

## Shedding Light on the Elements of Health

The more we increase the flow of life force in the body, the more healing energy there is and the more health and rejuvenation there will be. The life force is infinite. We are permeated with it as a spiritual force and its manifestation as a material energetic force in our physical, emotional and mental bodies. It is our link with the Godhead and the Divine within us. Every cell in our body is oozing with this dynamic energy. Once we



understand this Truth, we are confronted with the enigmatic question associated with all disease. If we are permeated with this infinite energy, how do we become "depleted" of the life force and experience a lack of health? We become depleted because of energy-depleting lifestyles and because our emotional, mental and spiritual-blocks create a resistance to the flow of this cosmic energy and to life itself.

At the extreme, a blockage of the flow of life force creates death.

Each of the five elements: air (breath), earth (food), water (feelings) fire (light), and ether (mind), supplies energy and force to help us break through our resistance. Each element when properly used creates enough energy to break up fossilized negative thought forms stored in the mind and body and thus allow more energy to flow freely into the body-mind-spirit complex, creating more healing and rejuvenation. From kundalini, the pure spiritualizing force that becomes released in the subtle body at a-certain point in our evolution, to various energy activating diets, our physical, emotional, mental, and spiritual blocks are released when we nurture and activate these vital energies. One of the reasons live foods and fasting are some times difficult for people is not the food or lack of it, but the tremendous amounts of physical, emotional, and mental toxins that are released when we go on these diets. People will often stuff themselves with toxic foods to suppress the experience of these cathartic mindbody releases or from what is being released by the kundalini energy.

What is particularly exciting about light therapy is the relative preciseness with which color frequency and intensity enables us to open up the pathways into specific brain structures, such as the limbic system, where so many basic emotional traumas are stored. Light energy turns into electrical-neuronal energy. By receiving more light energy through the eyes, the brain uses this energy to optimize itself. Just as when the vital force increases in the body, we have the capacity to release physical and emotional toxins. Thus, the brain and limbic system and other key structures will be energized enough to release emotional toxins.

Emotional energy is condensed and stored in these structures when it is suppressed. In this unexpressed form it becomes a biological resistor and creates a dissonant resonance. Increasing the input of light where this dissonant resonance is stored energizes the stuck dissonance to the point where it must be released by the system. In this way light therapy energetically stimulates dissonant resonances --*the unfinished business* - to which a person is resistant. Colored Light used in this way appears to be an irritant, but it is really blessing to our health. Light significantly affects every cell and key regulator centers of the body, including the hypothalamus and pineal gland, the autonomic nervous system, and the subtle energies of the chakra's.

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As we increase our visual fields and get more energy to the brain, all brain functions are specifically enhanced. Sickness is associated with a shortage or poor utilization of light. All is related to another. Light- the amount, quality, color and frequency --influences everything in the brain and everything beneath that. At every level the light is operating, no matter how material. For us human photo-cells, food is condensed light. That is the basis of the Rainbow Diet. The color of the outer covering of food is a key to what chakra, endocrine, neurological structure, and what organ the food will most affect.

We are human photocells whose ultimate biological nutrient is light. Food, through the process of photosynthesis, brings sunlight energy-in the form of resonating electrically active carbon- carbon bonds and electron clouds on double-bonded structures into our physical bodies. This light is then released into our systems as electrical energy. It also stimulates an equal and opposite release of the inner light.

Our ability to both absorb and radiate light directly leads to spiritual development and health.



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