

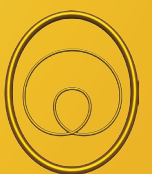


www.luminoterapia.science/light-therapy

NATURAL LIGHT
Dr. Lefebure Methods®
Light Therapy

LIGHT THERAPY

Discover how to utilize
the energy of light
and convert it into
cognitive power,
emotional balance and
inner consciousness



Dr. Lefebure Methods®

Dr. Lefebure Methods® offers you a full-spectrum lamp that will energize all your cerebral functions, balance your emotions and produce a clearer consciousness.



NATURAL LIGHT

Dr. Lefebure Methods®, light therapy



light therapy

The efficiency of light therapy has been well established. It improves energy and is used for the treatment of depression, sleep disorders, bipolar patients and for all types of sleep patterns disturbances.

1

increases vital energy

2

reduces the symptoms of all types of depression

3

helps finding sleep

4

supports pharmacological treatments for neurodegenerative diseases

5

regulates dysfunctions of the circadian cycle

6

balances emotions

7

powers up all cognitive functions



When there is not enough daylight, the pineal gland keeps producing melatonin, the sleep hormone, during the day



Natural Baths of Light

When it is secreted during the day, melatonin frequently produces exhaustion and lack of vital energy, causing insomnia and, as a consequence, an alteration of sleep cycles.

Natural light bathing will improve all your aptitudes and will increase your vital energy significantly. Dr Lefebure Methods® Natural Light Therapy regulates your internal biological clock and balances sleep cycles. It stimulates the nervous, immunological and

endocrine systems, favouring the production of hormones responsible for well being and good mood, thus preventing low vital energy and depression.

In 2005, The American Psychiatric Association completed a study of the therapeutic value of treatments with light and light therapy in the Northern countries and concluded that light therapy lamps emulating solar light reduce significantly depression, with as much result as psychotherapy and medication with antidepressants.



From the moment when Edison discovered the incandescent lamp, the pace of life on the planet changed dramatically. Before his discovery, the Sun was structuring people's lives. The activities of Man were directed by solar light. After Edison's discovery, artificial light progressively replaced the light of the sun. Today, we spend hardly more than 10% of our time outside.

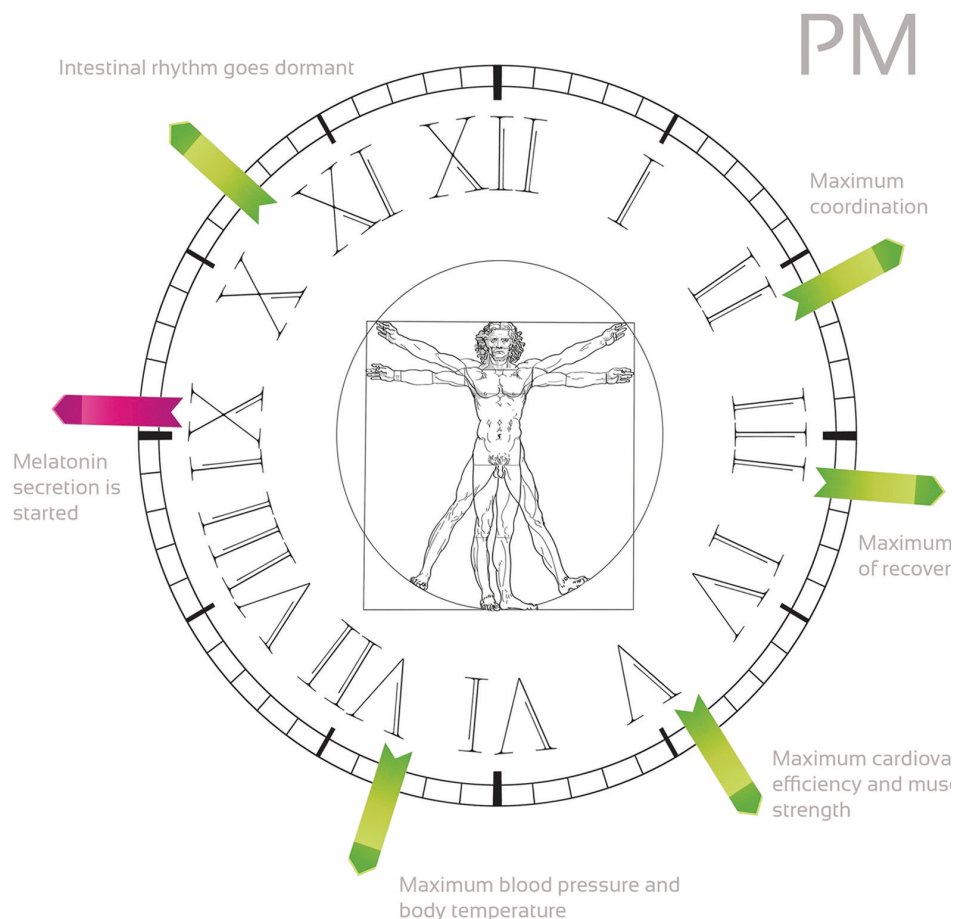
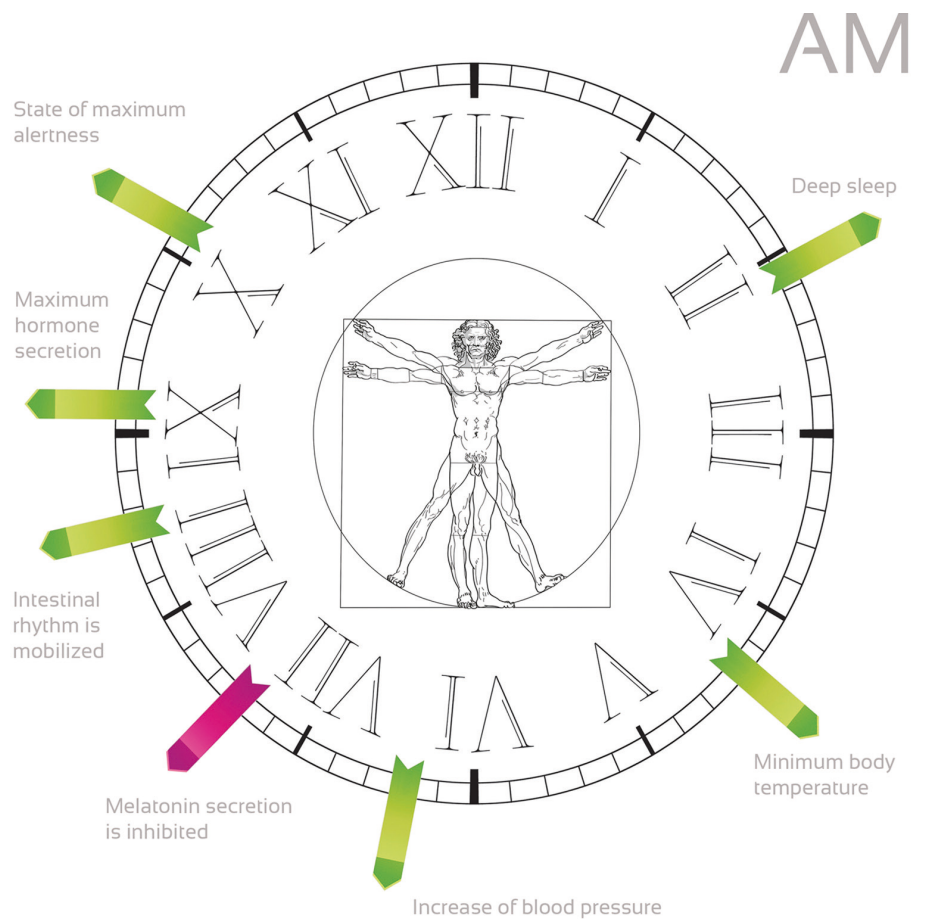
The change of customs has resulted in some imbalances that are responsible for many health problems, both physical and emotional. Natural light inhibits the production of melatonin, which causes drowsiness, and instead stimulates the production of serotonin, responsible for cerebral activity.

Our way of life makes us spend most of our time in poorly illuminated places, and that is frequently responsible for bad moods, low vital energy and psychological exhaustion.

We have the habit of using lighting that does not reproduce the spectrum of solar light and that is not intense enough. That makes us lose the benefits of natural light.

We need at least 1,000 lux to stop the production of melatonin, the sleep hormone, by the pineal gland. Obviously, the problem gets worse in the winter. However, it is still present in the summer.

If there is not enough light, the pineal gland produces melatonin, because it does not "understand" that we should be awake.



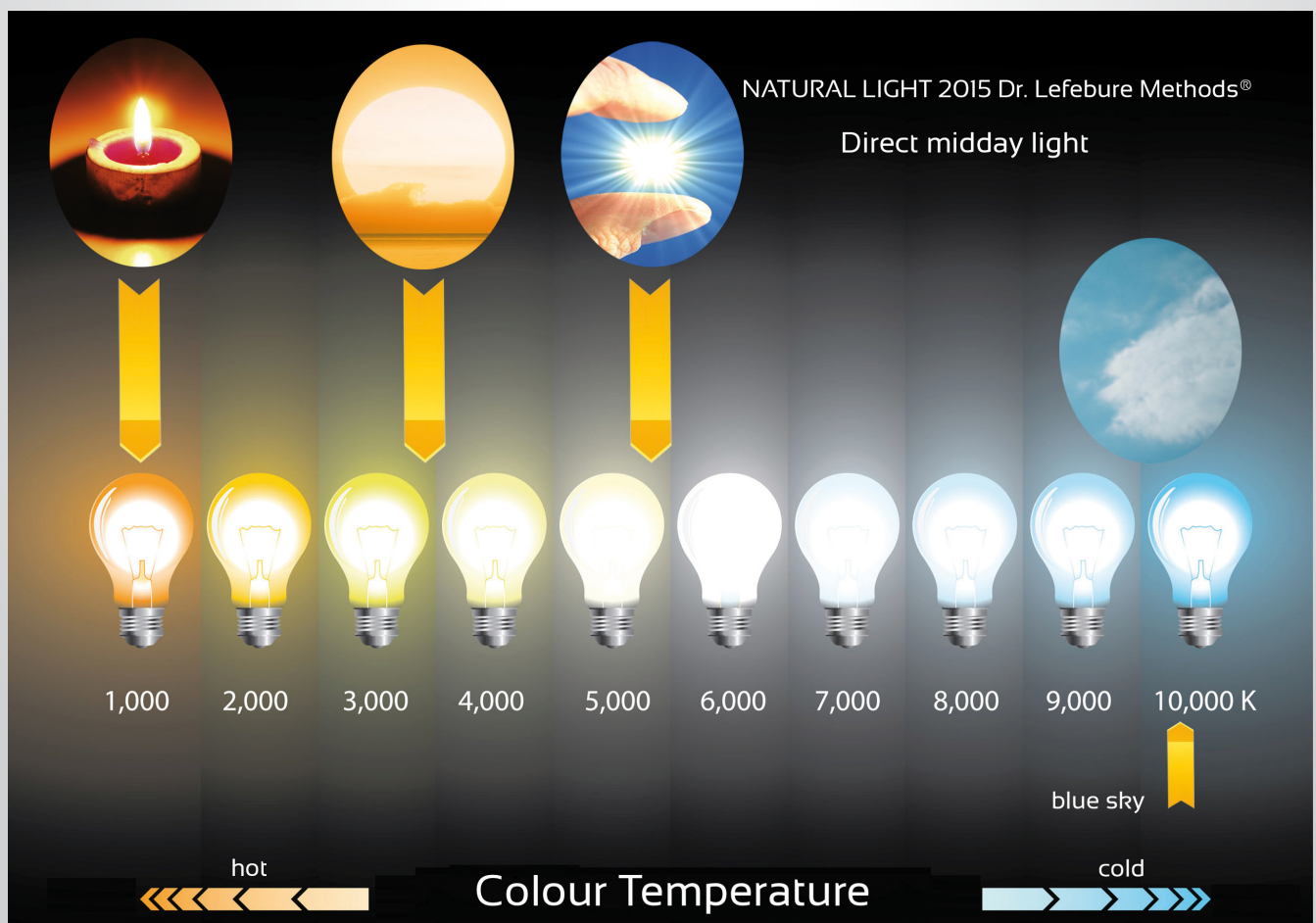
Biophotons

It is the non-chemical interaction between biological systems that coherently structures cellular physiological functioning. This communication is carried out by what has been called biophotons, a chemical luminescence of ultra weak intensity that does not originate from enzymatic reactions. Biophotons form a diffused and dispersed light emitted by cells. Its principal characteristic is that, like the laser, it is coherent and structured.

This innerlight phenomenon offers an explanation for the extreme speed of cellular communication, which happens to be greatly superior to the speed of biochemical processes. The electromagnetic coherent fields of the biophotons could be regulating physiological processes. According to Nobel Chemistry Prize Luc Montagnier, DNA transports its structure to other molecules by means of electromagnetic signals. German Physicist Fritz-Albert Popp postulates that it is DNA too, that generates the coherent patterns of interior light by absorbing solar light, as well as other means.

The great coherence of the inner light of the biophotons could be responsible for cellular communication as well as an important transfer of energy. In the domain of health, Popp's works illustrate that the coherence of the light emitted is a guide of how well an individual is. In case of a physical or psychic disorder, the light emitted by the body stops being coherent; our health seems to depend on the coherence of our interior light.

In a similar line of research, with light as a common denominator, Doctor Esther Del Rio has based part of her investigations on demonstrating that the water in the human body is composed of "clathrates", that allow light to be transmitted almost immediately anywhere in the body, and that form molecules of liquid crystal relating together in a magnetic network. According to her, light travels through our entire organism carrying information.





Dr. Lefebure Methods® NATURAL LIGHT light therapy offers you a very special light, a natural light that emulates daylight, and that informs the brain that it should be awake and alert.



More than 12000 LUX



500 mm. diameter and 55 W.



More than 90% of CRI colour rendition



2835 leds



5000 K colour temperature



Methacrylate support and on/off switch



Natural Light and Cognitive Improvement



For Studying

Though it is obvious that light is essential for life, we take it for granted and we do not receive all the benefits that we could. Light is at the origin of all life and we can, literally, absorb it inside our brains. Light bathing activates all neuronal functions, increasing concentration and the rate of work of the mind.

Studying with Dr. Lefebure Methods® Natural Light improves school results and, as an added benefit, it offers the student an increase in energy and morale. It balances emotions and lightens the feeling of stress and pressure caused by today's high degree of exigency and competitiveness.

Natural Light for Working and Resting



For Working

Using Dr. Lefebure Methods® Natural Light alleviates the sensation of tiredness and fatigue at work and favours empathy and intuition, as well as improve concentration.



For Resting

Many cases of insomnia can be cured with baths of light, the recovery of natural biological cycles induces restful sleep and liberates the tensions that impede sleep

Natural Light, Depression and Stress



For Seasonal and Non-Seasonal Depression

Improvement of the symptoms of depression can be achieved for both seasonal and non-seasonal cases. The explosion of energetic light produced by Dr. Lefebure Methods® Natural Light manifests itself in a clear and sustained increase of vital energy and optimism.



For Stress

To be always alert is not a natural situation and it ends up consuming the organism's reserves, the sympathetic system manifests itself with force, with the production of adrenaline, cortisol, etc. When we are near light, we do not get so stressed out. We all appreciate sitting round a fire and find it a comforting experience, something very pleasant. Similarly, when we are in sunny places, it becomes very easy to relax and *let go* in the light.



In 1959, while he was a physician for the French School Health Service, Doctor Francis Lefebure discovered and analysed the stimulating action of light on all cerebral functions. Dr. Lefebure Methods® primarily utilizes phosphenes, i.e. the multicoloured spots that persist in the dark, for approximately three minutes, after looking at a suitable light source for roughly forty seconds.



Doctor Lefebure's extraordinary discovery is that mixing a thought and a phosphene transforms the energy of light into mental energy.

Transforming Light

One of the main characteristics of phosphenes is their manifest action on brain functions, on the capacity for reasoning and for memorization in particular. Phosphenes produce a fantastic bubbling of ideas and associations of ideas, and they literally increase the density and the presence of thoughts and mental images, making it easier to concentrate on the subject of study. Phosphenes empower the cognitive processes, so that when an idea, a reflexion,

or basically any thought is produced during the presence of a phosphene, it is not only recorded in memory, the energy of light is also transferred to the associated thought, stirring reflexion, deduction and intuition into action. The energy of light confers intensity and cohesion beyond the usual to any thought that is associated with the presence of a phosphene, according to a fundamental principle called Phosphenic Mixing, i.e. mingling a thought with a phosphene.

Phosphenes

Phosphenes have very particular properties. They are not just an oddity of nature. Phosphenes offer simple, useful and practical applications in everyday life. This was not known before Dr Lefebure's works, a real genius, who published more than 30 books based on his research.

Phosphenes produce an extraordinary cerebral activation, neurological and emotional, energetic and psychological. But, in addition, when we combine phosphenes with a mental exercise, an emotive evocation or an idea, the energy of light is diffused to the associated reflexion, enriching it, fertilizing it, stirring it into action and even clearing it, purifying it, helping us making better choices and decisions.

How to do a phosphene?

1. Sit down in front of Dr. Lefebure Methods® Natural Light, at a maximum distance of 50 cm.

2. Switch the light on and keep looking at it for approximately 40 seconds.

Then, you have several options.

- a) You can observe the phosphene with your eyes open.
- b) You can close your eyes and put on an eye mask. The phosphene is much easier to see that way.

The evolution of the phosphene

The first phase of the phosphene lasts for about one minute and a half. At first, you will see a more or less circular yellow spot, bordered with red. After several consecutive phosphenes, the colour yellow will turn to a translucent yellow-green, still surrounded by a red ring. This spot of colour can be unstable at first, and you will frequently see it pulsate, vibrate, disappear and reappear, move and

rotate during the first instants of observation, then it will become stable. During the second phase, of the same duration, the red tint progressively spreads towards the centre of the phosphene, until it fills it completely.

Then, the red tint is progressively replaced by dark blue. Ultimately, the phosphene disappears slowly into a cloudy form, with colours a mix of blue, gray and black. The colours are only described as an indication, since they change according to the sensitivity of each person's retina. The entire process takes approximately 3 minutes.

What can you do with a Phosphene?

The possibilities are endless. Any activity you perform implies orders from your brain, and so do emotions and feelings, which could not take place without brain activity. Light empowers all our mental activities and balances our emotions. Everything functions better with phosphenes.

In this small guide on the utilization of Dr. Lefebure Methods® Natural Light, we have chosen to focus on the more well-known aspects of Dr Lefebure's works, diffused all over the world for more than 60 years: baths of light and the phosphenes, with applications for personal development, therapeutics and education.

However, the phosphenes can be used in many environments, for instance in all kinds of therapies, allopathic or holistic, for psychotherapy, treatment of addictions, phobias and emotional imbalances.

Phosphenes can also be used for a large number of activities: at work, during sports practice, and for all aspects of artistic expression. Indeed, the phosphenes have so many possible utilizations that their benefits and applications are endless.

Are there necessary precautions to take when practising “phosphenic mixing”?

Observing Dr. Lefebure Methods® Natural Light for short periods of time does not represent any danger for the eyes. On the contrary, doing phosphenes constitutes an excellent exercise for the eyes and it is advised in some methods of visual re-education.

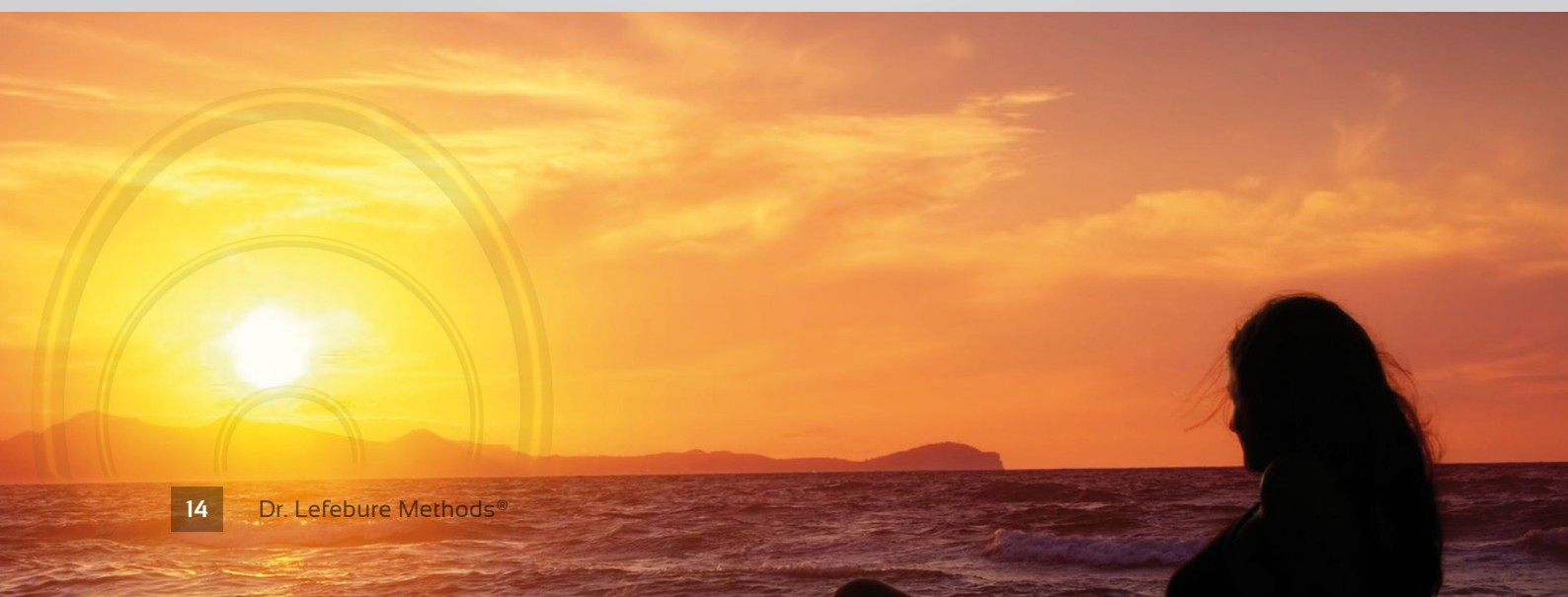
However, using other types of lamps to do phosphenes is not advised as it could harm the eyes, and it is done under the exclusive responsibility of the person who chooses to do so.

If you use Dr. Lefebure Methods® Natural Light only for light therapy and baths of light, there are no contraindications. If you use it for doing phosphenes, there are two contraindications to the practice.

1. Severe Glaucoma.
2. Surgery. It is advised to wait for at least a year after eye surgery before doing phosphenes.

Conclusion

When you use phosphenes regularly, you notice that your concentration and your memory are improved, as well as your artistic sensitivity, your intuition and your imagination. As a consequence, you become more creative. The more you persevere, the more your creativity develops, in a natural way. In addition, a sensation of happiness and well-being begins to manifest.



Utilization Tips

If the objective is to treat a dysfunction, insomnia, depression, stress, low vital energy, or as a support for the treatment of neurodegenerative diseases, you simply need to sit at a distance of 50 centimetres (maximum) from Dr. Lefebure Methods® Natural Light and perform any choice of activity: reading, listening to music, etc... while enjoying the bath of light.

The first sessions should last approximately 15 minutes. Then, the duration should be increased gradually until the sessions last 45 minutes. Then, you will be able to incorporate Dr. Lefebure Methods® Natural Light to any activity that you choose. Usually, results are obtained after two or three sessions.

In case of severe depression, follow the guidelines above and do approximately 60 observations of the lamp, or phosphenes, per day. You do not need to close your eyes. You can simply do a phosphene and resume your activities. Wait a minimum of three minutes between each phosphene.

If you want to energize an activity associated to Dr. Lefebure Methods® Natural Light, to improve performance at work, concentration, creativity, intuition, etc... proceed as described in the previous paragraph, and perform the activity during the bath of light.

If you want to study the procedure is the same. First, Dr. Lefebure Methods® Natural Light has to be set close to the desk on which you study. Then, the next step is to begin the study session by producing a phosphene, the inner light produced by looking directly at Dr. Lefebure Methods® Natural Light. You should look at the light for approximately forty seconds.

After that short time, the phosphene is activated, which means that it is acting as an exceptional neuronal stimulant. The light of the bath of light is effectively transferred to the interior of your brain. All you have to do now is study a lesson as you would normally. You have simply added the phosphene to your regular way of studying.

The phosphene lasts for about three minutes, but that does not mean that you have to look at the light every three minutes. You only do phosphenes when you feel you need it. If you feel tired or bored, if you find it difficult to concentrate, or if you simply want the pleasant stimulation of the light, you can switch Dr. Lefebure Methods® Natural Light on, do a phosphene, and then resume studying. The energy of all the phosphenes you do will accumulate, giving you more concentration, more clarity of thinking and more mental agility.

For pure memorization: once you have chosen the text you want to memorize, switch Dr. Lefebure Methods® Natural Light on and look at it while repeating the text, the equation, the concept... that you want to engrave in your memory. Then, you switch the lamp off, close your eyes and repeat the text, the equation or the concept that you have just studied. If possible, you should wear a sleeping mask to produce optimal conditions of darkness.

The phosphene has to coexist with the effort of memorization in order for the energy of light to be diffused to the associated thought, amplifying it, making it denser, fertilizing the creative processes and literally engraving it into your memory.

As a Treatment



Maximum distance 50 cm..



Baths of light, reading, listening to music etc.



15 minutes sessions at first, then gradually up to 45 minutes, then without limit

For Studying



To produce a phosphene, look at Dr. Lefebure Methods® Natural Light directly, for approximately forty seconds



You can do phosphenes during the entire session of study.



To memorize, simply repeat the text while you look at the lamp, then keep repeating it with your eyes closed, in the presence of the phosphene.

www.luminoterapia.science



Dr. Lefebure Methods®
Ediciones Fosfenismo España e Iberoamérica
Alcolea 32-34 7º 2ª
Barcelona 08014
España

Teléfonos +34 609 33 11 11
+34 93 490 91 28
Email: fosfenismo@fosfenismo.org



Dr. Lefebure Methods®