

## Colour Light Therapy

The concern is about the ever increasing rise in mental illness, in particular **Depression**,

which can be part of the bipolar disorder.

What in the past appeared to be a less frequent occurrence, mental illness can now meet the observer with alarming prevalence. From police reports of violence and strange encounters on the streets to the many inmates of HM Prisons around the country, mental illness is becoming a real problem. Mental instabilities are faced by the young and old in too many families in this country. These are often related to the inability to cope with stress situations and sadly lead to symptoms of withdrawal and depression.

One known fact is the postnatal depression that is suffered by many women, which can be light but also severe, lasting for a long time; this can range in severity from the mild 'baby blues' to postnatal psychosis, when hospitalisation may be required. But there are many other situations when an individual can no longer deal with the every-day, even mildly stressful circumstances. To hide situations of not coping, those afflicted very often will take to drink and drugs, which only worsen their affliction. There are thoughts of:

*'I am unable to cope and I cannot see my way out of it. The world becomes grey, dark and black and a perception of light becomes blacked out. I am useless and a burden - nobody loves me. For whatever reason, I am entirely on my own and feel unable to share my frustrations and fears with anybody. Feeling attacked, unwanted, rejected, all that I wanted to do is being obstructed by others. The others do not bother if they hurt my feelings, or even take away my livelihood. Their following some system seems more important than how it plays out in real life, and how it affects me.'*

When such situations persist over a period of time – over months or even years - the worse the feeling of not being able to cope becomes. Thus an overlay of different unsolved problems can come about. With a feeling of embarrassment and lack of self-worth, the possible help from family or professionals is avoided - and yet wanted. Yet a real suffering occurs which may not become outwardly perceptible but tragically, too often, has led to suicide. This happens almost every day in this country! Belonging to this picture is the impact that depression has on the rest of the family and in particular on the children, who may suffer through neglect or by mother who is upset and irritable.<sup>1</sup>

Today, suicidal behaviour has become a major health concern in many countries. At least a million people are estimated to die annually from suicide worldwide. Many more, especially the young (15 - 24) and middle-aged, (below 60) attempt suicide. Over the last few decades, while overall suicide rates have been reported as stable, a rising trend

---

<sup>1</sup> Dr. Ped. Karel Zimmermann, in point and circle, Christmas 2015, page 15

of youth suicide, especially young men, has been observed. Various possible explanations for these rising suicide trends were identified with:

**over sensitivity, loss of social cohesion, breakdown of traditional family structures, growing economic instability and unemployment have been quoted.**

So we see a rising prevalence of depressive disorders. Signs and Symptoms for depression are:

- Low mood for a long period of time
- Irritable
- Emotional, and mood swings
- Panic attacks
- Lack of concentration and motivation
- Feeling alone despite friends around
- Difficulty sleeping or feeling tired
- Decrease in appetite (or increased appetite)
- Reduced sex drive
- Feeling useless, worthless and guilty
- Feeling overwhelmed with situations

A further list of how the body is affected by stress is added at the end of this document. If you are having symptoms including: tiredness, weight gain, depression, being sensitive to the cold, having a dry skin and hair, and muscle aches, all these could indicate an underactive thyroid.

A published report states: In 2002, an estimated 877 000 lives were lost worldwide through suicide. Some developed nations have implemented national suicide prevention plans. Although these plans generally propose multiple interventions, their effectiveness is rarely evaluated. <sup>2</sup>

Another study provides evidence linking the recent increase in suicides in England with the financial crisis that began in 2008. English regions with the largest rises in unemployment have had the largest increases in suicides, particularly among men.<sup>3</sup> The annual National Health Service (NHS) cost of managing bipolar disorder was estimated to be £199 million. (This is a psychiatric disorder characterized by extreme mood swings, ranging between episodes of acute euphoria, mania and severe

<sup>2</sup>The Journal of the American Medical Association. 2005.

<sup>3</sup> BMJ 2012; 345 doi: <http://dx.doi.org/10.1136/bmj.e5142> (Published 14 August 2012)

depression.) The annual direct non-health-care cost was estimated to be £86 million annually and the indirect societal cost was estimated to be £1770 million annually.<sup>4</sup>

Another specific study found: It is estimated that approximately 32000 overdoses involving paracetamol occur annually in England and Wales<sup>5</sup>

It belongs to our age, steeped in materialism, that only what is outwardly perceived is given credence. In most cases – especially the severe cases with bipolar disorders, sense perceptions appear to create havoc and drugs are being prescribed, as the person afflicted can no longer cope with what is perceived. Suddenly a chemically induced change takes over and the question may arise, who is in charge? No longer the afflicted person but the doctor. Here it becomes a very difficult balancing act for the physician to enable the patient live a reasonably ‘normal’ life or to have a drug dominated existence, besides the fact that it has become known that antidepressants can increase the risk of suicide. What happens to the I am, the Self of the individual concerned? Can the drugs and the ego of the person co-exist in the blood, or is the ego being pushed out? Indeed, our senses are designed to give us the orientation we need as citizens of this world, but then a drug takes over and now we have a reduced experience of the world. The Self is given a back seat and is made dependant on a drug regime with the various side effects. Anxiety becomes reduced, fears hidden, but have the causes of the depression been addressed or solved? The feelings will remain:

*‘Can I still rely on my own judgements for what is true and right when I am on a drug regime? I may be grateful for all the advances in psychiatry, but will time alone allow me to get into a new situation without stress? How long will I have to wait before I can be in charge again? Weeks? Months? Years? When will I be able to come to inner peace and able to trust my own sense impressions again? Were my senses betraying me, or was I not able to cope because of being over sensitive to what happened around me? What is it that makes me so thin skinned? Were my senses or my nerves playing tricks on me? Are not my senses vital for my orientation towards the world around and to my own body? What will relieve me from this quandary?’*

Yes, the senses are essential for all learning and for being human, and they are needed for orientation until our dying days. Yet when we are honest, we also have to admit, that through the ‘genius of language’ there are wider aspects that affect our soul. We all know that we can be deeply ‘touched’ by some event or experience, without outwardly being touched, or one ‘heard’ in what somebody said, what was actually meant. Or one ‘smelled’ a rat, when an unpleasant event or an untruth is related. We all know of experiences that are wider or deeper than those outwardly explained, and sometimes we clothe them with metaphors. Our soul takes part in all that we sense with diverse feelings as with sympathy and antipathy. The soul, while incarnated in the body, is also free and has a consciousness, and with the help of the Self can look at its situation (as

<sup>4</sup> World Psychiatry. 2005 Jun; 4(2): 114–120.

<sup>5</sup> J Epidemiol Community Health 1997.

also to that of the world) from a vantage point from without. One can judge oneself in how poor one's thinking may be, if the feelings are too blunt or too tender, or what I had made was of poor quality. I can judge myself. I am not my body, but I have made this abode I inherited from my parents my very own. It is this lack of perceiving the inner soul/spirit reality behind the outer reality that leads to this lack of understanding of the inner man. The materialistic and one-sided perception of the tasks of the senses makes the person with depression more isolated when his soul/spiritual perceptions are not understood. The drive into thought patterns in education, the ticking of boxes of yes or no, prohibits the development of a free thinking. An individual soul development should help to arrive at one's own process of evaluation of real problems. Into such situations, serious threats or disasters will contribute to raise the stress levels that prohibit the possibility of rising above an agony faced. What are the inner forces and perceptions of the soul that could help the individual to be strengthened and to maintain his inner balance and identity? Could one speak of an ego-weakness that allows a depression to take hold of one's entire being? An 'I' that is overwhelmed becomes servant to whatever overwhelms it, even stopping the own inner forces of light, being overcome by darkness. The devastating feeling of loss of control and self-control that stress causes has a terribly debilitating effect. This is not only physical, but it seriously diminishes the will to live. This is accompanied by a lack of appetite, lack of sleep, irritability, symptoms of withdrawal from contact with others and with reduced feelings of self-worth. Such signs of a degenerative situation leads, according to a leading paediatrician Professor Spitzer in Germany, to nerve cells actually dying and connections becoming lost through living with stress. Social interactions however have the opposite effect where the brain grows bigger and new connections are made. This for me highlights what is leading to the present day manifestation of mental illnesses. It may of course be only one particular aspect, but an important one. In this context one may become aware that the soul has become too tightly bound to the bodily constitution, and has become unable to free itself. In this context questions should be asked about the food we consume these days. Again and again one hears about levels of toxic chemicals found in vegetables or processed food. What do these chemicals do to the human constitution? Do they lead to an increase of unexplained new symptoms?

A very important aspect to this problematic is what Steiner contributed from his spiritual scientific research in Berlin on 30<sup>th</sup> May 1907. One may ask, why has no-one taken note of these statements for over a hundred years, when we are now in this predicted desperate predicament? (Steiner has also made comments about the food we eat and about the result of mass immunisations)

***“A man who has some knowledge of the higher worlds – he need only believe in their existence – has in his next life a well-centred physical body and tranquil\* nervous system, a body which he has well in hand, including the very nerves. On the other hand, a man who believes in nothing except what is to be found in the world of the senses, communicates this kind of thinking to his physical body and in the next incarnation has a body prone to nervous diseases, a frail, fidgety body in which***

***there is no steadfast centre of will. The materialist scatters himself in pure details; the Spirit binds together, for Spirit is Unity!***<sup>6</sup> \*(tranquil= free from any disturbance, from anxiety or agitation.)

To come to an understanding for such a situation described above, we need to find the source of the inner light that seems to have dimmed or even gone out. We talk in common parlance of the light of understanding, light in joy, even of enlightenment. Yet in our ordinary life we take such phrases as self-understood, without thinking any further about them, taking our inner light and life for granted. Should we not find a way to re-establish and strengthen the force of light in the patient?

Rudolf Steiner in his Soul-Calendar repeatedly reminds us of the existence of this spiritual light that is given to each and every human being. Especially does he do so, when during the autumn and winter months the outer darkness is a potent reminder that the sunlight we had taken for granted during the summer is fading. Steiner who had studied physics at a technical college, was not one who would in an abstract or aloof way talk about non-physical matters. And we know today that the lack of sunlight has indeed physical consequences as in SAD, (Seasonal Affective Disorder) which has often deep psychological negative results, besides the deprivation of vitamin D through light.

A modern study found this:

*“Light impacts human health and performance by enabling performance of visual tasks, controlling the body’s circadian system, affecting mood and perception, and by enabling critical chemical reactions in the body. Studies show that higher light levels are linked with better performance of complex visual tasks and light requirements increase with age. By controlling the body’s circadian system, light impacts outcomes in healthcare settings by **reducing depression among patients**, decreasing length of stay in hospitals, improving sleep and circadian rhythm, lessening agitation among dementia patients, easing pain, and improving adjustment to night-shift work among staff. The presence of windows in the workplace and access to daylight have been linked with increased satisfaction with the work environment. Further, exposure to light is critical for vitamin D metabolism in the human body. Light exposure also is used as a treatment for neonatal hyperbilirubinemia”.*<sup>7</sup>

Regarding the circadian system:

*‘Scientists have observed, that when people are kept indoors with no sunlight or clocks to tell them what time it is, they wake and sleep in a roughly 24-hour pattern. Plants do this too: Morning glories continue to bloom in the morning even when they’re kept in darkness’.*

---

<sup>6</sup> Rudolf Steiner: The Theosophy of the Rosicrucians, lecture 6, page 69.

<sup>7</sup> by Anjali Joseph, Ph.D. Published by The Center for Health Design, 2006

It is man's ether body that is the carrier of the rhythms we live by, and to keep the circadian system intact we need regular meals, regular exposure to sunlight, getting up in the morning, or going to sleep etc. In situations of depression, sleeplessness and lack of appetite and not eating at regular intervals, will aggravate their condition. Serious weakening of the life forces can thus occur, with weight loss and withdrawal symptoms. We have therefore to look at the interplay of the ether body with the astral body, the soul-forces body, for the feelings become directly affected. Contact can become painful with other people, avoiding eye contact, remaining silent and easily hurt by what people say and because of the pain they often remain focussed on their own misery. The problem of irregular sleep patterns, or lack of sleep, does have a severe impact on one's ability to cope in life, besides upsetting the circadian pattern our health depends on. Failing to have a regular sleep at night seriously weakens the ego, and thus contributes to the inability to cope with stress. Therefore, for those who care or are concerned for people with depression, it becomes of prime importance to see to the regular meal times and a healthy sleep pattern to be established.

When turning to the experience of solitude and darkness in depression it should not be surprising that we need to ask, how can we enhance the inner light of the human being, especially also in winter?

Steiner in his 31<sup>st</sup> verse of the Soul Calendar speaks about the light from depths of spirit, and how it strives in sun-like fashion to the without. It is not surprising that light in its primary sense is related to us in the context of the sun. In the distant past all human cultures were sun worshippers, who in winter time would light sacred fires as a reminder and as an image of the powers of light and of warmth. Rituals were at the same time also part of the actual surviving during the winter months. Light too is experienced as the central force of life within us. When the light goes out, this means death. Steiner then speaks about the light as the power of will for life, which radiates and shines into the dullness of the senses to call forth new strengths. It is essential for us to identify with this light to let it shine into the problems of life. While perhaps over sensitive to the apparently insurmountable difficulties of life, we need to be strengthened and re-affirmed of the life-giving forces of the light. For light has these three forces that it can radiate forth, **Light, Warmth and Life**. These can be found where ever there is life on earth - in plants, animals and in man. When human beings begin to doubt their own inner light, then re-assurance has to be given from fellow human beings. This can be provided by sensitive counselling, and I believe, with our Colour Light Therapy we have a new tool. Steiner then continued in this 31<sup>st</sup> verse with the following. That those light, warmth and life forces '*can call forth in every human being energies, forces from the unconscious drives and desires in the soul that will give creative possibilities*', these we hope to engender in our patients.

Here we have a way to harness the forces of light that can penetrate everything on earth, and so too, not only our physical existence, but also our soul/spirit-being for finding new avenues on the paths through life. The 31<sup>st</sup> verse of the Soul Calendar,

Steiner gave for the week 3<sup>rd</sup> – 9<sup>th</sup> November, which is part of the darkest time of the year, and it describes how light can be active in every human being. He had already prepared this in the previous verses.

***“The light from spirit depths  
Strives to ray outwards, sun-imbued;  
Transformed to forceful will of life  
It shines into the senses’ dullness  
To bring to birth the powers  
Whereby creative forces, soul-impelled,  
Shall ripen into human deeds”.***<sup>8</sup>

We then have to ask, how can we in our Colour Light Therapy kindle such light from ‘spirit depths’ when confronted with depression? What are these depths from where this flame of life can be re-kindled and from where new hope in light can be perceived of raying forth - not from without but from within!

We have to differentiate what we know of as outer light and what can be perceived as inner light. While we can see the world around us as lit up by light, we see the objects, but not the light. The world around us is permeated by a huge multitude of energy frequencies for which we have no sense perception. Long waves, short waves, high and low frequencies, such as we need for electronic communications of all sorts, and the energies that come to us from outer space as from the sun, the moon, the planets and the zodiac. Even though we have no senses to perceive them, they all the same do exist. At no time in the past has humanity been enveloped by such a huge network of electromagnetic energies as are now polluting the whole earth’s environment, and here too one may pose the question, ‘*does this contribute to peoples’ mental frailty*’? There have already been reports of certain individuals who are over sensitive to electricity. But as we speak here in particular about the light, the result of which we can perceive in the world around us, we need to remain focussed on the question of the inner light. In this, I believe, lies at least in part the problem of depression.

What then is the energy source of light in the human being, and why should this fail for so many human beings these days? In physical terms one would have to ask what is the dynamo, the energy creator in man? How could we again bring about real joy, enthusiasm, positivity and a saying yes to life for the forces of light to shine forth?

It belongs to our upbringing and our environment that the spiritual reality of the human being is too often disregarded, even denied in this modern age. Yet we all have an

---

<sup>8</sup> Rudolf Steiner, verse given during 1912/13.

experience of our centre, our Self, the I am; an identification that is having its own consciousness and independent motivation to engage with the world or not. If I am not pressurised to do something, I will use my own freedom to evaluate what is wanted from me or what I would like to do. How the will forces in early childhood are nurtured will affect the rest of life!

This Ego-Will-Force in every human being is the driving energy, if it is cared for in the right way during childhood. Even the 'bonding' immediately after birth should be seen as an important aspect of feeling accepted by the mother and being able to say 'yes' to life. It is the reality of the being-hood that needs to be acknowledged, which is not just the body nor physical matter. I am not my body, but the body is an expression of the being that lives within the body. The inherited body has been made an individualised house that will serve the purpose of my destiny. During the day, the ego is 'at home' in this body, but at night, it withdraws from it in sleep.

It lies within the power of the ego to apply itself according to the tasks it pursues in life. The question is then how to strengthen the inner being of man that is so hidden and so vulnerable?

Thinking bright thoughts, dwelling on bright images such as the powers or beings of light overcoming the forces of darkness becomes a daily need. There are many images in fairy tales of how the forces of the good are attacked by forces of darkness and of evil that could be a beginning to start a process of healing. There is also the image of Michael the archangel overcoming the powers of darkness. Dwelling on living images in one's thoughts and imagination, and even allowing oneself the time to dwell on them in meditation will allow one's higher self slowly to become one's guide. Steiner:

*"Only through pictures, through imagination do we find the way to vision. We should make no abstract concepts, mechanical schemes, nor draw up diagrams of vibrations, but let pictures arise within us; that is the direct path, the first stage of knowledge".<sup>9</sup> That is of self-knowledge.*

Such visualising will help, if it is done again and again, to re-ignite the inner flame of Self. To it belongs to actively find all those apparently hidden positive aspects of life and to consciously refrain from painful thoughts, negative thoughts, possible thoughts of revenge or hatred. Regain a feeling that my being is the centre of my life and I have to be in charge again – however frail and miserable I had felt. The person with depression needs to say:

*"I have to try with all my strength and conviction to reignite my inner flame of Self, the hidden light within, to find peace, tranquillity and certainty of being. No drug of any kind can give me this peace! While I may need to accept the help of friends or professionals on my way, I have to go on an inner journey of self-healing. To strengthen the ego that may no*

---

<sup>9</sup> Steiner, The Theosophy of the Rosicrucians, lecture 10, page113.

*longer escape and hide, but become my centre again with the knowledge of being of divine origin”.*

It may be a task that is too hard when in the midst of a depression, when the weight of darkness appears to be like a heavy cloud on one’s mind. But then if these images cannot be produced by the person in need, these imaginations can be called into being by a loving friend, by a person with empathy who wishes to help bring light into the soul. It may even be rejected to begin with, yet one should not give up and perhaps find occasions in every-day situations where there is humour, and experiences of joy. These can have the power to bring light into a dull situation. Outer images can also call forth inner images in resonating with and inner mirroring of the soul-light of the other person. Very often music, such as singing, brings an unexpected involvement and engagement of self. Such an activity together with others, where the focus on oneself is taken away, can be very therapeutic. You, by singing your part, become social, become part of the other participants. They may rely on you as you rely on them carrying you in the musical fabric of the song.

There is still a further aspect to be considered. In the quotation of Steiner above, the progression from one life to another was highlighted with the consequences of materialistic thinking. A further thought that relates to the same but to our present and daily life, is highlighted in the verse below. Every night when we are asleep, we are in the spiritual world and in contact with angelic beings. Steiner indicated in this verse that if we do not have any spiritual content in our speech we will be unable to be in converse with the archangels. Failing such exchange man will ‘suffer harm in his entire being’. His ‘entire’ being must mean body, soul and spirit. Again we find that materialistic thinking and converse (as in the first quotation) must have a bad effect on the human being. Could this not also be seen in part responsible for the rising stress levels in our time?

**In present earthly Time**

**Man needs renewed spiritual content**

**In the words he speaks.**

**For of the spoken word Man’s soul and spirit**

**During the time outside the body while he sleeps**

**Retain whatever is of spiritual value.**

**For sleeping man needs to reach out**

**Into the realm of the Archangeloi**

**For conversation with them;**

**And they can only receive the spiritual content –**

**Never the material content of the words.**

**Failing such conversation,**

**Man suffers harm in his entire being.<sup>10</sup>**

In our **Colour Light Therapy** we have the possibility of being involved with the person. There is no stress, no demand, but a time of peaceful relaxation. Being able to focus on some object or theme described above, can aid the person with anxiety or depressive disorders, but it needs a gentle guidance and regular attendance. With the I am words below we wish to strengthen the person, and help them to be more self confident.

There are some possible verses that can be used during the Colour Light Therapy. Addressing the I am in the context of the four ethers, (warmth, light, sound and life) then in the soul realm. (thinking, feeling and willing) an affirmation of the individual is being addressed, so that confidence in his or her own judgements may return.

**"I,**  
***I am,***  
***I live in Warmth,***  
***I live in Light,***  
***I live in sounding,***  
***I live in Life.***  
***I live in Thinking,***  
***I live in Feeling,***  
***I live in Willing.***  
***I am.***  
***I am here."***

The above was used for children and youths, Ringwood, Autumn 2011, G.F.S.

The following has been used too:

---

<sup>10</sup> Rudolf Steiner, Verses and Meditations, page 137

*Those were the times when the heavens were mine*

*And I was at home in the Light Divine,*

*But now on Earth*

*My own Light must shine*

*On the path that I had chosen.*

*Life's aims are challenging*

*But I must choose*

*Which of the many*

*I will take.*

**Yes, I can find**

**My path to tread**

**Yes I will**

**Follow the thread**

**That leads me on**

**My chosen path.**

**Ah - Eh,**

**Ah - Eh.**

April 2016

Second version:

**Those were the times when the heavens were ours**

**And we were at home in the light Divine**

**But here on Earth**

**Our own light must shine**

**From each one of us**

**On our chosen path.**

**Challenges come** to me **each** day, the **choices** before me I **now** make

**Courage** I **now** seek within me, the **right** path **ahead** I will **now** take.

(Speak in Hexameter)

**Yes, I can find**

**My path to tread**

**Yes I will**

**Follow the thread**

**That leads me on**

**My chosen path.**

**Ah - Eh,**

**Ah - Eh.**

First version is to highlight one's own situation, the second version to lead away from the Self to our general human condition.

In regard to the above proposed verses, one should allow a time span of two to three months, with ideally three attendances per week, followed if possible by a time of relaxation, and if available a conversation of what had been experienced to raise an awareness of increased light, warmth and strength. (reflecting, remembering and sharing in a very tender form after each session!)

Artificial strong light treatment, (as for SAD) or even a holiday to a place where the sun light is very strong as in the mountains of the Alps, should help to let go the pain of depression in addition to our treatment to help change an outlook to life. Depending on the person's need, or how well he/she has come out of the depression, the following verse from Rudolf Steiner's Soul Calendar should be given within the context of the colour light experience.<sup>11</sup> This will strengthen and re-affirm the confidence needed to face life's reality again.

***I feel my own force, bearing fruit***

***And gaining strength to give me to the world.***

---

<sup>11</sup> Soul Calendar verse 32.

***My inmost being I feel charged with power***

***To turn with clearer insight***

***Toward the weaving of life's destiny.***

Later on in the treatment follow with these words to re-integrate into Life.

***"In the floods of life,***

***In the stream of deeds,***

***I ebb and flow,***

***Weave to and fro!***

***Birth and grave,***

***An eternal sea,***

***Weave changingly,***

***Live glowingly,***

***Thus on the humming loom of time,***

***I work to make***

***The living garment of the divine".***

In addition to the re-kindling of the inner light-forces and the strengthening of the self, is the aspect to help the person with depression to become engaged with outer tasks that engage the will. This may mean practical work such as on a farm, or helping in the garden to direct away from the self the attention to other needs as the animals needing to be fed or else they starve, or the overgrown garden will not produce fresh vegetables if it is not worked. Serving the needs of others more afflicted than oneself could also be a starting point. Why engage with the outside to forget the darkness within?

There are two aspects of man, one of being centred, 'at home', within the layers of our constitution, (physical body, ether body and astral body) the other of being expanded and being part of the whole world. [ See point and circle meditation: "*In me is God*", and "*I am in God.*"<sup>12</sup>] While incarnated we are bound in fetters to our body, while in deep sleep and in death we become expanded into the spiritual 'home ground' from where we originated. It may therefore not be surprising that the person with depression has this longing to escape from the bondage of this life on earth. To explore in a healthy way, while fully incarnated and conscious of one's situation, the realm of the 'Higher Self' in the context of imaginations, intuitions and visions, becomes a real task. (See Steiner's

---

<sup>12</sup> Rudolf Steiner, Curative Course, lecture10, 5<sup>th</sup> July 1024.

“Six-fold Path”) These are qualities of the soul available to every human being which need to be nurtured to redirect the introvert suffering soul. ( Too often, in early childhood, plastic toys, junk music, videos and commercial gimmicks with a manipulation of interest and a vast array of gadgets, have contributed to a stunted imagination).[Also inappropriate food !] All these may contribute to the root causes of depression! The Colour Light Therapy has a vital role in giving living imaginations that gently will strengthen the ego which is so vulnerable. Then lead away from brooding, despair and self-harm to a more positive outlook in life. This can further be helped by physical work, engagement with others, and gentle soul-re-direction to one’s surroundings. Such a two-pronged approach will lead back to a more ‘normal’ way of life, without drugs and without the mental strait jacket of materialism. The strengthening of self-confidence and the widening of the inner horizon will lead to a new trust in one’s destiny. It will not happen by itself, but needs a sensitive and empathetic approach by a therapist or trusted person. Recommendations would be:

- Regular attendance to the Colour Light Therapy
- Increase regular exposure to sunlight (to strengthen circadian system)
- Organic food to give strength to the body
- Regular meal times (to strengthen the circadian system)
- Establish regular bed time (to gain deep sleep strengthens the ego)
- Live with stories of light overcoming darkness
- Daily find positive aspects to life. (or be helped to) kindle an interest.
- A work programme, physical exercise such as gardening
- No alcohol consumption of any kind
- If possible, reduce drug regime (slowly)
- Sensitive counselling (to help with the above)

Rudolf Steiner’s **Six-fold Path** may appear very simple, but if it is earnestly pursued on a regular basis, will strengthen the ego and the mental capacities and the ability to apply oneself in life whole heartedly.

1, *CONCENTRATION*, 2, *CONTROL OF ACTION*, 3, *EQUANIMITY*, 4, *POSITIVITY* – (*abstention from criticism*), 5, *OPEN-MINDEDNESS*, 6, *INNER BALANCE* – (*incorporating all five exercises*) Practice one at a time which is found easiest for a month, then progress to another.

Georg Schad, Ringwood, 2016.

### Further reading:

A total of 12,064 cases of suicide (8,801 males and 3,263 females) from 90 countries (areas) were analysed. The mean suicide rate for 15-19 year-olds in the 90 countries (areas), based on data in different years for the various countries, was 7.4/100,000 (10.5 for males and 4.1 for females)

In parts of the developing world, **pesticide poisoning** causes more deaths than infectious diseases. Use of pesticides is poorly regulated and often dangerous; their easy availability also makes them a popular method of self-harm. In 1985, the UN Food and Agriculture Organisation (FAO) produced a voluntary code of conduct for the pesticide industry in an attempt to limit the harmful effects of pesticides. Unfortunately, a lack of adequate government resources in the developing world makes this code ineffective, and thousands of deaths continue today. WHO has recommended that access to highly toxic pesticides be restricted—where this has been done, suicide rates have fallen. Since an Essential Drugs List was established in 1977, use of a few essential drugs has rationalised drug use in many regions. An analogous Minimum Pesticides List would identify a restricted number of less dangerous pesticides to do specific tasks within an integrated pest management system. Use of safer pesticides should result in fewer deaths, just as the change from barbiturates to benzodiazepines has reduced the number of deaths from pharmaceutical self-poisoning.<sup>13</sup>

### **The need for a meaningful environment**

The reason that so many human beings cut short their lives, when they feel no way out of their social or financial situations, is a real disaster, which is not being sufficiently addressed. Society may not close the eyes to the problem of depression as it has hugely increased in recent years. Every human life is precious and has meaning! Only if we can come again to a meaningful social environment in which each one can feel valued and appreciated, can develop their specific possibilities, and also have the support for everyday living as it was practiced in Camphill Communities, (from 1940) will we find ways to combat the destructive stresses that have bedevilled our society today. There is a genuine longing for many people today for a social cohesion. The 'social engineering' of the past has truly failed. Camphill was built on the recognition of the spiritual reality of each human being and on "Trust" not on regulations, and it had flourished for decades.

During most of last century, the large psychiatric Hospital Gogarburn in Edinburgh had a farm outside the town in which a good number of its residents found again the joy of life in working with nature. "**The policy of inclusion**" that was adopted by the authorities (which came from the U.S., and was already proving disastrous during the 1980s!) was rigorously imposed on all mental health patients in this country. The farm was sold and the hospital closed and sold. (now the headquarter of the R.B.S.) Bedsits in the towns was to be the answer, "social inclusion", became a load for the Social Services that they were unable to successfully implement at the time - and how is it really today? (We have been in touch with some of our former pupils who live in a specialised housing development and with carers coming in daily, but have no real social life with friends and with meaningful work.)

The head of that hospital, Dr. Kennedy, was witnessing what was happening against his better judgement, and on a visit to us in Blair Drummond (we had taken some of his

---

<sup>13</sup> The Lancet, Volume 362, Issue 9387, 13 September 2003, Page 922

patients) saw the '**Camphill Way of Life**', of 'living with our companions and students (patients) in 'extended family households', as an ideal solution. We shared with him our working with the parents, the attempt to reduce the drug regime and use of Homoeopathy, the religious life, the Further Education provided, the many craft workshops, the wholesome food grown in the gardens with our residents, the regular and shared meals, the preparation and celebration of the festivals etc. besides having the lowest fees in Scotland for this provision! He praised us as a centre of excellence, and he invited us to visit his hospital - which we did. (There were many crowded wards, but they had also individual therapy for children with severe cerebral palsy.)

To this day there are too many socially isolated individuals despite an army of carers with a minimum of education. Similarly for the elderly, many provisions are run as business enterprises, while the 'Camphill Way of Life' is being systematically eradicated.

### **Conscious use of Sunlight and Herbs**

The vital need for **sunlight** especially in childhood while the body, and especially the bones are still growing, is well documented. It makes sad reading in the paper that "Vitamin D deficiency (rickets) the lack of sunlight, has been noted in many children on the Isle of Wight, (*who spent too much time in front of their consoles*) in a report two years ago".

**St. John's Wort (*Hypericum perforatum*)** is a true healing herb that can help with skin conditions, heal the inflammations of the urinary tract and with its strong link to the light ether can be used as a herb tea to strengthen the light forces in the body as it is used on the continent for people with depression. St. John's Wort as an oil could be used in the situations described above, once a week for a whole body massage, followed by the next week with an 'oil-dispersion bath'. (Each just once a week) A counter indication is, no undue exposure to the sun as in sunbathing, as the body has become sensitised to light. It also brings light into the soul realm. But as each mental condition is different a doctor's advice should first be obtained.

**Moringa Oleifera**, the benefits from this plant

A Darkfield Microscopic Evaluation of the Live Blood Effects Caused by Moringa Oleifera (Smart Mix proprietary formula) Dr. Howard W. Fisher, Dr. Colombe Gauvin, Sigy Laredo

Live blood cell analysis using **Darkfield Microscopy** is a well-documented investigative technique that can demonstrate subtle effects that may be caused by nutritional deficiencies, digestive irregularities, physical or psychosomatic stress, or environmental factors such as toxicity and electromagnetic radiation. These factors specifically including the presence of undigested fat, saturated fat, abnormal protein, stress and electromagnetic radiation can cause erythrocyte aggregation and rouleaux. The adequate visualization of transparent living materials or thin unstained sample specimens is not possible with a brightfield microscope. Darkfield microscopy can be

used to document the changes to live blood such as erythrocyte aggregation and rouleaux as well as the formation of fibrin, and aggregation of platelets caused by the combination of factors germane to a diversity of environmental and physiological conditions

According to the formulator Adept Solutions, Smart Mix is a proprietary blend of enzymatically alive, fully bioavailable Moringa oleifera leaf, leaf puree, fruit, fruit puree and cellulose fibre seed cake capable of delivering significant levels of all essential vitamins and minerals, copious amounts of naturally created omega fatty acids and, dozens of bioavailable antioxidants, large amounts of anti-inflammatories, a significant number of anti-carcinogens, and not only all eight essential amino acids including histadine and nine others but available in proper sequencing and percentages found nowhere else in any other supplementation on the planet except for this specific variety. A U.S. government organization, the National Institutes of Health, named it the 'plant of the year' in 2008 and found to it arrest, reverse or mitigate in more than three hundred and twenty-one diseases.

These above mentioned natural phyto-nutrient components certainly add to the plausibility of the Smart Mix formulation bringing about the beneficial changes found in the live blood examination and in fact these enzymatically alive nutrients may no longer be available in the current food chain and most likely have been missing for at least seventy-five years. The formulator admits that one aspect of the handling of the raw Moringa oleifera under his auspices dictates that the product must be shade-dried to keep temperatures below the level that would affect nutrient availability or enzymatic activity. (See pictures of the effect of this plant on the blood in the original paper of Dr. Fisher)

### **Outdoor activities**

18th November, 2015. The Daily Telegraph:

**“Doctor’s orders:** surf yourself back to health”. Sir – You report (November13) that the decision by French doctors to prescribe surfing as a treatment for “a range of chronic ailments “is a world first”. This was a surprise to me. NHS doctors – including GPs – have been referring patients to the Wave Project for surf therapy treatments since 2012. In Dorset, we go one step further and have a direct contract with the local NHS trust. Unlike the French treatment, our service is free. **The Wave Project** uses surfing to treat depression, anxiety, attention deficit hyperactivity disorder and other mental health problems. Our service is fully evidence-based, which is why we qualify for NHS funding”. John Taylor, Chief Executive, Wave Project Treリスケ, Cornwall.

**“Recovery Project”** Following the success of our Eco-minds mental health programme at the Idle Valley in Nottinghamshire, we are delighted that Bassetlaw Clinical

Commissioning Group has agreed to fund the continuing delivery of our eco-therapy service. Now known as 'Recovery', the project welcomes people who suffer with their mental health, and delivers eco-therapy relating to horticulture and conservation-based tasks. They work along others, to find again their own inner balance through trust, companionship, nature and work. Contact: Project Officer: Dominic Schad. (2015) Since the summer of 2016 the funding by the NHS has sadly been withdrawn despite being an award winning activity. But because of the desperate need for this service a new avenue of funding is being sought.

**"Eco-therapy** is a union between the ideas of eco-psychology and psychotherapy. Fundamental to eco-therapy is our connection to the natural world and the environment we live in. Eco-therapy uses a range of practices in order to help us connect with nature and ultimately with our 'inner' nature. It is already a nation-wide initiative helping people to find again their inner balance. Ecotherapy.org.uk, and [www.ecotherapy.org.uk/Feedback](http://www.ecotherapy.org.uk/Feedback), is supported by Mind, the UK mental health charity".

### **Walking Can Help Relieve Stress**

One of the most ideal approaches to ease the anxieties of the day is to just walk them away, researchers have found. Strolling energetically or running truly calms you. Exercise has long been thought to be successful for uneasiness and dejection; however, the cerebrum component behind the wonder has remained a riddle. Presently tests on mice show when they are dynamic, alleviating neurons in the mind are activated. When they are then presented to a stressor, these neurons quiet them down. Be that as it may, in the brains of the runners, quieting neurons were additionally immediately discharged avoiding pointless nervousness. (February 13th, 2016, Princeton University, New York.)

A new book has come out that may be helpful, see review in The Daily Telegraph, 19<sup>th</sup> November 2015: **"Walking on Sunshine: 52 Small Steps to Happiness"**, by Rachel Kelly, 2015.

The theme of **mental health** is now continuously in the papers from concern raised like in the NHS, where among the clinical staff sick days rose from just over 33000 in 2011 to almost 180000 in 2014. The rising demand on health professionals make a one to one mental health guidance almost impossible. Or one reads in the daily papers where people describe their way to beat depression. Stress related illnesses are high on the list when people can no longer fully function and many seek medical help, which usually means being put on a drug regime. Unfortunately people too often take to drink which makes things worse as it interferes with the neuron transmitters in the brain.

It is no surprise that now one can find many **"Happiness Programmes"** on the internet, that can lead to: \* Enhanced Relaxation, Health & Fitness, \* Relief from Stress &

Tension, \* Boosted Energy Levels & Stamina, \* Increased Confidence & Effective Communication, \* Sustained Enthusiasm, \* Improved Relationships.

I would gladly add **regular gardening as part of a self-healing programme**. It will provide physical exercise, together with others. (which is important for the ego to be actively engaged.) It will provide actual, varied and meaningful involvement, socialising by working and sharing with others, thus braking the barrier of self-reflecting loneliness. All this, even problems with the weather should not stop one finishing a job. Learning to appreciate help or confidence from others, and offering to help. Enjoying the fruit of one's own labour to eat: healthy vegetables or fruits.

It has come to my notice that one can test the **stress level** in patients with the cortisol content in the saliva. To scientifically check the efficacy of our colour light treatment for people with stress, this would be an easy method to ascertain a scientific confirmation if our treatment for depression is effective or not. [Who can do this for us?]

- A) to take a sample on arrival, before the Colour Light Treatment
- B) to take a sample immediately after the treatment.

### **Cortisol hormone**

(hydrocortisone, Compound F)

is the major glucocorticoid hormone produced in the adrenal cortex. Cortisol is actively involved in the regulation of calcium absorption, blood pressure maintenance, anti-inflammatory function, gluconeogenesis, gastric acid and pepsin secretion, and immune function.

Cortisol production has a **circadian rhythm**: Levels peak in the early morning and drop to the lowest concentration at night.

#### **Levels rise independently of circadian rhythm in response to stress.**

Increased cortisol production is associated with Cushing's syndrome and adrenal tumours, while decreased cortisol production is associated with adrenal insufficiency (e.g., Addison's disease) and adrenocorticotrophic hormone (ACTH) deficiency.

In the blood only 1 to 15% of cortisol is in its unbound or biologically active form. The remaining cortisol is bound to serum proteins. Unbound serum cortisol enters the saliva via intracellular mechanisms, and in saliva the majority of cortisol remains unbound to protein.

Salivary cortisol levels are unaffected by salivary flow rate or salivary enzymes. Studies consistently report high correlations between serum and saliva cortisol, indicating that salivary cortisol levels reliably estimate serum cortisol levels.

Approved Salivary Collection Methods: Assay Kits

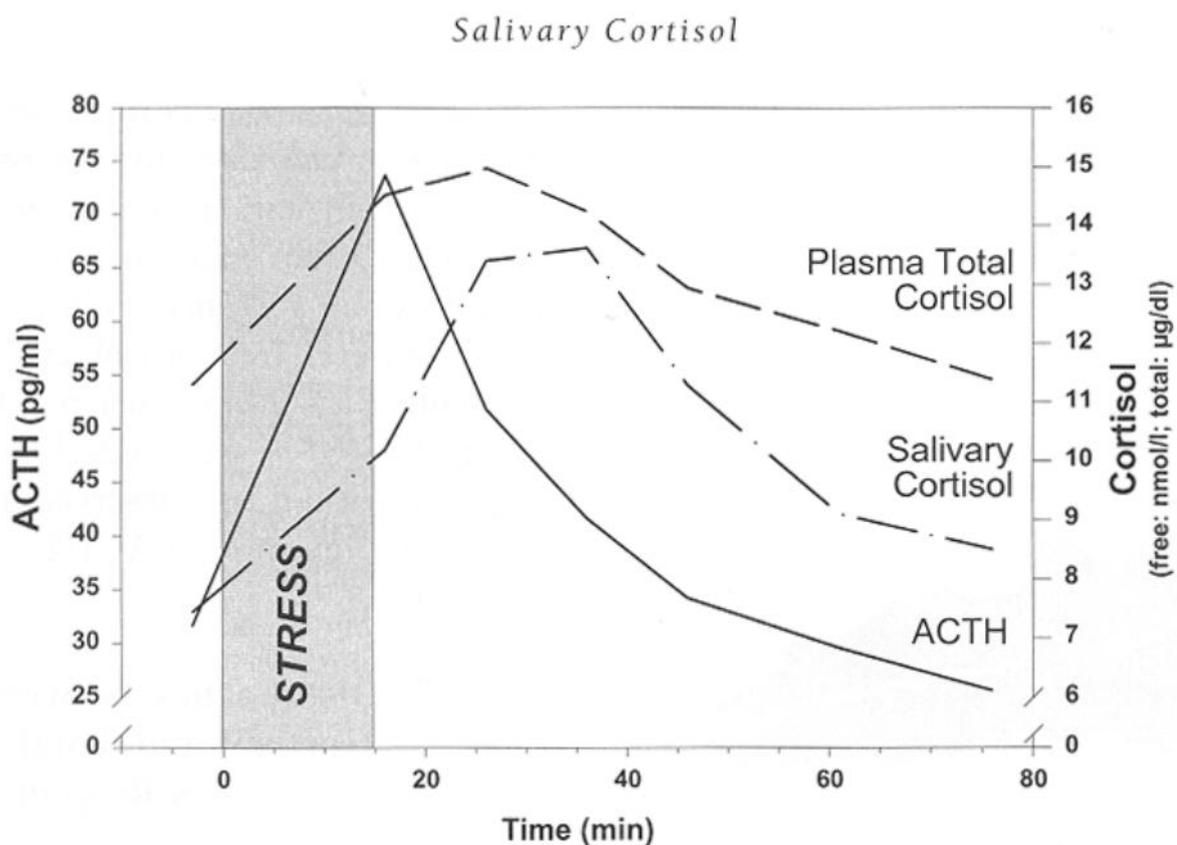
Cortisol ELISA Kit (Saliva) - Salimetrics Assays, 1-3002

1-3102 (in vitro) - Cortisol Diagnostic Salivary Immunoassay Kit (ELISA/EIA)

SalivaBio Passive Drool Method

SalivaBio Passive Drool Method

SalivaBio Oral Swab (SOS) Saliva Collection Method. SalivaBio Oral Swab (SOS) Saliva Collection Method. Published Online First 12 October 2015 by BMJ, "Global Health"



Since the mid -1980s, the assessment of free cortisol in saliva has become an increasingly important tool in stress research because it has a number of advantages over the measurement of cortisol in blood or urine. Of prime interest of the stress researcher is the non-invasiveness of sampling and the ability to obtain samples at

short intervals from subjects over the entire life span without raising ethical problems associated with venepuncture. The measurement of cortisol levels in saliva is the method of choice today.

### **What is the need?**

In a time of increasing demand for psychological services and continually decreasing resources, unmet needs with respect to National Health Service (NHS) mental health services is reaching an unprecedented level.

While monthly referrals to community mental health teams increased 13% in 2013, and 16% in the case of crisis services, investment in mental health services has fallen in real terms for three successive years, not helped by the government's £22 billion target for efficiency savings. As such, the resulting loss of over 200 full-time mental health doctors and 3600 nurses has meant that despite a £450 million investment in reducing waiting times and increasing access to psychological therapies (IAPT), 1 in 10 patients experience waiting lists of over a year before receiving any form of treatment, with 1 in 2 waiting over 3 months.

One in 6 of those on waiting lists for mental health services are expected to attempt suicide, 4 in 10 are expected to self-harm and two-thirds are likely to see their condition deteriorate before having the opportunity to see a mental health professional. As such, approximately 70 million sick days and 170 000 self-harm related accident and emergency attendances can be attributed to underlying mental health issues in the UK every year; with these individuals also exhibiting double the rate of both inpatient and outpatient hospital attendances compared to the UK general population. Unfortunately long-term prospects for those with mental health issues are not much better. Those suffering from serious mental illness face twice the risk of diabetes and death from heart disease, three times the risk of hypertension and a fourfold increase in all-cause premature mortality when compared with the UK general population; all of which contributing to the £105 billion that mental distress costs the English economy each year.

**Online and app-based self-delivered treatments for mental health disorders are a novel and increasingly popular method of service delivery, and as such, may be the solution the NHS is looking for.**

### **Psychological treatments**

Claim of having a high success rate: D, Richardson T. Computer-based psychological treatments for depression: a systematic review and meta-analysis. *Clin Psychol Rev* 2012;32:329–42. doi:10.1016/j.cpr.2012.02.004 [CrossRef][Medline]

From a study in Scotland in 2010: “Early death for those hospitalised with mental disorder is common, and represents a significant inequality even in well-developed healthcare systems. Prevention of suicide and cardiovascular disease deserves particular attention in the mentally disordered”

**The Lancet has withdrawn its support from a document outlining how healthcare professionals could collaborate with the drug industry.**

In an editorial titled “**Falling out with pharma**,”<sup>1</sup> the journal’s editor, Richard Horton, said that the statements the document made did not match the latest evidence on the behaviour of drug companies today and that this evidence undermined the principles to which he originally signed up in an attempt “to forge a new and more constructive partnership between medicine and the pharmaceutical industry.” The four page document was published in **2012 by the Ethical Standards in Health and Life Sciences Group,<sup>2</sup>** which is co-chaired by the president of the Royal College of Physicians, Richard Thompson, and the president of the Association of the British Pharmaceutical Industry, Deepak Khanna. The group’s members include several royal colleges, the BMA, the Department of Health for England, and the Lancet. The document is available on the websites of the RCP and the ABPI.<sup>3</sup>

Today, 28<sup>th</sup> January 2016, ‘The Daily Telegraph’ reported on its front page: “**Depression drugs make suicide more likely**”. After comparing clinical trial information to actual patient reports, the scientists concluded pharmaceutical companies had regularly misclassified death and suicidal actions or thoughts in people taking antidepressants to “**favour their products**”.

**A Research Project reported in the British Medical Journal found:** Suicidality and aggression during antidepressant treatment: systematic review and meta-analyses based on clinical study reports: BMJ 2016; 352 doi: <http://dx.doi.org/10.1136/bmj.i65> (Published 27 January 2016) Cite this as: BMJ 2016;352:i65.

Ending with: **What is already known on this topic**

- Important information on harms is often missing in published trial reports
- Clinical study reports should therefore be the preferred source for systematic reviews of drugs
- Antidepressants can increase the risk of suicide in children and adolescents

**What this study adds**

- Despite all the limitations we identified in the trials and in the clinical study reports, we found an increase in events of aggression with antidepressants (lost in adults alone), with a doubling of both suicidality and aggression in children and adolescents
- Selective reporting of relevant harms across the different sections of the clinical study reports meant that patient narratives, tables with individual patient listings (often found in appendices), and case report forms are needed for complete information for identifying harms data.

Unfortunately, the big pharmaceutical companies are pushing their products on an ever more desperate market. (See report: “Falling out with pharma,” on this page, above). In all sectors of life we find their products taking centre stage. All the chemicals, from minerals to pesticides fill the shelves of the gardening centres. The beekeepers are told through Defra and their agents/inspectors, that we need to buy their products to keep our bees healthy when in fact with every application we weaken the insects. Millions of tonnes of fertilizers and neonicotinoids are used in agriculture poisoning the earth, the food and the water ways (drinking water) and the fish populations. They have contributed to changing sustainable farming to an industry that exploits the animals to

maximise the profit margins. Making chickens to disease-ridden and sickly animals, the cows into milk machines, the beef and pig breeding into cheap food manufacture.

While the same companies have also produced life-saving medicines, their immoral behaviour has severely damaged the trust one had in them in the past. 'Do not take any drug if you can avoid it', must be the motto for today, for most people die, young or old, because of drugs. In the first place find alternative medicines !

Important:

It would be good if more studies were directed into the **causes of mental illness** in the first place, and re-examine Steiner's indications, that nervous (neurological) diseases are the outcome of materialistic thinking from the previous life and that we would see an increase with epidemic proportion; and the huge rise in criminality.

The whole of the last century is marked by the huge progress we have made through materialistic thinking, our increasing comfortable life styles and our make-believe world with an electronic proliferation that has man's thinking bound to our physical environment. Yet, year on year there is a steep increase of cases of mental illnesses. Yesterday alone was a short mention on the TV, that in Britain every day 2 people commit suicide on the railways. It would be interesting too if more studies would turn to whether the **adulterated food** we are meant to eat has a damaging effect upon our mental health. **Pesticide's role in food production**, together with the accumulation of poisons in our body (liver). **The role of alcohol and drugs in the blood, weakening the ego forces and weakening the immune system.** What is the result of the mega increase in electro magnetic radiation, especially with the mobile phone industry, the innocent looking heat and gas detectors in our homes, the microwave cookers etc.?? This is already going on for two generations, and are we seeing the result of this in the lack of mental health? How do the pesticides effect the working of our nervous system, when it effects the bees that they no longer find their way to their hive? Last year I stopped eating rice crispies, as a study in Ireland found that this cereal was made from highly radiation contaminated rice coming from the far East. Even though this was exposed in the Daily Telegraph, we have become so lethargic that nobody takes any notice. The super markets still carry the same items for us to buy.

### **What is safe to eat today?**

. •In July 2015, The IARC (International Agency for Research on Cancer), acting on behalf of the WHO, classified **glyphosate** as "probably carcinogenic to humans." This is based on positive findings of carcinogenicity in regulatory animal studies, as well as

limited evidence of non-Hodgkin lymphoma, particularly amongst farmers. (trade name Roundup)

- Makers of glyphosate claim that it is unlikely to pollute the water (ground or surface). However, researchers have found traces in wells and ground waters in countries as diverse as Holland, Spain and Canada. It has been found in the residues on the sides of **UK reservoirs**, and recently Guernsey Water Company found 19 of 20 samples contained glyphosate. Water contamination is probably as a result of drift from spraying, or from soil run off and erosion. **How 'safe' is our drinking water?**

Why do the super markets still sell 'Roundup'?

### **The Effects of Stress on the Body<sup>14</sup>**

If you're alive, you've got stress. Stress is a natural physical and mental reaction to both good and bad experiences that can be beneficial to your health and safety. Your body responds to stress by releasing hormones and increasing your heart and breathing rates. Your brain gets more oxygen, giving you an edge in responding to a problem. In the short term, stress helps you cope with tough situations. Stress can be triggered by the pressures of everyday responsibilities at work and at home. As you might expect, negative life events like divorce or the death of a loved one cause stress. So can physical illness. Traumatic stress, brought on by war, disaster, or a violent attack, can keep your body's stress levels elevated far longer than is necessary for survival. Chronic stress can cause a variety of symptoms and can affect your overall health and well-being. Your central nervous system (CNS) is in charge of your "fight or flight" response. The CNS instantly tells the rest of your body what to do, marshalling all resources to the cause. In the brain, the hypothalamus gets the ball rolling, telling your adrenal glands to release adrenaline and cortisol. When the perceived fear is gone, the CNS should tell all systems to go back to normal. It has done its job. If the CNS fails to return to normal, or if the stressor doesn't go away, it takes a toll on your body. Symptoms of chronic stress include irritability, anxiety, and depression. You may suffer from headaches or insomnia. Chronic stress is a factor in some behaviours like overeating or not eating enough, alcohol or drug abuse, or social withdrawal.

Respiratory and Cardiovascular Systems Stress hormones affect your

---

<sup>14</sup> [www.healthline.com](http://www.healthline.com) › Stress Management.

respiratory and cardiovascular systems. During the stress response, you breathe faster in an effort to distribute oxygen and blood quickly to your body core. If you have pre-existing respiratory problems like asthma or emphysema, stress can make it harder to breathe. Your heart also pumps faster. Stress hormones cause your blood vessels to constrict and raise your blood pressure. All that helps get oxygen to your brain and heart so you'll have more strength and energy to take action. Frequent or chronic stress makes your heart work too hard for too long, raising your risk of hypertension and problems with your blood vessels and heart. You're at higher risk of having a stroke or heart attack. The female hormone oestrogen offers pre-menopausal women some protection from stress-related heart disease.

**Digestive System** Under stress, your liver produces extra blood sugar (glucose) to give you a boost of energy. Unused blood sugar is reabsorbed by the body. If you're under chronic stress, your body may not be able to keep up with this extra glucose surge, and you may be at an increased risk of developing type 2 diabetes. The rush of hormones, rapid breathing, and increased heart rate can upset your digestive system. You're more likely to have heartburn or acid reflux. Stress doesn't cause ulcers — a bacterium called *H. pylori* does — but stress may cause existing ulcers to act up. You might experience nausea, vomiting, or a stomach-ache. Stress can affect the way food moves through your body, leading to diarrhoea or constipation.

**Muscular System** Under stress, your muscles tense up to protect themselves from injury. You've probably felt your muscles tighten up and release again once you relax. If you're constantly under stress, your muscles don't get the chance to relax. Tight muscles cause headaches, back and shoulder pain, and body aches. Over time, you may stop exercising and turn to pain medication, setting off an unhealthy cycle.

**Sexuality and Reproductive System** Stress is exhausting for the body and for the mind. It's not unusual to lose your desire for sex when you're under chronic stress. However, men may produce more of the male hormone testosterone during stress, which may increase sexual arousal in the short term. For women, stress can affect the menstrual cycle. You might have irregular or no menstruation, or heavier and more painful periods. The physical symptoms of menopause may be magnified under chronic stress. If stress continues for a long time, a man's testosterone levels begin to drop. That can interfere with sperm production and cause erectile dysfunction or impotence. Chronic stress may make the urethra, prostate,

and testes more prone to infection. Immune System Stress stimulates the immune system. In the short term, that's a bonus. It helps you stave off infection and heal wounds. Over time, cortisol compromises your immune system, inhibiting histamine secretion and inflammatory response to foreign invaders. People under chronic stress are more susceptible to viral illnesses like influenza and the common cold. It increases risk of other opportunistic diseases and infections. It can also increase the time it takes to recover from illness or injury. - See more at:

<http://www.healthline.com/health/stress/effects-on-body#sthash.jIsSpzoL.dpuf>

### **The effect of red blood cell aggregation**

T Lew Lim, MedicLights Research Inc., Toronto, Canada. May 2010

**The blood profile reveals a person's state of health.** If we look at a blood sample of an unhealthy subject, we will see that the red blood cells (RBCs) are sticking together (aggregating) and behaving like glue – with high resistance to flow (“high viscosity”).

Under a microscope, the blood sample of an unhealthy subject would look something like in Figure 1: Blood sample of an unhealthy person (close fusion of red blood cells) With the same person in a healthy condition, his blood sample would look entirely different, as in figure 2. (all cells not stuck together but freely moving)

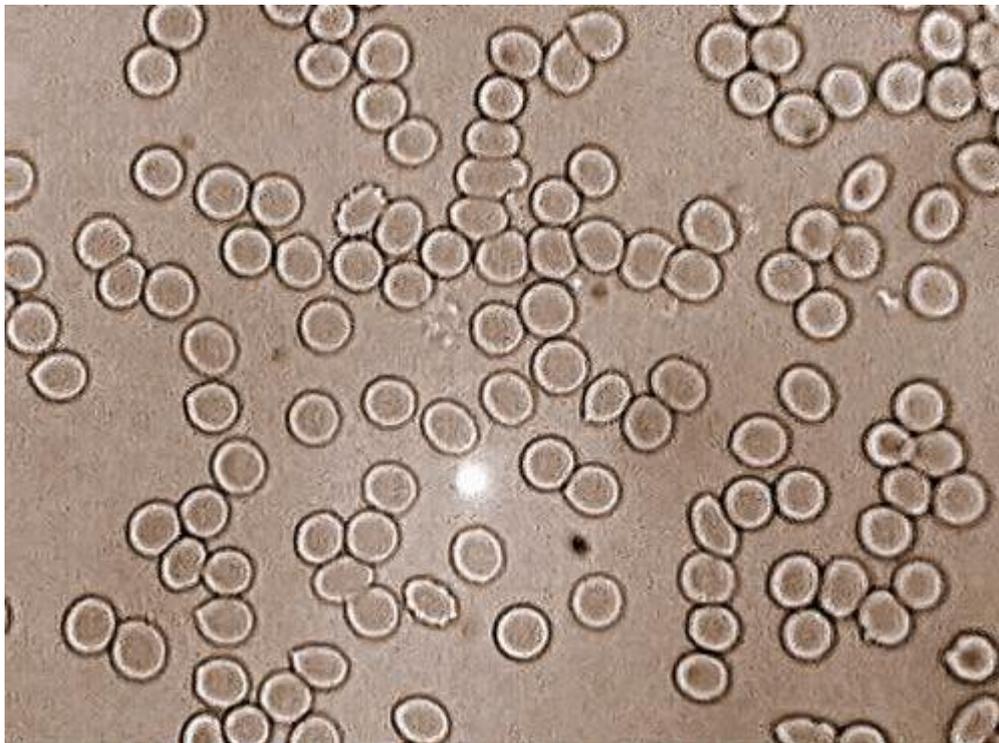


figure 2:

Visually, it is clear that the main difference between the two samples is how the red blood cells (RBCs) or erythrocytes are seen to be aggregated in figure 1 and disaggregated in figure 2. It is not possible to demonstrate from a static picture like this but when the blood samples were taken, the blood in figure 2 was also observed to be less viscous. "Blood aggregation" was coined as early as 1786 by health knowledge leaders. Occasionally it is called "blood sludging". Whatever the phenomenon is called, it has been associated with many diseases. In this connection see also: VieLight Intranasal Light Therapy.

This 2<sup>nd</sup> verse was part of the original verse of "Those were the days" ...

*"Light as a butterfly the soul will dance  
When with the colours the rainbow appears,  
Left behind are the burdens and worries –  
Freedom from darkness, freedom from fears".*

### **Soulcalendar verse 7 No.7, 19th - 25th May**

Mein Selbst, es drohet zu entfliehen,  
Vom Weltenlichte mächtig angezogen.  
Nun trete du mein Ahnen  
In deine Rechte kräftig ein,  
Ersetze mir des Denkens Macht,  
Das in der Sinne Schein  
Sich selbst verlieren will.

**My self is threatening to fly forth,  
Lured strongly by the world's enticing light.  
Come forth, prophetic feeling,  
Take up with strength your rightful task:  
Replace in me the power of thought  
Which in the senses' glory  
Would gladly lose itself.**

**Like the moth to the light, my own being feels strongly drawn to outer light, instead let now my divining with strength take its rightful place,**

**So that the power of my thinking will not get lost in the Maya\* of sense appearance.**

\*Maya in Hinduism is the material world considered in reality to be an illusion.

Georg Schad, Ringwood, July 2016