

Light as a Portal

There have always been people who report on awareness that cannot be described in words and that is all-encompassing. Indeed herein also lies the reason for enlightenment to be seen as something desirable.

It is more appropriate to speak of natural consciousness, awareness of being, which – superimposed by thinking and feeling – is easy to overlook.

Viktor E. Frankl, the founder of logotherapy and existential analysis, described this spiritual dimension of man as an instance that represents the source of human existence, not accessible to any disease. While a child differentiates himself from teenagers and teenagers from adults, in terms of a steady change in his experience and behaviour, the permanent availability of this unchanging consciousness is the lowest common denominator and critical for any self-awareness. Light and consciousness mirror the dual nature of the same phenomenon: light manifests itself as matter and energy, consciousness as body and mind.



Tracks of enlightenment processes can be traced back to ancient times. Under special conditions, a "light experience" leads to profound changes in attitude and thus to a total reorientation of the organism. This prompted Dr. Dirk Proeckl and Dr. Engelbert Winkler to investigate the neuropsychological contexts of this phenomenon in more detail. They took the fact that the brain does not recognize a difference between imagination and real events in key functional areas, and therefore involved external light sources in their work from the very beginning. Eventually they managed to achieve the desired light effect using a combination of certain frequencies of pulsed light. In doing so, the development of a neurostimulator was just the first step towards a comprehensive procedural concept. Through HYPNAGOGIC LIGHT EXPERIENCE the portal opens to a journey that begins at its destination: the common source of light and consciousness.

Well-being behind daily worries



Usually, life is understood as an endeavour to achieve moments of well-being and to remain there.

HYPNAGOGIC LIGHT EXPERIENCE makes it possible to experience well-being as consciousness, which – superimposed by thinking and feeling - can not be reduced to physical or psychological processes. From this perspective, well-being can never be lost, but overlooked at most. What one fights, defends itself, what one cuts, grows – wherever ones focus of attention lies, it is amplified.

HYPNAGOGIC LIGHT EXPERIENCE is not a treatment or therapeutic technique, which is why it is not for fighting worries either but passes it by, turning to consciousness as the ever present well-being.

It must not be misunderstood as a substitute for conventional treatment methods, even though exposure to the light may well increase efficiency or shorten a course of therapy. Dismissing the false concept of "lost well-being" will lead to a change in attitude. This results in improved quality of life. Since a direct correlation between attitude and the nervous, immune and hormonal systems exists, the use of HYPNAGOGIC LIGHT EXPERIENCE represents a psychoneuroimmunological approach.

The technique of HYPNAGOGIC LIGHT EXPERIENCE, with the assistance of a LUCID LIGHT STIMULATOR, is provided as an ability available at all times.

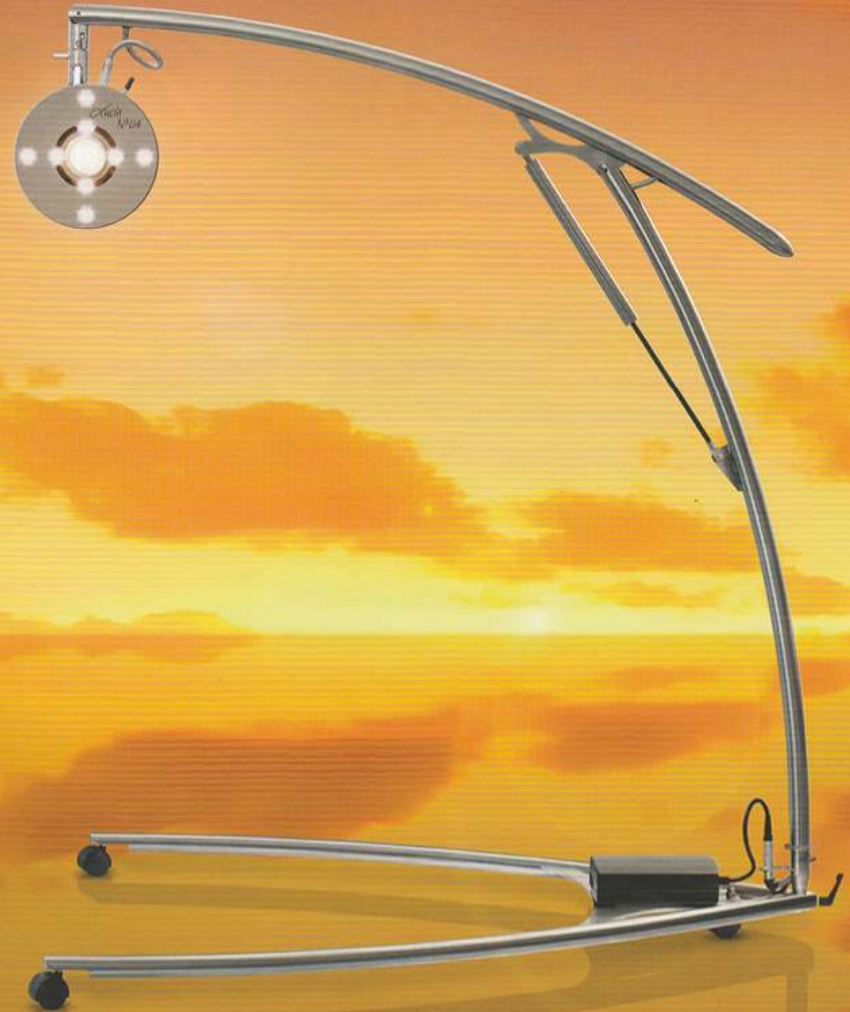
The Lucid Light Stimulator Lucia N°03

Lucia N°03 is a neurostimulator, which combines a stroboscope (flickering light), flexible in both, speed and intensity, with a constant light, available in different degrees of brightness. The computer-controlled interaction of these light sources activates different ways of experiencing (seeing intense worlds of colour and shape, a sense of leaving the body etc.) allowing for an impressive individual light experience that is different every time.

Lucia N°03 creates wave patterns in the EEG that would usually only appear after several years of meditation practice. Since this involves a real neurostimulation and not an optical post-image phenomenon, each session is different.

Lucia N°03 allows for a transcendental experience as it is usually seen only under extreme conditions (during high performance sport, through using entheogenic substances or in near-death experiences) and consequently triggers the same positive effects. The experience value is one of a kind and the effects are noticeably intense, even after the very first use.

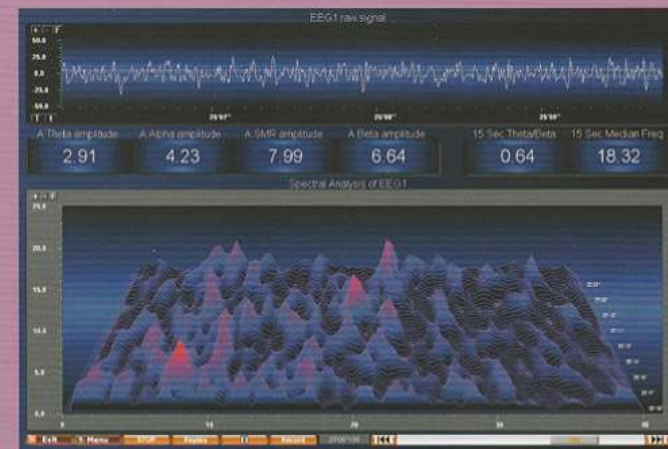
LUCID LIGHT STIMULATOR **Lucia N°03** can be used anywhere and is easy to transport.



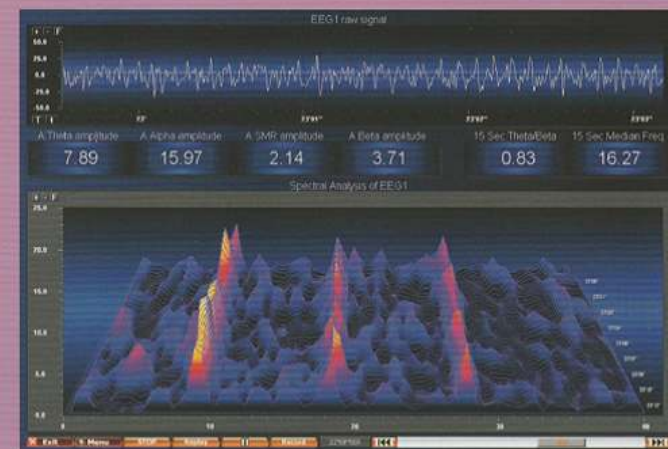
Light and the brain

When presented with light, the electrical activity in the brain changes. The pineal gland (glandula pinealis) is stimulated to produce mind-activating hormones that have a significant influence on the circadian rhythm. This small light organ, deep inside the brain, has always been a matter of speculation. Not without good reason, the gland is frequently also called the "third eye". In the case of the tuatara, a living fossil, the third eye still has a lens rudiment and papillary muscles innervated by the sympathetic nervous system. Even in the area of the human pineal gland, tissue cells, as we find them in the eye, could be histologically detected.

Although many questions regarding this are still unanswered by science, we do however know that the functional range of the pineal gland serves as a comparison between the organism and the environment. By using neurostimulation lamp **Lucia N°03**, with our natural sensory channel of vision, the interdependency between the state of consciousness, brain waves and hormone production is illustrated. The resulting brain activity recorded shows in its analysis an image of increasing harmonisation (see figure) which, depending on the characteristics of the light and willingness of the viewer, corresponds to a state of deep relaxation and the highest level of concentration. The activity of the brain is reflected in the eye of the beholder in previously unseen scenarios and the client learns be guided by this (bidirectional neuro feedback). This phenomenon of central vision in HYPNAGOGIC LIGHT EXPERIENCE results in the merging of object and subject.



Typical distribution of frequencies with normal brain activity, at rest.



Example of the frequency pattern during HYPNAGOGIC LIGHT EXPERIENCE.

Traveller Unlimited = Neuro Art

While in classical art the artist is the creator of his work and remains so, modern art involves the consumer and his awareness in the artistic process.

Neuro art goes one step further.

It transfers creation and consumption of the artwork to the viewer:

- The viewer is the artist
- Creating and observing are one

Without limits, the artist enters his own work of art as a traveller.

Just as the brain gives rise to individual musical tones, in HYPNAGOGIC LIGHT EXPERIENCE it connects pulses of light to an ever unique, multi-dimensional cascade of colour and shape.

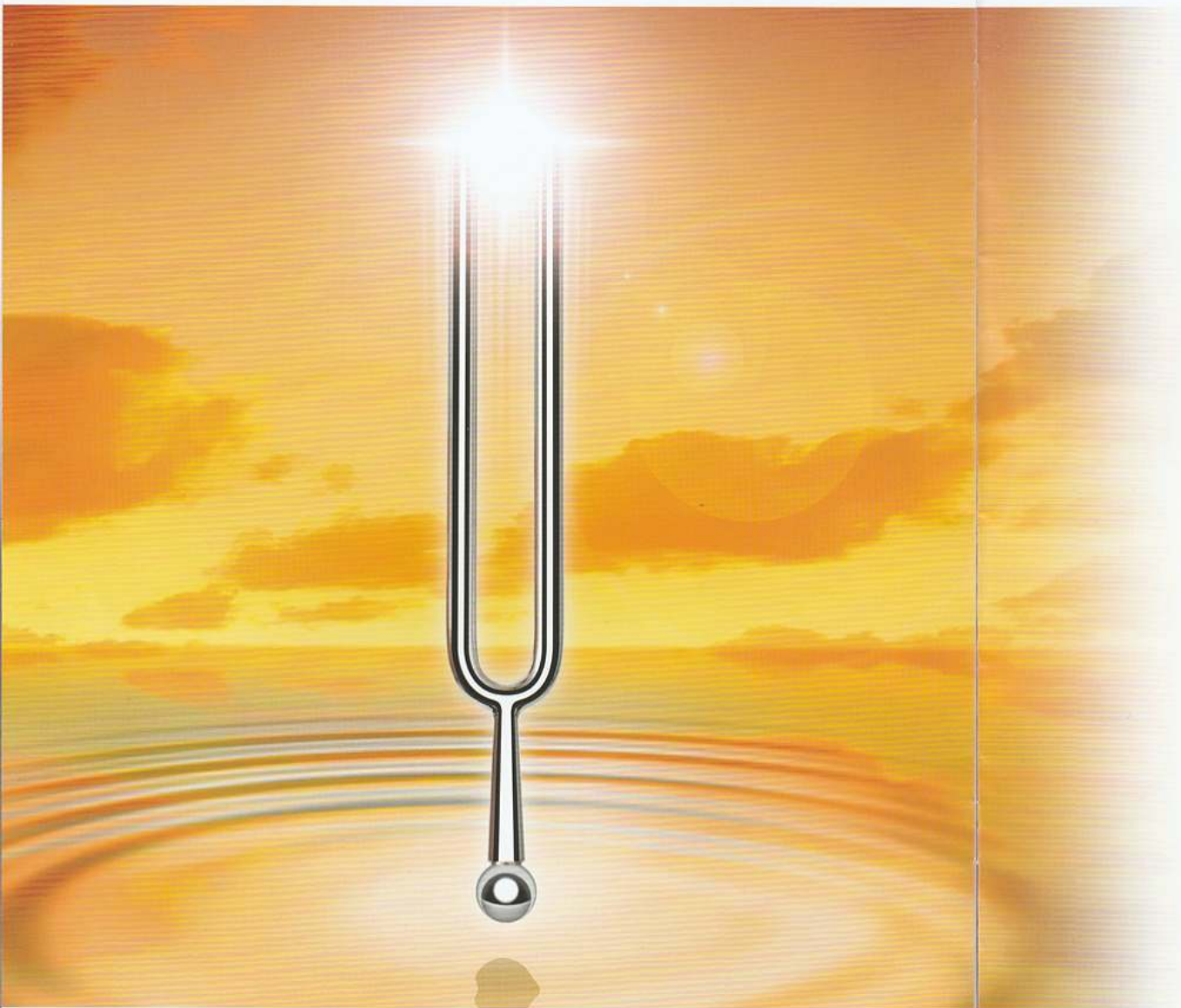
Visual music – the greater the pleasure, the deeper the effect.



Tuning fork for the mind

Lucia N°03 achieves without any effort or long-term practice:

- rapid and sustained deep relaxation
- increased learning capacity and performance
- "slowing down"
- time and spacelessness
- awareness detached from the body
- immersion in worlds of colour and shape and never before seen beauty
- deep emotions and a strong feeling of happiness
- spiritual experiences



Method

The desire to change experience and behaviour above consciousness can be seen as an attempt to drive the wrong way down a neuropsychological one-way street.



The use of **LUCID LIGHT STIMULATOR** takes place in three steps:

- **TUNE IN – UNDERSTANDING**

In accordance with the inner and outer reality, the “is” state is positioned with the “should be” state, which is aimed for through the use of **HYPNAGOGIC LIGHT EXPERIENCE**, in a comprehensible causal relationship. This is done with the help of a specially-trained light attendant.

- **TURN ON – IN THE LIGHT**

Lucia N°03 opens the portal into the light.

After observing various long and intensive demonstration programmes, a light session with the appropriate duration, frequency sequence and intensity is selected or created. The role of the light attendant is to support the client in the process of letting go, so he can abandon himself fully to the **HYPNAGOGIC LIGHT EXPERIENCE**.

Learning to let go, as a way of “abandoning oneself”, is the central element of a light session.

- **DROP OUT – SEARCH**

In this final phase one has the opportunity for post discussion about his “journey into the light”. One embarks on a quest for change, in which the light-induced processes are optimally supported. During **HYPNAGOGIC LIGHT EXPERIENCE**, one samples from an inner source of well-being and returns to everyday consciousness in order to determine the resulting changes.



An Indian legend prophesied: When animals and plants die, when havoc spreads and the world stands on the precipice, a new tribe will come. These people of a different skin colour, class, origin and denomination would be called Rainbow Warriors and save the world from the end.

In the 1980s, Dr. Kenneth Ring managed to scientifically record the positive effects on attitude and behaviour of experiencing "the light" during a near-death experience.

The American psychologist reported a marked accumulation of such experiences since the second half of the 20th century, and arrived at an interesting hypothesis: An important criterion in addressing our current situation is an attitude to life orientated towards a common wellbeing. In this he sees a developmental task that concerns the whole of humanity. The way the attitudes of people who have experienced the light change also serves as the philosophy of the Rainbow Warriors in overcoming social, religious, cultural or material differences.

This is an integrative approach that does not make any assessment of different light experience techniques.

The rainbow as a bridge between spheres becomes a perceptible reality in HYPNAGOGIC LIGHT EXPERIENCE using LUCID LIGHT STIMULATOR

Lucia N°03.

The Lucia Academy

Since the HYPNAGOGIC LIGHT EXPERIENCE technique combined with **Lucia N°03** is completely new, the cooperation of all guides is particularly important. Each one is an expert and a layperson at the same time.

The basic idea behind the Lucia Academy is the creation of a network of guides, plus the maintenance and functioning of this network, in order to create a pool of experience and knowledge.

This should thus ensure an exponential increase in the amount of "know-how" available, support research projects and develop new fields of application.



Lucia
Nº 03

Team

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Bronze Medal
Salon International Des Inventions
de Geneve 2010



Gold Medal
IENA – Ideen-Erfindungen-Neuheiten
Nürnberg, Germany 2011



Gold Medal
International Invention Fair of the Middle East
Kuwait 2010

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