



What is Light Therapy?

Light Therapy involves exposure to intense but non-invasive levels of light. Treatment consists simply of sitting or lying close to the light device. There are varying light devices and light therapy itself is sometimes referred to as phototherapy.

Light Therapy works by stimulating the body to perform its normal functions more effectively and to restore these functions to a proper balance.

How do the lights work in the body?

All the cells in our bodies have receptors on their cell membrane which are able to read different frequencies of energy contained in the electromagnetic spectrum. This spectrum includes ultraviolet, infrared, and visible light. Soft (low-level) lasers produce visible and infrared light. The different frequencies of light actually communicate information to the cells, information that is understood by the receptors on the membrane of the cell and on the membrane of the cell's mitochondrion (the enzymatic engine of the cell). This energetic information eventually reaches the cell's DNA, which directly controls cell function. So, light is energy and energy is information. When the cells are able to receive better information, they work better.

Light and Bio chemical Processes

The human body is the greatest marvel in nature. Our hearts beat 100,000 times every day, we take over 25,000 breaths a day, and every second 10 million of our cells die and are replaced by new ones. How is this exact timing possible?

Only very recently modern sciences was able to verify that all of the complex bio chemical processes in our bodies are controlled by light.

Thanks to high-frequency photography, which was developed in the 1950s, it is possible to show that not just the stars radiate light but so too do human bodies. Kirlian photography was developed by the Russian couple Kirlian and Krisanowa between the years 1939 - 1958. Thanks to this method, the aura could be demonstrated to Western awareness for the very first time; the concepts of subtle energies, auras and meridians had already been long established in China and India and in some other ancient cultures.

A recently published study shows, for the first time, evidence of the existence of the acupuncture meridian structure in the human body. After light stimulation of the body in the 35 μm range, "light channels" appear on the body, which appear to be identical to what are known as meridians in all textbooks of Traditional Chinese Medicine. These findings appear not only to confirm the existence of acupuncture meridians, but they also open a new window on understanding the energy transfer dynamics of the human body.

Light as carrier of information

Light not only transmits energy, it is also a source of information and a carrier of information. It carries the signature of its source.

"Every chemical element leaves a characteristic finger print in its spectrum of light."

Light and Colour therapy

Light communicates on all levels of health and illness.

A high level of light-order within the body enables a more or less undisturbed flow of information and communication. This in turn maintains the metabolism as well as all other life processes. The building and depletion of cells, the synthesis of proteins, carbohydrates

and lipids as well as the flow of neurotransmitters and the entire cell metabolism all work on an extremely rapid transfer of information that can only be achieved by light transmission.

Working with light and colour will therefore influence not only our well-being on all levels but also support the DNA function to communicate with different dimensions and higher levels of our existence. Coloured light, when properly applied, facilitates the exchange of information between one's conscious, unconscious and super-conscious.

Nowadays light and colours are used in ophthalmology, dentistry, accident treatment, all wound healing, SAD, and high blood pressure. Light can help with co-ordination of both brain sides, it is used for treatment in autism, dyslexia, Aspergers syndrome, etc.

Light and Colours balance the autonomic nervous system, regulate neurohormonal and neuroendocrine functioning, reveal deeper underlying musculoskeletal problems in chiropractic, balance the subtle energy system, enhance deep psychotherapy, aid in education and neurological rehabilitation and also assist in spiritual evolution.

Light is the foundation of all life processes and at the same time part of it.

Light is Life and Life is Light.

Light is Information and Information is Light.

Light is Energy and Energy is Light.

Light has no time or space barriers/limitations.

Light is always Light, it does not change its form.

Light heals on all levels: physical, emotional, mental and spiritual.

Light connects to higher consciousness and forms of intelligence.

Light communicates within the body, with the environment, the world and the universe.

"We humans, in our wholeness are light beings. We must and always will develop toward absolute light. In this process, we are accompanied by the light on the outside and, if we allow it, the light on the inside." Lorna Carlini - *Tranquil Life*

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