

LIGHT '98 Conference

Reading University

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This conference was promoted by the Light Information for Growth and healing Trust, whose objectives are 'the advancement of the use of light and colour in the fields of orthodox and complementary medicine so as to encourage and promote a holistic approach to physical, mental and spiritual well-being including an awareness of the link between light, consciousness and enlightenment in human thought and development'.

The conference opened with a wonderful slide show of deep space and the Pleiades and the lighting of a candle, accompanied by the chorus from Haydn's creation, 'The heavens are telling the glory of God'.

The first lecture was by Prof. GEORGE BRAINARD who spoke on the physiological basis for the biological, behavioural and therapeutic effects of light. His research shows that light behaves as if it is a drug and can therefore be used as a drug. He discussed the effects of bright light on the suppression of melatonin production in humans and its use in SAD - seasonal affective disorder. He emphasised the difference between clinical depression, which is not seasonal and associated with sleep, eating and menstrual disorders and non-clinical depression, i.e. jet lag, shift work. Light is brighter when we are children and as we get older the retina is not able to transmit green and blue as well as when we are young. He demonstrated the effects of light and dark, day and season, brightness, wavelength, duration and time on the reproductive cycle of hamsters. This showed that the size of hamster testicles enlarges 10 times in the summer over the winter size and is associated with increased sperm production and increased testosterone. He concluded with the provocative statement that there is 5 pounds of food per person available throughout the world which is three times the amount required to feed everyone and that something is going wrong with the distribution of food and the use of light, creating the large areas of famine (darkness) which are currently being witnessed.

MARY BOLLES from Boulder, Colorado, spoke of the use of light, sound and vestibular stimulation to aid the educational, emotional and social development of children and adults.

Children with sensori-perception problems have behavioural and learning difficulties. Difficulties exist in the child's outer relationship with the environment. The senses become scrambled through birth trauma, chemical imbalances and digestive problems, which give rise to impaired neuropeptides, impairing normal brain function. These children suffer from feelings of isolation, alienation, not fitting in. There is loss of contact with their inner light. Treatment is holistic, using structural therapies; biological treatments; psychological using counselling, behaviour modification, speech therapy and individual specific programmes; and sensory training. The children are treated on a moving table with light and random sound which brings the child into the present. The light intensifies the emotions, the sound interrupts the thought patterns and the motion calms the fear. The breaking of the incorrect internal patterns gives the child access to their inner light, the wholeness, their real power.

Prof. KIRA SAMOILOVA from St. Petersburg presented new technologies in Photomedicine. The research on the use of photomodified blood in the treatment of various blood diseases was discussed. Unfortunately there was so much information presented that it was hard to

follow as a lay person the data and its implications. However, there is much excitement about this research as it is looking at the ways UVA, UVB and visible light waves can be used to decontaminate blood from certain viral infections, including hepatitis and HIV. This should be of interest to haematologists in this country and elsewhere.

Dr. STEVEN VAZQUEZ discussed 'Healing at the Speed of Light'; the use of rhythmic light and colour in psychotherapy and medicine. He is using brief strobic stimulation with a Lumatron. The light is delivered into the eyes, which are the windows of the soul. This stimulates the eye-brain connection and the light elicits inner vision. He spoke a lot about safety for the client, which he perceived as environmental safety, interpersonal safety and intrapsychic safety. He spoke of consciousness being colour coded, being related to the nadis or vessels of consciousness and their relation to our emotions.

On the second day, we began with Dr. PAPAKOSTOPOULOS telling us about the way light is analysed by the brain using the ENAA - Electrodiagnostic Neurophysiological Automated Analysis. The physical light is translated by the retina into electrical currents which are transmitted to the brain. The ENAA can pick up the signals and analyse what is happening. This helps in detecting specific eye conditions and other conditions which affect the body more generally.

ANNE ARNOLD SILK talked on the importance of 'No Light at Night'; the importance of darkness. Neonates are affected by bright lights, especially premature babies where retinopathy is well recognised. There is also a problem of severe sleep deprivation in prisoners due to lack of curtains and red light on all night. Increased light at night affects the production of melatonin and results in diminished immune system function. Tinted lenses have an effect. Green has a calming effect, yellow is good for night driving. Dark glasses can cause depression.

Dr. URSULA ANDERSON started the last morning by speaking on the use of light and colour in the management of learning and behavioural disorder in children as a means of reducing violence. She equated violence with a dissonance in neurotransmission due to internal and external predisposing factors giving rise to increased vulnerability and violent behaviour. She stressed the importance of touch and that bonding at birth had an effect on neurotransmission. She wondered what effect ultrasound is having and whether this resulted in scrambling of the nervous system.

She also spoke of the importance of memories affecting our belief system, the result of experience on behaviour and our feeling of separation of self from others. Environment could give rise to a change in neurotransmission, which could affect learning, immunity, memory and behaviour.

We need a healthy sense of our own identity. She is using colour in visualisation and lets the children take home a cloth or stone of the colour they like.

Dr. CHRISTINE PAGE gave a provocative talk on 'The Rainbow Healer'; bridging body, mind and spirit. She spoke of separation being the cause of all our troubles. We should not get lost in managed care. We can heal ourselves. Light brings into form so that we can know. It has three forms:

1. The light of our own creations through the interaction between dualities until there is no separation

2. Light of the soul or our inner light

3. The second laser light which shines on the interference pattern to create the hologram.

She urged us to sound one note well. Our thoughts, emotions and forms are the fuel for the fire of radiance. The denser the fuel, the greater the smoke and pollution produced. She spoke of the chakras and the spiritual attitude which each represented. We look at life through mirrors. These include our body, dreams and the outside world. Frequency x intention = healing or wholeness. Our levels of intention are important on an instinctual, emotional, mental and intuitive level. Our intention and frequency need to be pure. She showed us some amazing pictures of crop circles which should inspire the creation of three dimensional and colour filled living spaces.

KARL RYBERG and THRITY ENGINEER described the effect of the Monochrome Light Dome treatment. The persons core vital energy is assessed using a polaroid camera to see if it is in balance or not. Clients are then exposed to a sequence of chosen colours for 15 minutes to charge their aura.

Dr. JACOB LIBERMAN finished the programme with 'Medicine for the Coming Millennium'. He spoke of the heart of the baby and mother beating together and that coming home has all to do with integrity, health and connectedness. However, we tend to look at life through a hole rather than as seeing it whole. It is all important where we are seeing from - the brain is everywhere. There is a link between the heart and the brain. The heart entrains the brain, which entrains all the organs and the DNA. There is also entrainment between the earth, Schumann waves and the heart. This can be a harmonious sympathetic resonance, or love. How can we change for the 21st century? We need to be human beings, not human doings. There has to be shared truth, no compromise. Humanity is the healing principle. We are this invisible light. Light is a homeopathic remedy. The spectrum of light is the spectrum of life. The tuning fork of light awakens the tuning fork of memory. God has prioritised our life already. Bliss and joy are contagious.

In addition to the talks there were several workshops. Dr. Liberman's was particularly healing using 20 different colours with minute exposure, breathing it in and noting how we felt. It created a deep sense of calm and wholeness. PETER MANSFIELD demonstrated some of the work of Dr. Bates in balancing vision and the use of anthroposophical complementary colours.

There were demonstrations of the Lumatron and Photron lamp by MONICA O'MALLEY colourpuncture and a pulse reading technique.

There were also four rooms of exhibits. Due to the concentration of so many different lighting systems on display together, I personally found this very uncomfortable. There were books, scarves, filters, glasses, bottles, lamps, computer equipment and a whole host of others. A good place to spend a lot of money! Particular mention should be made of RODERICK FRIEND'S stained glass window 'The Tree Angel', which watched over the proceedings in the lecture theatre. Also on display were many examples of his therapeutic work as an artist.

The site chosen for the Conference was very unwieldy - long walks between rooms, lecture theatres and food, but close to Heathrow airport. The cost was expensive. The celebration dinner was excellent with a band from Peru and much dancing. All in all it was a very successful first venture, a lot was learnt all round and I am sure the organisers will improve

on conditions on another occasion. The organisers wish to thank Dr. PETER FENWICK and DAVID LORIMER for their help and advice in organising this conference. Details of the mailing list and list of cassettes are available from Primrose Cooper, The Meridian Centre, 6 Larnach Close, Manor Park, Uckfield, East Sussex TN22 1TH.

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