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The Blue Sound

The Blue Sound is an instrument used in vegetotherapy for the execution of zero level acting related to the intrauterine life period consisting in administering continually beating blue light with a frequency correlated to the medium heartbeat in quietness (approximately 60-70 beat per minute) and a sound tuned like the REM brain waves (range of 4-7 Hz).

The Blue Light

A large number of scientific observations are based on the rational use of the blue light

The first is referred to the studies made by the Russian biologist Gurwitsch in 1922, regarding the interaction at a distance between alive systems through mythogenetic radiation.

("Phenomenologie der Thematik und des reinen Ich." *Psychologische Forschung*, Vol. 12 (1929),

During the eighties, more in depth studies have been carried out by F. A. Popp who reached the deduction that every living system releases photons with a frequency between the infrared and the ultraviolet with a different spectrum for each living species. ("*Antropos and Iatria*" I- n° 4- 1997- Experimental evidences marking existing bonds between feeble photon emission and the functional state of the living systems – De Ferraris editore Grasso F., Triglia A., Musumeci F., Scordino A., Pagano M.** - Istituto di Fisica, Facoltà di Ingegneria, Università di Catania, Italia *Fisici **Medico)

Later the biologist Protti, carried out important studies on blood and cancerous cells in which is shown that the biophoton's emission is directly proportioned to the vitality of the subject, in fact in leukaemia cases the blood shows very low biophoton's emissions.

These studies integrate with those conducted by Voeikov in which is shown that putting two samples of blood separated by a slide, but close to each other, of which one healthy and one infected by germs, is possible to observe how the bio radiation of healthy red cell wraps and cures the sick cells. (Voeikov, V., "Rivista di Biologia", *Biology Forum* 94:193-214(2001).

In 1942, in "*the orgasmic function*" W. Reich asserts that mitosis is an orgasmic phenomenon made from repeated pulsations, more and more powerfully, starting from one cell that finally shares in two, he also

asserts that the entire process is associated to pulsed light emission. So the entire process that multiplies the fertilized cell to structure a complete organism, is followed by micro – orgasms releasing constantly blue light. Coherent with the morphogenetic camp , vibrating at the same frequencies .(*The discovery of orgon, volume I vol. The function of orgasm* – 1942 tr. Furio Belfiore, SugarCo, Milano 1975 isbn88-515-2222-7)

In addition there are the results of studies made by D. Berson and colleagues published in 2003, in which is shown in the level of the retina, cones and bastoncells , photoreceptors of photopic and scotopic vision , the presence of a third group of receptors, the *retinal ganglions cells* (RGCS), directly connected with suprachiasmatic nucleus , assigned to the adjustment of the sleep-wake cycle .

At the same time has been discovered the presence of *Melanopsin* receptors , a photopigment existing in frog's skin responsible of the sensibility of the RGCS cells exposed to the light , with the response of the pupil reflex and the heart beat; seems clear that the *Melanopsin* regulate the biological effects of the light on a body excluding the visual effect .

(Wong, Kwoon Y.; Dunn, Felice A.; Berson, David M. (22 december 2005). "Photoreceptor Adaptation in Intrinsically Photosensitive Retinal Ganglion Cells “(HTML: complete text). *Neuron* **48**: 1001-1010.)

Other researches carried out by Reppert in Harvard University hypothesize that the mammal suprachiasmatic nucleus starts to operate still in the foetal life, existing a unidirectional system of communication between the biological clock mother-foetus; this hypothesis comes out from recent studies that reveal the presence of a dopaminergic system at the level of the foetus hypothalamus that could function as final course trough which the mother's signals synchronizes the foetus. (Reppert S.M. et al. Molecular characterization of a second melatonin receptor expressed in human retina and brain: the Mel1b melatonin receptor. *Proc. Natl. Acad. Sci. USA* 92: 8734, 1995.)

The result is that the foetus end the embryo are sensible to the light variations that conduct it to receive the biological rhythm , not only cardiac , but the entire biorhythm , involved in a neuroendocrine system ; this biorhythm could be strictly correlated , trough the light , to the project matrix of the incoming individual.

From the alteration of the transmission process of this information derives the origin of an energetic pre-armour; the aim of the blue light administration stays in reproducing the coherence in the energetic matrix.

The administering of blue light is executed considering the following instructions :

- For the blue light are used blue LED, because beam a monochromatic light unlike the incandescent light bulb that contains the entire luminous spectrum.
- The blue light is pulsating , respecting the conception of pulsating expressed from Reich related to the organic energy (each living system pulsate , with emphasis in expanding)
- Two blue led are assembled on a small bridge placed in front of the patient's eyes with closed eyelids to a medium focal eye distance of 25 cm.
- The LED pulsating frequency is 60-70 per minute, related to the medium maternal heart beat in relaxing condition.

Background:

Aim: To evaluate the effect of blue light and blue sound (BS) on alpha and beta cerebral waves.

Patients and Methods: Six patients (3 males and 3 female, of age ranging from 25 to 35 years) received eight sessions of BS. In the first four sessions, just blue light was administered, whereas in the further four sessions blue light was accompanied by sound. Blue light and sound was administered at weekly interval, to a total of 8 weeks.

Results: Four patients (2 males and 2 females) showed a decrease of alpha and beta cerebral waves ($p= 0.0059$ and $p = 0.0086$) (mean values) in all four channel [Frontal (F1-F2) and Temporal (T5-T6)] after 4 session of blue light, and an increase after four sessions of BS ($p= 0.59$ and $p = 0.001$) and lastly a decrease after all 8 sessions ($p= 0.01$ and $p= 0.024$). Conversely, two other patients showed a decrease of alpha and beta except in F2 after 4 sessions of blue light alone ($p= 0.40$), an increase except in T5 after 4 sessions of BS ($p= 0.66$) and, lastly, an increase in T5 and T6 and a decrease in F1 and F 2 ($p = 0.39$) after all 8 sessions.

Conclusions: Despite non-homogeneous results we may conclude that the blue light and the blue sound are able to affect alpha and beta cerebral waves, inducing clinically a relaxation phase. Nonetheless, to better confirm our observations, further investigations on wider samples are warranted.