



## Healing Within

### Biology of Aliveness: The Power of Light (Part 1) & Breathwork Gathering



Cape May 5:52 AM (July)

#### Light is medicine!

"The Sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else in the universe to do." *Galileo Galilei*

In previous newsletters I have described how we can harness the forces of nature and thus initiate a momentum for upgrading and resetting many biological processes. Consistently grounding our bare feet on natural ground and cultivating breathing are two such examples. Another essential but essentially forgotten way to boost our health at foundational levels, is by syncing our biology to the solar cycle of lightwaves. Over the course of 100,000's of years body tasks have been organized based on a 24 hour

clock. All living creatures exhibit this circadian rhythmicity. The sun reliably shows up in full magnificence whether it is to ripen grapes or whether it is to provide the light rays necessary to optimize important daily processes like secretion of hormones at the appropriate times, energy production, cognitive function or regulation of our metabolism.

For example stomach acid decreases around 7 PM and gut motility slows. The body is inherently not designed to eat late at night but to focus on other things at night and during sleep.

### **How does the body accomplish this?**

Lightwaves from the sun enter the eyes and get translated by specific photoreceptors into signals directly communicating to the hypothalamus in the brain, activating many essential biological processes.

There are a few time windows along the circadian clock which particularly impact how we feel, focus, digest, how much energy we have and how we sleep, and which are key for resetting dysregulated circadian rhythms.

Sunrise and early morning sunlight provide a balanced spectrum that signal to the brain the start of the day and initiate a cascade of processes which release all hormones & neurotransmitters responsible for getting into gear and provide the chemistry for a thriving day.

This includes steroid hormone balance and related things like fertility, menstrual cycles, libido & balanced levels of all sex hormones.

The light spectrum changes throughout the course of the day. Towards the end of the afternoon a different light potency alerts the brain to activate the production of melatonin. Melatonin is the main sleep hormone, but just as, if not more importantly, it is the main hormone responsible for cell repair and regeneration, for cleaning up debris, free radicals & inflammation.

#### [Melatonin and Health](#)

### **Practical application for re-synching your Circadian Rhythm to Nature's clock:**

- Go outside at sunrise and sky gaze east to

the  
brightest  
part  
of  
the  
sky  
with  
the  
naked  
eye  
for  
5  
minutes  
-  
NO  
glasses  
or  
contact  
lenses  
-  
NO  
looking  
directly  
at  
the  
sun.  
This  
is  
effective  
in  
cloudy,  
rainy,  
foggy  
or  
snowy  
weather.  
The  
rich  
spectrum  
(red,  
infrared  
in  
balance  
with  
blue  
light)  
initiates  
and  
resets

circadian  
rhythm.

- Go  
outside  
(and  
ground)  
or  
walk  
outside  
during  
the  
early  
morning  
-  
no  
glasses,  
contact  
lenses  
or  
sunglasses  
-  
no  
need  
to  
look  
at  
the  
sun  
as  
the  
eyes  
are  
designed  
to  
capture  
the  
wavelengths  
of  
light  
necessary  
for  
signaling  
to  
the  
brain.  
Many  
health  
benefits  
to

be  
gained  
during  
this  
time  
window.

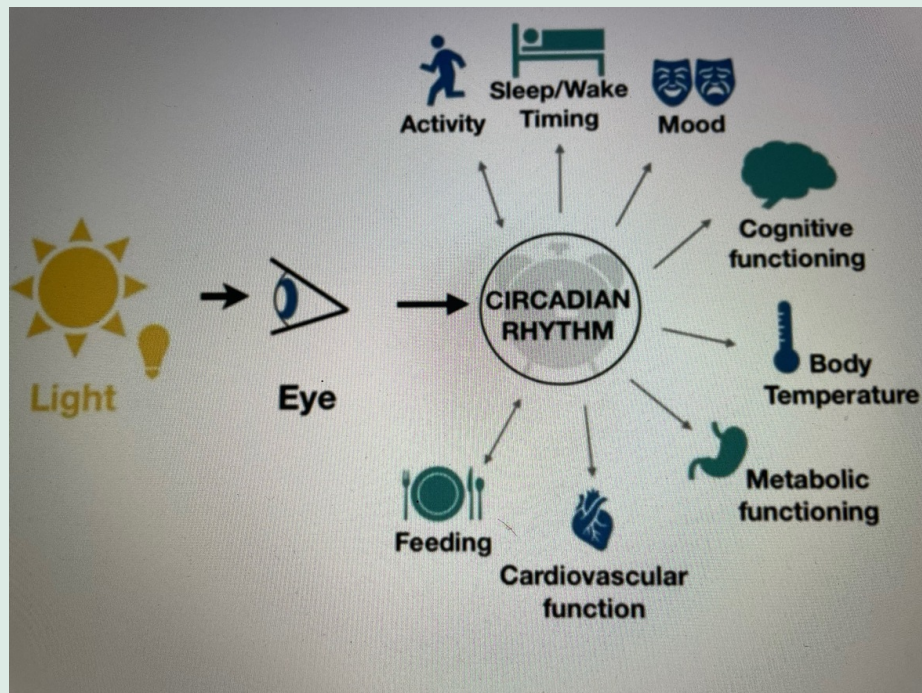
- Consistency  
is  
key!!

There is much more to this. I am presenting some of the very basic principles of a newly emerging field that looks at the body and health not just from a mechanistic way but from a much broader perspective as it takes into account the vibrational or electromagnetic nature of biology. This biology has evolved over millions of years, deeply entangled with and perfectly attuned to the earth and the sun.

Circadian biology has been studied extensively. When doing a search on Pubmed, I got over 80,000 results.

[Circadian Rhythm and Disease](#)

[Circadian Rhythm and Gut MicroBiome](#)



## October Breathwork Gathering

In **BREATHWORK** we tap into the intelligence of the human design,

activating a force that knows how to navigate and transform all body systems from the most physical to the subtlest. It's a gentle and deep internal workout that supercharges the entire biology, releasing what doesn't fit or belong anymore to a higher level of functioning. As a result, we experience cellular wellbeing, we open into heart intelligence and we access vast fields of new possibility.

*"The breathing workshop was absolutely transformative. Malou's ability to create a supportive atmosphere for the entire group was truly impressive. Following the workshop, I experienced a profound sense of clarity, vitality, and an open heart. I am deeply grateful for this beautiful and enriching experience." \_\_Halle*

If you feel called, register for the next one below.

**Date: Saturday, October 21 from 11:15 to 2:15**

Location: W 27th Street betw. 6 & 7 in Manhattan

Fee: \$55

This is an in-person exploration of breathwork & rebirthing breathwork within a group field. No prior experience is needed.

**All willing & curious are welcome!**

**Please feel free to share this announcement with anybody who may be interested to join.**

Contact me with any questions.



Wisdom House, CT 6:42 AM (October)

Malou

Contact Me

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