

The Lucid Light Machine experience

Hypnagogic trance is the state of consciousness between waking and sleep and is usually experienced just before you fall asleep or wake up.

The use of The Lucid Light Machine offers a high tech way of reaching the special state of consciousness in Hypnagogic Light Experiences unaided and at any time, opening the portal to a limitless journey into the world of dreams and reality.

The development of the Hypnagogic Light Experience

The realization that near-death experiences can improve health or trigger spontaneous healing motivated the idea of “tapping” into this beneficial potential. In the process, it quickly became clear that even being confronted with these experiences can have a verifiable impact. The reading of protocols of near-death experiences to suicidal persons in the context of “bibliotherapy” revealed a strong anti-suicidal cause-effect relation. The weakening of the suicidal impulse that resulted from consistently positive descriptions of the borderline between life and death became known in the 1980s as a paradoxical effect of the closeness to death.

Fundamental changes in attitude ensue. Concerned persons often speak about a return to the essential. Even illness and suffering become illuminated with meaning. The therapeutic effect of the light experience is due to the stabilization of self-worth, since psychological impairment often goes hand in hand with low self esteem.

In the framework of the Elias project clients were exposed to authentic descriptions of near-death experiences. As a result, therapy processes could be shortened considerably and satisfactory results were achieved even in seemingly hopeless cases (for methodology, therapeutic materials and cases see “The Occidental Book Of Death And Dying” by Dr. Engelbert Winkler).

Here, the focussing on the light experience considerably enhanced the effect, which led to the question whether it might be possible to further enhance the effect by simulating this experience. Taking advantage of the fact that key functional areas of the brain do not differentiate between imagination and real occurrences, Dr Engelbert Winkler and Dr Dirk Proeckl started working with external sources of light. At the same time, extensive fundamental research was conducted, the results of which can be summarized as follows:

- The pineal gland of the brain serves, among others, to perceive brightness through closed eyelids. In death, it secretes Dimethyltryptamine (DMT). DMT is also the central active substance in a South American plant known as “liana of death”. Indigenous healers claim that by consuming the plant they can reach a dimension of light where all healing starts. In the context of comprehensive research, Rick Strassmann (DMT – The Spirit Molecule, 2001) was able to prove that a massive release of DMT from the pineal gland is to be regarded as the neurological cause of near-death experiences. DMT is secreted directly into the liquor (brain fluid) and can thus reach the receptors in contact with brain fluid even after a cardiac arrest. After application of the corresponding DMT dosis, Strassmann’s test persons repeatedly referred to impressive experiences in a supernatural light which they attributed healing and insight-inducing properties.
- The brain is in a position to activate powers that can heal the body at any stage of illness. This phenomenon is known as spontaneous remission (sudden healing) and the subject of interdisciplinary research projects. Although it is unclear to date how the brain accomplishes this task, the persons concerned often describe sensations of light and warmth which they associate with this.
- For a long time, light has played a central role in the treatment of various illnesses. Whether in the treatment of depression, tumours or compulsive disorders, the range of possible applications seems unlimited.
- At the climax of spiritual experience we again encounter light phenomena.
- Light and consciousness reflect the dual nature of one and the same phenomenon. Light manifests as matter and energy, consciousness as body and mind. And just like light, consciousness stultifies any attempt to lift its secret. Nobody knows the true nature of light or consciousness.



Test series combining different sources of light with hypnosis techniques have yielded astonishing results. Subsequent to their “being in the light”, test persons reported not only the expected enhanced healing effect, but also:

- Standstill of time • Dissolution in the light • Contact with the dead • Out-of-body experience • Mystical experiences

In all cases an unusual state of deep relaxation could be observed. Unlike with traditional relaxation techniques, the “light relaxation” was characterized by increased alertness (in the EEG). Thus, test persons felt deeply relaxed, energetic and capable already after a first attempt.



The Hypnagogic Light Experience can be seen as a portal to directly access the mind in all its diversity allowing one to dive into a world of relaxation featuring:

- creation and observation of your own spiritual artwork
- do it while enjoying a high entertainment factor
- maintain a long lasting effect
- immersion into worlds of colours and forms of previously never experienced beauty
- lasting stress reduction
- unwinding in the light
- seeing the world through the eyes of a child
- out-of-body consciousness
- deep emotion and a feeling of happiness

The Lucid Light Machine is a tuning fork for the inner spirit while creating both a psychological and physical feeling of wellbeing.

Art provides an opportunity to dive into the freedom of the mind. The artistic experience by means of Lucid Light Machine can thus be seen as direct access portal to mind in all its diversity. In classical art, the artist is the key protagonist. In modern art, the role of the artist is to extend the artwork to the viewer.

NeuroArt goes one step further:

The Hypnagogic Light Experience, induced by Lucid Light Machine, provides the viewer with the experience generated entirely by oneself. Just like tones are experienced as a melody through intervals, Lucid Light Machine can be described as a visual counterpart to music. The Lucid Light Machine technology makes it possible to create limitless work of art as a unique, multidimensional cascade of colour and shape while enjoying the creation at the same time over and over. The viewer is the artist. Creation and perception are one. The artist enters the Imaginarium of his dreams as a traveller without boundaries.

- Lucid Light Machine is a lamp-system that combines a stroboscope (flickering light) with variable speeds and intensity with a constant light that can be operated at different brightness levels. While the stroboscope activates different types of experiences such as, for example, intense perception of colour and form, bodiless states and so forth the presentation of the constant light is responsible for the actual light experience itself.

- Lucid Light Machine now provides us with a powerful stimulator that generates EEG wave patterns that normally only occur after several years of meditation practice. Since the process involves rather than mere visual reproduction of the phenomenon caused by bright light, the course of each round of application is different. Lucid Light Machine thus facilitates transcendental experiences that otherwise only occur in extreme situations, i.e. closeness to death, consumption of entheogenic drugs, etc., and subsequently generate the same positive after-effects.

- The value of this experience is unique and its effects are felt so intensely that one initial application is enough to trigger the desire for further rounds.



To book a Lucid Light Machine session or for more info
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