

THE HEALING POWER OF LIGHT



◆ **“Energy cannot be created or destroyed, it can only be changed from one form to another.”**
Isaac Newton.

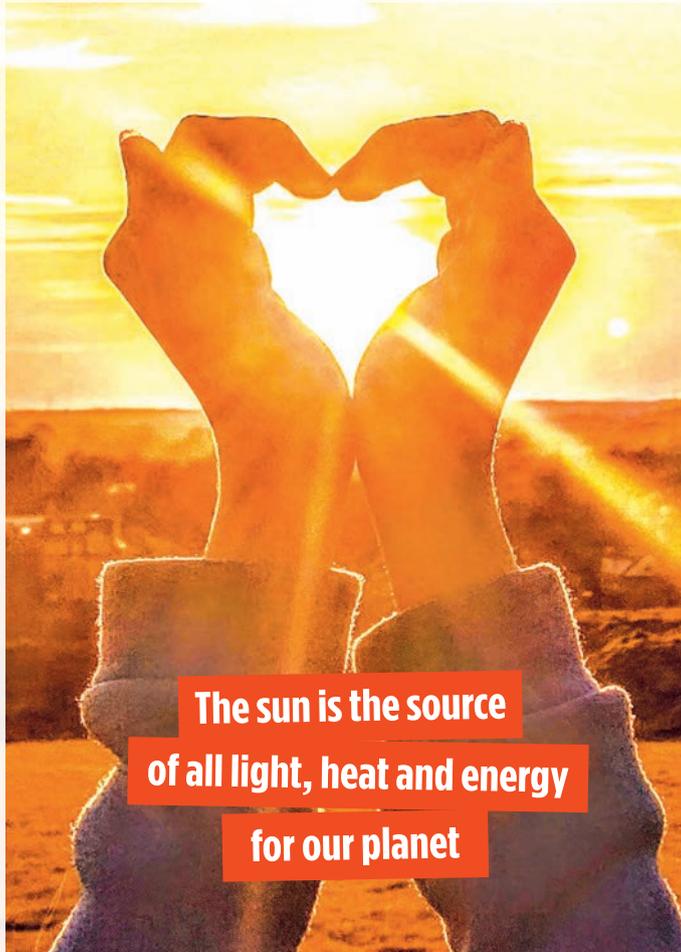
◆ All living things are made up of light and energy, even us humans, so we need this light energy to exist.

◆ **The Ancients built special temples so they could harness sun energy.**



◆ Crystal therapy is another way of harnessing the healing power of light and energy as crystals also contain different vibrations and healing attributes that can help our health and wellbeing.

Fascinating facts about the light that shines upon us all



The sun is the source of all light, heat and energy for our planet

◆ **Being in natural sunlight helps us to release feel good hormones like serotonin, which lifts our mood. It's our happiness hormone and can help our mental health.**

◆ The lack of light during the winter months can really affect people. You may have heard of SAD (Seasonal Affective Disorder) where the lack of light can make people feel very tired and unmotivated and out of sorts.

◆ **In a medical setting the Ultraviolet light that is emitted from the sun can be safely used as therapy to help some hard to treat skin conditions such as psoriasis and eczema.**



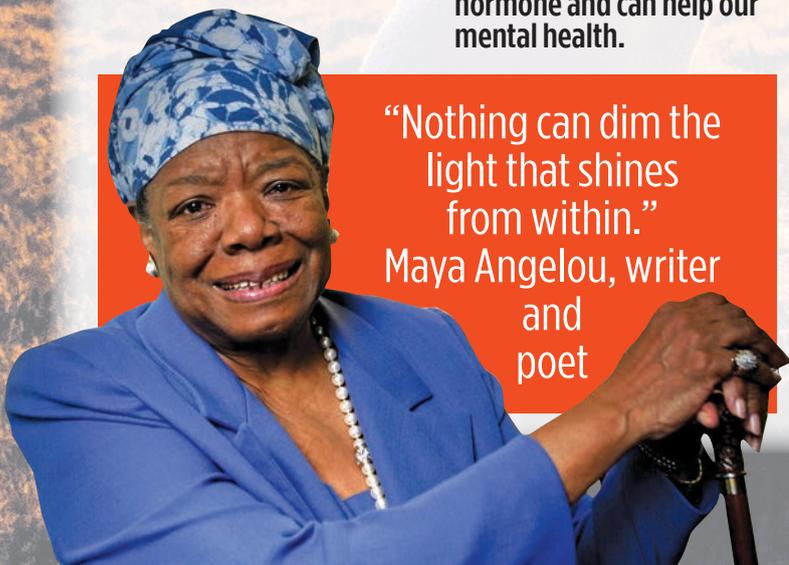
◆ The spectrum colours are red, orange, yellow, green, blue, indigo and violet. Newton also discovered that each colour has its own wavelength and frequency, and this gives each colour its own particular energy and properties.



◆ **Exposure to light and the sun also helps our body clocks keep a regular rhythm. We call this our circadian rhythm, telling our brains when to be awake and when we need to sleep.**



◆ **Plants take the energy of the sun and through the process of photosynthesis they turn it into their food. This allows them to grow and of course certain vegetables and plants then become our food source.**



“Nothing can dim the light that shines from within.”
Maya Angelou, writer and poet