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# Quantum Techniques Teleseminar

**Full Spectrum Light and Color**

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As a QT client, you must take complete responsibility for your own physical health and emotional well-being.

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QT is not a substitute for regular medical or psychological care. QT is not about disease or illness—rather, its focus is on healing and wellness. Medical authorities do not recognize this work as “medicine”. We agree. There are researchers in this area who believe there is a correlation between the detection of certain energetic frequencies and the presence of disease states or organisms in the body. Energy therapies, like QT, may be able to identify the unhealthy frequencies years before a physical disease manifests in the body. As a person heals those frequencies, health is enhanced. Our work, which includes evaluations and scans of the subtle-energy field, is strictly limited to address the imbalances in the subtle-energy field.

For example, in our scans we may talk about the frequencies of virus, bacteria, fungus and parasite issues. We are only saying that we have often found those frequencies when our clients are in a non healing state. Commonly, people who manifest those frequencies over time experience patterns of deterioration in the way they feel. As those frequencies are cleared and the energy field is balanced, they typically experience a return to feelings of wellness. We cannot determine if the client actually had a virus, bacteria, fungal infection or parasite. We cannot determine if a client actually has Multiple Sclerosis, Parkinson’s disease, Manic Depression or HIV, for example. Testing for that is beyond our expertise. For those determinations, we refer clients to their M.D. or licensed health care professional for appropriate tests.

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Good evening everyone, this is Doctor Carolee Johnson with Quantum Techniques.

Tonight we are going to be talking about color, and full spectrum light as nutrition. And some of the healing benefits of color and light.

I will be giving codes throughout this teleclinic to clear color receptor sites in the body for certain colors and light that the body requires as nutrition.

This is a subject that has intrigued me for a long time, and I am pleased to finally get to talk a little bit about it. I found a book about color ten or so years ago I decided to experiment with it a little. I had read that color was healing, and I was intrigued.

I was very interested in natural healing, but I was still kind of looking for some kind of magic bullet, and color was looking pretty good. There wasn't a whole lot of information out there on the subject though, so I just found a makeshift set up with a light and some filters.

I hadn't put two and two together yet, that if everything is energy, then color had a lot to do with nutrition and healing.

I put myself under a green light for an hour and then under blue. I did it in the evening, and when I was done, I didn't feel any different. No miraculous healing. My kidney still hurt. So I went about my usual business of putting kids to bed.

By the time I headed off to bed myself, I was feeling more tired than usual, and then that night I slept like the dead. In the morning I slept in an extra three hours or so feeling way too tired. I felt like I just couldn't wake up.

I never allowed myself the luxury of sleeping in. With children, I couldn't, and I never really liked to anyway. I am a morning person, and I like to get up. But what I had done, was put myself into a deep healing detox mode. My urine became clouded all that day and the next as my body through off whatever the colored light had stirred up.

After that I didn't really do anything with it, mostly because I didn't really have access to much information. It was all very interesting but I didn't really know what I was doing. So I put it on the shelf.

Then three or so years ago when I was struggling with anxiety, I was alone one day. Everyone else had gone to town, and I live in the Southwest desert area on a big cattle ranch, and I was alone out there.

I had an anxiety attack that day, it was very scary. It happened again and again over the next while and became so Sevier that I suddenly understood why people contemplate suicide. The fear was so intense and so deep seated that I didn't know how to cope with it.

And after that I understood how just an imbalance could upset the brain chemistry so badly that a person could not cope with anything but the intensity of the fear or emotion from underlying belief patterns or earlier trauma. Or even just physical chemistry from nutrition.

Depression is another thing that comes to mind here. I had been severely depressed for a long time.

So here I was alone in a crisis situation. The nearest person was at least three hours away in the next city.

The only thing I knew to do was pray. There was nothing else to do. So pray I did. And truth be told, praying didn't change the intensity of the fear. But as I was praying, for some reason, I remembered my earlier experiments with color and light, and I was impressed to pull the old color lamp out of a dusty closet and put a blue light filter into it.

I closed the blinds and sat myself down in front of that blue light. Within a few minutes the intensity of the fear started to calm down.

I no longer felt like my nerves were being stretched by a winch, and I felt calm but the fear although much less intense, stayed. I was in a constant pattern of fear that never ever went away.

Some days it was better and some days it was really, really, bad, but it was about that time that I found and was drawn to Quantum Techniques. Where I gratefully received help clearing underlying trauma, belief, frozen emotional fields, and corrected my diet.

What I found out after I started to heal and the anxiety gradually left completely, was that according to studies, the color blue calms the nervous system. But as with anything, no two people are exactly alike, and no set of rules applies exactly the same to every single person.

It might be interesting to note right here, that at this time in my life, I could not stand to wear the color blue. Everything I owned was red or had red in it. I really didn't like the color blue, and I didn't feel comfortable wearing it.

I happened to mention one day to my practitioner that I couldn't stand to wear the color blue, and that I really didn't like that color. Well she was surprised because she loved blue and wore it all the time. So she did a little testing, and found that I had a trauma field with frozen emotions and beliefs in it. When we cleared that field, my color preferences started to change, and I started to see blue as a beautiful color again.

So why did just blue light calm my nerves so much?

Well I'll tell you about a Doctor that did some research into color therapy and gave me a little understanding of this.

This Doctor began developing a subjective color preference technique. What he found was that if he gave patients a choice between two opposite colors such as red and blue, they always seemed to prefer one color over the other. When he started each session he would explain to the person that he was going to call out pairs of color and that the ones with which they felt most comfortable would be the color that would immediately appear in their minds – since

their bodies understood what he was looking for they would respond intuitively without any thought.

The pairs of colors he used were red and blue, yellow and violet, and lime and turquoise, which are all opposite to each other. He noticed some interesting responses. When he compared patients subjective preferences to what he intuitively felt they needed, they were almost always the opposite.

For example if they preferred blue to red, in most cases red was the color he felt they needed for deep healing. It seemed as though the color they felt most comfortable with or soothed by were just the opposite of what they needed.

It reminded this doctor of the fact that most people in life are comfortable avoiding things that are in any way disturbing.

In my own case I couldn't stand the color blue, I even hated blueberries. And this is exactly the color that soothed my anxiety. Interestingly enough, many of the blocking beliefs and frozen emotions that caused me to dislike the color blue, were also directly related to the cause of the anxiety.

This doctor his name is Dr Jacob Liberman had found after working with thousands of patients, that the disturbing colors seemed to represent, or in some way be related to painful experiences in patients lives, whether the experience was recent or long ago.

The point here is, that if there is a specific trauma, belief or frozen emotional field that blocks a color receptor site, then your body will not be able to accept the full spectrum of light which is necessary for good health.

One of the most important clinical discoveries that Dr Jacob Liberman made was that the colors to which people were unreceptive correlated almost 100% with the portions of their bodies described by the chakra charts. This was where they housed stress, developed disease, or had injured themselves.

For example, a person might be uncomfortable looking at the color blue (like me), and during the case study it would be discovered that this person had chronic sore throats, significant dental problems, difficulty with verbal expression, which is a function of the throat or mouth, or had his tonsils removed.

Maybe there was something that the person needed to say and couldn't, or said that they wished they hadn't. Maybe someone said something to them that was traumatic. In my case there was also a generational field where family members had chronic sore throats and swollen tonsils.

So it would be safe to say that this type of a trauma would block blue receptor sites.

The blue chakra, is the throat chakra, and it would include all of the organs and glands that fall into that particular area like thyroid, parathyroid, tonsils etc.

I'm going to give a code here to clear receptor sites for the color blue.

If clearing this color for you brings up anything else in your field, any emotional field, memories, or physical pain anywhere in the body, do the release technique as taught by Dr Stephen Daniel. You can get that teleclinic on the website at [www.quantumtechniques.com](http://www.quantumtechniques.com) and then if you need more help with that, feel free to call a practitioner to clear the field. I am including violet into this code since it is a deeper shade of blue.

**The code to clear cell surface receptor sites for the color blue is:**

UN G50 UN CH MF LF IF G50 SH EB G50 SH UN TH MF LF IF E LIV  
G50 SH EB OE A C G50 UN SH UN

There are seven colors in the spectrum. RED, YELLOW, GREEN, BLUE, and VIOLET and then of course black which absorbs all color, and white which reflects all colors.

Every other color is a variation of these seven, and I will give more codes in a minute to clear receptor sites for these colors as well.

In one interesting study with color the behavior patterns of patients with addictive personalities became more or less addictive depending on the colors at which they looked. For example, an alcoholic would look at one of the colors to which he was receptive or comfortable with, and be fine. But a color to which he was slightly unreceptive to, might elicit a need to drink juice or soda, and a color with which he was most uncomfortable would cause him to want to drink alcohol.

So in this study it was clear that when a situation in life triggers fear or discomfort, our inability to be present with these feelings as well as to deal with them forces us to protect ourselves by avoiding or numbing out the situations and going into an addictive behavior pattern.

So in quantum techniques we would find the core trauma, the blocking belief, and or frozen emotion or whatever was there to clear the reason for the need to numb everything out, or in other words the need to not being present, which would then allow us to also clear receptor sites for that color that makes us uncomfortable, allowing the organs and glands that resonate with that color to be strengthened. Many times that field can be generational.

So what if we did an experiment. If you take a look at the colors you are wearing right now, obviously these are colors that you are comfortable with, or you wouldn't be wearing them.

Is there a color that you feel completely uncomfortable wearing? That makes you feel like you went to the black and white ball in red because someone forgot to tell you it was the black and white ball? That you feel just completely uncomfortable wearing?

Is there a color that makes you feel irate? Is there a color that you never wear because you hate how you feel like you look in it?

Try bringing that color into your field, notice what emotions or feelings come up with that, and then do the release technique on that and see what comes up to be cleared.

And then try the same color in a day or so, and see if anything else comes up to clear. I think it would be interesting to see what happens. Notice if the color brings up textures, smells or other things. Is there something there that needs to clear? Keep doing it until that color doesn't bring up any kind of a charge.

The therapeutic uses of light have been known for thousands of years. A human becomes pale and flabby if he is confined to the indoors.

A Nobel Prize winner named Albert He has a Russian last name that I can't pronounce recognized how profoundly light and color affect us. From his work he concluded that all the energy which we take into our bodies is derived from the sun. He saw that, through the process of photosynthesis, the sun's energy is stored in plants, which are in turn eaten by animals and humans. Digestion and assimilation by animals and humans are concerned with breaking down, transferring, storing, and utilizing this light-created energy. This man discovered that many enzymes and hormones involved in processing this energy are colored and very sensitive to light.

As a matter of fact, when they are stimulated by selected colors of light, these enzymes and hormones frequently undergo molecular changes that alter their original colors. These light induced changes significantly affect the power of these enzymes and hormones to cause dynamic reactions within the body.

It also demonstrates that the apparent color of something might be a strong indicator of its molecular structure. So what this Nobel Prize winner is saying is that light striking the body can literally alter the basic biological functions involved in processing the body's fuel which powers our lives.

If color and light have such a powerful effect on us, what then, might be the effect of living under light that is significantly different from sunlight?

Light and color can play a remarkable role in how effectively certain enzyme systems regulate biological activity within the body. Some colors of light can stimulate certain bodily enzymes to be 500% more effective; and some colors can increase the rate of enzymatic reactions, activate or deactivate certain enzymes, and affect the movement of substances across cell membranes. This, places light in a very powerful position as a regulator of many biological functions within the body.

About five years ago I took in a two year old little girl with autism. She was the daughter of my brother, and this little girl was extremely difficult to deal with. She was super sensitive to sound and light. She could not communicate or walk. She could not even sit up. She would become upset and cry or scream a lot, and the parents were at their wits end. It got to where the mother's nerves were so shot that she couldn't handle the child anymore.

This little girl was very pale, her bowels didn't work very well and she was constipated all the time. The first thing I did was incorporate a lot of live natural food into her diet, and I started



putting her on a blanket in the shade where she could see the blue sky and the green trees above her.

Within two weeks she was sitting up by herself, and was able to sit herself up by herself. I could tell she was proud of herself. She started to gain weight and her bowels became more regular. As she got more used to the sun, I started giving her short sun baths right after her water bath.

She still had a lot of crying and screaming fits so one day I decided to take her in the middle of a screaming fit and put her in straight green light in her room. As soon as she saw the light she completely changed, and calmed down and started smiling and laughing at the light.

So I started giving her an hour of green light every day, and then an hour of blue after that. She loved it.

She was much better after that, and easier to handle. I taught her parents what I was doing, and they were able to take it from there.

I learned that green is a master color. It is the middle of the spectrum. It is a tension reliever that balances the cerebrum and stimulates the pituitary gland, which controls all other glands in the body. Green is also the predominant color of the vegetation on this planet. This balancing color rebuilds cells and tissue. It is the stabilizing color for all dysfunctions, whether chronic or acute. Many disorders can be helped just by using the color green alone.

When in doubt as to what color to choose for whatever you are trying color on, use green. It balances both underactive and over active conditions.

**I will give a code to clear receptor sites for the color green here.**

EB IF LF G50 SH IF G50 SH UN OE E CH C LIV SH G50 LF IF OE SH  
G50 A E EB SH IF MF G50 SH UN

Yellow light is said to be a stimulant for the sensory and motor nervous systems. Yellow tones the muscles, activates the lymph glands and improves the digestive system. It stimulates the intestines, pancreas and digestive fluids. It is considered a cleanser.

**The code for clearing receptor sites for the color yellow is:**

A TH IF SH G50 CH UN E OE LIV TH LF SH G50 UN EB A OE LIV A SH  
G50 UN IF LF MF SH UN

I don't really know a lot about yellow light, but I came across a very intriguing story about a girl who was born paralyzed and they used yellow light to heal her.

This is just one story of many paralytic cases that were healed using the same protocol of color therapy over a period of twenty years. All of these cases were pronounced hopeless and incurable by the medical industry. But this one case was of a little girl named Anna who was the daughter of an officer of the Pennsylvania police department. She was born paralyzed and the father had gone through all the medical procedures trying braces and casts and everything else. Nothing worked because the girl didn't have the strength to stand with braces on.

The father had the girl taken to various hospitals and was told the child would never walk. No special reason was given. After nearly four years of this, the father learned about a guy named Dinshah who did color therapy and he took his daughter to him. He had no idea what it was or how it worked, but his daughter had never walked and could not stand without being held under both arms.

Her spine couldn't support her and she had no control over her legs. Her father didn't really think these guys could help his daughter either but he was at the end of his rope for options.

They used yellow light on her. After the first day, the girl stretched out for the first time. Previously the lower dorsal and lumbar muscles were rigid and the thigh muscles and the calves were atrophied, especially the right one.

She gradually recovered until she finally began to stand alone, walk and go up and down stairs unaided and later went to school.

There was one other little girl named Florence Buck who was also paralyzed. But this one was 8 years old and only weighed 28 pounds. She was worse by far. And on top of that she was given injections in the hospital that made her go blind.

Within a few weeks, color therapy pulled her out of her disorders, the paralysis disappearing with complete restoration of the eyesight, the weight increased to 42 pounds.

Ok so if just color therapy can do all of that, then can using QT to clear blocks on color receptor sites do that? If using color for several hours a week for several weeks, creating color saturation or nutrient saturation with that color clears that issue, then is the problem a deficiency of that color? It is either that, or there are other things blocking that color's receptor sites. Either way there is an imbalance, and this imbalance can be cleared, by removing the blocks. So I think it would be safe to say that yes we could do with this with QT.

Every food, every vitamin, every mineral every enzyme resonates with a color. Even musical notes resonate with the different colors. It is all energy.

So there are many things that can help bring this color balance. Maybe even beliefs and emotions resonate with different colors, causing an imbalance.

The fact is sunlight contains all of the colors of the spectrum. So if the receptor sites for a particular color in the body were blocked this would create a deficiency. If all of the receptor sites are clear for every color, then the body would be able to absorb the colors it needed from the sun to strengthen and heal, or balance out the colors the body gets more of because other colors are blocked.

I believe that when we clear the toxin fields, the pathogen fields the trauma fields, blocking beliefs and emotions and so on, we are also allowing light into the body.

Even in iridology, if you look at the iris of the eye, the areas represented in the eye where a problem is indicated, are the dark areas. There are actually areas that are very white indicating an overactive condition or inflammation as well.

So if you start looking at the studies on light, you will see that sunlight energy which has all seven colors that I mentioned before in it, affects our physiological activities, and our moods, but it also has been shown to produce an effect on the body similar to that produced by physical training and its resultant improvement in physical fitness.

So if just being in the sun gives you the same results as doing physical activity, then if we unblock receptor sites for just light, imagine the healing that is possible.

Dr Kan Kime in his book sunlight, says that a series of exposures to sunlight will produce decreases in resting heart rate, blood pressure, respiratory rate, blood sugar, and lactic acid in the blood following exercise and increases in energy, strength, endurance, tolerance to stress, and ability of the blood to absorb and carry oxygen.

This, along with those of many other highly respected scientist and physicians seem to indicate that the human body is truly a living photocell that is energized by the sun's light, which I guess you might say is nutritional energy.

When sunlight enters our eyes it serves visual and non visual functions. Light serving non visual functions, proceeds through the eyes, to the centrally located portions of the brain, the hypothalamus, pituitary and pineal. These very powerful light sensitive brain centers probably represent the heart of the brain.

Their stimulation immediately affects our physical, emotional, and mental states, to an extent depending on the interpretation and history of the individual. Which would mean, to the extent that our cell surface receptor sites are open and available to receive that light.

With the development of more sophisticated diagnostic techniques, science and medicine are continuing to find that certain brain regions are not only light sensitive, but actually respond differently to different wavelengths or colors. It has been known for a long time that blue light breaks down the bilirubin in neo natal jaundice.

I myself have put my newborns in a sunny window for a few minutes a day to break up this yellow chemical that accumulates in the skin of some newborns. The body has the ability to absorb the blue wavelength of light from this sunshine to break down the bilirubin and clear the jaundice.

The same wavelength of blue light that breaks down bilirubin also has been very effective in reducing the pain people experience with rheumatoid arthritis.

In 1982, Dr Sharon Mc Donald conducted a study on 60 middle aged women with rheumatoid arthritis at the San Diego State University School of Nursing. Utilizing a simple constructed box with an ordinary incandescent light source shining through a blue filter, Dr McDonald had her

subjects put their hands under the blue light for varying amounts of time up to fifteen minutes.. She found the longer the exposure time the greater the likely hood of reduced pain.

Red light was found to be significantly helpful for migraines. 72% of the patients in the study reported that their severe migraines stopped within one hour of beginning the treatment. Of the remaining 28% whose migraines did not stop reported that they felt better. When you consider the severe pain and frequent long duration of a typical migraine headache, these results were quite dramatic.

So if you are a migraine sufferer we might experiment with clearing cell surface receptor sites for the red wavelengths of light.

I will give a code to clear cell surface receptor sites for red light here, and again since there can be many things involved in an affliction of this sort, if anything seems to come up when you clear receptor sites for red light, use the release technique, and then if you need to you can call a practitioner to help with that. There may also be physical blocks.

Also if you find that clearing red aggravates any area of inflammation in your body, use the code for blue to balance that, and cool it down.

**And that code for clearing cell surface receptor sites for red wavelengths of light is:**

E EB CH MF LF SH IF G50 EB SH CH LF C A MF LF E G50 SH IF LIV E  
EB UN SH E UN

Just for the sake of interest, Texas university found that viewing red light increases strength by 13.5% in viewers and also elicited 5.8% more electrical activity in the arm muscles of viewers of red light compared with other light conditions.

This study seems to indicate that briefly looking at a red light may enhance athletic performance requiring quick bursts of energy where the same studies with blue light found that blue may assist in performance requiring a more steady level of energy output.

Sunlight has the full range of colors like I mentioned before. Dr John Ott developed full spectrum light for artificial lighting to give us the full range of colors in our environment when we needed artificial lighting.

I'm going to talk about an interesting study that he did on school children and the difference that full spectrum lighting made on these children, so you can see how important it is to have natural light as our light source for good health.

In 1973, John Ott and the environmental health and Light Research Institute undertook a study involving four first grade classrooms in Sarasota Florida. Full spectrum lights, radiation shielded fluorescent light fixtures were installed in two of the windowless classrooms while standard cool-white fluorescent fixtures were installed in two other identical windowless classrooms that served as controls.

Concealed time lapse cameras took sequences of students and teachers randomly in classrooms. Although the teachers were aware of the program, neither they nor the students were aware of when they were being photographed.

The photographed results were significant. Under the cool white fluorescent lighting, some students demonstrated hyperactivity fatigue, irritability, and attention deficits.

In the classroom with full spectrum lighting, however, behavior and classroom performance as well as overall academic achievement, improved markedly within one month after the new lights were installed.

Furthermore, several learning disabled children, with extreme hyperactivity problems, miraculously calmed down. They seemed to overcome some of their learning and reading problems, while in the classrooms with full spectrum lighting.

Now here is the kicker in this study we are talking about.

This study additionally demonstrated that children in rooms with full-spectrum lighting developed one-third the numbers of cavities in their teeth as children in the classrooms with the standard cool white-fluorescent lights.

The same results on the development of cavities were reported by another similar study, except with animals. They found that hamsters raised for a period of fifteen weeks under cool white fluorescent lighting and fed a cavity producing diet, developed five times as many dental carries as hamsters raised for the same period of time and with identical diets but under full spectrum fluorescent lighting.

And further the severity of the decay was ten times greater under the cool white lights than under the full spectrum lights. These findings are not surprising, as research was conducted in the 1930's on a large number of children who showed that the incidence of dental cavities was much higher during the school year which is during winter and spring than during the summer months.

Also the number of cavities developed was directly related to the amount of sunlight available in the area where the children lived.

The more sunlight, the fewer cavities.

We know today that sunlight striking the skin initiates a series of reactions in the body leading to the production of Vitamin D which is a necessary ingredient for the absorption of calcium and other minerals from the diet.

If vitamin D is absent, the body will not absorb the amount of calcium required for normal growth and development of bones and teeth.

The vitamin D manufactured by the body in response to sunlight called vitamin D is not a true vitamin but rather a hormone called cholecalciferol that is produced by the body in response to

ultraviolet light. It is different from the commercially produced D found in most dairy products and the vitamin D ergocalciferol found in most vitamin tablets and fortified foods.

Naturally produced D is more effective in the body and has never been found to be toxic; where as dietary D can be toxic at high levels. Sunlight is now recognized as being the catalyst for the reactions producing the body's main nontoxic source of vitamin D.

The production of vitamin D in the skin is a well known example of one of light's specific wavelength interactions.

In addition to being nutritious, light is also a very unique catalyst. Scientific research has shown that ingested foods, supplements and meds require a specific wavelength or light interaction in order to be fully metabolized. Without the correct wavelengths of light, absorption is incomplete and nutrients are partially wasted and less effective. So you're not fully absorbing your nutrition if you are lacking the full-spectrum of light wavelengths necessary for natural metabolism and optimum absorption.

In a study done in 1980 Dr Fritz Hollwich conducted a study comparing the effects of sitting under strong artificial cool white non full spectrum illumination versus the effects of sitting under strong artificial illumination that simulates sunlight.

Using changes in the endocrine system to evaluate these effects, he found stress like levels of ACTH and cortisol, which is the stress hormone, in individuals sitting under the cool white tubes.

These changes were totally absent in the individuals sitting under the sunlight simulating tubes. The significant of Hollwich's findings becomes clear when the functions of ACTH and cortisol are examined.

Both of these metabolic hormones play major roles in the functioning of the entire body and are very much related to stress response. Since their activity increases under stress and since both of these hormones also function as growth inhibitors, this may account for the observation that persistent stress stunts bodily growth in children.

Hollowich's findings clarify and substantiate the observations of Dr John Ott and others regarding the agitated physical behavior, fatigue, and reduced mental capabilities of children spending their entire days in school under artificial illumination.

He concluded that the degree of biological disturbance and the resulting behavioral mal adaptations were directly related to the difference between the spectral composition of the artificial source and that of natural light.

In 1923 and 1924 Dr Harry Riley Spitler did a series of impressive experiments to evaluate the responses of different groups of rabbits living under different lighted environments. The colors of light that the rabbits lived in for the experiments were created by filters placed in front of their cages.

All of the other variables like housing and nutrition were kept the same for each group. Within three to eighteen months from the beginning of the study, some startling results became apparent. The rabbits began to develop abnormal conditions such as loss of fur. Some lost all of their fur and some lost only part of it. Toxic symptoms developed and cataracts. These conditions were obviously related to the different colored lights under which the rabbits were living.

So it obviously doesn't take very long with an imbalance in the spectrum of light you receive for it to become a physical issue.

Spitler recognized that imbalances in both the autonomic nervous system and endocrine system were involved in the development of the abnormalities seen in these rabbits. He then investigated how light might be affecting these systems. His research convinced him that the portions of the brain that directly control both the autonomic nervous system and the endocrine system are also connected to the eyes by the shortest most direct and most highly organized nerve pathways in the brain.

He concluded that although heredity, environment, and nutrition play major roles in our lives, light may play the most significant role in altering function, behavior, and physiological response; in other words merely altering the color of light entering the eyes can disturb or restore balance within the autonomic nervous system and affect things in the body.

Dr. Fritz Albert Popp, renowned biophysicist at the International Institute of Biophysics says, "In terms of healing...the implications are immense. We now know, for example, that light can initiate, or arrest, cascade-like reactions in the cells, and that genetic cellular damage can be virtually repaired, within hours, by faint beams of light. We are still on the threshold of fully understanding the complex relationship between light and life, but we can now say, emphatically that— the function of our entire metabolism is dependent on light."

In addition to 'core' metabolic regulation, an attractive element of light therapy is that when applied in the correct doses, light actually stimulates the body's cells towards balance or to re-regulate themselves, resulting in cellular regeneration.

**I am going to give a code here to clear receptor sites for light. That is the full spectrum as one.**

SH UN SH IF LF MF SH G50 LIV TH CH SH UN SH G50 E A C 9G EB  
OE SH UN SH CHAKRA PATTERN ONE

When we talk about full spectrum light, we are not just talking about the seven colors that are in the spectrum, but also the invisible part of the spectrum including the infra red and also the ultraviolet parts of the light spectrum as well, and we will get into some of the benefits of ultra violet light as well in a minute.

Dr John Ott, whom we talked about before, was working as a consultant for the Walt Disney "Secrets of Life" film series, Dr. Ott found that he could not successfully grow plants indoors under commonly used artificial lighting.



His research found that all living organisms need the full spectrum of light provided by the sun in order to thrive. In addition he discovered that the cathode radiation emitted by all, common fluorescent tubes caused plants to mutate and form unnaturally.

Dr. Ott discovered that the growth of plants could be manipulated by varying the color temperature of the lights in the studio, with some colors causing the plants to flower and other colors causing the plants to bear fruit. Dr. Ott even discovered ways to change the gender of plants merely by varying the light source color-temperature.

Dr. Ott's experiments with different colored lighting systems and their effects on the health of plants led to experiments with light on the health of animals and individual living cells, using time-lapse micro-photography. Dr. Ott observed that only a full spectrum of natural light, which includes natural amounts of ultra violet and infra-red light, worked to promote optimum health in people, pets and plants.

Eventually Dr. Ott turned his attention towards monitoring the beneficial effects of full spectrum lighting on certain human physiological conditions. He discovered that the color temperature of lights affects mental health, with balanced light reducing hyperactivity in classrooms and reducing negative behavior in prisons and mental health facilities. He discovered that even an individual cells' ability to properly reproduce in plants, animals and humans is affected by variances in lighting. Most importantly, he realized that light entering the body through the eyes controls and regulates our brain chemistry which in turn affects how we feel and function.

In the 80s, Dr. Ott also published a series of seven articles in the International Journal of Biosocial Research (Tacoma, Washington), a medical journal that studies links between physical and mental health. Titled Color and Light: Their Effects on Plants, Animals, and People, the articles summed up Dr. Ott's decades of independent research, which was contrary to the established "wisdom" of sunglass manufacturers and pharmaceutical companies.

These companies were "scaring the daylight out of us" by promoting the sudden negative effects of natural sunlight. These companies claimed that the sun was 'now' dangerous to our skin and eyes and that we need to protect ourselves with their expensive sunglasses and sun screen lotion.

The sun once considered a God, has recently been found guilty of numerous crimes and is now thought to be armed and dangerous, and the public is warned!

Be cautious. Keep the sun out of your eyes, and protect yourself at all times!

The term ultra violet light immediately causes people to think of cancer, cataracts, aging, and wrinkles. More than 50% of the U.S. population wears prescription or sun protective glasses made of lenses that block out most Ultra violet light.

The newest plastic lenses called UV 400, block out all UV light. There are even eye drops now being clinically evaluated that block out 98% of the UV light. The suntan lotions, sun protection factors are up to 40, 60 and higher now days.



There is no question that UV light in large amounts is harmful; however, with trace amounts as in natural sunlight, it acts as a life supporting nutrient that is highly beneficial. Blocking out UV light like we do may be one of the biggest blunders science has made in the last 75 years.

For thousands of years humans have thrived under sunlight, which contains Ultra violet light. Now science has determined that God has made a mistake and that all UV light is harmful.

Dr Ott would be the first to agree that too much UV light is bad, but, he says “ we need a basic amount to support life and maintain a healthy immune system” He adds that all wavelengths of sunlight are beneficial.

His analogy is that giving too much oxygen at birth can blind a baby, however he says, It would be foolish to jump to the conclusion that oxygen is hazardous too our health and that you should live without oxygen.

Yet this is exactly the conclusion that is drawn with ultra violet light.

Since the invention of the light bulb and the beginning of "three screens" syndrome (cinema, television and computer) much of humanity has progressively become indoor, contemporary cave-dwellers unwittingly depriving themselves of the sun's vital life-giving energy.

Dr. Ott's research efforts have been generally met with polite indifference from the scientific community but he soon began to attract attention from a wider public audience with his theory of mal-illumination, a condition Dr. Ott likened to malnutrition. “Light is to mal-illumination as food is to malnutrition.”

All life on earth is dependent on the sun's ‘full-spectrum’ of light radiation, which includes ultra violet light (UV). There are three different forms (wavelengths) of UV light; UVA, UVB and UVC. UVA and UVB are essential for optimum health & wellness. UVC is filtered by the atmosphere and does not reach earth. Obviously, too much of most anything is not good for you, which also includes UV light. However, not enough UV can also lead to very serious health problems according to The UV Advantage by Dr. Michael Holick, the nations’ leading vitamin D researcher.

- “Heliotherapy” was very popular in Europe from 1900 to c. 1940. Dr. Rollier, head of a sun therapy clinic, wrote a volume titled La Cure de Soleil. He knew that the higher the UV doses, the greater the success of the treatment. Many patients were healed from tuberculosis (and it was noticed that the sun did not affect a cure if the patients wore glasses impenetrable to the healing UV rays).

Other successful treatments concerned colitis, anemia, eczema, acne, lupus erythematoses, sciatica, asthma, and other ailments.

Sun bathing and UV therapy were known as the most effective treatment modality for many infectious diseases. When penicillin was discovered in 1938, big business and science rushed into the new area of antibiotics. Sun therapy fell into disrepute.

- Prof. Smith-Sonneborn, University of Wyoming, irradiated one celled organisms with bactericidal UV-C rays which damaged their DNA and shortened their life span by accelerating their aging process. She then proceeded to re-irradiate the same cells, this time using UV-A.

The cells repaired themselves and the aging process was halted. This alone was sensational news. Prof. Smith-Sonneborn wanted to know next what would happen if she resubjected the cells to UV-A. This second radiation treatment extended the cells' lifespan by up to 50 % compared to the control group! These results showed without a doubt the ability of certain types of light to not only support cells in repairing their DNA, but also to support life-extending factors present within the DNA.

### **So Let me read off a few Benefits of UV light.**

UV light exposure enables the body to build a strong skeletal structure, heart, and muscles as well as optimize the immune system and the body's utilization of sugar.

- ❖ UV light activates vitamin D synthesis.
- ❖ UV light reduces the risk of cancer.
- ❖ UV light helps in weight loss.
- ❖ UV light reduces the risk of depression.
- ❖ UV light increases heart performance.
- ❖ UV light lowers blood pressure.
- ❖ UV light lowers cholesterol counts.
- ❖ UV light activates an important skin hormone (Solitrole).
- ❖ UV light is effective against psoriasis.
- ❖ UV light is a nutrient just as vitamins and minerals.
- ❖ UV light promotes the production of sex hormones.
- ❖ UV light improves ECG and blood parameters in persons suffering from Arteriosclerosis.
- ❖ UV light is effective with numerous other health issues. Helps regulate blood sugar It activates the liver to detoxify.

The UV studies that created the climate of FEAR, were conducted at the Medical College of Virginia.

Monkeys were tranquilized, and then their eyelids were pried open with lid clamps. With the monkeys eyes fully dilated, researchers beamed light into their eyes, from a 2,500 watt xenon

lamp for sixteen minutes. The intense light contained high levels of UV radiation. This really seems abusive.

Although the results of the study showed that there was retinal damage, it is hard to imagine that the researchers could have concluded anything else.

They gave these monkeys a highly abnormal exposure to ultraviolet light, that would never happen in real life. In real life, monkey's pupils and eyelids would naturally adjust to protect their eyes, just like the pupils and eyelids of humans do.

Another argument that science makes against ultraviolet light is that it causes cataracts. The same kind of studies on laboratory animals concluding, that UV light causes retinal damage are frequently used to conclude that UV light also causes cataracts. Of course the eyes in these studies were damaged. Did they expect vision to improve?

Similar studies, in which the skin of animals is repeatedly burned with high levels of UV light, also have been done to prove that ultraviolet light causes skin cancer. Why are these scientists suggesting that ultraviolet radiation causes cancer and cataracts? Their research, which is frequently inhumane, leads to but one conclusion: and that is, that the abuse of the animals in their studies causes cancer, blindness and death!

Today most people equate skin cancer with ultra violet light. They even call it sun cancer!

On August 7th 1982 The British Medical Journal published an article that went completely against the prevailing scientific position on the relationship between skin cancer and the sun. In the study conducted at the London School of Hygiene and Tropical Medicine, and the University of Sydney's Melanoma Clinic, researchers found that the incidence of malignant melanomas was considerably higher in office workers than in individuals who were regularly exposed to sunlight due to lifestyle or occupation.

One of the major researchers, Dr Helen Shaw, found that the people who had the lowest risk of developing skin cancer were those whose main outdoor activity was sunbathing!

Twice the risk of developing melanoma was found in office workers who had to work indoors all day under fluorescent lights.

Additional research by Dr Shaw has shown that fluorescent office lights can cause mutations in cultures of animal cells. Dr Shaw concluded that in both Australia and Great Britain, melanoma rates were high among professional and office workers, and lower in people working outdoors.

Sensible exposure to the sun is not only safe but it is desirable. The ultra violet issue has been exaggerated beyond belief.

If you have very light skin that burns easily, wear light cotton long sleeved clothing, gloves and get a parasol, or a wide brimmed straw hat.

And as far as suntan lotion, be careful what you choose to put on your body. The skin is permeable and it does go into your body.

A recent report from the U.S. Food and Drug administration concluded that fourteen out of seventeen suntan lotions containing PABA can be carcinogenic when used in the sun. PABA is used in many suntan lotions to block UV radiation. Additional research indicates that PABA can cause genetic damage to the DNA in the skin.

Dr Zane Kime, author of the book sunlight, firmly believes that most suntan lotions when used in the sun can stimulate the formation of cancer cells. He says that it is the fat in the lotions that causes the problem.

So in modern times where Ultra violet light has suddenly become a dangerous enemy that should be avoided at all costs, we live in houses with no ultra violet light. When we leave our houses, we put on our glasses, contacts or sunglasses which block most of the UV light. We drive cars that also block UV light. We work all day in our offices and receive no UV light, then at night we turn on our grossly distorted man made lights – still no UV light.

When we finally take a break and get out in the sun, what do we do? We slather ourselves with UV blocking sunscreen and put on sunglasses.

A lot of people are petrified to go out in the natural sunshine without some form of protection.

The truth is, the sun's vibrational energy is the most potent life sustaining force in our very immediate universe which we call the solar system. It is clear that different aspects or frequencies of this energy have different effects on our moods, behaviors, and vital functions. Therefore the biological receptivity of an organism to these different frequencies will determine which aspects of its functions and awareness will be stimulated and nourished.

Each separate frequency or color of the spectrum has nutritional value, and is the food for the initial development and constant evolvement of certain aspects of our being.

I think that our constantly changing states of consciousness determine the degree to which we are emotionally and biologically receptive to the different colors in the spectrum.

Rather than directing our eyes outward, looking for external causes to our internal imbalances, it is time to look inward at the parts of us that have been unreceptive to certain aspects of life causing us to close down and become ill.

The study of light affirms the interconnectedness of all things. It is a paradigm of the balance between the outside and the inside and is not much different from cellular physiology or for that matter, human relationships.

Dealing with an energy source that is both visible and non visible is also a reminder that both sides of life, what we can see and what we cannot see, are equally important to our development, growth, and evolution.

Sometimes it helps to take an illogical look at our life, to understand what is really going on in our lives.

That is all I have for today.

And it looks like we are about out of time.

I would like to thank everyone for listening tonight. Good night every one.