

EXCERPTED: TOUCH THE FUTURE
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Mal-illumination

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What most people don't realize is that light entering by way of the eyes plays a crucial role in the process of metabolism, breaking down all of the nutrients we get from food, as well as vitamins and minerals, and making use of them. If we are not in an environment that has the full spectrum of light energy entering the eyes, then some of those vitamins and minerals won't have the appropriate light energy traversing through the eyes to literally activate them to break down and be used by way of the body.

When light enters the eye a large portion of it goes to the part of the brain that we call the brain's brain. In science we call it the hypothalamus. That houses the body's biological clock, the timing and rhythm of everything that's going on physiologically. That's the part of the brain that deals with the body's stress response. That's the part of the brain that literally tells the master gland, the pituitary, exactly what to do and when to do it. And that part of the brain is very much affected by light energy. And that part of the brain takes light energy entering by way of the eye and sends it to another part of the brain which we call the pineal gland. It used to be called the seat of the soul, the third eye. That part of the brain is referred to as the regulator of regulators. It regulates every regulator within the body. So light entering the eye is regulating everything that's going on inside the body.

You mentioned vitamins, minerals. People would know what it meant if they were suffering from malnutrition, if they failed to get enough of the appropriate vitamins and minerals. What they don't realize is you can suffer from mal-illumination. That was a term developed by a friend named Dr. John Ott who has since passed away. Mal-illumination takes place when we are not getting the full spectrum of light energy that comes from the sun, by way of the eyes, into the body. Mal-illumination means that aspects of our development; physical, emotional, mental, spiritual, are left in the dark.

To give you an idea of how light directly relates to vitamins and minerals - we think that if we take the appropriate vitamins and minerals then we get the benefit of those vitamins and minerals. What most people don't realize is that light entering by way of the eyes plays a crucial role in the process of metabolism, breaking down all of the nutrients we get from food, as well as vitamins and minerals, and making use of them. If we are not in an environment that has the full spectrum of light energy entering the eyes, then some of those vitamins and minerals won't have the appropriate light energy traversing through the eyes to literally activate them to break down and be used by way of the body.

Light energy has a profound affect on everything. Imagine if you went into your garden and gave one plant more light than the other - you know there would be a visible difference in their growth. If you took different colored glass and put it on top

of each plant so that the color that each plant got was different by eliminating certain colors from the rainbow spectrum, again you notice some of the plants would grow taller, some would never develop fully, some would develop fruit but the fruit would fall off.

The same thing happens in the human body but we've really never looked at that way. This is so crucial right now, today, because up to 1900, 90% of us made our living working outdoors. We were in natural full spectrum daylight without visual confinement. Our eyes could look off into the horizon. Now more than 90% of us, since 1990, work indoors with artificial lighting that is grossly different from nature's own daylight, with artificial controlled and conditioned air, with electro magnetic pollution, and with a huge amount of visual confinement. We sit in front of books, computers, cubicles, small rooms, low ceilings, windowless classrooms and what we don't recognize is the moment that we are in a restrictive environment we hold our breath.

More information about light & consciousness: <https://www.jacobliberman.org/>