

A SHORT TREATISE ON LUMIATHERAPY

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Sunlight, along with food, water, air, sound, smell. and touch constitutes one of the basic requirements of life. Without the full spectrum of our daily dose of sunlight - life as we know it would soon wither away. Sound is the Creator while light is the Creation.



Light is therefore a nutrient as real as anything we eat. We see this in every phase of growth and reproduction. In fact, light is the fundamental activity in which Existence has its ground. By the interacting of different rays light can produce particles and all the diverse structure of matter. After all. matter is a condensation of light into patterns: matter is frozen light. Light and color contain the matrix of what we attempt to eat when we chew chlorophyll: and in

fact, are essential as a catalyst for the absorption and assimilation of these solid light particles. Food, especially the properties of the mineral kingdom, act as a prism - dividing light into its many colors in the plant and animal kingdoms. Scientists know that each natural element of the Periodic Table gives of its own and unique characteristic color wave. The prevailing color wave of Hydrogen is red, for example and that of Oxygen is blue. Sunlight, as perceived by the human body. is split into the prismatic colors. Light is food. And it is also the safest, simplest and most accurate therapeutic measure ever developed - not to mention enjoyable!

Can you remember the exhilaration of walking through the woods in Autumn gazing at the scarlet-red maples and the brilliant yellow oaks? Or your excitement as a child upon seeing your first soft-pink cherry blossom or periwinkle-blue morning glory? Or the thrill of being given



your first bouquet of dozen roses? If so you have experienced first hand the power of color to actually affect your emotional state. Try to imagine a world without color. Unless you're very depressed it's probably most difficult. Color has the potential to evoke child-like bursts of joy and excitement, to trigger memories of special moments in life, or to make you feel energized, optimistic, calm or... sensual and even romantic!



Thus we are rainbows. Some people are talented enough to see the layers upon layers of colors emanating from our being and are able to see the effect our emotions have on the physical body. This fact ushers in a new paradigm of healing: purely vibrational. By the judicious application of colors one can transform old cellular memory into new experiences of en-light-enment,

The list of ailments that respond to color therapy grows longer everyday. As more and more practitioner take up this ancient healing method the results are coming in and being disseminated by literally dozens of investigators. Some of the written works of the early pioneers, who were ridiculed and often thought to be mad, are now being dusted off

very carefully and reconsidered in a new scientific light. New books dealing with color therapy are being written at a phenomenal rate especially outside of the United States: a real irony since THE pioneer in this ancient healing art lived and practiced for many years in New Jersey. Until this talented Medical Doctor (and attorney) was burnt out of his home and office and convicted on some trumped-up charge, Dinshah Jhahdiali contributed massive volumes of both research and clinical information on the subject of what he called "Spectre-Chrome Therapy". Today we call "Color Therapy" by a myriad of names: Polochromy, Syntonics, Photobiology, Colorpuncture, Colorology, Bioresonance, Acu-lite Tonation and more recently, Lumiatherapy.

The evaluation of light or color deprivations can be accomplished in many ways. Since we are working in the vibratory realm it only makes sense to use the vibratory methods for determining deficiencies. Although some practitioners use more "scientific" methods than others. I prefer to use the Symptom Awareness Format by Joseph Scogna, the Liischer-doodle test by Dr. Max Liischer, the Vegameter, Dinshah's Diagnostic Charts and Kirlian Photography - an exciting leap into the future.

RESULTS OF COLOR DEPRIVATION

By the deprivation of color through modern "advances" we are continually setting ourselves up for this vital nutrient deficiency.

Colors are merely a dissection of the amount of pressure and heat there is on each particular wavelength and frequency. Red is a much cooler temperature than blue. In colloquial science it is thought to be the other way around but in reality, energies of a shorter wavelength, such as blue. are



denser and therefore more heated and powerful. Variations of colors reach into the trillions and it is only the inability of the observer to "real-eyes" (or not) the exact variations and graduations. The more one becomes aware of him/her self the more one becomes color sensitive to the environment. An "I don't care" attitude sinks the person towards the lower aspects of (un)consciousness, and lowers the number of (color) variables one is capable of discerning. In depression all aspects of life take on a greyer, blacker hue. It is a subtle remnant of survival in the wild that when things where (are) not going as they should the world takes on the contrasting colors of black and white to reduce the number of choices and options to the most vital in order to facilitate decision making. A wrong decision could easily fade everything into black.

Regeneration in the human body, with all its contrasting color variations in each organ, is dependent upon the chemical arrangement of the atoms and their interrelated electrical structures. Even a minor change in the atomic arrangement will "color" the visible light spectrum and the way individual colors are reflected. Thus at any given time the color of each organ and tissue changes depending on its mineral content and an expert diagnostician is able to ascertain the common denominators - an entire spectrum of mineral deficiencies. In plants this method is more easily interpreted by lay-gardeners as either regeneration or degeneration. And just as the human personality can be slowly transformed by re-training one's handwriting so also can the body's tissues be trans-illuminated by the judicious insertion of full or partial sunlight on the receptors buried within the skin. Once the electro-magnetic field and the infra-red blueprints are aligned healthy appetite centers in the body will resume their search to full-fill the appropriate sun-colored foods. Unfortunately, in so-called civilized populations, unhealthy appetite centers crave inappropriate colors and are mostly satisfied with substances much less regenerative. This often results in a long life of slow degeneration and deterioration.

The saying that a story-teller or dreamer "colored" his or her tale (rightly or wrongly) belies the physio-biochemical phenomena that spawned the use of this aphorism. For storage convenience any person has the ability to dissolve a colored, three-dimensional picture and mentally transmute it into two-dimensional, black and white, bi-digital information. The proficiency of one's recall is directly related to the emotional energy quotient (the "aura" of the environment) in which it was stored. The competency with which one can "re-color" the mental image and restore it to its original hues depends upon:

- 1) it's primary emotional integration:**
- 2) the quality of light also "awareness" in which the image was originally seen:**
- 3) the accumulative experience surrounding this memory "box" since the image was imprinted and**
- 4) the charge (the "event") that dominoed the reflection back into consciousness.**

The mind state can therefore "color" the experiences of twins growing up in the same environment in two completely different "lights" and both can actually "see" their experiences as night and day. Therefore there is much truth in the often quoted statement that all siblings grow up in completely dissimilar families. A deficiency of light in a given situation can seriously hamper one's ability to recall, color and therefore understand the situation. One of the most important attributes we ascribe to our Gods is a perfect memory. The average human being has a dismal (dis)ability in recalling energies from our two-dimensional memory banks - let alone coloring them for review and re-experience.

The main reason for this lowered output (other than a poorly conceived diet devoid of chlorophyll) is the deprivation of sunlight. What is more disturbing is that we are continually robbing ourselves (and our children) of certain frequencies that are different from everyone else's depending upon:

1)the sleep/awake cycle we use:

2)how many hours a day we spend under artificial lights:

3)how often and under what circumstance we use sunglasses:

4)when, how and where we use sun-deprivation creams:

5)the type of cloths we wear on a daily basis:

6)how often we stare into a video screen:

7)the type of windows we have in our cars and houses - and many other conditions too numerous to mention. The bottom line is that many of us end up being deficient in one color or another and it is those precise wavelengths, given at a precise time, that, in addition to other methods, helps restore the body to balance. More importantly - it provides the matrix for healing to begin.

TECHNICAL ASPECTS

The pathways of light reception are not easy to understand without some background in physiology and biochemistry. Light is sensed by the human body in 2 ways: directly thru the optic nerve pathway (by way of primary axons) and also indirectly, more intuitively through the 8th nerve which directly affects balance and coordination. Approximately 20% of the primary axons from the optic nerve send secondary axon collaterals down the Retino-Tectal Pathway into the midbrain (AKA the Superior Colliculus). This area subserves peripheral retinal detection and foveation eye movements (i.e.: it sets up conditions for fixation and foveation) Since it represents everything other than foveation it acts as the brain's gyroscope.



From the Midbrain the message passes through the Medial Longitudinal Fasciculus to the 3rd, 4th and 6th Cranial Nerves, while another pathway tells the visual cortex what the Midbrain is going to tell the eyes to do. This Visual (Striate) Cortex is the largest sensory area in the brain. Information received by this area goes to three major integration centers and is then relayed to the frontal cortex where we determine what to do with this information. Meanwhile 100% of the primary axons in the optic nerve synapse in the Lateral Geniculate Nucleus (AKA Thalamus). This is a decision making area specializing in processing and relaying visual information. Through Optic Radiation it determines what gets to the Visual Cortex based upon its needs. The Visual Cortex then splits the information into the Posterior Parietal Cortex (top of Brain Brodman's areas 5 & 7 which analyses motion and thus tells us where things are located: the Angular Gyrus - which Wernekes's area for receptive language (the Cortex sends visual components of language to this area] and the Inferior Temporal Cortex located at the very bottom of the brain. This is Brodman's Area 22 and tells us what things are. It is this area that analyzes form and the different frequencies of light. Although further research is needed there is some evidence in the literature to support that a possible pathway from the Striate Cortex to the Lateral Geniculate Nucleus (Thalamus exists. From there the Geniculo-Hypothalamic Tract carries a percentage of the information to the Hypothalamus.

The Hypothalamus lies at the center of the entire optic system. By way of the Accessory Optic Tract (through which approximately 10% of the primary axons from the optic nerve send secondary axon collaterals down) the Accessory Optic System (AKA Brain Stem) is reached. This system deals with general arousal and activation of the CNS and also affects the emotional state. Another 10 % or so travels through the Retinohypothalamic Tract to reach the Supra- Chiasmatic Nuclei. This area is the site of the body's biological clock which has formed its patterns, cycles, and rhythms around the motion of the Universe.

Thus a portion of the information from the Optic Nerve, the 8th nerve, the Visual Cortex and the Thalamus all end up in the Hypothalamus whose function it is to integrate the Nervous System, the Endocrine System, the Immune (I prefer Defense) System, Moods (Emotions) ANS. Energy Balance, Fluid Balance, Heat Regulation, Circulation and Breathing, Growth and Maturation, Reproduction, etc.,etc.

From the Hypothalamus a myriad of functions take place. The pathway to the Pineal Gland (the body's "Light Meter") is quite torturous and involves the Paraventricula Nuclei, Median Forebrain Bundle, the Intermediolateral cell column, the Preganglionic Sympathetic Neuron, the Superior Cervical Ganglia and the Nervi Conarii. The "Light Meter" affects the Reproductive functions, Growth, Body Temperature, Blood Pressure, Motor Activity, Sleep and the Defense System - while modifying the functions of the Adrenals, the Pancreas, the Pituitary, the Thyroid and the Thymus. The Pineal gland secretes the hormone melatonin which influences the functioning of every cell in the body. Changes in the timing as well as the intensity and wavelength of light controls the conversion of Serotonin to Melatonin in this powerful gland. The induction of Enzymes required for Melatonin production are highly dependent upon light. Therefore the Pineal Gland may affect general longevity as well as the rate of aging in

the individual body parts. In fact a deficiency of proper light may well contribute to the development of many chronic degenerative disease states.

The Hypothalamus controls the PSNS through the Anterior Medial Hypothalamus and the SNS by way of the Posterior Lateral Hypothalamus. The Ocular Effects of these two systems are diametrically opposed in that the SNS dilates the pupils, protrudes the eyeball, lacrymates the lenses. retracts the upper eyelid, provides a tendency toward Ocular Hypertension, accommodation of lenses, causes the exophoria-reflex, a tendency toward low adduction and inhibits ocular activity. The Ocular Effect of the PSNS contracts the pupil, widens the eyelid, increases lacrymation, gives a puffy upper lid ptosis and Ocular Hypotension, increases accommodation. causes esophoria-reflex with a low abduction tendency and is activating to ocular activity.

Lastly, the Hypothalamus provides neural connections and releasing factors to the Posterior and Anterior Pituitary Gland, respectively. Neural connections to the Posterior portion influences the Mammary Gland (Oxitocin), the Kidneys, (Anti-diuretic Hormone) Vasopresin. The Releasing factors to the Anterior Pituitary Gland provides information for the Breasts (Prolactin), Growth hormones in bones and muscles, Thyroid Stimulating Hormone, Stimulation of Melanin in the skin. Follicle Stimulating Hormone in the testes, Luteinizing Hormone in the Ovaries and ACTH in the Adrenal Cortex.

CONCLUSIONS

It has been proven that all cells in all living beings emit biophotons in a vibrational field which encompasses not just every organism but every order of magnitude in that organism beginning with the molecular level on up. This field regulates every physiological action and anatomical build up from the molecular and biochemical influences it exerts.

Among its many, talents the skin has the ability to sense and transmit colored impulses and is a powerful antenna/transformer for ALL the vibrations surrounding us. A number of skin areas are especially suited for this task and have a highly sensitized "antennability". These zones have been found some time ago with Kirlian Photography techniques and are connected to the seven Chakras. It seems that all 7 colors of the spectrum correspond to the 7 energy center along the spinal chord, and by supplying the basic colors to these areas a balancing effects is experienced facilitating self-healing of the organism. When the biophotons are stuck in either yin or yang the field loses its coherence and becomes susceptible to disease. The ideal therapeutic procedure which is gentle, simple, effective and perfectly safe because it comes closest to the energetic properties of the human body is color therapy. It leaves no toxic residue and even if the wrong color is used it would just temporarily magnify the existing imbalance. Color Therapy works on the vibrational cause of the disease and is bound to become more popular as its benefits become more widely publicized.

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