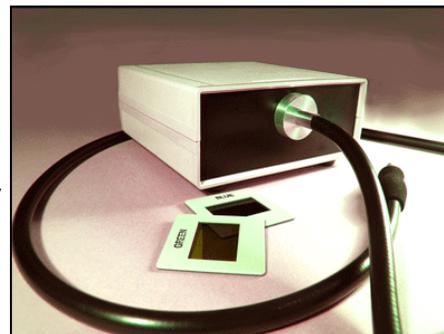


Adding Light Therapies to Your Practice using the Photon Stimulator.

by Tony Cocilovo, M.A. (Inventor of the Photon Stimulator, patented, 1998)
and owner of Lightforms Research Llc., www.PhotonStimulator.com , www.Aura-Glo.com

This is the first of a series of articles which will address the practical aspects of how light interacts with the body and how you can harness full spectrum light to benefit your clients.

The use of light on the body for therapeutic purposes has a long history - the same as acupuncture. And like acupuncture, there are a variety of schools of thought concerning function and application. When I was attempting to design a light device in the 1990's, I had to sift through a variety of theories in an attempt to find out what was real and effective. Since that time I have had to reconfigure my ideas as the emerging field of biophotonics has led me to different conclusions. Finally, I have come to understand the nature of light's most important interactions with the body from a treatment standpoint. The views and conclusions expressed here are solely my own and are assembled from years of experience, research and feedback. I do not have funds for clinical trials or studies. I build each unit and I am for the most part a one-man operation. The real researchers are those who use the Photon Stimulator and blend their own style with the guidance given here. The results will speak for themselves.



Light Basics:

Light hits the body on the skin and the eyes.

Eyes: Light enters the body via the eyes and takes a variety of pathways. It can affect one psychologically via the optic nerve and cognitive processes, which can affect mood and mental functioning. It can affect the hypothalamus and hormonal regulation. It can also affect the Autonomic Nervous System. Some areas on the iris have embryological parasympathetic and sympathetic tissue which can be stimulated by light, causing Autonomic Nervous System (ANS) reactions. My technique of Iris Phototherapy will be discussed in another article and can be demonstrated by the use of the Vascular Autonomic Signal (VAS - Nogier 1978) which is also called the Sympathetic Vagal Reflex (VR—White, 1929).

Skin: If too much sunlight hits the skin the body produces melanin pigment to act as a barrier to the light. Photon pumping and sucking (Popp) inside the body can also limit light absorption and usage on a cellular level if the light is too bright. Different types of light affect the surface of the skin in different ways. Ultraviolet light can eliminate a variety of bacteria, fungus, etc.. Infrared light makes skin warm and can initiate a variety of enzymatic reactions in the skin. Light can penetrate a few centimeters or more through the surface, depending on the melanin content.

Russian Research in the late 1970's showed that in addition to light affecting the surface of the skin, it actually entered the body. (Meridians Conduct Light, 1991) I had this article translated from the original German where it appeared in Raum and Zeit magazine. It is now referenced by many on the internet. After continued research the Russians found that the places where the light entered (and sometimes left) happened to be the same as the traditional Chinese meridian acupoints. Meridians actually have qualities similar to optic fiber. Since then, meridians have been well researched and are accepted as physiological realities with effects no longer limited to the use of pressure, heat and needles.

Meridians and their relationship to light:

A long, long time ago....the sun shines on a planet. If the planet was still and not turning, one side would be very hot and the other side would be very cold. However, since the planet spins on its axis, light hits it during half of its spin cycle and it then cools for the second half. This causes an in and out movement of photons and a resultant electron movement. Light goes in during the day and out to the sky at night. Wherever there is this photon / electron movement there is life. In an effort to optimize light retention for nighttime use, organisms developed storage systems (or holding tanks if you will). The holding tank walls became their outer skin, bark etc.. Stationary lichen and plants opened to receive daylight and turn it into matter for growth with the use of earth surface elements, and they closed at night to keep the heat and light inside. Nature, being highly economical, developed complex systems based on the use of light which allowed for plants to turn toward the light, have a means to self-repair , and also have a means to recycle the same photons for a variety of tasks. These flows and pathways of



light—in and out, once encapsulated, became the primitive meridians which made it possible for internal organ systems to evolve.

You probably get where I am going with this. Light is the most natural tool for therapeutic use on the body. Possibly for the first time in the last few thousand years, there is a tool available to allow us to apply light directly to a meridian point, when during prior times, there was only pressure, heat and needles.

The Autonomic Nervous System:

As organisms evolved, survival depended on an ability to move (survival—not of the fittest but of the most mobile). When life was threatened by such things as volcanoes, meteors, turbulent weather etc., nothing was as important as getting the heck outa' there. Thus, a system evolved which put all else on hold. This is what we call the Autonomic Nervous System. Movement needed to take place fast— no time to think— so it is a reaction that happens without our knowing. It is auto—nomic / automatic. Survival was such a priority that it was even ok if parts of the organism were lost (tree limbs, lizard tails, etc.) Such a priority required almost complete shutdown of internal functions (and meridian flows) so all possible energy could be focused on moving, or fighting. Moving and fighting requires energy to be sent to the outer shell which is skin, muscle and blood. This energy causes the muscles to tighten (blood vessels are also muscles) and blood to increase (extra from the spleen) to help supply nutrients and oxygen. Almost all internal energies are blocked—in our case—from travelling down the vagus nerve in the control center of the brain to the center / core, or our enteric brain. It is necessary for energy to be flowing throughout the whole system for the meridian system to be able to be treated. Simply put, one needs to be in parasympathetic (energy flowing down the vagus nerve in full open position with no sympathetic blockages) to access the meridian system completely. Once again, light comes to the rescue. Light has been demonstrated to be able to restore energy to the vagus nerve and move one into the parasympathetic. It is easy and demonstrable using the VAS.

Some ANS misconceptions:

Western medicine and Oriental medicine speak about the Parasympathetic and Sympathetic as being in balance. In relation to that, I would say that an ambulance is in balance—when the engine is running but it is not moving. Yes, the push and pull forces of the PNS and ANS are balanced when the organism is at rest. However, in that state there is energy running down the vagus nerve to the internal organs in full open position. The unbalanced part comes in when the energy going down the vagus nerve comes to a stop, and the sympathetic reactions start which include blood sugar imbalances, heart pumping, increased blood pressure, etc. At that point one cannot possibly conclude that there is a state of balance. The Sympathetic is “Emergency Use Only”. Do you know what happens when the energy to the core is deprived for too long? You should, because this is the cause of most chronic illnesses in the

modern world—especially immune deficiency disorders.

Western medicine and the FDA are set up to be disease specific. Studies need to prove that one thing can be treated repeatedly and consistently. However weaknesses due to being in Sympathetic for too long do not produce the same diseases. Quite often they show up in the organs of least resistance - possibly those with genetic weaknesses. The ANS and meridian **systems** are missed in the process of close examination. To grasp the importance of this, one needs to step back.

Light can work using a variety of devices and protocols because light taken in by the body is changed and adapted to the needs of the body by the body (not the practitioner). It is taken and used by the ANS and the meridian system, and used by cells to cause enzymatic actions, morphing of cells for multiple functions, and movement of cells to different locations, etcetera.

To implement what we have learned thus far:

First: Light is effective on the ANS to bring one back into Parasympathetic, but more importantly to enable the body to self-regulate. This is an important part of any treatment; helping the body self-regulate by the use of light. This is accomplished at the navel, pupillary border (to be discussed in a later article) and at some ear points.

Second: Use the master meridian points (Auriculo points are easy and effective) to restore balance and self regulation. This has been repeatedly demonstrated by use of a heart rate variability monitor.

Third: Conduct meridian treatments the way you normally would, but with the consideration of different treatment principles because light operates in a different way than needles.

Fourth: The surface of the skin may be treated including: rashes, infections, post- surgical conditions, wounds, facial rejuvenation and all that implies, bed sores, insect bites and of course much more.

Light is an adjunct to your other treatments. It can be used as a stand alone treatment, but I would suggest using everything at your disposal for your client's benefit.

Can you use it with needle treatments? Yes. Some people use it and others do not.

Light is a more subtle treatment, and is very forgiving since the body is constantly balancing itself. However, always start with treating the master points in the ear to insure the body is in parasympathetic.

Why not just shine light on the body with a flashlight? Light at a distance acts differently on the body than light directly placed on a meridian. Most light has the potential for helping. One problem is the time it takes to actually enter the body and interact with organ systems - if at all. Dinshah (re: website) recommended that light colored by specific gels be shone (tonations) onto specific parts of the body for 1/2 hour or more according to his research. The Russian research demonstrated that tonating affects the skin but actually very little enters the body, and yet Dinshah and the medical practitioners who used his equipment had good results. Taking advantage of the meridian system is key to short treatment times and better results. Light applied to meridian points reinforces the complete meridian pathway and sends light energy to the corresponding organ system. Realistically, there is no way we can look at or interfere with the delicate internal mechanisms of the interaction of light on cells and systems in our body. By applying light to meridian points, the body's own intelligence directs the action and outcome of the light's interactions as it travels within the body.

Practical aspects of using the Photon Stimulator:

These are the variables:

The cone tip: (pushes into the foam sleeve)

Keep the cone tip on the end of the cable for use on acupoints.

Remove the cone for skin treatments since the light will then shine on a larger area.



Pulse Rate: The number of pulses of light per second can be adjusted by turning the knob at the back of the unit. When the knob is turned all the way to the right, it will pulse at 2 pulses per second. When the knob is turned to the first stopping point as it is turned all the way to the left, it will be pulsing at approximately 43 pulses per second. If it is turned past the “click” to the left, the light will be continuously on with no pulsing. There is a digital display to the right of the knob which will show the current pulse rate (pps = pulses per second). There is a two second delay between the time the knob is set and the time it shows up on the digital readout.



Picking a pulse rate: **For meridians**—start with 7– 10 pps. There is more research validating positive responses from this pulse range than any other. This is most likely related to the Schumann Resonance which averages around 7.8. It is important to note that these pulse rates are in no way related to the high frequencies of Rife or other devices that use electromagnetic frequencies. They are also not related to Nogier’s micro frequencies.

A note about entrainment: only some people entrain easily (matching of body pulses to external stimuli). However it may be worth trying out pulse rates that match the brain waves. Delta(deep sleep) below 4 pps, Theta 4-8 (drowsy / dreaming), Alpha 8–2 (relaxed), Beta 12-25 (active).

For skin: Adjust the pulse rate according to the amount of melanin pigment in the skin. The darker the skin, the higher the pulse rate. For medium toned skin set it around 20 pps.

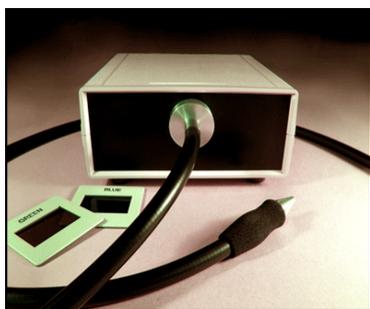
Duration -Length of time to hold the light at the point:

For skin: It may be used almost as long as you can stand to hold it, but effectiveness may peak from 10—20 minutes. It can be applied up to three times a day.

For Meridians: Hold the tip at the point (no pressure is necessary) for at least 30 seconds, however it may be more beneficial to hold it on some points longer—up to 3 minutes. If the tip is used directly on the skin the cone may be easily cleaned with alcohol .

Color: Colors: The Photon Stimulator comes with a set of 12 Dinshah colors. There is also an optional set of 12 different colors, or you can make your own from a 300 color swatch booklet. There is lots of information about these colors at www.photonstimulator.com.

These color gels are used with broad-spectrum white light from a very bright LED bulb. Each color gel comes in a 35mm slide casing. They are used easily by placing them in a slot at the top of the unit. I use these specific colors because Dinshah had researched them quite thoroughly - Also because the body is familiar with them. They are a spectrographic match of elements that our bodies use such as oxygen, hydrogen, magnesium etc. Dinshah's color recommendations are listed in our small manual that comes with the unit. However there are other ways of choosing colors. One is by muscle testing. There are a variety of ways to accomplish muscle testing - but that is beyond the scope of this article. Google "muscle testing techniques". You can also simply use your intuition - if you trust it. There is also the 5 element theory of color which you might look into.



My recommended approach to color choices is based on research. It is also very simple and effective. It focuses on the colors in the world you see outside. This is hardly a coincidence, we are adaptive products of our environment.

The most dominant colors from sea and sky are blue - violet

Surface of the earth - a variety of greens and browns

Most reds are mixed with blues such as at sunrise and sunset. These produce shades of orange and pink to violet and purple.

Minimal and rare colors are pure reds and yellows from flowers and minerals.

This is a good way to consider color for applications.

Blue = Parasympathetic - or body normalization if we are in Sympathetic (stress)

80% of Americans tested in metropolitan areas are continuously in Sympathetic.

Turquoise is a great blend of blue and green, which I use mostly for the beginning of a treatment of ear masterpoints prior to treating any condition specifically.

Green = A strengthener and revitalizer

Reds and Yellows move one into Sympathetic. These may be required during certain emergencies, but I hardly ever use them. When you are in an accident you don't feel pain right away because you are in sympathetic. Reds may relieve pain but do not necessarily decrease healing time.

Red should be mixed with blue just as in the evening and morning sky. Indigo, Violet, Purple, Scarlet, and Magenta, all have increasing amounts of red mixed with blue. If you need to stimulate/ irritate something to wake it up then use red—but mixed with blue.

The rest is experimental. If you follow the above guidelines for choosing colors, you will not have any problems. Actually you won't have any problems anyway. Trust your inner guidance. Trust yourself or your will end up not experimenting and not using this valuable tool. Just do it.

Stimulation and sedation—do not correspond with the use of red and blue. This is important.

You must think in terms of the color's effect on the ANS. Blue—violet can easily induce an energized state by moving one into parasympathetic where internal functions produce a state of well-being—a clear energy different than that which coffee induces. I have demonstrated the Photon Stimulator to thousands. When just points Zero and Shenmen are treated with turquoise, an invisible veil seems as

though it is lifted. Clarity of perception appears, and digestive peristalsis resumes. Happiness is only achieved when our center is energized. Longevity is associated with how long one stays in parasympathetic (vagus nerve enervated) throughout life. Only when the vagus nerve is enervated is the body fully capable of healing itself, and eliminating toxins.

Can I harm or overtreat? No, but be aware of any clients that are sensitive to pulsing lights—make sure that while handling the tip, that you do not pass it through their field of vision.

Chakras: some people have had fantastic results with clients while treating chakras. This is one of those areas that I have not found enough solid research about, but I encourage exploration. There is an optional crystal tip for those who like using crystals. Crystals act as capacitors—they build up a charge and it is released with intention. The use of intention to increase the effectiveness of a treatment by the use of the light is well grounded. Levels of effectiveness are related to:

- The receptivity of the client (feeling healing light come in)
- Trust in the practitioner
- The ability of the practitioner to hold the client in a perfect or healed state. And then empty themselves of all thought as the treatment progresses.

Testimonials / Clinical Results:

Chronic Pain, patient testimonial

“Possibly the most noteworthy treatment that I have had that has truly changed my entire quality of life has been the complete elimination of pain brought about by the Multiple Sclerosis. The entire right side of my body suffered from deep pains where my muscles and tendons just plain hurt. I felt like I had played an entire football game getting hit exclusively on the right side of my body. Talking to other people suffering from MS, they also share similar stories of their pains. Well, Dr. Chernoff talked to me about a treatment she felt confident would work. The treatment is Photon Stimulator Color Therapy which I like because it is completely non-intrusive to the body. I was skeptical at first but not 15 minutes following the treatment I looked at my wife and said, ‘it’s gone, the pain is totally gone’. I have felt no pain since the color therapy and that has been more than three months now.” M.M., Albuquerque, NM, 1998.

Asthma (Anna Cocilovo L.Ac.)

An 11 year old boy with chronic asthma developed an asthma attack while playing with my son at our house. Since he was not in acute distress, I offered the color treatment and he agreed. He had an inhaler if we needed to resort to that. Since he was in the middle of an attack, we needed to sedate the lungs, and rev up the adrenals. Purple was applied to auricular Lung, and body points Lung 1, and CV 17 in center of the chest. Then scarlet was applied to auricular kidney and adrenal points, and body point Kidney 3. He calmed down considerably within 5 minutes, and was totally better within 10 minutes. He commented that when this happens and he uses his inhaler, he continues to cough throughout the day, but he was symptom free and felt great after the auricular light treatment.

Hot Flashes

“My sister-in-law’s hot flashes stop for 2-3 weeks after 10 minutes of treatment using the Photon Stimulator, and the protocol in the manual.” Wm Silver, 2005.

Lipoma

“Recently a lady 63 years of age came to me asking help for a lipoma over her right eye. She had this for 60 years. She has made two operations but this was made again. She had headaches and she was feeling discomfort when she was bending. After 3 sessions with the Photon Stimulator and with vibro-acoustic therapy applied locally, headaches and discomfort stopped and after two weeks the fat

disappeared. She reported to me also that she was going to the toilet frequently and that she had lost weight. Isn't it amazing Tony?" Ioannis, Greece 2009.

Chronic Wrist Pain and Immobility (Anna Cocilovo L.Ac.)

A 28 year old woman was suffering from chronic pain and limited range of motion of her right wrist subsequent to a fracture and internal fixation (surgical intervention) about 6 months previous. Curiously, she asked me what was the meaning of a point in the right ear located in the area called the scaphoid fossa. It corresponded with the wrist point in the ear. She had recently had an irresistible urge to pierce her ear there, and had intuitively treated herself! Because it was a chronic problem, first we applied lemon to master points in the ear for pain control - Point 0, Shenmen, and Thalamus. Then purple was applied to ear wrist point. Immediately, she had less pain and improved range of motion.

References upon Request.