what does that mean? Most people are aware that light interacts with the eyes, resulting in vision. However, few are aware that non-visual light-sensing cells in the eyes are developed and functioning long before the rods and cones that process light into vision. In fact, these cells may be present at birth, confirming the fundamental link between light, the eyes, and our health and wellness.

The eyes have been honed by evolution to their maximum potential. Scientists have learned that our eyes, designed to detect and respond to single photons of light, operate at the outermost boundary allowed by the laws of physics, which means they are as good as they can be. (Seeing the Natural World With a Physicist's Lens, by Natalie Angier, November 10, 2010 (<http://nyti.ms/bl6v6G>).

In addition, researchers have revealed that the visual process begins within a few quadrillions of a second after light enters the eye, enabling light information to be transmitted to, and interpreted by, the brain at unimaginable speeds ([http://thecollege.syr.edu/connections/news/Foster\\_vision\\_research.html](http://thecollege.syr.edu/connections/news/Foster_vision_research.html)) ([http://www.cell.com/chemistry-biology/abstract/S1074-5521\(11\)00159-1](http://www.cell.com/chemistry-biology/abstract/S1074-5521(11)00159-1)).

Not only does the human eye function at light speed and

maximum sensitivity, but a team from the University of Massachusetts Medical School has provided evidence that the eye also contains a light-sensitive protein called cryptochrome, affording humans the capability to sense the earth's magnetism. Prior to this discovery, humans were thought to only have 5 senses, while creatures like birds and sea turtles had a 6<sup>th</sup> sense, giving them the ability to read the earth's magnetic field to orient themselves during long migrations.

Human cryptochrome protein is highly concentrated in the eye, suggesting it may serve a similar function in humans... providing them the ability to detect the earth's magnetic field, and thus a 6<sup>th</sup> sense (<http://drsamgirgis.com/2011/06/21/human-eye-may-have-sixth-sense-of-magnetic-field-sensor/#ixzzITuRx8OcS>) (<http://www.nature.com/ncomms/journal/v2/n6/full/ncomms1364.html>).

Of the three billion sensory inputs received by the body each second, two billion are received by way of the eyes. 98% of the sunlight enters the body through the eyes, the other 2% by way of the skin. A significant percent of the body's new blood volume is irradiated by light as it circulates through the vessels on the back of the eye. This process continually alters blood chemistry, as many blood components, including hemoglobin, are light sensitive.

Every substance (vitamin, mineral, food, etc) ingested by the body has a maximum wavelength absorption characteristic. In other words, for any ingested substance to be fully digested and assimilated by the body, it must go through a series of chemical reactions, catalyzed by a specific portion of the electromagnetic spectrum. Blue light, for instance, is required for the breakdown and excretion of bilirubin, while ultraviolet is necessary for the synthesis of Vitamin D. Anything we ingest must interact with a precise segment of the electromagnetic spectrum in order for it to be fully metabolized. Therefore, any portion of the spectrum we are not assimilating affects our ability to fully absorb the nutrients in the food we eat.

Light entering the eyes also travels to the site of the body's biological clock within the hypothalamus. Known as "the brain's brain", the hypothalamus regulates the nervous and endocrine systems, as well as initiating and directing our reactions and adaptations to stress. It is the brain's major processing center for information received from the nervous, endocrine, immune, and limbic systems. The hypothalamus uses light-activated information to regulate our vital functions, simultaneously sharing this knowledge with the body's true master gland, the pineal. Referred to as the "third eye" by Indian mystics and the "seat of the soul" by Descartes, the pineal

is considered the body's "regulator of regulators".

So when light contacts the body's energy field, it resonates first with the pineal. The pineal, acting as the conductor of the endocrine symphony, then entrains the pituitary, thyroid, thymus, pancreas, gonads and adrenals, translating light energy to electricity, magnetism, and eventually to chemical energy itself. It has now been confirmed that the order of endocrine entrainment in the human body correlates completely with ancient medical systems that describe the workings of the body's major energy centers or charkas (L.A. Wisneski, *A Unified Energy Field Theory Of Physiology And Healing, Stress Medicine, Vol. 13: 259-265* (1997)).

The human energy system is in a continual homeodynamic state. This critical preservation of harmony is accomplished by constantly synchronizing our totality with the rhythm and timing of the cosmos. Acting as the body's light meter, the pineal concurrently communicates information about the time of day, time of year, spectral characteristics, and the earth's electromagnetic field with every cell in the body *simultaneously*. In so doing, each cell orchestrates its internal function and synchronizes itself with Mother Nature. Our receptivity to the full spectrum of natural sunlight, therefore, determines our degree of congruity with all of life — and color is the key to expanding that receptivity.

## The Power of Color

Among the most inspiring aspects of nature are the pure colors seen in a rainbow or a peacock's feathers. These visuals usually stop us in our tracks, confirming our inseparable connection with color, and the portion of the electromagnetic spectrum to which we are individually attuned. Eastern mystics believed the colors of the rainbow corresponded energetically with the body's energy centers or charkas and are directly related to the attainment of optimal health and consciousness.

Early researchers, such as Dr. Edwin Babbitt and Dinshah Ghadiali, found that color applied to the skin had a profound re-balancing and curative effect on physical ailments. However, in the mid 1920s, Dr. H. R. Spitler discovered that the application of color by way of the eyes could augment the brain's major control centers, which regulated all bodily functions. Believing that physiological and emotional ailments were primarily caused by imbalances in the nervous and endocrine systems, Spitler conceived a new science called Syntonics, based on the application of selected visible light frequencies through the eyes.

Syntonics was developed in the 1930's when little was known about mind-body interactions, and practitioners believed that colors had inherent attributes. We now know that responses to

color are as individual as a fingerprint, and that mind-body interactions are intricately linked to our health and happiness.

## Health and Happiness



Our understanding about how the body works has dramatically evolved during the past century. In the past treatment was often based on suppression of symptoms and a perception that we were waging war against disease. The mind and emotions were rarely considered in assessing one's level of wellness. In fact, they were thought to be imaginary. Thus, doctors would often say, "It's psychosomatic," meaning it's all in your head. However, it has now been demonstrated that every thought, idea, belief, emotion, and intention we identify with becomes a chemical messenger with biological consequences. The mental and emotional meanings we associate with our experiences result in a cascade of different informational substances that can direct the actions of our cells in a variety of significant ways. The discovery that every state of consciousness materializes into molecules of emotion has become the foundation of the field of or psychoneuroimmunology.

It is clear that the *meanings* we make about our life experiences

have more to do with our health and happiness than the actual experiences themselves. For one person, seeing a man who reminds them of their father induces feelings of love, warmth, and security. For another, the sight or even thought of their father triggers anxiety and anger, as they are reminded of the physical and emotional abuse they experienced as a child.

*According to the Institute of Science, Technology, and Public Policy, 90 % of disease is caused or complicated by stress*

(<http://istpp.org/coalition/index.html>).

In fact, medical researchers have clearly demonstrated that stress levels are directly linked to physical wellbeing, and 75 – 90 % of all doctor visits concern stress-related ailments and complaints

(<http://www.webmd.com/balance/guide/effects-of-stress-on-your-body>). Stress is often defined as "something that causes worry or emotional tension." In essence, stress is like an allergen — when we encounter it, we have an allergic reaction with emotional and physiological consequences.

When these experiences persist, stress becomes chronic, taking a toll not only on our bodies, but our entire quality of life, making us susceptible to a host of illnesses, from the common cold to diabetes, heart disease, and cancer. Stress also contributes to the development of alcoholism, obesity, suicide, drug addiction,

cigarette addiction, and other harmful behaviors. Currently, tranquilizers, antidepressants, and anti-anxiety medications account for 25 % of all prescriptions written in the U.S. each year (<http://www.stresscure.com/hrn/facts.html>). The U.S. Public Health Service has made stress reduction one of its major goals.

Our current medical model focuses primarily on the diagnosis and treatment of disease. The significant relationship of stress to disease, however, requires that we implement more than just stress-reducing practices. We must identify the causes of disease, and develop ways to desensitize ourselves from those triggers. The more we embrace life, the greater our peace and tranquility. The more we reject it, the greater our allergic reactions. Our relationship with life may be the greatest barometer of our wellbeing.

## The Nature of Reality

But what is our relationship with life? Most of us think of life as a series of situations we encounter. Some of these experiences are comfortable, others not. However, are these experiences actually occurring in the outside world, or are they constructed within consciousness? Are we actually seeing reality, or just interpreting a portion of it based on the make-up of our perceptual system?

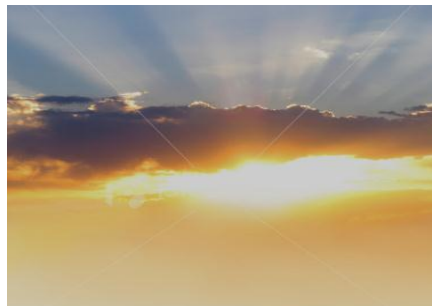
According to science, we



experience only one billionth of what actually exists. The human eye, for instance, is sensitive to the visible portion of the electromagnetic spectrum, spanning from 380 to 760 nanometers. There is nothing sacred about the frequencies of experience above and below this range, but for all practical purposes these aspects of reality do not exist for us. A honeybee, on the other hand, doesn't respond to the visible spectrum as we do. It perceives reality within the ultraviolet portion of the spectrum, while a snake interprets reality through the infrared portion. In essence, life is just energy. We don't see what's "out there." We merely interpret the tiny segment of energy to which we are attuned.

And even within our own species, that bandwidth of perception varies dramatically. We all see things differently. How is it possible that two people perceiving the same situation, experience it totally differently? Is there anything intrinsically attractive or unattractive about a specific person, or is our perception of them the result of how we relate to them on an energetic level? The true nature of the universe, what the world really looks like, depends on who's looking at it, and what type of perceptual system they have. Our picture of the world is not necessarily what the world looks like. It's only our way of looking at and interpreting a portion of the energetic spectrum we identify as "real" life. But what is this mysterious energy we interpret

and translate into "life"? According to our most renowned physicists the real nature of reality is the vibration of light.



## Our Relationship to Color

What the body interacts with is energy. Every thought, feeling, and emotion we experience is actually triggered by specific vibrations that resonate on the grid of our energetic matrix. This would imply that specific frequencies of energy or light (color), trigger explicit thoughts, feelings, and emotions within us in the same way that certain life experiences do. Thus, how we interact with the spectrum of light affects our mind and body, as well as being inseparably linked to how we relate to the full spectrum of life's experiences. Just as some life experiences are easy and others are difficult, some colors are comfortable to look at, while others feel uncomfortable. Because of this discomfort, our bodies respond to light *selectively*, absorbing certain colors and rejecting others. The colors we like (and absorb) are related to the facets of life we feel most at ease with. The colors we dislike (and reject) are

usually related to unresolved incidents we are not yet able to embrace—the parts of life we have consciously or unconsciously kept in the dark.

In essence, any unresolved issues in our life, result in a lack of receptivity to the vibrations (colors) that comprise those experiences. In other words, our "allergies" to certain people or events directly translate into identical allergic reactions to the energetic frequencies (colors) that comprise those individuals or situations. According to Professor Fritz-Albert Popp, pioneer in bio-photonic research, when a cell is in optimal health it responds to all colors of light identically; when it is out of balance, it responds selectively. Just as eating poorly results in malnutrition, not assimilating the full spectrum of light results in "mal-illumination". The body is powered and continually recalibrated by sunlight, and the eyes are the primary entry point for that energy. Yet, most people lack the vital nutrients and continual energetic information supplied by the sun's rays.

Since every aspect of life is light dependent, rejecting any portion of the visible spectrum decreases the flow of our life force, diminishing our innate healing ability and our capacity to experience health and happiness. *However, we can expand our ability to receive the full spectrum of light* by using color to resolve our "allergic" reactions and the physiological imbalances associated with them.

## The Movie of Life

*The relationship of light to life becomes even clearer if we imagine life as a movie.* Imagine that from the moment of birth, every experience of our life is filmed, and now we are going to watch the entire movie. After finding a comfortable chair in the theater, we are hooked up to a series of physiological monitors that will automatically record our response to everything we are seeing. The scenes that remind us of joyful times will entrain our breathing cycle, blood pressure, and brain waves, etc., into a peaceful state. The scenes that take us back to memories of unpleasant events will immediately tighten our breath and muscles, speed up our heart rate, and rattle our emotions.

Even though we are only looking at a movie, and those events are not happening in real-time, our body responds as if it were re-experiencing the original incident. As we continue to watch the movie, we notice that episodes similar to the original, disquieting incidents also seem to awaken comparable feelings and physiological reactions. It is as if we are holding a tuning fork, and someone in an adjacent room is also holding one at an identical pitch. If the other person strikes their fork with a mallet, it will begin to vibrate and make a sound. Simultaneously, our fork will also vibrate and make a sound. A person or situation that reminds us of a painful event acts like a homeopathic remedy that

triggers a response similar to the original experience, normally creating agitation.

Now, imagine what life would be like if we gradually became comfortable with the things that upset us. What if seeing our former husband or wife no longer disturbed us? What if we were no longer distressed by situations that previously had us miffed? Imagine what life would be like if we were able to watch the movie of our life, and the physiological monitors never recorded *any stress*. How would our state of mind, level of peace, and general health change if we were desensitized to most of the stressors in our life?

Just as the film in a movie projector creates the illusion of reality on the screen, the ideas imprinted in our mind create the movie we call “the real world.” If we have experienced stressful events that we are still sensitive about, then the feelings and beliefs created by those events may make the real world appear scary and unsafe. But the real world is not what we think it is. All our thoughts, feelings, and emotions are actually triggered by specific frequencies of energy or light. That is why looking at colors (components of that light) often triggers the same feelings and memories as the actual events. By systematically viewing colors, we can gradually desensitize ourselves from the frequencies of light that we are currently allergic to. When that happens, we will embrace light and life in a whole new way. And as our perception changes,

our reality changes, and our identification past traumas begins to dissolve. As this occurs our visual field opens, giving rise to a new level of vision and awareness.

## Our Field of Vision

Our ability to receive light by way of the eyes is, to a large degree, determined by the expanse of our field of vision. The visual field is the physical counterpart to the non-physical field of awareness, which acts as the body’s radar screen. Although visual field size can reduce in response to trauma and disease, on a moment-to-moment basis, it mirrors our state of mind, reflecting how we feel about the world. The visual field constricts in response to anything it cannot assimilate, and is significantly affected by emotional states, such as fear, anger, and depression. Emotional upset and worry are often accompanied by holding our breath, reducing oxygen consumption, which also restricts our field of vision.

Similarly, anything that alters our visual field size simultaneously alters our field of awareness and vice-versa. Visual field constrictions limit the amount of light absorbed, reducing learning ability, metabolic rate, nutrient absorption, and degree of entrainment with life. According to Virginia Shipman, an individual’s perceptual field constricts under stress, causing them to “observe less, see less, remember less, learn less, and

become generally less efficient” (V.I. Shipman, “A Constriction of the Perceptual Field Under Stress” (Paper presented to the Eastern Psychological Assoc., Philadelphia, PA, 1954). Dr. John Searfoss, found that 86% of children with learning disabilities or emotional immaturity, 25% of mentally impaired children, and 21% of normal to gifted children have reduced visual field size for color, further confirming the findings of Shipman and others (Searfoss J, & Garzia R. Tunnel vision, a loss of visual sensitivity in school age children. *Journal of Optometric Vision Development* 2000; 21(3):117-130).

Under pressure the visual field collapses, demonstrating that under stress we shut down our ability to perceive and respond accurately to life. However, when our visual field is open and sensitive, we observe more, see more, remember more, learn more, and become more efficient. Recently, a University of Toronto research team demonstrated that our moods literally change the way our visual cortex operates and how we see.

Using functional magnetic resonance imaging to examine how the visual cortex processes sensory information, this study provides the first direct evidence that when we are in a positive mood our visual cortex takes in more information. However, when we are in a negative mood it results in tunnel vision. Happiness literally expands the

size of the window through which we see the world, demonstrating that seeing the world through rose-colored glasses is more biological reality than metaphor. When we are relaxed and present, our eyesight has the capacity to provide greater insight. (<http://www.jneurosci.org/cgi/content/full/29/22/7199>).

### From Eyesight to Insight

Vision is not about looking, but about seeing. In essence, vision is awareness. However, the ability to see is often limited by our beliefs and tendency to “try hard.” With effort, our breathing, visual field, and awareness narrow, reducing the quantity and quality of light entering and exiting the eye. With ease and acceptance, however, breathing, awareness, receptivity to light, and connection with life expand, often allowing us to see what was previously invisible. This transforms our inner vision — and frequently our physical vision.

With greater awareness, presence expands, allowing what mystics often refer to as “the third eye” to open. In Zen Buddhism, this “awakening of the inner eye” is called *Satori*. From personal experience, when such an awakening occurs, the eyes appear unusually bright, becoming potent *projectors*, rather than just receptors, of light. This level of vision *sees without looking*, opening the door to precognition, greater awareness of synchronous events and even mystical experiences,

engendering a deep respect and humility for the aspects of life that are not describable. In essence, we become holographic focal points of light, illuminating all we come in contact with. Goethe said, “Someday...the inner light will shine forth from us, and then we shall need no other light”.

*“...seeing...is profoundly integrated with the total action system of the child--his posture, his manual skills and coordination, his intelligence, and even his personality...He sees with his whole being.”*

*—Arnold Gesell, MD,  
Vision, Its Development in  
the Infant and Child*

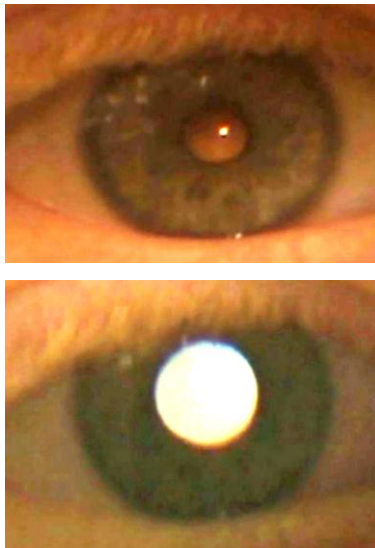
### The Light in Your Eyes

Most people are aware that light enters the eye, but how many know that light also exits the eye? This becomes obvious when we look at the bright sparkling eyes of a happy child (left), versus the dim lightless eyes of a sad one.



Below is a clear example of the real time change observed in one child's eyes. The light reflex seen in the left photo appears dull when the child is exerting effort or manifesting low-level awareness because they figuratively "can't see." However, the moment awareness expands, and perception becomes clear and effortless, the light reflex instantaneously brightens (right photo), as the person's entire being exclaims, "I see." That is why the word for eyesight in Germany is "augenlicht" — which means eye light, and "I'm losing my sight" in Greek translates to "I'm losing my light" in English.

This phenomenon becomes even more evident when the eyes are observed with a retinoscope during a task where presence and attention are required. A retinoscope is an instrument that shines light into a patient's eye, allowing their doctor to observe the reflection (reflex) off the retina. Retinoscopy is typically used in prescribing glasses for young children or others who are unable to give verbal feedback to their doctor. However, retinoscopy can also be used to directly observe the automatic and involuntary response a human being has to a specific situation. By merely noting the brightness or dullness of the light reflex, the doctor is able to interpret the patient's interest and comprehension of the material. In general, a bright reflex is a sign of ease and clarity, while a dull reflex indicates effort and frustration.



The idea of light emanating from the eyes is not new. In the *New Testament*, Luke 11:34 states, "The light of the body is your eye..." A number of ancient philosophers, including Plato, Euclid, and Ptolemy, believed that there were emanations from the eyes during the act of seeing. In the Second Century A. D., Galen said that vision came from the brain and out through the

eyes. The majority of Islamic scholars in the ninth century also believed that light emanated from the eyes.

To further appreciate the relationship between light and the eye, it is important to look at the hole through which light enters and exits. The pupil of the eye is an orifice located in the center of the iris, through which light enters "the windows of the soul" on its way to the "seat of the soul." Receiving information about the external world and emitting information about the internal world, the pupil acts as a biological interface where the invisible energy we call light, catalyzes into the physiological activity we call life.

The pupil continually dilates and constricts in response to light. However, it also fluctuates in the absence of light, and in response to any sensory, emotional, or mental change in state. These physiologic fluctuations of the pupil are connected to the continual changes occurring in the Autonomic Nervous System (ANS). The respiratory rhythm is one of the sources of these fluctuations, as it is perhaps the body's most fundamental pulse. In general, inhalation is accompanied by pupil dilation and exhalation by pupil constriction. The pupil is the body's most sensitive barometer of ANS activity.

In his book, *Vision, Its Development in the Infant and Child*, Dr. Arnold Gesell states, "Sensation and movement are inseparably connected. The eye



may have originated as a photosensitive spot somewhere in the protoplasm of a very lowly creature; but even this primitive receptor was related to a motor system in such a way as to influence the creature's movements; and the movements of the creature, in turn, affected the time and mode of the next succeeding photic stimulation. To this day, a primary function of vision is to direct movements." Gesell obviously recognized that light, the eye and physical movement are inseparably entangled. He also discusses the retinoscopic reflex, relating it to one's level of awareness, development, effort, congruity with the task and presence.

In 1986, Dr. Dhavid Copper and I objectively measured the light coming from the eye. The results of those findings were published in an article titled, "The Physics of Light (D. Cooper, "The Physics of Light," 5College of Syntonic Optometry Journal)

March 1990): p.2)." "Using my wife as a willing subject, I set up the equipment to measure directly into the pupil of her eye. Having just measured the light source composition, I knew exactly what wavelengths were being 'beamed' into her eye. What we measured as being reflected back out of her eye was very interesting. Only two or three narrow wavebands of light were being reflected back out of her eye, one in the yellow-green portion of the visible spectrum, and the other in the red end. I then did the experiment on myself, and found similar results, with the exception that only one narrow waveband, in the red end of the spectrum, was reflected out of my eye. Jacob Liberman happened to be in town, and I repeated the experiment on his eye. His results presented a very different picture than either my wife's or mine. There was a more even distribution of all wavebands of the visible spectrum being reflected out of his eye, almost like a full-spectrum light source." Goethe

said, "Someday perhaps the inner light will shine forth from us, and then we shall need no other light".

*Light: Medicine of the Future* assembled for the first time the wide range of scientific evidence that our bodies are biological light receptors and that sunlight is the primal energy of our life force. However, as human society has become increasingly disconnected from both the light of the soul and the light of the sun, we have forgotten that *light* is the source of our being, and thus our most potent ally in stimulating the healing process. Twenty-one years have passed since the publication of *Light....* It is my hope that EYELIGHT becomes a stepping-stone on our journey towards discovering the secret of light. The ideas presented in this paper are the foundation of a new light-based technology that is currently being developed and recently received a small grant from a private foundation.



**Dr. Jacob Liberman** is the author of *Light: Medicine of the Future, Take Off Your Glasses and See* and *Wisdom From an Empty Mind*. He earned a Doctorate of Optometry from Southern College of Optometry, Ph.D. in Vision Science from the College of Syntonic Optometry and was awarded an Honorary Doctorate of Science from the Open International University for Complementary Medicines. He is a fellow Emeritus of the American Academy of Optometry, College of Optometrists in Vision Development, College of Syntonic Optometry, and International Academy of Color Sciences, Past President of the College of Syntonic Optometry and recipient of the H.R. Spitler Award for his contributions to the field of phototherapy. Dr. Liberman has shared his discoveries and insights

with more than 2,000 audiences worldwide and been enthusiastically endorsed by luminaries in the fields of health, science, spirituality and sports. He is the inventor of the Color Receptivity Trainer, Spectral Receptivity System and EYEPORT Vision Training System, the first FDA-cleared medical device that significantly improves overall vision performance. Dr. Liberman is the Founder of Exercise Your Eyes, Inc. and President of the International Society For The Study Of Subtle Energies And Energy Medicine (ISSSEEM).

# The Eye of Horus

## *Mystical Light of the Soul*

Selim Oezkan

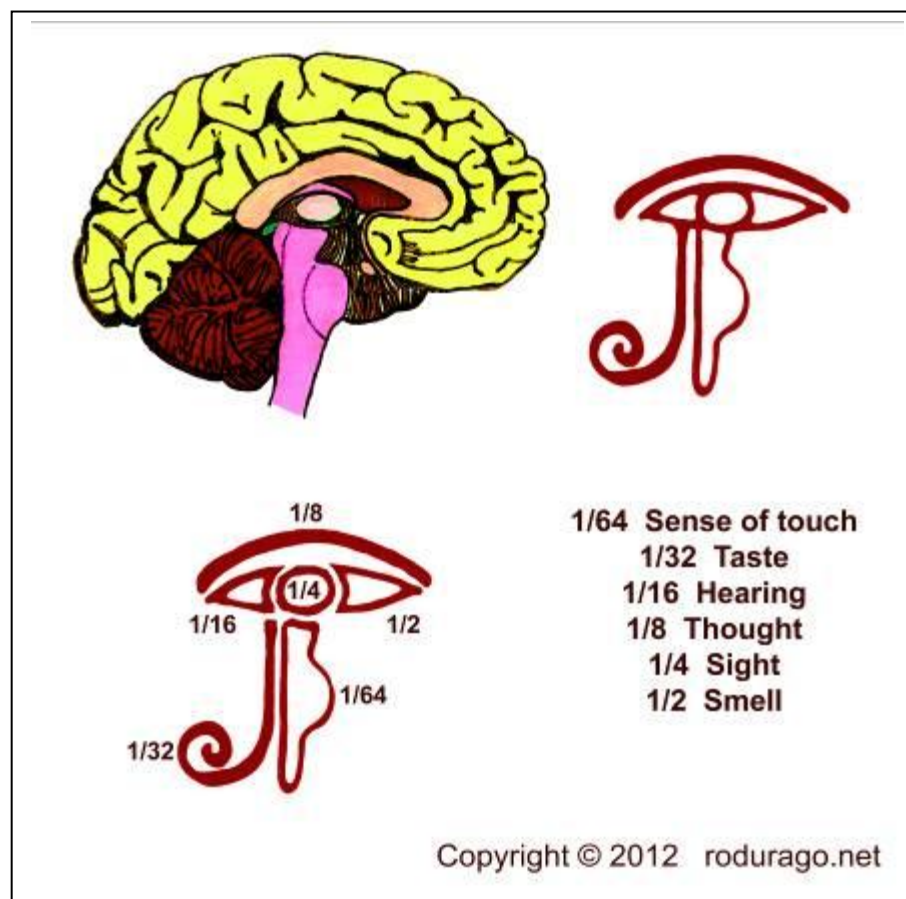
The sun-god Ra presided over the ancient Egyptian pantheon and he was the originating deity of mankind. The light of Ra created the essential existence of all things on earth and affected the cycles of life. Therefore the absence of the sun-god implied darkness, death and the awakening of evil. The old Egyptians supposed Ra to descend into the sea at dusk and believed he went on his nightly sea travel. In the morning he arose and appeared as a red sun-eye on the horizon. Accompanied by his daughter Maat, the goddess of world-order, he travelled on his sun-boat along the firmament and sent his light down to earth. That light was embodied by the golden hawk Horus. The two eyes of Horus represented the heavenly bodies sun and moon.

A famous Egyptian myth is about the conflict of Horus and his opponent Seth, god of gloom. In a fight, Seth gouged out an Eye of Horus and smashed it into six pieces. Thoth, the god of magic and healing, collected the pieces of the eye and coalesced them. He delivered the cured eye to Horus. But instead of using it as his own eye, Horus sacrificed it. He put it as a third eye on the

forehead of his father Osiris, the god of the dead, thus arousing a new consciousness in Osiris and brought the light into the darkness of the underworld. From this legend the hieroglyph of the Eye of Horus was developed. It became a symbol for all sacrifices and an allegory for light, wholeness and healing.

But besides its mythological meaning, the Eye of Horus had

also a tangible analogy in ancient Egyptian medicine. There were six forms of perception corresponding to the Horus-Eye: smell (right part of the eye), sight (pupil), thought (eye-brow), hearing (left part of the eye), taste (spiral) and sensation (upright part). Additionally all pieces had an according mathematical fraction: 1/2 (right part of the eye), 1/4 (pupil), 1/8 (eye-brow), 1/16 (left part of the



eye), 1/32 (spiral) and 1/64 (upright part). These fractions composed the pieces of an old Egyptian measure of capacity. They were used as a medical means of measuring dosages at the preparation of prescriptions<sup>1</sup>. The »Rx« symbol one can find on pharmaceutical prescriptions has its origin in the Eye of Horus.

### **The Pineal Gland: our Third Eye**

It is interesting to note that if the pieces added together the total is 63/64. But not 64/64, which is in accordance with the unbroken Eye of Horus. So a 64<sup>th</sup> piece is missing.

As we find in old hieroglyphic texts the remaining 1/64, the hidden »magical« piece, Thoth used to restore the eye. This piece corresponds with the human 6<sup>th</sup> sense – the intuition. On a subtle level the 6<sup>th</sup> sense is assigned to the 6<sup>th</sup> Chakra, also known as the third eye.

In fact there is a center in the brain which is associated with psychic experiences: the pineal gland.

The physical existence of this gland has been known for already 2000 years. Ancient Egyptians knew that in the internal brain resides an organ, through which a person has access to the spiritual level of his awareness. For this reason there were particular symbols of

fortitude on the headdress of the pharaohs. On the mask of Tutankhamun is an erect cobra, an emblem of kingship and light, as well as a link to the uraeus-snake which stood as a third eye on the forehead of the sun-god.

Today we know that the pineal gland is indeed a form of a third eye, because it has light sensitive cells and acts as a photometer<sup>2</sup> inside the brain. Through the hypothalamus, the distribution center of the brain, the light of eyesight is to be directed to various regions of the brain. One part of the light is used to stimulate the pineal gland. The less light the pineal receives, the more actively it produces the sleeping hormone melatonin<sup>3</sup>, which regulates both our wake and sleeping patterns and the length of our nightly dream-phases.

### **The Organ of the Soul**

René Descartes, a 17<sup>th</sup> century philosopher, held the view, that the pineal gland was even the seat of the soul<sup>4</sup>. Similar to Egyptian belief he thought that

this tiny organ was a link between the body and the mental-emotional consciousness.

To Descartes' mind the pineal was the place where the astral body parts with the physical body at the moment of death.

Today it is assumed that closely before death the pineal releases another hormone: Dimethyltryptamine<sup>5</sup> (DMT). This naturally produced substance of the human body affects the visual cortex of the brain and plays an important role in Near-death experience.

DMT is also contained in the Amazonian plant banisteria caapi. Native medicine men use this shamanic plant, so called ayahuasca, in their initiation rituals. With the potion from the brew of this plant, in a state of trance the adept experiences the secrets of life and is brought to the gates of the afterlife.

In the mysteries of ancient Egyptian religion the initiate had to undergo a similar experience. It was believed that through death the soul was enabled to fade to a higher world. At the moment of death the »Ba« (part of the soul, karma) was released from the body in the shape of a bird and so the soul was taken to the underworld by Anubis, opener of the way to afterlife. At the dead court in the underworld the soul had the chance to be excused from its sins that the deceased had committed in life.

1 Papyrus Ebers, Egyptian medical papyrus dating to circa 1550 BC

2 Lolley, R.N, C.M.Craft, and R.H.Lee - 'Photoreceptors of the Retina and pinealocytes of the pineal gland share common components of signal transduction' Neurochem Res 17(1), p.81, 1992

3 Weichmann, A.F. - Melatonin: parallels in pineal gland and retina. Exp. Eye Res, June 1986: 42(6) pp507-527

4 Descartes, René - Passions of the Soul, 1649

5 Strassman, Rick, - DMT: The Spirit Molecule, Park Street Press, 2000

On the so called »scales of truth« the heart of the deceased was weighed against the feather of Maat. If the heart and Maat were in balance, the dead had passed the test. So he was taken by Horus to the throne of Osiris where he received his judgment. If the judgment was positive, the soul could reunite with the body and was ferried in the sun-boat of Ra to the higher world.

However, if the heart was bonded to a negative karma, if the deceased had acted wrongly in his life, his soul was reborn in a new terrestrial body. Then, according to anthroposophical<sup>6</sup> lore, the heart of the preceding incarnation has been transformed to the pineal gland of the subsequent incarnation and being cleansed from all negative karma.

### Mind Your Spiritual Eye

The pineal gland is the organ of psychic energy in human awareness. It is a center of perception in the imaginative

mind. The visual eye and the pineal are antagonistic organs: the more light gathered by the eye, the less active is the pineal gland.

These days we live in a world where the everyday life is mainly dictated by visual stimuli. Through the constant surge of artificial images that stream into our consciousness, our eyes and brain are overcharged to some extent. Beyond that our body and our environment are polluted by inferior light quality such as from neon light and energy-saving lamps. By the impact of these great amounts of light the functioning of the pineal is compromised. And so the strength of our third eye gradually diminishes. Our intuition fades and we need the images outside, in order to realign ourselves.

But as we can find in all western and eastern esoteric traditions, the high aim is to detach from these images in the outside and

to learn to see with the inner eye. The light we see in the outside is only a reflection of the substantiality.

The inner nature of the light of our soul, is suppressed by every day images. However these images have no meaning, as we eventually do not know what is behind them because that which makes sight possible, namely the sun, cannot be seized with our eyes<sup>7</sup>.

So is it really the images that represent life? Or is it the light itself?

Only when we abandon the every day images the essence of our soul will be revealed to the self. That is the moment when eyes start to shine and the light of our own essential nature becomes illuminated. To find and preserve this radiance in our eyes is the meaning of life. Thus the eye itself becomes sun-like<sup>8</sup> and the body becomes a lively source of light.

6 Rudolf Steiner: Kosmogonie, GA 94, München, 1979

7 Plato - The Republic, Allegory of the Cave

8 Goethe, J.W.: Vorwort zur Farbenlehre. In: Goethes Sämtliche Werke, Jubiläumsausgabe Bd. 40, Schriften zur Naturwissenschaft, Zweiter Teil, Stuttgart, Berlin, 1902



**Selim Oezkan** is vice president of the International Light Association. Since his early childhood Selim Oezkan has been involved with consciousness analysis and experimental sciences. Within the last three decades he dealt with software development and art. Among his clients are Daimler-Benz, Douglas Holding, The German Cancer Research Centre Heidelberg, the National Committee of Learning Development and Research Advancement Bonn. He is the founder of the Rodurago Network in Berlin, a knowledge database for spirituality.





# From Darkness to Enlightenment: Light and Color Can Stimulate and Integrate Expanded States of Consciousness

Brian Breiling, Psy.D., Jennifer Breiling, D.C.  
and Steven Vazquez, Ph.D.

**Introduction:** The topic of light and enlightenment is as vast as the universe and as ancient as mankind's earliest oral histories. Cross culturally ancient scriptures recognized the very intimate and essential relationship between the outer light and the inner light of our souls.

At the International Light Association (ILA) we celebrate a diverse collection of potent light healing modalities and technologies and therapists who work with the spiritual dimensions of light. Whether visible light is applied through the eyes or on the acupoints, the chakras, or the skin, there is a deep appreciation that when light is skillfully administered it often catalyzes profound, deep level transformations that can help guide us into and through peak or spiritual experiences. While the journey to heaven often passes through hellish states of consciousness, light can help stabilize the mind, to be more able to be fully present with painful experiences and to be more able to deeply feel, witness, examine and let go of outmoded perceptions and beliefs about our self, our life

and the universe. This paper broadly highlights the history and my current experience using light through the eyes with a system known as Emotional Transformation Therapy or ETT to help us on the journey of awakening to the inner Light.

## **Ancient Glimmers of Light**

For Millennia seers, mystics, philosophers and healers realized that light is the very fabric of which we and everything in the universe are made. One of the earliest written documents from the Bronze Age (ca 1100-1700 BC), the Rig Veda is a series of hymns or prayers to the Light of God to awaken our consciousness. For many Eastern traditions, the subtle frequencies of the Inner Light and Inner Sound are one and God is perceived as a brilliantly luminous sound current. Highlighting this concept is a beautiful verse from the Chandogya Upanishad (3.13.7f):

“The light that shines beyond the heavens, upon the backs of all, upon the backs of everything—that is the same as the light that is here within the person. It is visible...when one perceives its

warmth in the body. It is audible when one closes one's ears and hears a kind of sound as of a bee, a bull, or a blazing fire. One should reverence that visible and audible light.”

Luminosity is a key feature that is associated with spiritual states. Its brilliance is associated with the life force and health (Prana, the Aura and the subtle energetic sheaths, the Kosha), the intelligence of the higher mind (Buddhi and Tejas), the psychoenergetic centers (the Chakras and acupoints) and the spiritualizing power said to lie at the base of the spine known as Kundalini Shakti. The awakening or merging of our inner light with the transcendental light of the Divine is the ultimate aim of Yoga. Self-realization or enlightenment is achieved by controlling the disturbances of the mind and senses by a variety of meditation practices that use the eyes, vision and visualization.

Many of these eyes-open meditative practices focused on gently allowing the light to come into the eyes from external light sources such as a dancing flame, a blue sky, all the spectrum of

numinous colors in a sunset or sunrise, silvery moon light or shimmering rainbow. The practice of eyes open meditation without blinking is called Trataka and is said to make the mind one-pointed and to heal many eye diseases. Traditions of closed-eye meditations focus on more subtle, inner light experiences. Some involved elaborate color meditations of the deity's light and colors radiating into oneself or visualizing oneself being full of light and radiating it out to others or simply concentrating on momentary inner light changes as one focused on breath or mantra.

In Western religious traditions the connection between vision and enlightenment is seen in Matthew (6:22), "The Lamp (or light) of the body is the eye. When your eye is single (focused) your whole body will be filled with light." Also in the gospel of Thomas (v. 24), "There is Light within a person of Light and it lights up the whole world."

The word Buddha in Sanskrit and Pali means the awakened or enlightened one; one who understands the operations of the mind.

### **Acknowledging Current ILA Luminaries**

Buddha's last word to his disciples was "Samasati": "Remember the truth of who you really are." And Samasati is the name of a profound healing system of using colored light primarily on the body and field

with guided compassionate facilitation. American Nishant Matthews who now practices in Sweden pioneered the Samasati system of colored light therapy. Jan and Wilma van der Est of the European Light Institute also are adept international teachers of this system of Samasati Colorlight Therapy. German Naturopath, Peter Mandel's system of using colored light is called Colorpuncture and was the forerunner of Samasati. Americans Manohar Croke and Akhila Das have taught Mandel's Colorpuncture system for nearly twenty years. Many treatments from both these systems have elicited profound spiritual experiences in clients. Examples of just a few treatments are: the Death Treatments (to greatly comfort and help the dying complete unfinished business and decrease the fear of dying), Dream Zones (to open awareness of inner guidance) and a variety of treatments to work through preverbal and early childhood traumas. American Vision therapist Sarah Cobb's system of AcuLight which uses lighted crystal or colored glass tips on the points around the eyes and head and is leading to breakthrough improvements in vision and with positive side effects of greatly calming and clarifying the mind for greater insight.

Toronto based Spectrahue Light and Sound, Inc. is a business created by Julianne Bien in the early 1990's. This actively entrepreneurial ILA member has developed portable light devices

called Lumalight 2100 and the Lumalight Handheld Illuminator. A popular teacher internationally, Julianne has also developed a nationally accredited certification course in Professional Color Therapy for people, animals, and home study DVD's.

Also there are four other ILA members that have created phenomenal light and sound technologies that are primarily used without guided facilitation to entrain brainwave states associated with meditation and expanded awareness. Current ILA President Anadi Martel developed Sensora the most advanced light, sound and sensory stimulation system on the market today. The Sensora's large screen, with super luminous and life-like colors shimmer, dance and play simultaneously with beautifully orchestrated sound, light and vibratory programs that focus on themes of life, death and transcendence.

Twenty-five years ago, Canadian electronics engineer, Dave Siever and his company Mind Alive developed several models of portable light goggles and headphones, the D.A.V.I.D., an acronym for Digital Audio Visual Intrainment Device. These programmable devices have dozens of modifiable programs to entrain any combination of brainwave patterns to help focus attention and guide someone through deep relaxation and various meditative states of consciousness. I have had clients who never meditated

have profound experiences with the DAVIDs meditation programs.

The Monochrome Mask, and the Monochrome Domes are the genius of Swedish Psychologist and Architect Karl Ryberg, Karl is the author of *Living Light: On The Origins of Colours*; a gorgeous full-colour illustrated overview of the field of Light and Colour Healing. Karl's Monochromatic Dome was the first breakthrough in using very narrow wavelength, monochromatic light while historically all previous light therapy devices used broadband or polychromatic light. Karl's monochromatic "super colors" are in a league of their own and must be experienced. He calls his monochromatic light devices "Bliss Technology" and are wonderful tools to "upgrade our Brains' mental software and hardware too."

In the early 1980's pioneering Optometrist, Dr. Jacob Liberman, author of *Light Medicine of The Future*, began working with "Color Receptivity Training." This was the first time I had seen anyone demonstrate using colored light with guided facilitation to quickly, and safely open up subconscious emotional processing with a combination of evocative and comfort colors. I was astonished at the depth of the emotional work I saw Jacob do in a short 20 minute demonstration with light, I knew would take several months of verbal therapy to accomplish without light. This huge breakthrough in light and

consciousness greatly inspired and influenced Dallas Psychologist, Steven Vazquez to explore and codify his system called Emotional Transformation Therapy (ETT). As Jacob said: "You use the light to see the light and once you see the light you have an opportunity to be the light." Unfortunately, Jacob's light device, The Color Receptivity Trainer is no longer being made, but was successfully used on its own by individuals and in groups to inspire deep emotional awareness.

One of the benefits of all the above devices: The Sensora, The Monochrome Mask, the Mind Alive devices, and The Color Receptivity Trainer is that they can be effectively used (with minimal guidance) by healthy people with little or no meditation or therapy experience and yet have profound effects—a plus that highlights the ongoing need to place these powerful instruments of consciousness and brain development in schools, hospitals, rehab centers, spas, airports, businesses and everywhere else people need to clear their minds to achieve optimal performance states. In the future I hope to see more ILA workshops and articles by these light pioneers in *The Journal of Light* highlighting their experiences with light and spiritual states.

### **Emotional Transformation Therapy (ETT):**

#### **Change At The Speed Of Light**

The remainder of this article focuses on Emotional Transformation Therapy or ETT,

a form of light assisted psychotherapy developed by American Psychologist, Dr. Steven Vazquez in the late 1980's. ETT is a process oriented, guided visual light therapy system that precisely monitors and makes changes in color, brightness and flash rate based on a person's moment-to-moment visual perceptual, emotional and sensory responses to light as they are verbalizing their experiences. Using light in this way provides an unusually high degree of emotional attunement such that the color precisely mirrors the person's internal state of consciousness. Often within minutes physical and emotional symptoms can be witnessed, integrated and released. In facing and bringing to resolution previously difficult emotions, traumas, outmoded perceptions and beliefs, deep level transformation can occur and spiritual side effects sometimes result; as the two following case studies will illustrate.



Verbal and nonverbal mirroring of a client's process is one hallmark of good, compassionate psychotherapy. Yet beyond the clinician's skills, Steve recently developed a new light device that made a quantum leap in therapeutic attunement and effectiveness in the work we do.

The new device called The Chromopulse 2 (manufactured by Denver electronics firm Neurotek) allows you to precisely adjust:

- 1) Color Saturation (of individual red, green and blue LEDs on a 0-255 scale: creating a tunable light source of over 16 million shades of color);
- 2) Brightness (on a scale of 0-100) and
- 3) Flash Rates (from 0-60 Hz).



The client's visual, verbal, and nonverbal somatic responses let us know exactly when they find their "sweet spot" of these three colored light parameters that facilitate them being maximally present to move through their process. For simplicity these case examples talk only about guided light facilitation.

Yet in practice ETT has evolved to use a variety of other techniques and non-light procedures either before or instead of working with light as the client must be emotionally prepared and ready to work effectively with light. Very briefly ETT practitioners can use a series of techniques before putting clients in front of the Chromopulse light machine. A practitioner might for example, assess and advance a client's emotional readiness by doing

color perception work with a ***Spectral (rainbow) Chart***, called Spectral Resonance Technique, while the client describes an issue with attention paid to their visual perceptual distortions, a mirror of defensiveness. Another technique, Multidimensional Eye Movement uses ***painted color wands*** in the visual field to work with client's unique saccadic eye movement patterns that encode traumatic memories. Finally ***Peripheral Goggles*** cut out most environmental light and open only selected areas of the visual field and can quickly contain and comfort someone who is emotionally flooding or needs to be gently stimulated with light in a positive- memory resource area located in a specific part of their visual field.



ETT offers compassionate facilitation simultaneously while the client viewing colored light describes what they perceive visually, feel emotionally and sense in their body.

### **Spiritual Emergence Vs. Spiritual Emergency with ETT: Two Cases.**

When someone opens spiritually or has a transcendent experience it can happen either gradually over time or very suddenly and abruptly. Either way if someone's belief system, social support or health care provider does not acknowledge or are antagonistic to these experiences, it can be very destabilizing to someone's identity and their ability to function in work and personal relationships; even if the person does not have a diagnosable mental disorder.

To address the need for clinicians to not over-pathologize (hence medicate or hospitalize) or ignore these non-ordinary spiritual states of consciousness, in 1994 The American Psychiatric Association's diagnostic manual for mental disorders, The Diagnostic Statistical Manual of the American Psychiatric Association, the DSM-IV created two non pathological diagnostic categories of adjustment difficulties called "Religious or Spiritual Problems". Overlapping these diagnostic categories is the concept of "Kundalini Crisis" from Ayurveda, the traditional East Indian Medicine of yogis



familiar with disruptive symptoms of spiritual practices.

Wikipedia has a detailed description of symptoms of The “Kundalini Syndrome” and the forty years of good psychological research in which Transpersonal Psychologists have cataloged a set of sensory, motor, mental and emotional symptoms associated with spiritual openings during Kundalini episodes. While these mind/body signs of spiritual opening have been known by adepts for millennia, scientists have only just recently begun to give credence to their observations by conducting research and publishing their results in mainstream psychological journals. The Kundalini Syndrome symptoms occur most often with after near-death experience, or with prolonged and intense contemplative or meditative practices such as Yoga or Chi Kung.

Kundalini motor symptoms might include the body going into spontaneous yoga postures, dramatic changes in breathing rate, and depth, spontaneous involuntary body movements. Examples of somato-sensory symptoms might include: cranial pressure, physical sensations of heat or cold moving throughout the body, vibratory sensations moving from the feet going up the spine over the top of the head ending in the abdomen. Audiovisual symptoms might include: inner noises, sounds or voices, internal lights or colors illuminating parts of the body or

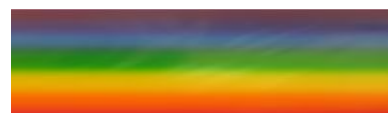
the room. While Kundalini mental symptoms might include: sudden experiences of intense ecstasy, love, devotion, joy bliss or sudden intense feelings of fear, anxiety, depression, hatred or confusion; rate of thoughts speeding up or slowing down or stopping and going into spontaneous trance states.

While Kundalini symptoms are not pathological per se they can be misdiagnosed as a psychotic disorder and unskillfully dealt with, which could exacerbate pre-existing physical and psychological conditions. Sometimes Kundalini symptoms can co-occur with acute or chronic mental disorders that make management more difficult.

Beyond this article I encourage readers to read Dr. Vazquez’s forthcoming two books, *Emotional Transformation Therapy: An Interactive Ecological Psychotherapy*, especially Volume II for a more detailed discussion of examples of Spiritual Emergence, Spiritual Emergency and the Kundalini Syndrome and how they can be effectively dealt with using ETT. Due to space limitations of this article case descriptions are only briefly highlighted. The skills of how to work with color, light, brightness and solid or flashed light are taught in his five, three day modules, and internship of the Emotional Transformation Therapy Training.

ETT’s facilitated light therapy provides a compassionate, yet rapid and a non-traumatic

method of dealing with these symptoms such that the rate can be slowed down and the intensity lessened so this psycho-spiritual evolutionary process can proceed and develop while the person can function normally in their daily lives. The two following cases highlight how Spiritual Emergence and Spiritual Emergency were treated with ETT.



**Case 1 “Emily” an example of Spiritual Emergence**, a gradual Kundalini activation that happened over a two hour ETT light session in my practice and began resolving itself some months later with very significant positive changes in her identity, physical health, happiness and relationship status. Emily was a 48 year old, quiet, introverted, intellectual, a conservative, woman who was a successful IT executive who originally came to me four years earlier to work on grief related to her divorce, identity and relationship issues with her new boyfriend and stress reduction. We already had excellent rapport created from our long-term verbal therapy together and this was the solid-enough foundation for one of the most bizarre and dramatic therapy sessions of my career. Emily came into session with a severe migraine, with level 9 pain without her usual medication. Out of desperation, before I was going to take her to the hospital, I put her under yellow light to begin to process anger she verbalized about her

emotionally abusive mother, feelings she said interfered with her ability to trust her current boyfriend. Within ten minutes the headache pain decreased by half. I then switched to Violet, the color of the region of her physical symptoms. She processed remaining issues of distrust in relationships and the migraine stopped completely within ten minutes with no residual pain. This was a first for her. Thinking the session was over I let her enjoy the silence and peace of the light.

Continuing to stay with her process she described feeling an energetic melting of the headache moving down her legs and out her feet, yet simultaneously she described a pleasurable ecstatic, almost erotic energetic sensation, starting in her lower pelvis and gradually she described this warm and pleasurable energy was moving up her spine and shooting out her head. I encouraged her to breathe and stay with her thoughts feelings and sensations and over the next hour and fifteen minutes it spontaneously and progressively developed into classic Kundalini symptoms of energy activation, feelings of religious ecstasy (describing and her love for Mother Mary). I felt like a midwife at my first birth. This experience left me with awe and respect as I learned to breathe, stay present and surrender to her unfolding evolutionary process.

Emily next continued to cry tears of joyful longing for God as she had dismissed her faith since she

was a young adult. Later after a prolonged silence and further deepening Emily began to dialog with the light which she saw as God's love and proceeded to channel a message from her higher self from the light and was told she need to forgive her mother, her former husband and to move on in life in terms of a new marriage and to begin a spiritual practice. I slowly brought the session to a closure point with Emily feeling very blissful with her new insights and life directions and with zero migraine pain. Yet many of these in session sensations and feelings continued to resolve themselves for months afterwards as she created a new identity for herself.

Ironically previous to this session she described herself as "agnostic at best" and having severe migraines several days each week. Since the above ETT session she did not have a single migraine for the next six months and later most were not severe enough to require medication. Her identity gradually began to open to an expanded sense of herself as a spiritual being having a human experience. She experienced minimal disruption in her life, despite a gradual ongoing opening. Her social networks opened greatly to loving to be with more artistic, spiritual and authentic people than those at work. I suggested some books on Spiritual Emergence, Kundalini activation, spiritual practices and female saints to give her a framework to understand her dramatic opening to her inner

light. For the first time as an adult, Emily began exploring spiritual practices and found a match at one of the local contemplative convent-retreats. Within a year she remarried, was promoted at work and saw her self as a much more joyful, complete, and fulfilled human being.

**Case Two, "Leslie" an example of Spiritual Emergency** is from Dr. Steve Vazquez's practice in Dallas, Texas and illustrates some dramatic differences and complexities of the abrupt and cataclysmic changes of a Spiritual *Emergency* versus Emily's more gradual and gentler Spiritual *Emergence*.

Leslie was referred to Steve by a psychiatrist because her panic attack symptoms were getting more frequent (daily) and more severe lasting about 17 hours an episode. Leslie was in her early 40's and was a successful CEO of real estate brokerage with over one hundred employees. Her husband, parents and social support were all very successful business people. Three generations of her family and most of her friends were all pragmatic atheists.

Hers is an example of Spiritual Emergency that was precipitated unintentionally (remember she prided herself in being a non-believer) after months of intensive ETT light sessions to relieve her panic attacks by processing a number of traumatic events in her life. Steve reported that within a few months her panic attacks stopped. Suddenly

in another session, while processing residual traumas she spontaneously had an experience of seeing God in the Yellow light. Leslie had a full-bodied energetic experience of this Being: an uplifting, wise, loving and an all-knowing figure. She began spontaneously to dialog with the light.

Uncharacteristically, between sessions she continued her conversations with God via automatic writing. In sessions she wanted to explore her resistance to trust and surrender to Divine guidance. As these blocks were sequentially processed over months of ETT light therapy, she began to open more and more. All the while she continued to work and socialize as if nothing were different; living a double-life of sorts. But Leslie was continuing to have many of the Kundalini symptoms, which she successfully hid from her friends, family and employees. She very rapidly developed a host of paranormal abilities such as clairvoyance, clairsaudience, uncanny telepathy skills and also developed energy healing skills, saw energies around herself and other people and regularly dialoged with spirits in the room with her.

This was such a sudden and dramatic change from who Leslie had been her entire life that Dr. Vazquez sent her for a SPECT brain scan to rule out the possibility of either a psychotic process that might cause her to hallucinate or some organic brain abnormality. The neurologist

report came back that her brain was “super normal.” No sign of pathology. The neurologist went on to say Leslie’s was one of the healthiest, most optimally functioning brains he had imaged in his long career. The only slight abnormality was a tiny over-activation of the visual cortex perhaps from her visual perceptual sensitivity. Her super healthy brain was probably why she was able to lead double lives at work and home and still ride these evolutionary spiritual energies.

Leslie and Steve continued to work on adjustment and identity issues with her for well over a year. She came to major changes in her personal values and lifestyle as if she were again an adolescent starting over again. Since Leslie’s never previously read spiritual or religious books, she began to read voraciously to make sense of her transformation. Leslie was head of an organization of young presidents of corporations and she came to see her former peers as boring, superficial materialists. She now chooses to socialize with more down to earth, open and honest people. Leslie came to see a lot of her family’s and peers values and pleasures, like plastic surgery and fancy cars, as meaningless wastes of time; not a good fit for who she was becoming.

Unusual physical healings are sometimes part of the Kundalini syndrome. For example she had a history of chronic and severe urinary tract infections that resolved within two minutes in

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We are pleased to announce that the national known author and lecturer Edward A. Charlesworth Ph.D. author of the book Stress Management will be testing our Lighting Device and protocol. While there are many audio CD’s and tapes dealing with stress relief, there are far fewer visual tools. We hope to add to the field of stress relief using visual meditations by enhancing the power of visualization to balance and calm the body. Our product, the **LightStream**, is a portable lighting device.

one ETT session as she dialoged with the light and the energy moved into her bladder area and the pain and tenderness were gone. Lab tests later showed no sign of infection. Leslie also had more than 25 documented allergies to foods like gluten, which in time have disappeared. She said, "I feel like I have a different body." Indeed this evolutionary process compassionately facilitated with light and has seemingly changed her on every level.

**Rapidly Activating "Blissful Quiet-Mind" States** Another way to work with ETT are two light processes that intentionally activate states of extreme well being in healthy clients who are ready to explore a dimension of spiritual consciousness that rapidly quiets the mind and focuses attention inwardly. In my practice and working alongside of Steve Vazquez, I have witnessed the intentional creation of what I'd call "quiet-mind-bliss states" that can last for minutes to days afterward. My experience was on mirthful unconditional joy that lasted for hours afterwards. This ETT process uses colored flashing light entrainment or solid non-flashing light in a way that rapidly shifts the balance of the parasympathetic or sympathetic nervous systems.

Ten years ago this ETT technique was originally done with polychromatic incandescent strobing light devices. Today's newer, more advanced light instruments use monochromatic Red, Green, and Blue LEDs: a

tunable light source creating more than 16 million colors, allow variations in brightness and to have either solid or strobing light (0-60 Hz). Steve observes monochromatic color creates similar powerful results without the need to use flashing light.

Which colors evoke these experiences? While I understand and have felt the unique affinity, or the "pull" or priming effect of each of the "Soul-Spirit" Colors: Turquoise, Light-Green, Crimson, and Peach Pink (Rosea) when applied by the Perlux Pen, or Lumalights used on or off the body in Colorpuncture, and Samasati Colorlight therapies, yet while using the Chromopulse II devices in ETT, practitioners have evoked expanded states of consciousness using just about every color combination. The effect seems to be person-specific highlighting their unique needs for frequency than any group of specific colors.

### **Neurotheology & Neuroplasticity: Can Meditation Research Give Us Clues How Light Changes The Brain?**

The last ten years have seen a tremendous explosion of research demonstrating structural and functional brain changes in advanced and even beginning meditators. Using EEGs and brain imaging devices such as SPECT scans (Single Positron Coaxial Tomography) or fMRIs (Functional Magnetic Resonance) major international neuroimaging laboratories have

opened to look at brain functioning in contemplatives, monks, nuns and priests from different spiritual traditions. While some critics point to the low quality of many meditation studies, nonetheless very recent research show solid significant benefits of meditation: increased growth in the brain's gray and white brain matter, and decreases in age related cognitive decline. While these benefits are greater for long-term meditators, these same benefits show up to a lesser degree within minutes to weeks in inexperienced meditators who are trained in Mindfulness meditation skills.

It seems possible that similar and other benefits might happen with light through the eyes and or on the body. Early meditation brain research suggests that various mindfulness meditation practices are effective skill based trainings that can positively effect the brain in cases of addiction, chronic physical pain, and a variety of acute and chronic mental disorders such as anxiety, depression PTSD and Schizophrenia. The brain is "plastic" that is, changeable and responds to external and internal stimulation by our efforts. Recent research this year shows that even in fledgling meditators grey matter, that is brain nerve tissues grew in adults in regions associated with attention-concentration, learning and memory, self-awareness, compassion, introspection and positive mood states. Perhaps light therapy and meditation might both be like weight training for the brain.



Interestingly these are some of the same conditions that have been successfully treated with ETT. Steve Vazquez and others are in preliminary stages of gathering increasing numbers of pre and post scans of ETT patients. So far brain research working with neuro-imaging (SPECT Scans, six clients so far) and multiple Quantitative EEGs show that combining light and psychotherapy dramatically optimizes cerebral blood flow and creates new brainwave states of calm, focused attention and concentration. Light lights up lives.

### **The Mindful Light Therapist & The Healing Relationship**

ETT and Samasati have roots in psychotherapy and both systems emphasize the quality of the relationship and the importance of presence and mindful awareness with the person being treated. Color invites and encourages growth especially within a positive human relationship with an attitude of compassionate respect for the person's process, and gentle encouragement without forcing. While working with our clients in front of the light we too must be mindfully present in the

moment in our body, in our hearts, with non-judgmental awareness. The mindful light therapist brings an attitude of curiosity, openness, and acceptance for whatever light brings forth. This work as a witness often brings us into a state of oneness with our clients. Wilma and Jan van der Est teach the importance of the therapist staying aware of the sensations in their own body to gauge how the client is doing at the same time.

### **Changing The World One Photon, One Life At A Time**

Beyond statistics, research design and case studies on meditation or light therapy the benefits of colored light are beyond words and need to be experienced personally. Ananda Giri, a present day yogi, reminds us that the world will change when each person discovers his or her own faith (or spirituality) through direct experience and not just belief. Perhaps this adds additional meaning to our lives as Light Therapists.

Chances are you or someone you know may have gone through a gradual or sudden, challenging spiritual opening, the experience

of which can be profoundly destabilizing. It is important to find an experienced guide who can protect, yet honor and respect this sometime dramatic process that is often not a mental illness, but rather a calling to greater life. Light, whether shined through the eyes, or on or off the body can gently guide our way home by calming and purifying the mind and emotions. Light in all its hues helps focus, quiet and can ultimately liberate us from the prison of the mind and the ego's pain and suffering. Light can give us a momentary glimpse of the One Light of who we really are, Samasati, our birth right, the inner light of consciousness of ever-lasting peace, and unconditional joy. Once we see the Light and begin to experience more expanded consciousness we need to regularly kindle and nurture this inner flame by a continuous spiritual practice. I believe light can not only take us to the gates of heaven but can also help us pull us through that gate and serve to eliminate the mental disturbances, to pull the "weeds that continually crop up in daily life. The rest of the journey is up to us to continually "Choose Light."

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# TRANSFORMATIONAL LIGHT

**Pamela Douglas-Smith**

When you open your eyes and allow your gaze to encompass the world around you, what do you see? Images, shapes, colors, shadings of light? Objects, animals, people, places? A realm of creative possibilities that emerged for you simply with the opening of this channel of awareness and perception. Something that is open to all, even those with visual impairment. For to truly see, requires not just eyes but soul as well. It is becoming conscious of the true Light that is the essence of all. It is remembering that it is our soul calling to shift possibilities for those we are called be present with in the energetic field of healing

potential. It is transforming in harmony with the essence of which we are all made . . . Light.

We are living in an age of Transformational Shift that is altering not only our perceptions and awareness, but our entire concept of time and space. It is inviting us to move from “homo sapiens” to what Barbara Marx Hubbard calls “homo universalis.” We are being called to see the energetic link between the potential and the manifest, and to move more consciously between those two interwoven realms. We can perceive with true illumination in touching the energetic essential

reality, and thus bring enlightenment to our healing work.

The Quantum Physicist David Bohm reminds us that “All matter is frozen light.” This is in profound alignment with the ancient teachings of the world spiritual traditions. Our experiences as individuals, as healers, as co-creators, and as humanity contribute to the living of this Truth. All around the world, celebrations of the outer light of the universe occur as the equinoxes and solstices cycle through seasons in a cosmic pattern that reflects the order of outer nature, the perceptions of time and space, and the

individual soul unfoldment through changing light and eternal Light. In most spiritual traditions, the recognition of the inner Light of the human soul is deeply interwoven into concepts of the place of communion between humanity and divinity. The honoring of these cyclical processes and deeper truths adds a richness of understanding to healing work.



## THE UNIVERSALITY OF LIGHT

From the most ancient traditions in Egypt, light has been synonymous with higher consciousness and the divine. It was taught that light appeared when the sun god Ra opened his eyes and darkness occurred when he shut them. To this day we say we need to “see the light” in a circumstance in our lives to have that higher understanding, and we seek “enlightenment” to have spiritual connection with the divine by whatever name one may call it . . . Ra, God, Buddha, Mohammed, Krishna or Godde.

The Hebrew and Christian Scriptures begin in Genesis with the famous line . . .”Let There Be

Light.” This represents the establishment of an energetic wholeness inherent between the field of potential and the manifest world. In the original Hebrew, the words were not “said” by the Divine Creator as has been traditionally translated. Everything was “sung” or “chanted” into being. This intoning of sound to create with light is the link between the realms. According to the rabbinical scholars, the first light is primordial in nature and called *Or Haganuz* or the *Hidden Light*. It was this sight that was lost when Adam and Eve fell into the world of manifestation where outer physical vision became primary.

In the beautiful tradition of the Jewish Kabbalah, it is said that we have been sent to reunite the shards of Light that were scattered to the edges of our universe during creation. At the portal of Chaith Ha Kadesh, the primordial energetics of all creation take shape . . . first as the elementals of fire, water, earth and air; and then as all life forms. As we reunite the Light through our soul work in seeing the Divine in all, so that oneness of vision and restoration of wholeness occurs for our shared reality.

The Jewish High Holy Day called Hanukkah is actually the Festival of Lights which is symbolized with the lighting of the candles of the menorah. It celebrates the remembrance of the purification and rededication of the temple in Jerusalem when a miracle occurred around the

menorah that was to burn continuously for seven days. When they lit it, they had only enough oil for one day, yet it continued to flame brightly for the seven days and nights it took to replenish the oil and to re-bless the temple. This represents a celebration of the eternal Light ever present in our manifest reality.

The mystical Cathars in 12<sup>th</sup> century France believed that we are here to restore our world though linking it to Spirit. Their church was called the Church of Amor, or Love . . . the reverse of the letters and philosophy of Church of Roma, or Roman Catholicism. Their teachings were considered heretical, for they held that the Light of each individual soul connected one directly and intimately with the Divine. They believed that each act of kindness, healing, or prayer added a spark of Light which would eventually create a magnificent Pillar of Light to reunite earth and heaven. Through this we would experience Terra Lucita – a World of Light. The Cathars embraced only one of the classical Scriptures, The Gospel of John, which is highly Gnostic and contains twenty three direct references to Light. This was clearly reflected in their healing traditions with planetary light through astrology and within physical light hidden within plants, sounds, and healing touch – all simply awaiting us to release it.

In the tradition of the Sufis, the mystical branch of Islam, the

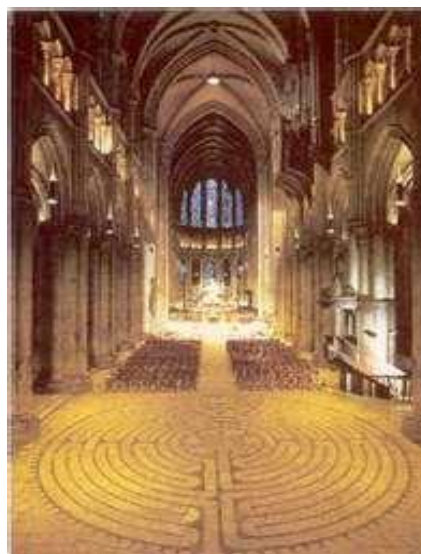


experiences of light in the manifest world and in the inner world of spirituality are but one Light. While the usual world view is that these two are separate, it is in the restoration of the unity of seen and unseen that wholeness is achieved. This correlates perfectly to the modern realm of quantum physics wherein source and manifestation are intricately linked. The Sufi mystic Najm Razi from the 1200's expressed this when he wrote, "If the light rises in the Sky of the heart . . . then his heart is nothing but light, his subtle body is light, his material covering is light, his hearing, his sight, his hand, his exterior, his interior, are nothing but light."

The Hindu celebration of light is called Deepawali or Diwali, and it occurs in conjunction with the new moon Amavasya in the month of Karthik in late October/early November. This represents the darkest night according to the lunar calendar, instead of the Winter Solstice which is solar calendar based. In this holy time, the darkness is filled with the lighting of candles and lamps and with the sounds of lit firecrackers. From the Chandogya Upanishad, "There is a Light that shines beyond all things on earth, Beyond us all, beyond the heavens, Beyond the highest, the very highest heavens. This is the Light that shines in our heart." In filling the world with radiance in ritual, the true Light is welcomed.

In the Sukhavativyuha Sutra of the Buddhist scriptures, we

encounter the Buddha of Measureless Life who is also called the Buddha of Boundless Light, Unimpeded Light, Ineffable Light, and Light that Surpasses Sun and Moon. Luis Gomez expands on the transcendent nature of Light when he writes "When living beings come in to contact with this light, the three kinds of defilement disappear in them. Their bodies and minds become supple and gentle. They become full of joy and enthusiasm and good thoughts arise in them. Even if they find themselves in one of the three impure realms or in the travail and sufferings of this world, if they see his radiant light, they all find repose and relief and never again are subject to sorrow and afflictions. After their life span comes to its end, they are all led to liberation." Healing, transformation, renewal with the energies of Light.



## BODY TEMPLES OF LIGHT

As expressed in the world spiritual traditions, miracles and healing moments are simply the higher transformative

expressions of the natural laws that create our physical/manifest reality. They are the result of engaging with the world and others in thought and feeling with connections that transcend outer appearance because we see with the eyes of Spirit. They are the expression of our willingness to "let there be Light" ~ the heart of all restorative processes when the spiritual world emerges into the realm of our physical reality in the creative "now."

In ancient times, depth spiritual experiences and transformational work were done within the auspices of sacred spaces with their ritual framework. Novitiates came to elevate their understanding of the world through tutelage under a master or adept. They progressed in perception and integrated these new views into life as they moved toward discipleship and then mastery themselves. In these times for us, something new is emerging . . . the initiatory process is being experienced in our full outer world with all of its relationships, challenges and blessings. This is a time of seeing ourselves, our lives and our shared world as a place of transformation and Light. It is embracing the importance of our perceptions, and then expanding them as we do like the ancients and "orient" ourselves, turning our faces toward the Eastern realm of the rising sun with its coming illumination at all levels of being.

This rich tradition comes from the earliest shamanic and priestly

tradition where they were astronomers, searching the lights of the overarching sky for insight into life. The word “templum” in Latin was “a place set aside for observing the heavens” and “religio” meant “to relink or rebind.” Thus, the rituals performed within the temple experience were to honor and expand the unity between humanity and the cosmos. As Henry Corbin wrote, “It is significant that the Latin word *templum* originally meant a vast space, open on all sides, from which one could survey the whole surrounding landscape as far as the horizon. This is what it means to *contemplate*: to set one’s sights on Heaven from the *temple* that defines the field of vision . . . The *temple* is the place, the organ, of vision.” How fascinating that to this day, the physical space set on the outside of our physical eyes we call the temples of the head, and in the centermost point lies our Third Eye, the organ of inner vision. Our very physical vision is held within a sacred space of more expanded perception.

In medieval times, the expression of the Divine in structure, light and color reached a magnificent pinnacle with cathedrals such as Chartres in France. From amid dense yet ethereal structures of stone, there is an illumination of color created from processes that take sand and ash and make them radiant. In his article *The Most Noble of Phenomena*, Otto von Simson expressed the profound meaning of this: “Light and luminous objects, no less than

musical consonance, conveyed an insight into the perfection of the cosmos, and a divination of the Creator. According to the Platonizing metaphysics of the Middle Ages, light is the most noble of natural phenomena, the least material, the closest approximation of pure form.” Plato in the *Republic* speaks of light as cause and essence which takes visible form and engenders nourishment, growth, and restorative creative energies. The very essence of healing with light from one of the most revered of all philosophers.



## LEVELS OF LIGHT

The ancient writings of St. Dionysius give us a profound framework for our modern world Transformational Light Work. He described that there are three Kinds of Light: natural, ghostly, and divine. The natural light being the manifest light seen with our physical eyes. The ghostly being subtle interpretations of what one perceives with one’s mind and heart. The divine being the higher viewpoint from one’s essence of soul and spirit. Healing work frequently focuses on improving the natural light or

vision, while not fully embracing the interpretive and the transcendent. *How* one views is far more important than *what* one views. Perception informs our interpreted sight, and thus can expand one’s visual fields within the expanse of one’s own horizons. Thus meaning and personal illumination are added to the gifts of healing.

In our modern world, the writings of Deepak Chopra about healing and reality express the same trinity of the energies of Light. He writes, “When light is visible and organized into concrete objects, reality is material. When light contains feeling, thought and intelligence, reality is quantum. When light is completely unmanifest, with no qualities anyone can measure, reality is virtual . . . The bridge for mystical awakenings is light as it moves from virtual to material existence.” Material reality, quantum reality, and virtual reality – each distinctive in quality and yet united in energetics. Each a portal to transformative work and wholeness of vision.

These three aspects of the perception of light and vision are echoed in the Huna traditions of Hawaii. These are Inner vision . . . outer vision . . . higher vision. Inner vision can connect with higher vision but outer vision cannot. Within us lies the soul that can link the higher and outer through our consciousness which is our inner vision. Transformative processes must come from higher planes of Truth and Reality, progress into

our inner realms of understanding and perception, and then finally manifest into full expression in the outer world of restoration and wholeness.

These three levels of light and vision remind us that there are many dimensions to the healing work we do. Each level has its own unique contribution to our process of enhancing our life experiences and those of the ones we are called to serve. All are interwoven into the mysteries of soul encompassed in our world. All are part of true transformative healing with the restoration of wholeness through unity with Spirit.



## EXPERIENCING LIGHT HEALING

Light is a bridge for physical awakenings as it moves from material to quantum and virtual. This is where we stand as we do our work as bridges ourselves between present conditions and real possibilities for healing and restoration of wholeness. Deepak Chopra reminds us: “In order for a packet of energy to appear, to be seen by the eyes as photons, it doesn’t suddenly jump into material existence. Between the void and visible light, between darkness and

things you can see and touch, there is the quantum layer. The level is accessible to our brains, which are quantum machines that create thought by manipulating energies into intricate patterns.”

His words remind us that our physical expression through our energetic awareness is what calls us and others into restored wholeness and completion. In our time as we evolve as co-creators, the words “let there be” are of profound importance for they remind us that the key lies in our willingness to expand our connection to the spiritual as we transform the Light that is the essence of all. Even as we experience the physical plane with its infinite variety, still seeing an expression of the spiritual. For from white light, there emerges the individualized expressions that are the seven primary colors, each with their own qualities and vibrational energies. Seven is the number of completion found in the days of creation, the chakras, and the classic rituals. Wholeness and individual elements . . . unity and diversity . . . all united as Light with its amazing spectrums.

In order to do our healing work, we must see not only the various expressions of Light, but also its essential Oneness. To know how the manifestation of visible light is one in energetic reality with the unseen primordial Light. Titus Burckhardt in his *Parabala* article on “Divine Unity” writes “Light is, in fact, indivisible; its nature is not altered by its refraction into colors not

diminished by its gradation into clarity and darkness . . . Colors reveal the interior richness of light. Light viewed directly is blinding; it is through the harmony of colors that we divine its true nature, which bears every visual phenomenon within itself.” This perfectly describes the amazing and intricate realms in which we do our work. It is the out-picturing of the truly alchemical process of healing and wholeness in which the unity between body and spirit are reunited consciously and in manifest form with its infinite variety. It is celebrating the myriad of colors, shapes, and realities we see while looking to the deeper elemental nature of Light.



## CALLING OF THE LIGHT

Energetically, we are living in a time of universal alchemy. We are in an Age where we are shifting from working from the prior level of water which represents the inner, unconscious, emotional realm into one of working at the level of fire in which we engage powerful transformative energies. Fire is symbolic of Light. It is the warm, cozy hearth, it is the candle that illumines a room, it is the spark

of creativity within, it is the purifier of impurities, and it is the conflagration that reduces all to ashes. Its powerful creative, spiritual energies call each of us to be like a Phoenix rising from the ashes, for even so does so our consciousness arise with enlightenment. From this true Light, we can bring healing in powerful new ways to the world, using light, color, sound, energetics that truly transform alchemically at depth and at every level of being.

We are called to action now to reintegrate spiritual perceptions established deeply and intrinsically within the perennial wisdom expressed within all our world spiritual traditions. White Eagle in *The Vibration of Light* expresses this beautifully when he writes, "Individuals evolved along the ray of healing, collectively or individually, if they are sufficiently opened to the spiritual planes will register knowledge, respond to certain vibrations, or rays, now being discharged. Colour treatment, and the treatment by light, is as old as the hills. It was used in Atlantis, and even before the continents which disappeared before Atlantis was known, and was also practiced in Egypt . . . This colour treatment was employed by the ancient Egyptians, or Sun People, by drawing upon cosmic rays by the mental and spiritual power or quality of the healer, and by pouring those colours selected into the physical body, under the

direction of the will. You yourselves are beginning to awaken to the importance of colour in surroundings, in clothing, and there are advanced healers who understand how to apply certain colours, by the use of material agencies, to select parts of the body with extraordinary results." The ancient wisdom is awakening anew and continues to "Light our way."

Just before going to publication on this article, some quantum physics particle researchers in Europe had something new and amazing "come to Light" with the discovery of the Higgs Boson subatomic particle. It is being commonly referred to by many as the "God Particle," and its essence is the creative spark in the energetic form of Light. I was fascinated when one interviewed scientist reflected upon his discomfort with the use of a spiritual term like God in relation to this scientific discovery. Then, with a quizzical look, he admitted that it was quite interesting even for him that the Hebrew and Christian Scriptures open with "let there light," and that it was essentially what he was saying as well. This blended model of the universe aligns perfectly with Lynn McTaggart when she wrote, "What quantum calculations show is that we and our universe live and breathe in a sea of motion . . . a quantum sea of light. Science for the first time was proving God's existence."

The truth of the ancients is harmonizing in powerful ways with the truth of the modern age . . . the long overdue reconciliation of science and spirit into a united world view is finally emerging in our collective consciousness.

The Hopi Tradition also envisions us at a time of shifting from one level of spiritual and material understanding to the next in the unfolding of the next great Spiral of Life. Their wisdom includes the wonderful reminder that "We are the ones we've been waiting for." It is our time, it is our calling, it is our responsibility, and it is our honor to exist at this time in human evolution and expanded consciousness.

In closing, Dwight Kalita in *Light Consciousness* summarizes the importance of our perceptions and dedications when he writes, "We as human beings will not find real spiritual Power in any *language* of Light-consciousness, be it symbolic or otherwise. Rather, we will discover spiritual Power only in the *experience* of Light-consciousness!" It is time for us to "let there be Light" . . . to realize its essence and beauty anew . . . to be empowered and transformed with, through and in our calling as creators with the Light and healers of the Light.





**Pamela Douglas-Smith** is an ordained Unity minister who has also worked in special education, nursing, and rehabilitation. She has spent a lifetime studying metaphysics and mysticism, especially regarding the Universal Nature of Spirituality, the Legends of the Grail, the Mystery of the Magdalene, the Path of the Tarot, the Divine Union of St. Francis & St. Clare, and the Light of the Mystical Cathars. She has presented at national and international conferences on these topics, including the 2001 International Light Trust Conference on Light, Sound and Energy at Cambridge University where she spoke on “Terra Illuminata: A World of Light” which explored The Gospel of John, The Cathars and the Use of

Light. She currently serves as minister to a Unity church in the Pacific Northwest, facilitates local intensives on Jung and metaphysical topics, leads various international transformational pilgrimages and retreats, and creates spiritually based inspirational presentations and writings.

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### Memorable Quote:

*"Light being an actual substance moving with peculiar styles of vibrations according to the particular colors with compose it, and at a rate of nearly 186,000 miles a second, it is easy to see that it must have great power, and that the substances receiving it must partake of this power."*

*Edwin Babbitt, 1878*

## BOOK REVIEW



**New Light  
on Fields**

**By  
Denise  
Hadden**

New Light on Fields describes a unique diagnostic tool that allows a deeply healing interpretation of the informational fields that surround us. It may be used to advance knowledge of the effects of light and energetics on humans.

Using a new method of iridology analysis and combined with somatic and systemic coaching tools, it allows an empowered and extraordinary level of healing to occur. Visual fields of awareness are the key to understanding human potential.

In revealing these neurological mind maps to clients, in presenting and exploring a new way of seeing themselves, co-created with light, it became apparent that people's greatest need is to feel empowered and in charge in their life journeys. Includes a clear iridology chart overlay.

Full colour softbound. 112 pages.

# RESEARCH

## From patient to discoverer--Niels Ryberg Finsen (1860–1904) --the founder of phototherapy in dermatology.

[Grzybowski A](#), [Pietrzak K](#).

**Source** Department of Ophthalmology, Poznan City Hospital, ul. Szwejcarska 3, Poznań, Poland.  
ae.grzybowski@gmail.com

**Abstract:** Niels Ryberg Finsen (1860–1904) developed a lamp based on electric carbon arcs (later known as the Finsen light) that was used for skin therapy a century ago. He became director of the Medical Light Institute in Copenhagen, later the Finsen Institute, where he developed this method of treatment. Within a few years, 40 Finsen Institutes were established in Europe and in the United States of America. In 1903, Finsen received the Nobel Prize in Medicine in recognition of his work on the treatment of diseases and, in particular, the treatment of lupus vulgaris by means of concentrated light rays. Finsen's scientific interests were greatly influenced by his health condition. Beginning in 1883, he began to experience symptoms of an illness that would be later diagnosed as Niemann-Pick disease. He spent the last years of his life confined to a wheelchair. Dermatology reaps the benefits of light treatment to this day.

[Photomed Laser Surg.](#) 2012 Mar;30(3):167-71. Epub 2012 Jan 11.

## Low-level laser therapy improves visual acuity in adolescent and adult patients with amblyopia.

[Ivandic BT](#), [Ivandic T](#).

**Source:** University of Heidelberg, Otto-Meyerhof Center, Heidelberg, Germany. boris.ivandic@web.de

**OBJECTIVE:** The purpose of this study was to examine the effects of low-level laser therapy (LLLT) on visual acuity in adolescent and adult patients with amblyopia.

**BACKGROUND DATA:** Currently, amblyopia can be treated successfully only in children.

**METHODS:** In this single-blinded, placebo-controlled study, 178 patients (mean age 46.8 years) with amblyopia caused by ametropia (110 eyes) or strabismus (121 eyes) were included. For LLLT, the area of the macula was irradiated through the conjunctiva from 1 cm distance for 30 sec with laser light (780 nm, 292 Hz, 1:1 duty cycle;

Average power 7.5 mW, spot area 3 mm<sup>2</sup>). The treatment was repeated on average 3.5 times, resulting in a mean total dose of 0.77 J/cm<sup>2</sup>). No occlusion was applied, and no additional medication was administered. Best corrected distant visual acuity was determined using Snellen projection optotypes. In 12 patients (12 eyes), the multifocal visual evoked potential (M-VEP) was recorded. A control group of 20 patients (20 eyes) received mock treatment.

**RESULTS:** Visual acuity improved in ~90% of the eyes treated with LLLT ( $p < 0.001$ ), increasing by three or more lines in 56.2% and 53.6% of the eyes with amblyopia caused by ametropia and strabismus, respectively. The treatment effect was maintained for at least 6 months. The mean M-VEP amplitude increased by 1207 nV ( $p < 0.001$ ) and mean latency was reduced by 7 msec ( $p = 0.14$ ). No changes were noted in the control group.

**CONCLUSIONS:** LLLT led to a significant improvement in visual acuity in adolescent and adult patients with amblyopia caused by ametropia or strabismus.

# Transcranial LED-based light therapy improves cognitive function in traumatic brain injury patients

Published on March 18, 2011 at 3:28 AM · [No Comments](#)

At-home, daily application of light therapy via light-emitting diodes (LEDs) placed on the forehead and scalp led to improvements in cognitive function and post-traumatic stress disorder in patients with a traumatic brain injury (TBI), according to a groundbreaking study published in *Photomedicine and Laser Surgery*, a peer-reviewed journal published by Mary Ann Liebert, Inc. The article is available free online at [www.liebertpub.com/pho](http://www.liebertpub.com/pho)

Margaret Naeser, PhD, LAc, VA Boston Healthcare System, Boston University School of Medicine, and colleagues from Massachusetts General Hospital, and Harvard-MIT Division of Health Sciences and Technology, in Boston, and MedX Health Inc. (Mississauga, ON, Canada), report on the use of transcranial LED-based light therapy to treat two patients with longstanding traumatic brain injury (TBI). Each patient applied LEDs nightly and demonstrated substantial improvement in cognitive function, including improved memory, inhibition, and ability to sustain attention and focus. One patient was able to discontinue medical disability and return to full-time work. These cognitive gains decreased if the patients stopped treatment for a few weeks and returned when treatment was restarted. Both patients are continuing LED treatments in the home. The findings are presented in "Improved Cognitive Function After Transcranial, Light-Emitting Diode Treatments in Chronic, Traumatic Brain Injury: Two Case Reports."

Low-level light therapy using lasers or externally placed LEDs to deliver red and near-infrared (NIR) light energy has been shown in cell-based studies to improve cellular metabolism and to produce beneficial physiological effects. In acute stroke in humans, for example, transcranial NIR light therapy applied less than 24 hours post-stroke was associated with improved outcomes.

"The results of this study will provide a basis for future therapeutic use of phototherapy to improve recovery after injury and facilitate management of other CNS disorders. The development of novel therapies to restore function after neurologic injury, stroke, or disease is an increasingly important goal in medical research as a result of an increase in non-fatal traumatic wounds and the increasing prevalence of dementias and other degenerative disorders in our aging population," says Raymond J. Lanza fame, MD, MBA, Editor-in-Chief of the Journal.

Source: [Mary Ann Liebert, Inc./Genetic Engineering News](#)

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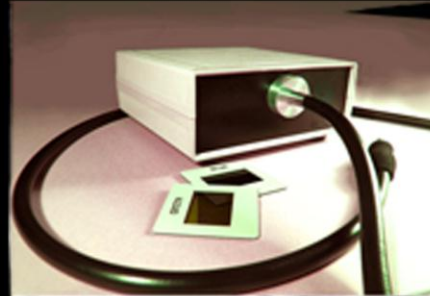
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[J Clin Sleep Med.](#) 2009 Apr 15;5(2):155-63.

## **Illuminating rationale and uses for light therapy.**

[Shirani A, St Louis EK.](#)

**Source:** Department of Neurology, University of Iowa Hospitals and Clinics, and University of Iowa Carver College of Medicine, Iowa City, IA, USA.

**Abstract:** Light therapy is increasingly applied in a variety of sleep medicine and psychiatric conditions including circadian rhythm sleep disorders, seasonal affective disorder, and dementia. This article reviews the neural underpinnings of circadian neurobiology crucial for understanding the influence of light therapy on brain function, common mood and sleep disorders in which light therapy may be effectively used, and applications of light therapy in clinical practice.

PMID:

19968050

[PubMed - indexed for MEDLINE]

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PMC2670336

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# Green light emitting diodes accelerate wound healing: characterization of the effect and its molecular basis in vitro and in vivo.

[Fushimi T](#), [Inui S](#), [Nakajima T](#), [Ogasawara M](#), [Hosokawa K](#), [Itami S](#).

Department of Regenerative Dermatology, Graduate School of Medicine, Osaka University, Osaka, Japan.

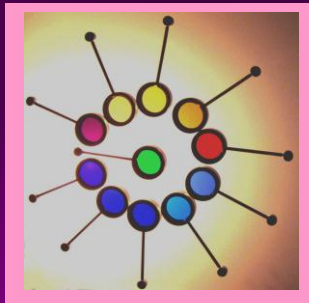
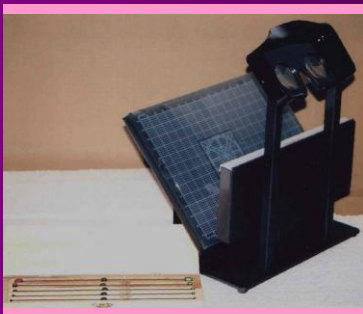
**Abstract:** Because light-emitting diodes (LEDs) are low-coherent, quasimonochromatic, and nonthermal, they are an alternative for low level laser therapy, and have photobiostimulative effects on tissue repair. However, the molecular mechanism(s) are unclear, and potential effects of blue and/or green LEDs on wound healing are still unknown. Here, we investigated the effects of red (638nm), blue (456nm), and green (518nm) LEDs on wound healing. In an in vivo study, wound sizes in the skin of ob/ob mice were significantly decreased on day 7 following exposure to green LEDs, and complete reepithelialization was accelerated by red and green LEDs compared with the control mice. To better understand the molecular mechanism(s) involved, we investigated the effects of LEDs on human fibroblasts in vitro by measuring mRNA and protein levels of cytokines secreted by fibroblasts during the process of wound healing and on the migration of HaCat keratinocytes. The results suggest that some cytokines are significantly increased by exposure to LEDs, especially leptin, IL-8, and VEGF, but only by green LEDs. The migration of HaCat keratinocytes was significantly promoted by red or green LEDs. In conclusion, we demonstrate that green LEDs promote wound healing by inducing migratory and proliferative mediators, which suggests that not only red LEDs but also green LEDs can be a new powerful therapeutic strategy for wound healing.

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