

TRAVELING LIGHT

NEWSLETTER 11.15



## **Lucia Light Newsletter – November, 2015**

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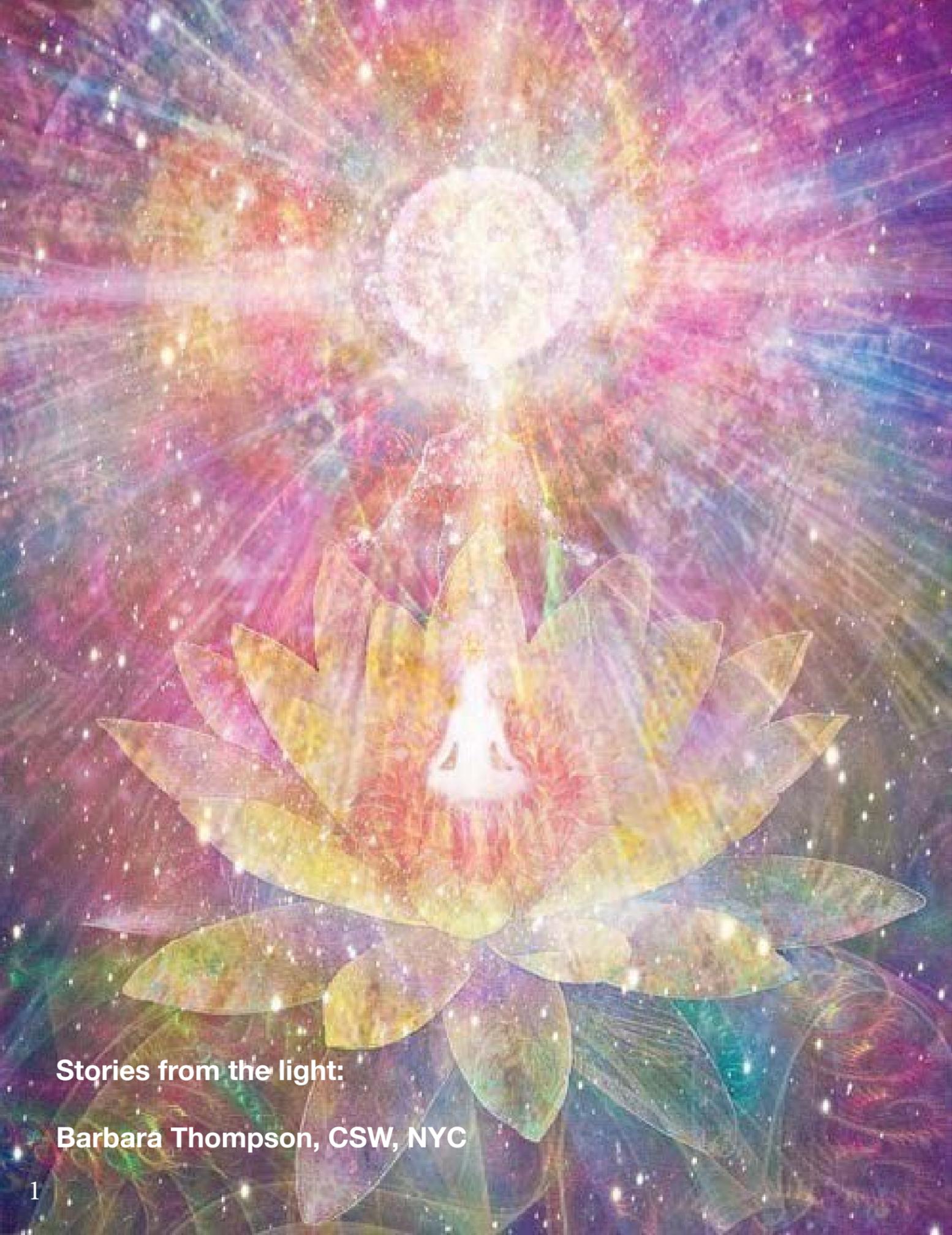
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**Stories from the light:**

**Barbara Thompson, CSW, NYC**

I am delighted to share what I have learned from being a Light Attendant. The very name Lucia Light stimulated my neural pathways from the get-go! In my talk, I am hoping to combine a bevy of thoughts into a coherent talk. Let's start with my belief that the Lucia Light allows us to connect with what we already know.

It has been said that there is an energy, that some believe to be the aurora borealis, which holds the history of all that is, was and will be. In order to transcend to this energy level, internal housecleaning of the subconscious (SC) is required. Remember that the SC is the repository of all and exists in no time.

The SC is remarkable and perhaps accounts for the 95% of the mind as yet unknown. I was amazed to learn that the SC is in charge during a pregnancy; it knows exactly when to start and stop each hormone, each level of physical development in the growing fetus. It also is always alert and awake, has no verbal language, speaks to you in dreams, is unable to process negative word, takes everything literally, has the sole purpose to protect you and keep you safe, has the cognitive level of a young child and runs 95% of your daily life, it contains the history of your soul, your history from every life time, is the gateway to our higher consciousness, can do trillions of things at one time, is programmed by inputs from our early environment, especially the years between 2 and 8 years of age, is what connects us with Universal Intelligence and more. The only way to work with the subconscious is by bypassing or gaining access to it in such a way that allows it to cooperate and change underlying directions or hidden decisions laid down in early years. Considering that the SC knows all our tricks, a good bypass is to ask, "What else is possible that I have never yet considered?" This question allows a whole new level in how to get the best use of our SC.

This question also brings me to the name Lucia Light. The word Lucia means light. The word light in Latin is LUX. This inscription is on the 20th card of the higher arcana of the Tarot deck and is called judgment. It shows human figures who are breaking free from coffins with their

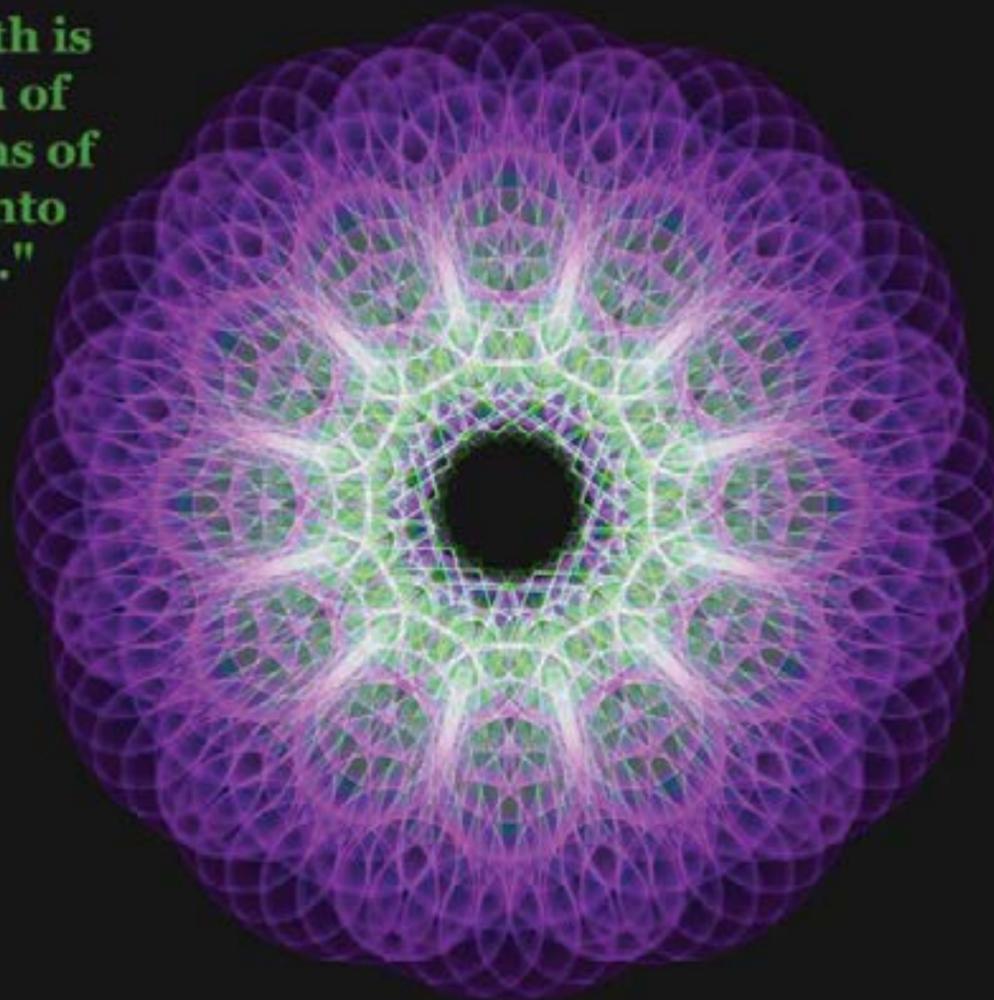
arms forming the word LUX. This card signifies spiritual awakening, renewal, telling us to get back to pure consciousness, the Source, that some call God, or the Infinite Intelligence, or Higher Power, which has untold ability to heal, create, transmute - the alchemy of living. The Higher Arcana cards of the Tarot deck carry pictorially the spiritual journey of mankind to higher consciousness. When we throw off the shackles of our limited thinking, our programmed self, we are then free to live at the highest level of creativity.

Everything wants to evolve. It is built into nature, into every cell of our body. There are many societal and internal constraints against our inborn thrust to evolve mainly due to the part of the brain that hold our survival response. Completion to the highest level we can achieve at this moment of history happens when we become conscious of the causes of our beliefs and misidentify with them. My question as a therapist has always been and is "What else is possible that I have never considered?" so that I can be a support to people who want to move beyond survival patterns, unconscious beliefs and being continuously hijacked by aspects of our being that play far too small?

When I learned of the Lucia light by roaming the internet, I knew immediately I had to have it. I didn't even check for reviews about it. So, here I am; I am now a Lucia Light attendant and I have used the device on over 45 people since first purchasing the light in June, 2015. I have since learned that often I can see changes in my clients before they are aware of them and when they become aware of them, this is often accompanied by huge quantum leap shifts in thinking, acting and being. It all makes sense. Light is the universal language of healing, of love, and of communicating with the higher levels of intelligence. In order to move into an adept level of mind, the subconscious requires emotional healing which happens when the light is used over multiple sessions.

We know that the Lucia Light stimulates the pineal gland and reawakens it from entropy. This gland produces melatonin and metatonin, a

"The key to growth is  
the introduction of  
higher dimensions of  
consciousness into  
our awareness."  
- Lao Tzu



[www.lucid-light.com](http://www.lucid-light.com)

### From Erik and Sami in Austin, Texas at Lucid Light LLC:

#1) A gentleman had a session purchased for him for his birthday. He is not spiritual by any stretch of the imagination. He works a laborious job, is a big guy with a Texas accent, and has tattoos of skulls, flames and demons climbing up his arm. He has been in recovery for four years and has only recently been able to acknowledge any power outside of himself. For his Lucia session, he chose The Best of Hank Williams Jr. as his music.

The sample sessions amazed him. I told him to look through his third eye if it felt as if his eyes fluttered. He nodded, but it was obvious he had NO idea what I was talking about. After trying the 5 minute sample session, he exclaimed, "This light does something spiritual! It's not just patterns and colors, it's so much more." He told me he had seen vortexes. I told him it was ok if he wanted to go into one of the vortexes to check it out. He tried the Mid-level Stargate session. I suggested he consider trying it with Carlos Nakai and promised to change it back to outlaw country at any point, if he wanted.

When he came out, he said, "That's what a third eye is! It's right here! It's like everything went into it and everything came out of it. I never even knew I had one!" He spoke for 10 minutes about the third eye and what he learned about it and how he could see all sorts of different ways we are all connected, now.

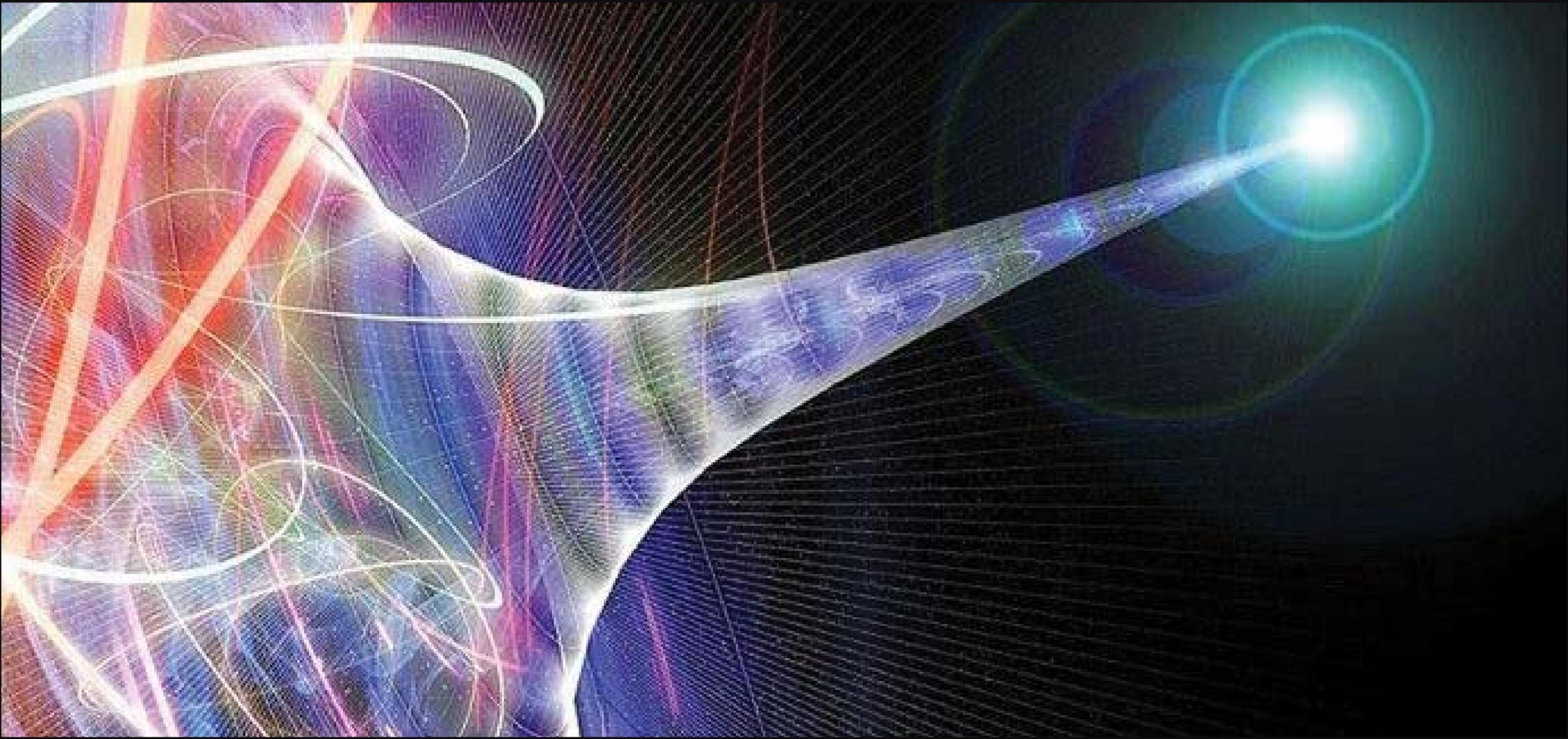
He said he saw crosses everywhere in multiple dimensions and described at least 20 different intricate crosses he saw. He said he tried going into a vortex and it accelerated him to about 500 miles per hour, he saw another and dived into it, over and over, faster and faster. He looked down in one of the vortexes and saw "where angels are created". He was utterly amazed and befuddled that the light could allow him such an ability to look within and was even more perplexed by how it appeared to be his first real brush with spirituality.

He said he's an aggressive guy and that he used to be violent; but that he felt relaxed and "connected" and didn't have a sense of anger within him when he left.

I couldn't help but listen to a little Hank Williams Jr. and stare at the leaves on the trees in the park for a while before I went home for the day.

(Update today: His wife, who purchased the session, said he won't shut up about it and won't stop bugging her to try it.)

#2) We had our oldest light traveler last week. 81 years old! She really enjoyed it and her daughter said it seemed to help with her sleep and with the levels of pain she had been experiencing.



### **From Rosanne in Laguna Beach, CA:**

*My personal experience with the Lucia Light:*

I have experienced everything from physical healing and relaxation to lucid dreams and out of body experiences.

When we first got the light I noticed right away the energy I had. I was waking up early and re-freshed. Motivated and happier than I had experienced myself in a while.

Having worked all day my back and hips were sore from standing for 9 hours, I was tired and aching. I didn't have energy for anything else so I got under the light for a quick session. After I got up my body felt amazing and I had more energy than I did all day! Instead of going to sleep after work I had

so much energy I cleaned, cooked, did laundry and still went to sleep that night feeling wonderful.

As I continued to use the light regularly I noticed being able to easily enter the theta state. I began to have clear visualizations and lucid dreams. One experience was so profound I felt I was awake in the room I was in with the light. I was sitting on the massage table and when I realized I was out of my body I popped back in still lying under the light.

*Clients' experiences:*

Many of our clients report sleeping better, more relaxed mind and body, some had had physical unwinding so while under the light, many laugh and smile, some release tears of joy while others fall asleep. Lucia seems to give our clients what they need and each light session is unique to the client.



### From Dr. Marina Masic in NY, NY:

Recently at the Lucia Congress in Vienna, during a community circle, we were asked to introduce ourselves along with what we love about being a light attendant. I shared how in this work I love meeting all walks of life. Everyone has a story, anyone can come to sit with the light and everyone can feel. If with the Lucia light a person can momentarily connect with a real time space that evokes a sense of mystery, awe, beauty, all within, this is inspiring to me.

Though I'd like to believe I'm a bit of a magician and have skills to tweak one's senses inward and beyond, the truth is that the landscapes and territories sojourned are ever personal and subjective. What I can speak to from my experience facilitating Lucia light sessions is a common ground of joy we all seek. I'm interested in the notion that this work reflects inner consciousness and one becomes the artist who creates its content.

In reflection I see how the paths I walked in my life may have lead me to this work. On one particular day I was more attuned to synchronicity at work, literally. I was working at a floatation center and on this day we featured a new offer of Lucia sessions. When it was my turn to experience the light I not only felt inward effects happening to me but also harmonic convergences I was seeking for some time. I remember leaving work that day almost as if I was flying home through Manhattan rush hour and flocks of people, with a higher perspective and one largely of gratitude for finding this light.

Prior to my entry into floatation centers, I created a collaborative named Aesthetics Therapeutics

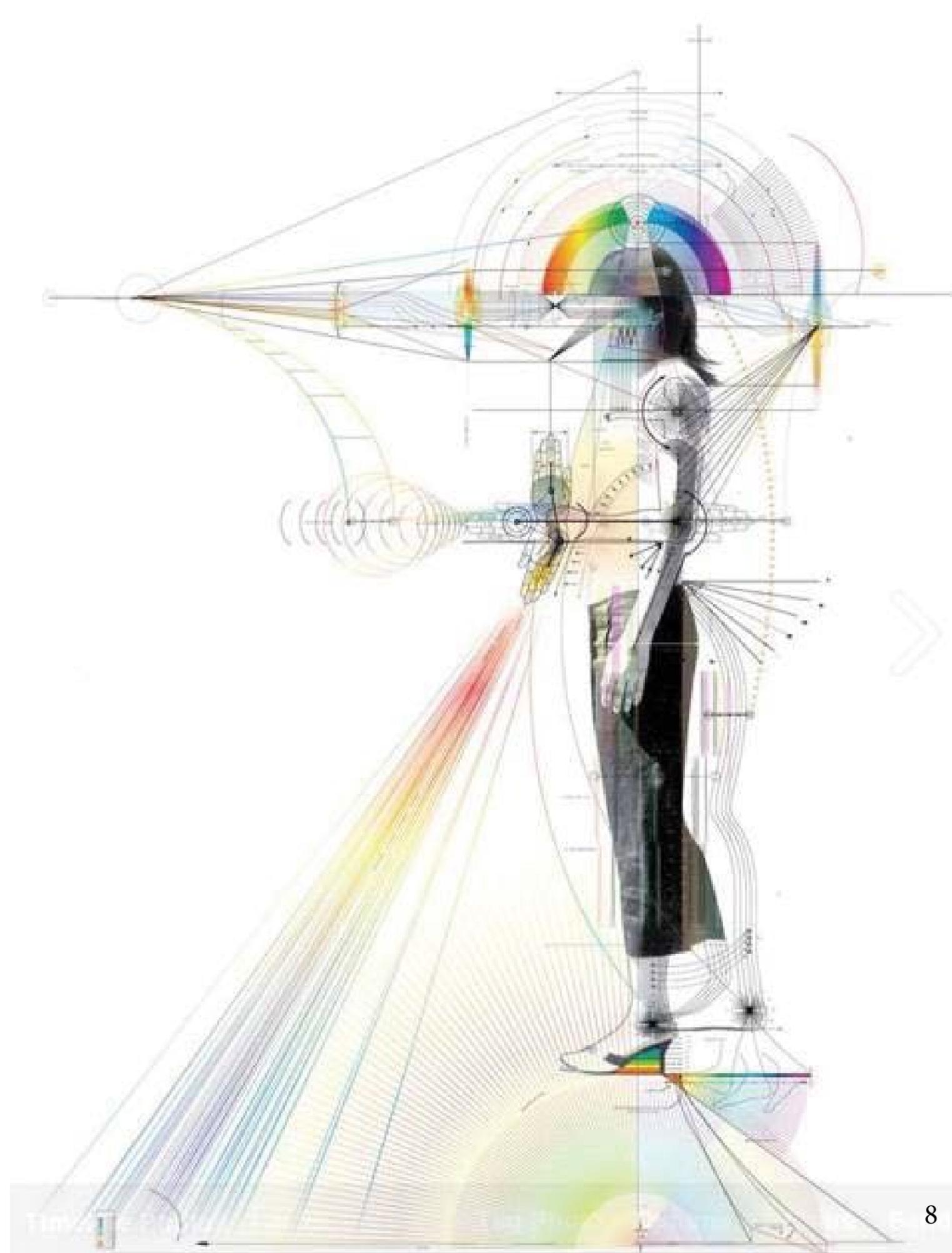
Lab ([www.aestheticstherapeutics.com](http://www.aestheticstherapeutics.com)) and installed an immersive multisensory environment at a Dome in Los Angeles. I was intent on creating a shared experience in a setting that invites an experience of collectivity and immersion. As an artist and scientist I researched media, technology, dimensions of space, color fields, light and sound environments, perception, interactivity, and dream space consciousness.

After my first light session, I quickly connected with Allison Pelissier, U.S. Distributor of Lucia N°03, eager to connect these dots and more of my experiences. I've worked in the fields of art, education and wellness for over fifteen years, as an art professor, expressive art therapist, coach, etc. internationally. Currently I'm leading mindfulness trainings to children and communities in New York with plans of spreading these offerings.

Early on I felt my place in art, (sculpture, film, new media, performance, interactive arts), then the zeitgeist influenced my route to service. I began a study of the psyche and ultimately received a doctorate in Philosophy from the European Graduate School in Switzerland. Thereafter I spent time writing my own discourse. Now I continue to see publishing projects, ideas and personal artwork through to fruition.

The thread most alive to me now with the Lucia Light path is exploring connections to near death experience. Similar to Dr. Engelbert Winkler's bio, I also had a "NDE" when I was a child. I can trace this foundational experience to my "adult" work and interest in the brain domain, developmental neuropsychiatry, esoteric traditions, myth, etc. My curiosity dwells on the fact that on this day the person who I was developing into became rerouted. It was challenging to process this with an afflicted memory, but I survived and it was my choice to make any sense of this. So early in life, I was graced with something, albeit too early in time to remember but maybe now it is time to rediscover feelings with Lucia.

***To each his/her own journey into peace, love and light!*** ~Marina Masic, Ph.D.





## Statement on the Effectiveness of Lucia N°03

A recent study conducted by the University of Sussex (UK) confirmed that dissociative states of consciousness can be triggered reliably and confidently with Lucia N°03. For the first time a neuro-stimulator is available that can open up the healing potential of such states of consciousness without having to resort to damaging or banned substances.

Regardless of this scientific evidence, the effectiveness of the hypnagogic light experience with Lucia N°03 has already become recognized worldwide.

Recently, there have been products on the market that are taking advantage of the unique technology of Lucia N°03. As developers of Lucia N°03 we distinguish ourselves in relation to competitors from:

- 1) Only the Lucia N°03 uses the combination of constant and flickering light. The technology is protected by international patents. This combination opens up a unique light experience. The depth and range of possible experiences is far deeper with the Lucia N°03 than any other stroboscopic light in the world. Due to the combination of solid and flickering light, the Lucia N°03 offers the widest range of experiences out of any light machine in the world. Users have the option of gentle glow to extreme flicker, which allows every person to have a beautiful and inspiring experience.
- 2) The effectiveness of Lucia N°03 is based on light sequences (sessions), which can be exclusively generated with the Lucia N°03 technology. The sessions have been compiled according to specific criteria of interdisciplinary near-death experience research.
- 3) The hypnagogic light experience itself is highly individual. To predict an effect in terms of a chain of causality is not possible. The beauty of the experience is that each person is different and the Lucia meets them in the place they are at...the experience starts there. The process of letting go into the experience allows the individual to direct the experience internally.



## Heliotropic Breathwork by Dr. Engleburt Winkler

Heliotropic breathing is a two-phase breathing technique that is based on deep breathing alternating with phases of holding the breath in (similar to the Cheyennes-Stokes breathing at near death).

Engelbert Winkler developed this technique in a therapeutic context. It is the practical result of his research in the area of the correlations between light, breathing and consciousness. Especially in combination with Lucia N°03, heliotropic breathwork offers the possibility to create self-guided portals in order to enter into the underlying structures of ones consciousness.

Heliotropic breathing assists in bringing about an extraordinarily strong psychedelic state of consciousness, which implies, because of the intensity of the experience as well as the related long-term effects, an involvement of the pineal gland's produced DMT (Dimethyltryptamin).

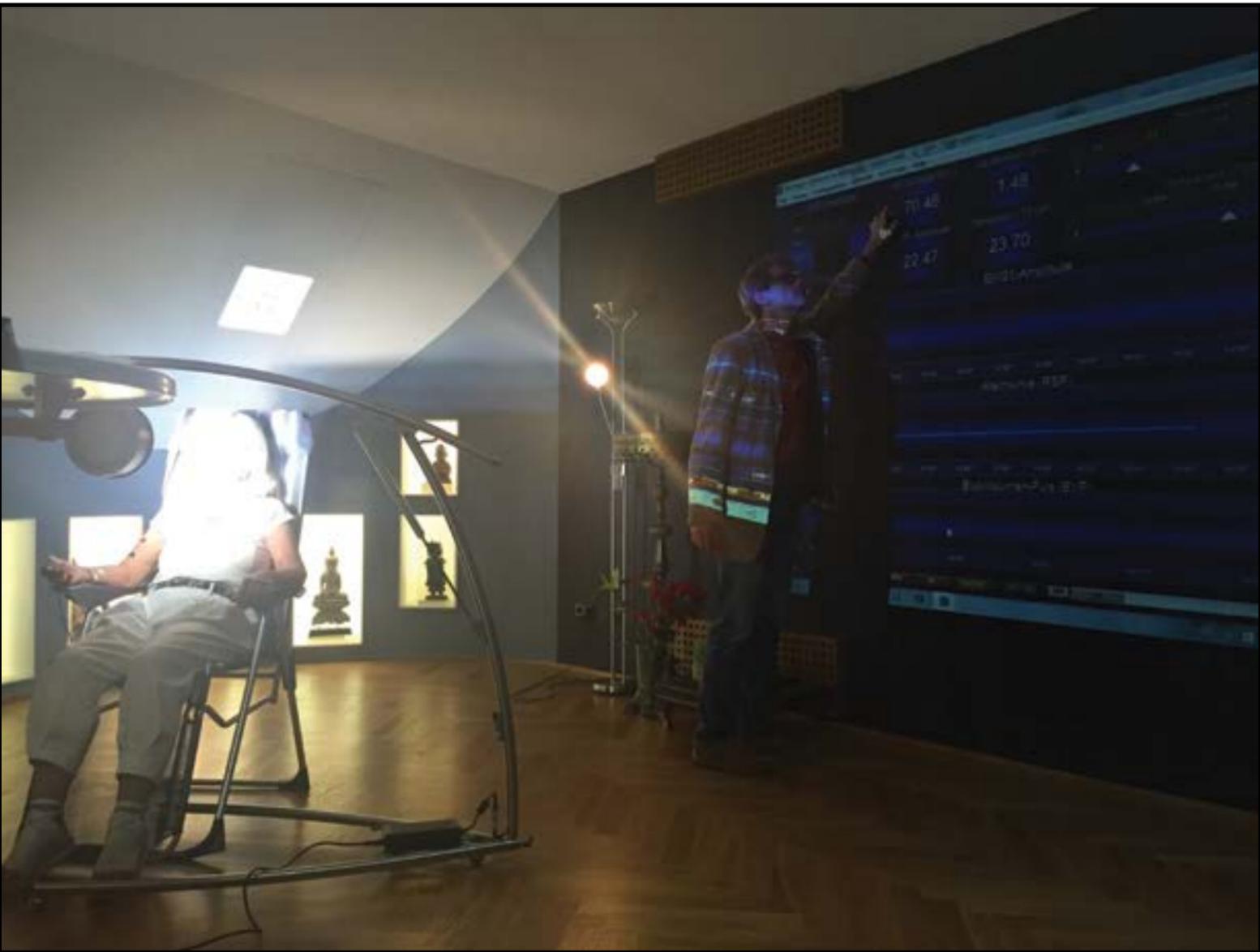
It has been known for a long time, that alternating between deep breathing and holding the breath enables a direct, therapeutic and relevant influence on body and spirit. Amongst others, this technique was successfully implemented into the treatment of severe illnesses by the Japanese physician Nobuo Shioya. Nobuo Shioya himself noted a correlation between his old age (he reached the age of 105, by full health and bodily fitness) and this particular breathing technique.

Current studies substantiate that psychedelic states of consciousness are achieving impressive results, even with until now untreatable illnesses, which is why the WHO (for example in connection with severe or chronic depression), is talking about a revolution in psychiatry ("Heilender Rausch", Welt am Sonntag February 2nd, 2015).

Whether the aim is to enjoy the beauty and adventure of the psychedelic experience, to optimize ones health, or, in the sense of a meditative scuttling, to travel upon the source of consciousness in the 'Eternal Now', the intention is left to the Psychonaut.

The workshop for experienced Psychonauts conveys significant contents for the application of heliotropic breathing and offers an intense self-awareness by fusion of breathing technique and light (Lucia N°03) to open a portal.

Text: Dr. Engelbert Winkler, Oct. 16th, 2015 (Translation to English: TZ)



## Lucia N°03 and Biofeedback by Dr. Dirk Proeckl

“The self is coming from a state of pure awareness from the state of being. All the rest that comes about in a outward manifestation of the physical world, including fluctuations which end up as thoughts and actions” – Aldous Huxley

Using a metaphor of our consciousness being a dark lake that we cannot usually access, Dirk discussed in his presentation how the Lucia N°03 is one entrance-point that allows us to access this space.

Bio-feedback and neuro-feedback are mechanisms for displaying what is happening to the body. Sensory channels help us come closer to ourselves, to be more aware of our body’s physical processes that change the way we perceive the world. Sometimes people need a visual representation of what their body is doing as a response to stress to understand how stress influences the body. By understanding, for example, the relationship between breath and heart-rate, people can be more aware of the way they are interacting with the world. Biofeedback and neurofeedback can be used before or after the Lucia N°03 experience to show people how when their nervous system relaxes, the body is peaceful.

Light is perceived first by the retina, which is the entrance-point of the autonomic nervous system. The material and energetic aspects of light photons fade away when the information in the photons reaches the retina. From there the information travels within the nervous system. A part of this information is received by our conscious perception. With the Lucia N°03 we own a key, to unlock the door and pass through it with our “spirit”.

The information from the light travels along the optic nerve, through the whole nervous system and to the posterior part of the brain. It touches upon the pineal gland, which regulates the levels of melatonin in the body, which regulates sleep cycles.

The feeling of “letting go” is an experiential sign of the beneficial alignment between the light in terms of rhythms coming from the “outer” world with our internal rhythms that are processed by networks in which the pineal gland plays an outstanding role. Rhythms, temperature, breath and brightness affect our homeostasis and therefore can help us return to this space.

While after one session there is often an immediate, noticeable difference, 5 sessions are generally recommended to start feeling a lasting change. The Lucia N°03 provides an entrance point for self-calming and a larger process of maintaining homeostasis - mindful presence.



### Lucia N°03 Software 3.0 by Martin Duschek

Version 3.0 of the Lucia N°03 software has been released. This software is included free of charge with all new purchases of the Lucia N°03: “This is really a great step for the Lucia N°03 community. You find a totally renewed version of the Lucia N°03-Software. Not only the interfaces are new, also the technology to transfer configurations between laptop and lamp head is at last 100 times faster.”

Martin gave a presentation of the new features, which include:

- Client session tracking
- New interface for light attendants to access the Lucia
- Easier and more creative possibilities for to making new sessions
- Ability to take “snapshots” of parts of sessions that you/your clients enjoy the most so that you can use these to create new sessions featuring these frequencies
- Built-in Music Player on the computer (you can upload MP3s and playlists) and plug in headphones directly to the computer

The Lucia N°03 software also enables light attendants to give “live sessions” which is DJing the experience for the person on the light. This is a beautiful and absolutely unique possibility that is only available with the Lucia N°03.



### Lucia N°03 Community Workshop by Allison Pelissier

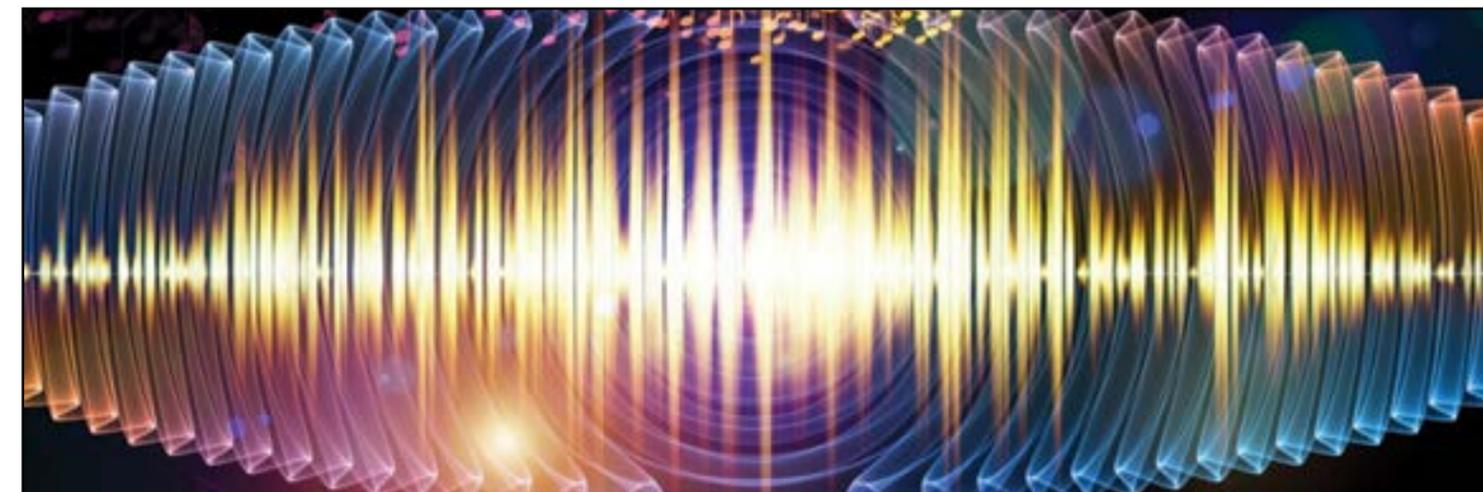
The Lucia Academy is an online community where you can share ideas, thoughts, experiences and sessions you have created. This forum is open and accessible for all Lucia N°03 owners.

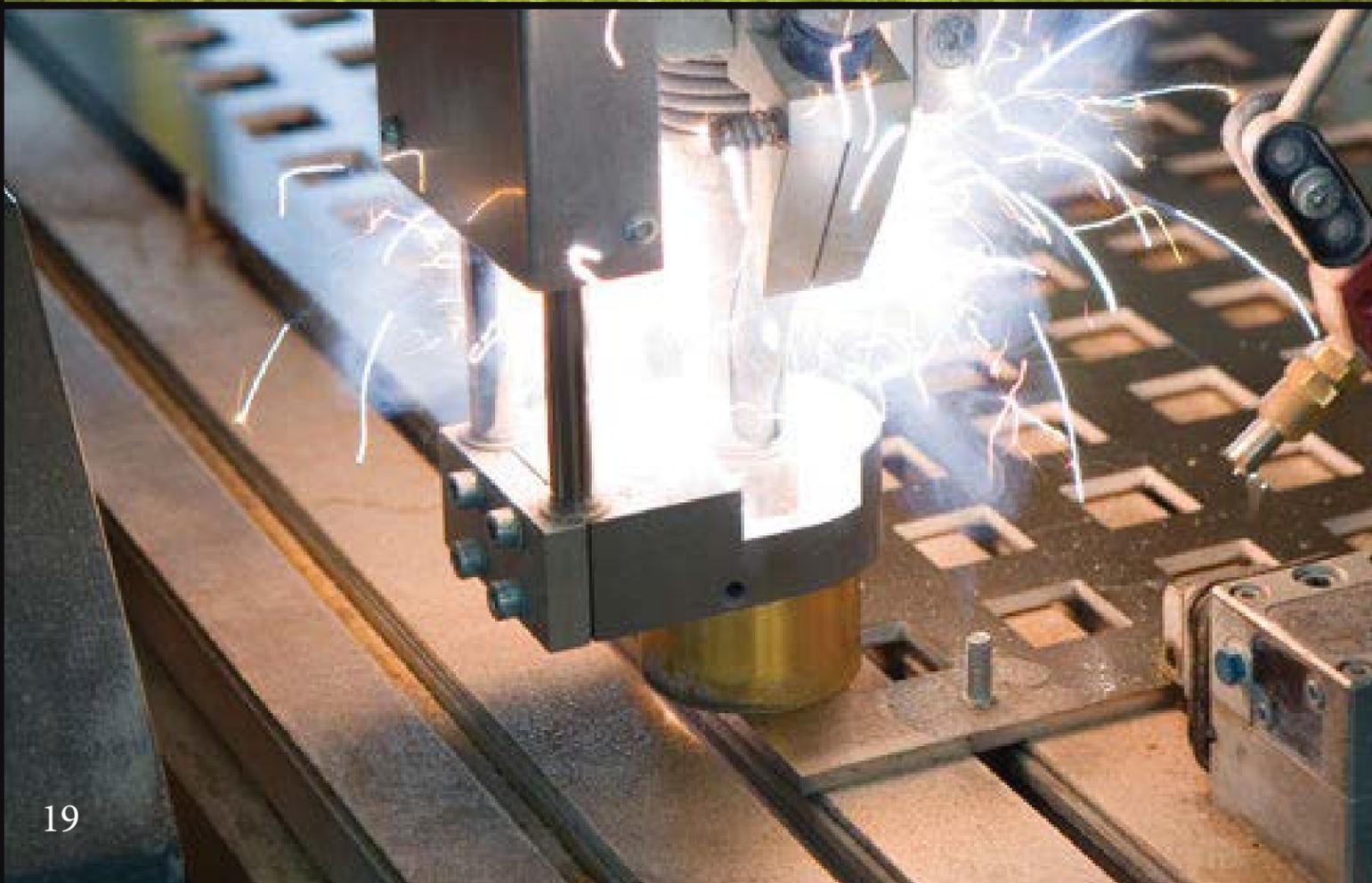
This workshop mainly introduced the different light attendants to each other who came together from all over the world. The Lucia N°03 is such an incredible device because it really provides a vast array of experiences. It meets each person where they are at and helps them relax their nervous system and align. Therefore it can be used in a wide variety of applications.

Light attendants worldwide take all different types of approaches from working in hospices and with cancer patients, to giving sessions alongside psychotherapy, to giving sessions before floatation tank experiences, to giving sessions at Art Galleries or with Design workshops or even Lucid Dreaming and Astral Projection workshops. At Tranquil Retreats in the UK they use the Lucia in conjunction with other Chinese Medicine modalities to move chi (energy). For example they even use the lamp on the heart or crown chakra to move energy.

### Different favorite musical accompaniments were shared such as:

- |  |   |
|--|---|
| Tina Turner, Beyond  | Harris, Carbon based light forms                        |
| Dark Side of the moon  | Emma Shappelin  |
| Shamanic+ Jazz music   | Tibetan Bowls   |
| Pink Floyd   | Chillout hard med Very                                  |
| Vicky Hanson, Psychedelic trance, classic (JB/FE Bach)                   | Shpongle  |
| “Devi Prayer” by Craig Pruess and Amanda Devi                            | Carbon Based Life Forms                                 |
| Ryuchi Sakamoto  | Sango, Infected mushroom, Pink Floyd                    |
| Junior Parker Tomorrow never knows                                       | Astrix, Colour Haze                                     |
| TerryRiley In C  | Trentemoller  |
| Steve Reich - Music is for musicians                                     | Darkpsy (Psykorsky... a roller coaster for experienced) |
| Laraaji  | Live music - feeling the vibrations                     |
| Psychedelic Trance/ Rock and Roll  | “Mother divine” by Craig Pruess                         |
| NO Lyrics / drumming / random sounds, birds (but keeps me down to earth) | “Taksim Trio” by Taksim Trio                            |
| Pink Floyd, Kokopelli, Francis   | “Seafarer’s Song” by Ketil Bjørnstad                    |





## Creation of a Lucia N°03

Lucia N°03 originated in the middle of the Tyrolean Alps - not as an assembly line product, but as a small-batch series from a few local factories in Kufstein, Austria. The Lucia N°03 follows the ethos of fair-trade, local, high-quality sourcing.

The Lucia N°03 is medical-grade device that is designed to last for decades. The accompanying computer has specifically-designed software that allows easy access to the Lucia light software without a connection to the internet. This reduces any possible technical difficulties/possibilities of viruses.

The Lucia N°03 can also be seen as a piece of art. It is elegant, inviting, modern and durable. It is sculpture of consciousness, designed to be used at home or by professionals in an office, at a float or meditation center, or even in an art gallery.

From metal to poles: The elegant metal poles that make up the base of the Lucia come together at Valenta, beginning as simply sheets of metal. They are cut, bent, grinded down and laser cut. [www.valenta.at/](http://www.valenta.at/)

Stamping and welding of the circular piece that becomes the head of the lamp happens at Miggistsch, another local company that works with specialty metal bending and welding.

The laser engraving of the Lucia N°03 happens at the Reku factory in Kufstein. Here the Lucia heads are given a personal touch.

This is all just for the stainless steel stand and head of the Lucia, which is a medical-grade piece of machinery.

As for the internal parts, the wiring and programing are a big part of what makes the Lucia special. The electronic board assembly happens at IHP Electronic. The mechanical parts (milling and turning) are put together at MB-Stock.

The final installation, wiring, adjustments, leasing and optical finishing occur it Inel. Jury, Roland and Thomas make up the team that created the software, development, updates and look over the whole construction process. Each Lucia is polished for several hours to bring it to pristine shape. The boxes are checked and packaged with love by Carola Proeckl, who is one of the psychiatrists who assisted in the development of the Lucia.

The Lucia is an incredible device, and it was fascinating to see how it comes together. ***Unlike many modern devices, it does not come from factories in China with questionable working conditions. It comes from a place of love and care, where each step matters and the goal is to create a machine that will last for a long time, taking many, many light travelers into the beauty of their own consciousness.***



### **Purchasing a Lucia N°03 – New Financing Option Available**

Although everyone who has tried the Lucia N°03 will agree that the incredible experience this device provides is priceless, in reality it may be difficult for all spas, massage therapists, float centers, naturopathic doctors, etc. to purchase a Lucia N°03 outright.

As the Lucia N°03 is a medical-grade machine designed to last for decades, enrolling in a financing plan is a great way to pay for the Lucia N°03 over time.

There are options as low as 4.99% over 1-5 years for those with good credit and an established business...and even options for those with less strong credit scores/new businesses. Payments are as low as \$308 a month. After giving about 300 sessions for \$70/session your light will be completely paid off. Plus you will give hundreds of people potentially life-changing experiences!

Compared to start-up costs of other businesses, the cost of the purchase of a Lucia lamp, a comfortable chair and some headphones are quite low. Plus, you have all the benefits of experiencing this incredible device for yourself whenever you like.

For more information about Financing, Business Financial Plans, etc. please email: [Allison@lucialightexperience.com](mailto:Allison@lucialightexperience.com)

Fill out an application online at: <https://bit.ly/1DWSBo1>

# TRAVELING LIGHT WINTER TOUR

LOS VEGAS - DEC 3-7

FLORIDA - DEC 9-23

GUATEMALA - DEC 25 - JAN 25

SAN FRANCISCO - FEB 1 - MARCH 1

*Lucia*  
*Nº 03*

FOR MORE INFORMATION - EMAIL [thetravelinglightmachine@gmail.com](mailto:thetravelinglightmachine@gmail.com)

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higher octave of melatonin, which contains DMT molecules that support the body/ego to travel in the many levels of consciousness that exist in parallel worlds including the world of dreams, archetypes, psychological imagery, spiritual realities and 11 planes of consciousness.

My personal belief is the Lucia Light is one of the technological inventions that the subconsciousness of humanity resonates to as just one of many means to usher humanity into the newly arrived Age of Aquarius which will last for 2,160 years; we are four years into it. There are new archetypes to be born, new dreams as yet arrived and a much higher level of consciousness with respect to the Piscean age in which the Karpman triangle was so predominant - victim, persecutor and rescuer. The shackles of this type of thinking are being thrown off. This new age we have just entered has a whole different energy being governed by the energies - its keywords are: bursts of inventions, especially power-driven, rise in social consciousness, a more complete understanding of the message we are limitless beings with unlimited power. And we have to know how to govern ourselves and not live by our baser, more instinct driven impulses if we want to move up the scale of self-mastery.



We have to clean up our SC so that the erroneous messages, the hijacking by immature child or ego states, and the scurrilous me first motto of the ego is mastered so we can implant the birth of new higher levels of consciousness in each and every aspect of humanity. Light will guide the way. I think this is being supported in a very interesting way. For example, I found in my research that what was previously known as Junk DNA which researchers said had no apparent function in the body, is now untrue. Current research has found hidden formulations in the Junk DNA and were able to translate it into Aramic. The translation corresponds to 1 Cor. 6:19. "Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God. You are not your own." Dr. Richter Das Meerungeheur revealed this information in an article entitled: First Scientific Proof of God. God as medicine. The pure light of God which is pure consciousness has a tremendous power to heal, transmute, create, well, do everything! Lucia Light is an invention through the minds of mortal men from the One Source. It is designed to support both SC and emotional clearing as well as expand connection to the quantum information field of pure consciousness.

In the Aquarian Age, the road that awaits us has been made remarkably easier by the use of the Lucia Light. One of the first things we must do in order to get the greatest benefit from the Light is to realize that our ideas about spiritual awakening block us from realizing authentic awakening. As long as we see awakening as exalted or a special state of mind, we are blocked. Awakening is not a discontinuation in which a new person is born, although some people who do awaken can change quite radically, yet, most do not, at least at first. There is no check list for awakening. Holding onto being among the spiritual elite because you have followed a prescribed path to awakening is the biggest impediment to spiritual awakening. Remember that awakening has no benefit for the ego. However, the experience with the light bypasses the ego and puts the brain in a sensory state.



The mind largely shuts up. In this sensory driven Lucia Light experience, the changes that occur using the light can be subtle or not. Heat and warmth are self-reported indicators of experiencing the light. The body while under the light moves energy to the wounded part. I had a woman who had knee surgery and she shared where she had had her surgery got very hot. A woman suffering from bulimia said while under the light she felt intense heat in her stomach. Another man who had a recent blister on his toe felt a jolt of warm energy surge through his toe. Another indicator of change is around the pineal gland; you can feel that it is awakened because often times you will feel pressure at the base of the brain. One client reported this pressure occurring after she had her session accompanied by a light yet not unpleasant headache. She said she could hear a "pop" in her brain. Like new neural pathways were forming!

As a light attendant I am learning new ways to be facilitate the best possible light experience for my clients. I sit with them and hold positive thoughts asking that they have the experience they need from the light. I sometimes do a surrogate tapping sequence around meridian points on my body for what I know my clients want healed or changed. I feel my education with the light will be ongoing and continuous. For example, I am now asking people to refrain from alcohol, mind-altering drugs and caffeine for at least



“What else is possible that I have never considered?” is a question I refer to as I work with the light. This question has brought me to researching if light frequencies are inherent in one of the 100 different programs the Lucia Light offers such that I can use the frequencies of the gamma hz to more effectively support changed habits, use delta hz to stimulate more transcendent, out of body experiences, etc. I am asking and exploring if there is specific music that can also carry the Solfeggio\* (see below for the various frequencies) range that supports different goals. For example the Lucia Light has hypnogogic programs which frequency is said to stimulate deep spiritual connection, beautiful visualizations, great inspiration, creativity and insight.

How is this program different from the dimensions or psychedelic in its effect on the people who come to me to use the light. I have one client who has asked why she is not seeing more pastels instead of the darker reds and greens? How individual are the responses to the program being run on the Lucia Light? Is it different for each person? Or, do I need to become more educated about the programs so I have a brief summary of the patterning of them so I can respond to such questions and set up a next session offering what the client seeks.

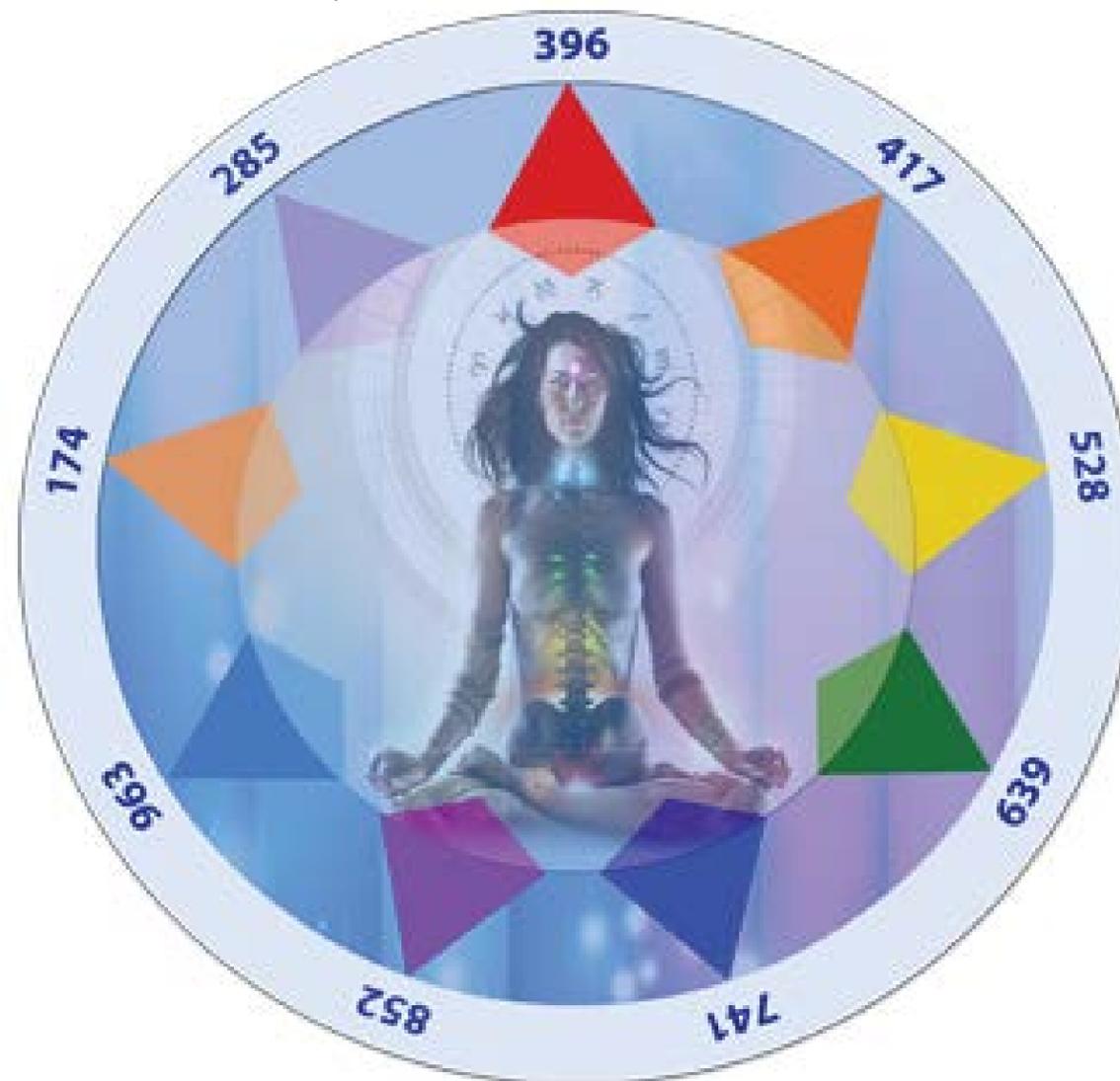
“What else is possible that I have never considered?” This question lead me to information where I learned that didgeridoo music can stimulate certain brain frequencies which can enhance the experience of the light. Is using brain entrainment frequencies helpful or detrimental? Is there a certain type of music that can facilitate the best Light experience? Also, I have learned that it makes a difference if there is one light flashing or several. The results of the experience under the light can vary because of such variables as the type of music and how many lights flash at one time. There can be so many variables to be considered - drug history, current level of physical health, gender, age, spiritual orientation, mental health, etc. These are avenues to explore that will allow us to use the Lucia Light to its fullest capacities.

24 hours before using the light. In my research I have read that adding magnum bicarbonate to drinking water is helpful prior to using the light. Taking glutathione stimulates the pineal gland.

I am allowing people to have the experience that comes to them without judgment or self-reproach. Over time, I am learning that people who are controllers, that is highly defended, often fall asleep almost immediately when having a light experience. And yet I know that change is happening because the light works in gaining access to the SC which is always awake even when the physical body is asleep.

**Footnote:** The special tones of the Solfeggio frequency were used to unite man with his maker. They got buried when the Catholic Church decided mankind could only reach God through priests or the church. In the 1970's, the Solfeggio scale was discovered. Below are the frequencies and what each range can do.

- 174 hz - A natural anaesthetic, reduces pain physically and energetically, gives your organs a sense of security, safety and love, encouraging them to do their best.
- 285 hz - Returns tissue into its original form, influences energy fields sending them a message to restructure damaged organs. It also leaves your body rejuvenated and energized
- UT – 396 Hz – Liberating Guilt and Fear
- RE – 417 Hz – Undoing Situations and Facilitating Change
- MI – 528 Hz – Transformation and Miracles (DNA Repair - Repair - and derives from the phrase “MI-ra gestorum” in Latin meaning “miracle”. This is the exact frequency used by genetic biochemists to repair broken DNA – the genetic blueprint upon which life is based!)
- FA – 639 Hz – Connecting/Relationships
- SOL – 741 Hz – Awakening Intuition
- LA – 852 Hz – Returning to Spiritual Order
- 963 – Merger with Oneness
- 1122 - Easily enter trance states, meditate very deeply, synchronizes brain hemispheres and tunes consciousness to harmonic frequencies





## Call to Action - stories about the light, art inspired by the light, etc.

We are looking for stories about light experiences, art inspired by light experiences and more!

Are you an artist, musician or writer? Or do you know someone who is?

We'd be happy to offer a free session in exchange for an expression of your experience – however it resonates with you!

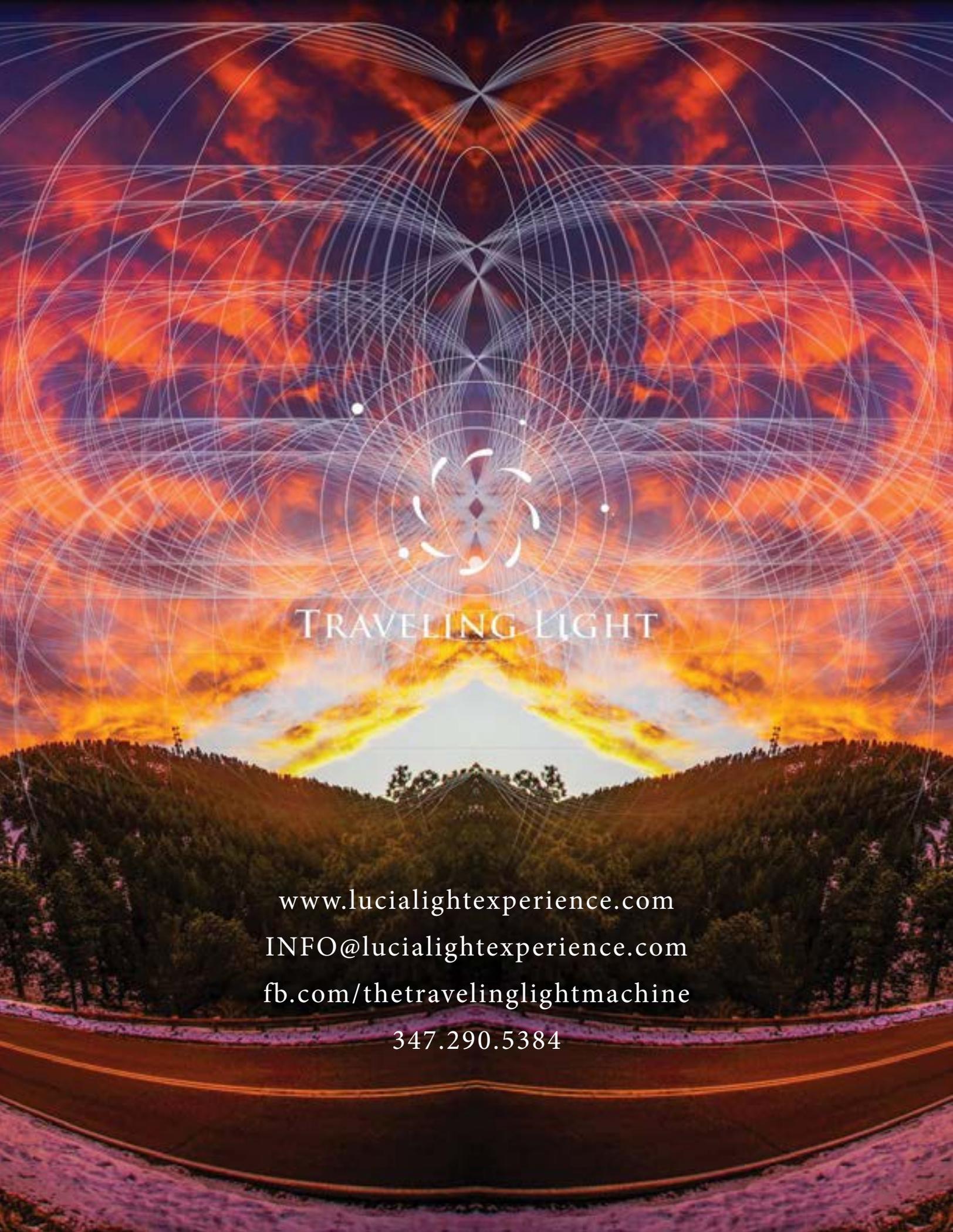
**For example, here is one recent light traveler's experience (from Norfolk, VA):**

I think it would be nearly impossible for anyone to have less than a 5 star experience with The Traveling Light. I was introduced to the concept from my sister, and I really went in with no expectations (if I can give any form of advice to first timers, that would be it - have no expectations). I had been carrying a bit of anxiety with me all day, and I brought it into the session for the first few minutes. After the initial few trial minutes, I was completely at peace with losing myself in the entire process. I'm a very passionate floating enthusiast and a fairly consistent student of meditation. Within two minutes of the 20 minute session following my trial run, I was lost deeper than any experience of meditation I have ever experienced. ***Within ten minutes I felt myself start to tear up, and I began to cry out of so much joy. I realized I was in the process of experiencing the greatest moment of the 32 years of my existence. I was completely void of normal reality, and experiencing the purest form of mental vacation known to man. I began seeing and feeling a sense of pride I had for everything in my life I had been through.***

I wanted that session to never end. When I came to (post session), I felt the most incredible feeling of relaxation that had ever come over me. I was so emotional over clearly seeing just how resilient I had been to all of life's challenges. We're all our own toughest critic, and I am definitely in that club.

I would recommend this to anyone! Whether you are fighting depression, looking for ways to fully disengage, wanting to break down your own personal demons, or wanting to explore higher levels of consciousness, this is for you. Basically...if you are alive, breathing, and a human being, this is it!

**Contact: [thetravelinglightmachine@gmail.com](mailto:thetravelinglightmachine@gmail.com)**



TRAVELING LIGHT

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