

## **Light therapy part of parapsychology**

Light therapy is one kind of parapsychology which has therapeutic aspects. My purpose in this article is to look at para-psychology, not from the point of view of proof, but as how it can make a difference in humans. In fact, much of the scientific research that has been done has examined the existence of para-psychology:

In the field of parapsychology, there are two categories of issues. The first concerns the existence and nature of some phenomena such as telepathy and the soul, and questions such as "Is there a telepathy?", "Is there a soul? What is the nature of it?" arise. The second section deals with issues related to the role and function of parapsychology in human life, especially disease treatment and lifestyle improvement.

To answer the above questions, Light therapy takes a particular approach. For example, in the field of diseases, light therapy cures diseases not by physical, but by spiritual ways. In fact, light therapy helps the patient to activate his / her spiritual potential and to activate his / her self-healing power.

### **The Importance of Light Therapy**

Light therapy can definitely be more important for those who haven't obtained the results they want from traditional and modern medicine. Those who believe that human beings have more capacities than physical capacities, have always asked how these capacities can be realized. In the non-scientific world, claims have been made to activate these capacities, which mainly put humans inactive. In these kinds of ways, the human beings passively and unilaterally seek help from the supernatural world and ignore their significant capabilities. The key question is how to activate one's spiritual capacities?

These are some of the questions that light therapy exercises can answer. Light therapy exercises can activate a person's boundless ability and help him to use his spiritual healing powers. Before we go into any further explanation, we need to know the human's power of self-healing and how it can be activated.

### **How to activate healing system?**

The most important tool that man has and which can activate his healing system is the mind. The mind by imagination enables us to activate our inner healing system. Many of us use imagination for different purposes. For example, we think about

goals that we have, we think about the future. But is the use of imagination or imagery really made for such purposes?

In Light Therapy, we talk about two important things: First, supernatural codes that are thought to activate the healing power of our minds. Second, the emotional system, which is a matter beyond human material senses or emotions. In psychology, senses are purely physical in nature. But in light therapy, emotions are considered to be a system of non-physical origin. This system, known as chakra in yoga, is a non-physical system that can activate our self-healing system if we go through specific codes of mind.

In the following articles, I will discuss these activation codes for the emotional system and how to manage them.