

Light, the code of communication with the spiritual world

One of the most important views of the spiritual world is Plato's theory. Many Christian and Muslim philosophers have been influenced by Plato's theory. Plato believes that everything seen in the material world is a shadow of what exists in the spiritual world. The most notable example is Plato's Cave, which refers to those who are poisoned in a dark cave and see only a shadow of real life since little light is cast in the cave. In fact, according to this theory, the body is a shadow of the soul. All that exists in the material world originates in the spiritual world. For example, some Islamic theologians believe that the wine in the material world is just a shadow of the real wine that is spoken of in the Qur'an.

By further meditating on Plato's theory, one can apply this theory to the healing of diseases. That is, there is a primary healing in the spiritual world. The healing that takes place in the material world is a shadow of what is happening in the spiritual world.

Now, the point that comes to mind is how to communicate with the spiritual world? According to Suhrawardi's theory, the means of communicating with the spiritual world is the power of the human imagination and the secret to the use of this power is light. Light is a material allegory of God. In other words, the closest thing in the material world that resembles God is light.

According to philosophers, God is a cause that does not need any cause for His existence. Light, too, is the cause of illumination itself, yet illumination itself, that is, the cause and effect of illumination are gathered in the light. So, for Suhrawardi, light is a code of communication with the spiritual world.

Here I would like to draw your attention to the very first point of this article: Everything that exists in the world is a shadow of the spiritual world. So our way of getting to know the spiritual world goes through the same material world. For example, medicines are a shadow of spiritual healing. How, then, on such a perspective, can we accelerate the process of spiritual healing?

According to the philosophy of Light Therapy, if we can imagine the mechanism of movement of chemical drugs in the same place where the chemical drug operates, using light flow and using our minds, we will be close to what is called spiritual healing. This is, in short, the goal of Light Therapy.