

## THE STORY OF LIGHT

**Everything you see and even what you can't see with these eyes is made up of light.** The universe is a sea of light. Everything at the molecular, atomic and sub-atomic levels tells some part of the story of light. All living and non-living things vibrate at different frequencies and it is that vibration which gives them shape, dimension and form. In fact if you look up right now, whatever you can see is a dance of light. The smallest particle, the atom, is simply a spark of light and everything is made up of atoms. Within the atomic story is yet another story of sub-atomic particles. It is at this level where most of the mysteries can be explained. Quantum physics, radiology and biophysics are the media that have best helped us to understand what is taking place at the sub-atomic level. What has become clear through the study of these scientific disciplines is that at the unseen level there are incredible levels of communication taking place driving all life. In scientific parlance, light is measured in photons and by understanding the frequencies at which organisms resonate, we are better able to comprehend everything, not just within our bodies i.e. the story of health and disease, but also better able to understand our relationship to each other, animals, nature and the universe.

**As the story of light becomes clear, the darkness of ignorance is dispelled.** Then so-called mysteries are easily unveiled. For example, each human cell undergoes, on average, 100,000 chemical reactions per second, a process that repeats itself simultaneously within every cell in the body. How is it that such an inconceivable amount of activity can take place and then be communicated so instantaneously across the body? This breath-taking phenomenon is actually happening every minute of our lives! This is a process described as quantum coherence which is helping us to understand the amazing feats of the human body. When we take a closer look at the sub-atomic level we see that waves of energy (electromagnetic fields) enable communication to take place at this unfathomable rate. Electromagnetic fields are essentially fields of light. These fields of light are sophisticatedly interwoven and linked together enabling them to communicate their findings and share their experiences. It is these fields of light that are responsible for the countless miracles found within nature.

**If we continue to look at what is happening at the microcosmic level, then understanding the detail contained within the bigger picture becomes easy.** For example, light is exuded from the sun and that light, via photosynthesis, is imbibed by plants. We then consume that cabbage, broccoli or carrot, and digest it. It is metabolised within the body and converted into many different compounds e.g. carbon dioxide, water, vitamins and other minerals, but essentially what we have done is absorbed the light. We have literally absorbed photons contained within the plant. Those photons are then stored and dissipate within the body. The light which a biological organism emits is referred to as biophoton emissions. These light waves either create harmony in the way that they relate to the body's natural light emissions or they disturb and alter the body's biorhythms. Research to date leads us to conclude that light emissions emerge from the very DNA itself, so when food, a biological organism, comes into contact with another organism, namely the body, health is achieved when there is harmony between the two light emitting organisms. Unfortunately, due largely to our interference with the planet i.e. pollution, deforestation and mismanagement of natural resources, we have literally scrambled many of its frequencies. In other words, we have affected the natural oscillation of these light waves and in doing so have distorted the quantum coherence needed for order, balance and health. What can we do? ..... to be continued.