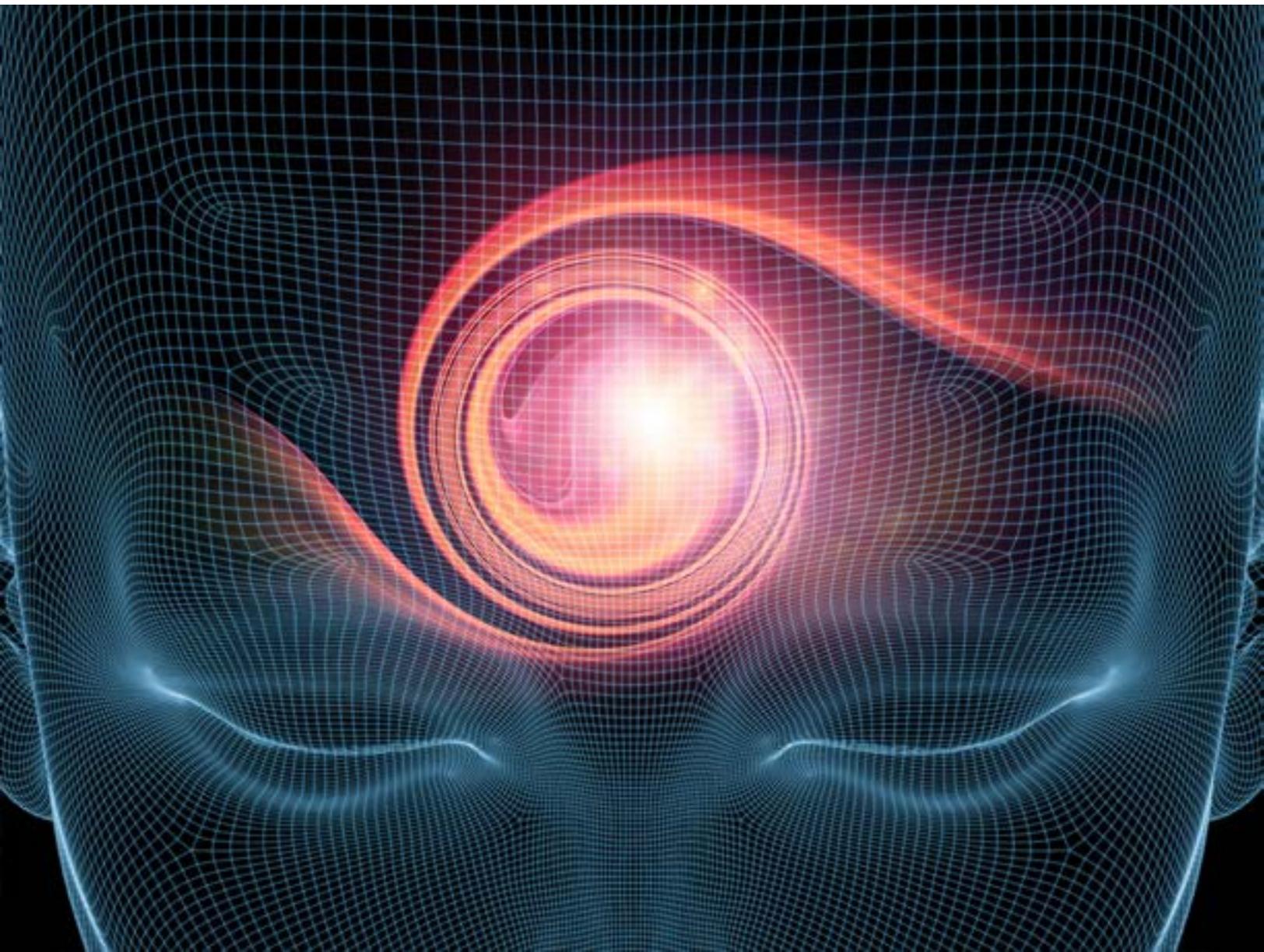




TRAVELING LIGHT





Shining Light on Alzheimer's Disease

By Allison Pelissier

Recent research by Dr. Li-Huei Tsai and her colleagues at Massachusetts Institute of Technology (MIT) has demonstrated the power of flickering light in combating Alzheimer's disease in mice.

Alzheimer's disease affects over 5 million people in the US alone. It is a type of dementia that effects learning, intellectual ability, memory and behavior. Dr. Alois Alzheimer discovered clumps of amyloid plaques and tangled tau brain fibers in a woman's brain in 1906. Another notable feature of Alzheimer's disease patients is lack of healthy gamma wave oscillations. So far, attempts to use drugs to prevent or clear amyloid plaque formation have been unsuccessful.

Brainwave Activity

Inside the human brain are billions of different neurons. The junctions between different neurons are called synapses. Electrical signals fire through the brain synapses, bringing millions of neurons into synchrony in cycles, or waves. These are known as brainwaves. The speed and amplitude of these brainwaves are linked to certain states of consciousness, which are classified into five distinct categories. These brainwave frequencies range from delta waves (.5-3hz) to gamma waves (25-100+hz). Your synapses actually fire in all of these different frequency waves simultaneously, however one frequency at a time is usually dominant. Each person's brainwave signatures

(combinations of waves including amplitude of each brainwave) are unique.

Gamma Brainwaves and Dr. Tsai's Study

Gamma brainwaves, which are impaired in patients diagnosed with Alzheimer's disease, are the highest frequency of brainwaves. They are associated with higher learning, deep meditation, altruism and communication between different parts of the brain.

Instead of trying to directly clear the amyloid plaques or untangle the tau fibers, Dr. Tsai and her team focused on the gamma wave. They found that they could encourage the mice's brain to produce gamma waves by using flashing lights at 40hz. Microglia (the brain's cleanup crew) were activated by this stimulation and returned to their normal job of assisting with the immune response by consuming the harmful amyloid beta plaque.

Therefore, after flashing a 40hz frequency for 1 hour at mice with Alzheimer's disease, Dr. Tsai and her team found a 50% reduction of beta amyloid plaques. The original effects only worked for 12-24 hours. After this period the microglia became sluggish again and the amyloid plaques began to build back up. Thus, they tried again. This time they gave the mice 1 hour of 40hz stimulation for 7 days in a row. They saw great improvement. They also saw a marked decrease in the tangled tau fibers in the brain, which is another main feature of Alzheimer's disease.

The Bottom Line

As Alzheimer's is considered an irreversible and progressive brain disorder, this study represents very exciting research. Whether this will work on humans as effectively as mice remains to be seen. As Dr. Tsai herself commented as the main result of the study, "Our findings uncover a previously unappreciated function of gamma rhythms in recruiting both neuronal and glial responses to attenuate Alzheimer's-disease-associated pathology."

Also exciting though is Dr. Tsai's approach, which activates the brain back to normal functioning without drugs, so that it can heal itself.

Access the full journal article here: <http://www.nature.com/nature/journal/v540/n7632/full/nature20587.html>

Listen to an entertaining podcast about it here: <http://www.radiolab.org/story/bringing-gamma-back/>



Lucia N°03 Light Upcoming Events:

MAPS Psychedelic Science Conference 2017
April 19-24, 2017
Oakland, CA

14th Annual Conference of The International Association of Light
April 30th - May 3rd
Miami, FL

Being Gathering
June 28th - July 2nd
Idahna-A-Nova Lake, Portugal

Burning Man (Camp Mystic)
August 27 – September 4, 2017
Black Rock City, NV

***We would love to collaborate with you! Email:
Thetravelinglightmachine@gmail.com to propose a future event with
The Lucia N°03 Light Experience!***

travellerunlimited

Psychonautic with Lucia N°03

user guide

*Lucia
N°03*

Software Update Announcement! NEW Psychonautic Software:

We are excited to announce there is a new free software update for the Lucia N°03! Specifically designed to be used by light attendants at hotels, spas or other locations where the light attendant may not be as well acquainted with the Lucia N°03 as a light ambassador. This software provides an easy-to-use system for selecting sessions. We still highly recommend you try out the sessions and make notes for yourself. Zachary and I have personally tried some of them and found them to be amazing but most are definitely more on the medium to intense side of the spectrum. NOTE: The light traveler still needs to be accompanied by a light attendant at all times.

The Lucia N°03 company has created a new module especially for individual virtual adventures.

The 5 categories of sessions with included recommendations of music are:

- "Release and arrive"
- "Activating self-healing powers"
- "Total relaxation"
- "Deep meditation and antique cult"
- "Adventure psychonautic"

Sessions "Psychonautic":

There are more than 30 NEW Sessions for this module.

They are available on Lucia N°03 academy (downloads) and can be easily transferred to your Lucia N°03 laptop.

New features:

- Short Cuts (e.g. "F1" for demo-session 2min)
- individual and quick use.
- Also, individual backgrounds in the module "psychonautic" is available for a reasonable fee, just send us your jpeg
- Software 3.7
- Sessions for module "Psychonautic"
- User guide "Psychonautic"
- User manual updated to software 3.7

**A note from the creators in Austria:
"We wish you wonderful new experiences and we appreciate your feedback."**

Featured Light Ambassadors

Charna Cassell



I L L U M I N A T E D S F

Charna Cassell, MFT, MA, is committed to world peace and the liberation of all beings. Charna's activism happens through her body-centered psychotherapy practice, by facilitating heart opening, deeper consciousness, clearer communication and embodiment. She believes the Lucia light can play a role in helping people access internal space and peace, which directly affects how they relate in the world.

Charna discovered the Lucia N°03 Light at a transformative tech conference, hoping to find neurofeedback devices to help her clients deal with trauma, insomnia, anxiety and aid in meditation. The Lucia N°03 Light met all those needs. It left her euphoric, relaxed and more rested. Future sessions had her feel held and supported by the universe in a new way. The inspiration was profound enough that she decided she had to bring the light to her psychotherapy colleagues, entrepreneurs, medical professionals, post-trauma thrivers, cultural creatives, tech friends and the whole Bay Area. Charna is a writer who can be found walking her puppy, Santosha, in the redwoods in Oakland, CA.

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Lindsay Dugas



After years of a meditation practice, getting Yoga Nidra certified and earning a Brain Mapping certificate, Lindsay now understands that it was all in preparation for the Lucia N°03. This has been a dream come true for her in multiple ways. Starting a business that is her own and giving people a look at their potential. Being able to talk about expanded states of consciousness and bringing awe and wonder to people has truly been a gift.

The light found her and she found the light last year at a Dr. Joe Dispenza meditation retreat. Someone had mentioned it there and at first she didn't know what it was and stayed focused on the retreat. When returning home she remembered to look up that "light thing" and was instantly in love. She knew, absolutely knew that this was it. Just so happens (as serendipity would have it) there was going to be a training in Oakland at the same time she was going to be in the Bay Area in December. This is where she had her first session, once laying down under the light she looked up at Lucia and said "Hi Lucia," and grinned from ear to ear, just like old friends reuniting. After having one session she fell more in love with Lucia and that was it.

When she isn't spreading the light you could find her in the desert with her dogs or running around in the mountains with her wonderful hubby to be or off on some other adventure.

Lindsay Dugas

Lindsaylucialight@gmail.com

Waxela Sananda
Sarasota, FL



Hi, my name is Waxéla (wa-shay-la) Sananda in Sarasota, Florida. I am an artist, meditation teacher, clairvoyant and an active explorer of spirituality and consciousness for over 25 years. At age 24 I began studying and practicing Native American and Hawaiian Shamanism while living on the island of Kauai, Hawaii. My training includes Reiki, Reconnective Healing, Aromatherapy, holistic nutrition, and many other forms of energy healing. I “read” energy and channel higher dimensional frequencies to my clients during energy work sessions.

I have recently become a light attendant with the Lucia N°03. The light fits perfectly with my commitment to helping my clients access sacred space and connection to Spirit, and I am experimenting with ways to bring access to higher frequencies and consciousness with energy work during Lucia sessions. My mission is to assist people in achieving a greater level of consciousness and inner peace in accordance with their highest good.

I expect to be traveling with Lucia often in my first year and then settle into a more permanent location after that, and I am open to wherever the path leads.

Blessings,
Waxela (wa-shay-la) Sananda
www.LuciaLightFlorida.com

Meghan Greer
Rhode Island



Meghan T. Greer has over 20 years experience in the study and practice of alternative healing modalities. She is specifically interested in the role of the subconscious mind and its effect upon ones physical and emotional well-being. The subconscious mind became of interest for Meghan while certifying as a practitioner with Dr. Darren Weissman, originator of The LifeLine Technique (LLT). As a Certified LifeLine Practitioner (CLP), she learned about the importance of harmonizing the subconscious imbalances that, overtime, create disturbance in ones health.

Using the Lucia light, Meghan has released some long-held perceptions that, until now, had been inaccessible thru many years of healing practice. Prior to such positive results, she recognized the uniqueness and deep potential that Lucia N°03 offers and purchased a light of her own. Meghan felt called to share the cutting-edge healing opportunity with others on their own healing journey. “The Light provides an invitation to deeply heal thru an apparent ‘non-doing’ state. A whole new level of integration is possible through Lucia light sessions!”.

Meghan presently lives in Newport, RI and is making the Lucia N°03 the main focus of her on-going healing business. Her vision is to combine her love of travel with her personal value of helping others.

Meghan@meghangreer.com



Our Call to Action:

Traveling Light LLC is currently undergoing a crucial phase of expansion. The collective awareness of the Lucia N°03 technology is growing at an exponential rate. US Distributors Zach and Allison can no longer effectively field the growing number of requests in the entire US on their own. In response to this surge of interest Traveling Light is co-creating a nationwide network of Lucia N°03 Light Ambassadors. This community will be made up of souls that resonate with our mission to aid in the collective shift in consciousness that is currently taking place on our planet and understand the true essence of our mission. Not just distributors of this profound technology but light workers who are empowered to spread this experience to all who will benefit from it.

Email us at: Thetravelinglightmachine@gmail.com to learn more about becoming a US Lucia N°03 Light Ambassador!

Lucia N°03 Locations (US)



California

San Francisco

Illuminated SF

ph: 415 999-2422 ~ [Email](#)

[Website](#) ~ [Facebook Page](#)

Address: Hotel Whitcomb - 1231 Market St, Suite 810
San Francisco, Ca 94103



San Diego

Lucia Light San Diego

[Facebook Page](#)

Florida

Sarasota

Lucia Light Florida

ph: 512-585-9265 ~ [Email](#)

[Website](#) ~ [Facebook Page](#)



Laguna Beach

The Float Lounge*

ph: 949-715-5565 ~ [Email](#)

[Website](#) ~ [Facebook Page](#)

Address: 1031 S. Coast Hwy, Laguna Beach,
California 92651



Naples

The Om Spa

ph: 239-631-5895 ~ [Email](#)

[Website](#) ~ [Facebook Page](#)

Address: 6318 Trail Boulevard,
Naples, FL 34108



Sebastopol

Theta Wave Float Spa

ph: 707-861-9227 ~ andrew@thetawavefloatspa.com

[Website](#) ~ [Facebook Page](#)

Address: 130 South Main Street.

Sebastopol, CA 95472



Miami Beach

1111 Vibe*

ph: 305-804-6264 ~ [Email](#)

[Website](#) ~ [Facebook Page](#)

Address: 1665 Alton Road,
Studio 11 by appt in combination with sound healing



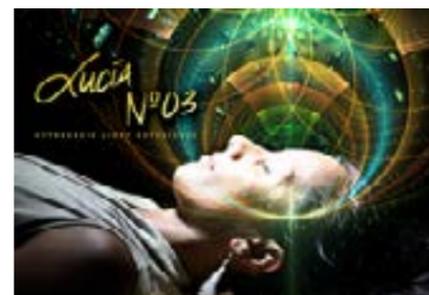
West Hollywood, Los Angeles

enLIGHTen LA

info@enlightenla.com

[Website](#)

Servicing the LA area with home visits/light parties



Miami Beach

Kiro Ace

ph: 305-742-9500 ~ kiroace@gmail.com

Sessions, Events and Home Visits by Appt.

Lucia N°03 Locations (US)



Illinois

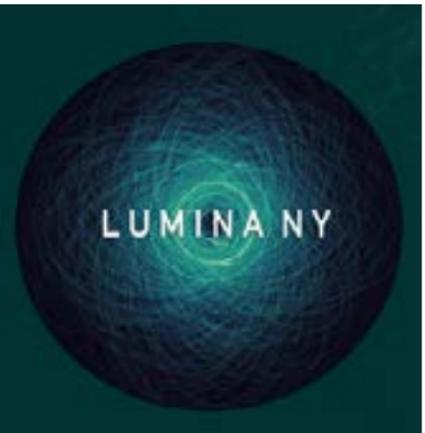
Chicago

Traveling Light Chicago*

ph: 312-961-4504 [Email](#)

[Website](#) ~ [Facebook Page](#)

Events, Light Parties and Home Visits by appointment



New York

New York City

Lumina NY*

ph: 914-462-1343 ~ [Email](#)

[Website](#) ~ [Facebook Page](#)

Events, Light Parties and Sessions by appointment



Oregon

Glide

Holistic Health with Amy Lamb

[Email](#) ~ [Website](#)



Texas:

Austin

Lucid Light LLC*

ph: 512-969-7417 ~ [Email](#)

[Website](#) ~ [Facebook Page](#)

Address: 2000 Oakglen Dr.

Austin, Texas

Events, Light Parties and Sessions by appointment



Houston

Lucia Light Houston

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[Website](#) ~ [Facebook Page](#)

Events, Light Parties and Sessions by Appointment



Washington

Yelm

Wellspring Integrative Vitality Center

ph: 360-400-2900 ~ [Email](#)

[Website](#) ~ [Facebook Page](#)

Address: 9144 Burnett Rd.

SE Yelm, WA 98597



TRAVELING LIGHT

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