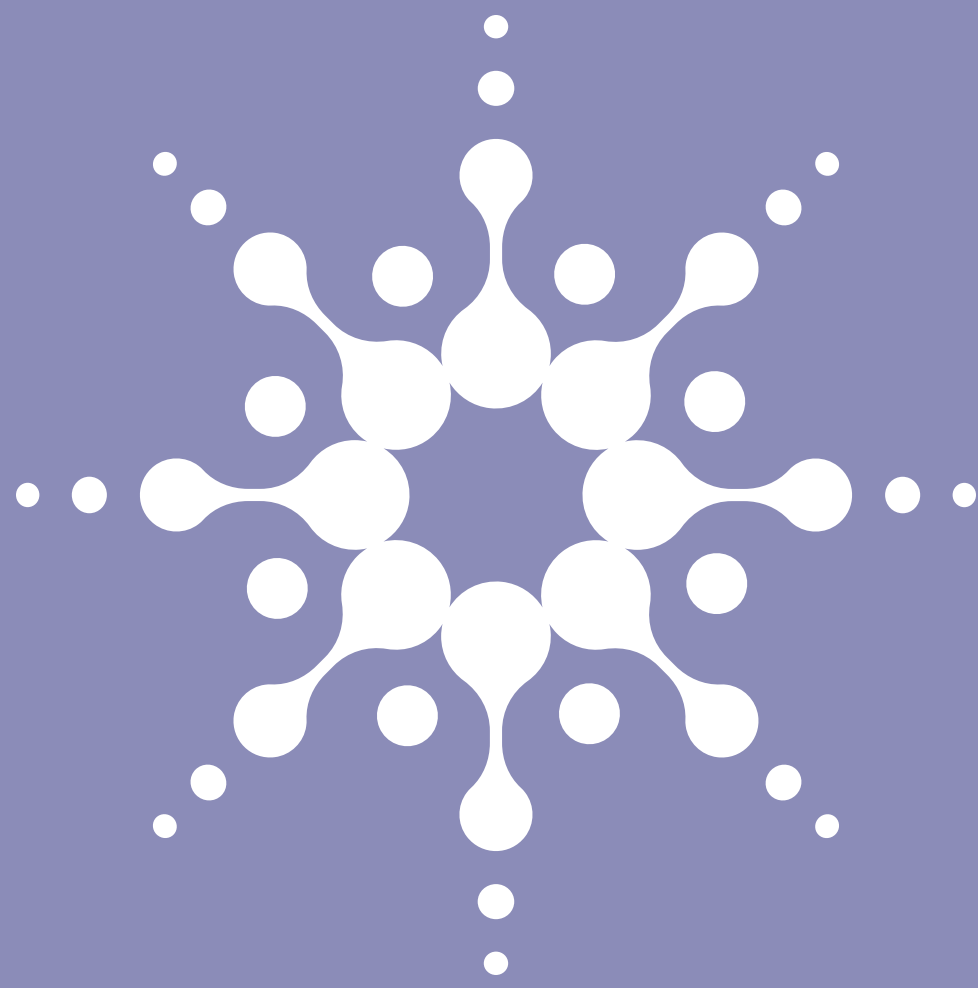


THE METHOD



CUEVA DE LA LUZ

LET YOUR SOUL SHINE

INTRO

The method proposed in “Cueva de la Luz” leads each patient along a personalized path to rebalance their internal and external energies, guiding them through all the stages of their rebirth process.

Listening to the heart, illuminating the energetic fields, and the well-being of the body are the result of a series of integrated actions that will be proposed by adapting them to each person, listened to, observed, and treated as a perfect unity of body and soul.

The scientific assumption, now widely demonstrated by the most recent studies in quantum physics in which the method finds some of its premises, is the following:

“The world is a quantum field of light, modulated in waves and subject to vibrations and sound. On the plane of physicality, ‘spiritual light’ manifests itself as electrical impulses that run through the neuronal system and carry information to the cells. The most important organ for carrying out this process is the pineal gland, located in the back of the brain, which can be defined as an endocrine transducer; that is, it transforms a nerve impulse of an electrical nature into a hormonal output, releasing up to 960 hormones, responsible for our state of biological and inner well-being.”

(Emiliano Soldani)



HOW THE METHOD WORKS

THE INNOVATIVE CABIN

THE ETHERIC BODY

MASOMEDITATION

HOW THE METHOD WORKS

A diagnosis of the soul

As with any type of approach to the Person, the Cueva de la Luz method involves a preliminary diagnosis before embarking on a rebirth process.

We like to call it a “Diagnosis of the soul” because it is not limited to identifying any pathology, which must continue to be assessed and respected while always maintaining any medical treatment already undertaken before starting the sessions; rather, it recognizes those energetic disharmonies within our deepest Self that are the object of our transformative goal. Medicine, in fact, deals with specific remedies related to a defined symptomatology and omits the emotional aspects and/or imbalances that are the cause.

Through specific tools together with deep but non-invasive interpretations developed through our skills, it will be possible to identify during the consultation process the most suitable and absolutely personalized path that will facilitate the work to be carried out together in order to achieve the balance and awareness of Soul, Body, and Spirit.

The therapist’s work of listening is to “feel” where the Person’s bioenergetic disharmonies come from, in order to show each person their own personalized path to achieve a complete state of well-being in the most natural and rapid way. In fact, the therapist accompanies the Person on a special path that each one chooses to take in meeting their own Self.

THE INNOVATIVE CABIN

of Cueva de la Luz

It can be defined as an accelerator of soul-awakening processes, as a protected and personalized vibrational space. The registered trademark Cueva de la Luz® refers both to the cabin, that is, a multisensory environment designed to guide the person into a state of deep relaxation, and to the patented Cueva de la Luz treatment that takes place within that same space.

The treatment consists of a bioenergetic rebalancing process that occurs through the person's total immersion in the colored lights of the energy centers that regulate the body (chakras) and in 432 Hz music, during a guided meditation lasting 35 to 50 minutes depending on the need.

During this period of time, which obviously also includes an introduction and a conclusion to allow the person to enter and exit the state of deep relaxation, through a calibrated use of the vibrations coming from sound waves and light waves, with different alternating colors depending on each person's needs, the brain is brought into a "theta" relaxation state. Theta is a state of very deep relaxation; it is the one used in hypnosis and during the REM sleep phase. Brain waves slow down to a speed of 4–7 cycles per second. For this reason, the Wise meditate for many consecutive hours in order to reach this state and gain access to absolute perfect calm. Theta brain waves can be considered the subconscious;



they govern the part of our mind that lies between the conscious and the unconscious and retain memories and sensations. They also direct beliefs and behaviors. Theta waves are always creative, inspiring, and characterized by very spiritual sensations. Theta is the first stage of the dream phases. To understand this frequency in a simple and complete way, just think about how you feel when standing on top of a mountain, totally absorbed by what surrounds you and fully aware of the meaning of Reality as part of a larger universe. In that moment we are in the Theta state. Theta is a very powerful state. Remaining in this state for half an hour during the day brings the body to a level of deep well-being that can last all day.

Guided breathing and meditation performed in this condition have very powerful effects on the physical and spiritual plane, since the two hemispheres of the brain synchronize, allowing complete alignment between the rational and emotional fields.

This leads to a state of deep inner peace and great psychophysical well-being. Guided meditation in the theta state allows the person to embark on a path of “self-healing,” since it will be the person herself, in contact with her own deep Self, who feels the origin of emotional and mental blockages.

The vibrations of light and sound in which the person is immersed during the treatment act on chakra imbalances, harmonizing them. In fact, according to all medicines of Eastern origin, chakras are the centers of colored light energy which, vibrating along our spine, regulate our energetic fields and distribute vital energy not only within us, but throughout our etheric body.

THE ETHERIC BODY

Etheric double or vital body

The Etheric Body (Etheric Double or Vital Body) is the subtle energy body most closely connected with the physical body. It is the energetic pattern or model that supports and maintains our entire physical existence. It is composed of subtle etheric substance, that is, tiny filaments of energy resembling shining networks of light that penetrate, sustain, and occupy every part of the dense physical body.

Etheric substance (esoterically called “prana,” “Ether,” or “fifth element,” after earth, water, fire, and air) is made up of a vast network of “energy webs,” or subtle interconnected lights that interweave, inseparable, and form the basis and expression of the inseparability of all life. This etheric substance forms a well-defined structure of lines of force (the etheric matrix), upon which the physical matter of all physical forms is built, shaped, and anchored: bodies, tissues, organs, cells, and atoms. These threadlike channels of energetic connection, called “nadi” or “energy meridians,” emanate from all higher levels of consciousness and qualify the etheric body as a multidimensional portal that finds an outlet in physical reality.

At the points of the etheric body where energy flows meet and cross each other many times, there are seven main energy centers, known as Chakras or vortices. There is also a multitude of minor energy centers. The seven main chakras are located vertically along the etheric spine: each of them is associated with one of the seven main endocrine glands and, consequently, with specific organs of the physical body.



Each chakra further concentrates within itself the energies of the specific level of the Body of Light with which it is attuned. The first physical level is maintained in its being through the basal chakra or root chakra, whose main function is to act as a “transmitter of energy flows” that vitalize, stimulate, and energize the dense physical body, in such a way as to “ground it” and sustain life force in this dimension.

The etheric body is a powerful receiver of all impressions: it is the energetic bridge that acts as a filter for all elements, resources, forces, impulses, and desires coming from the Universal Energy Field, the Cosmos, the Earth, and the subtler energetic bodies of the human body of light, so that the physical body may register them and respond to them.

When energetic impressions are received, energy is processed and transmitted to our consciousness through the seven main centers, ordered from there and carried through the nodes to the nervous system, to the main endocrine glands, and finally transported by the blood to every part of the physical body. It is the seat of our 2D consciousness, lying below the threshold of consciousness, and its state of health is generally recognized only in terms of vitality or lack of vitality, which can be perceived through the five physical senses: touch, taste, smell, hearing, and sight.

The etheric body has the same shape as the physical body, but it is slightly larger: it generally extends beyond the dense physical form by 2 to 5 cm, depending on different levels of evolution. The best way to observe it is by looking at it against smooth white or black backgrounds: it is generally seen as a set of pulsating sparks of white-blue light or as a blue cloud moving rapidly along the lines of energy throughout the visible body (aura). The human body exists because of the etheric field that supports it, and this etheric field exists prior to, and not as a result of, any physical form.



It is the principal auric body associated with energetic healing, because all health problems and diseases first manifest in the form of imbalance in the etheric body. If imbalances in the etheric energy field are ignored, they will be followed by physical symptoms and subsequently manifest as health problems. Therefore, an illness can be traced in the etheric body weeks and even months before it manifests in the dense physical body.

For this reason, after the “Cueva de la Luz” treatment the person is visibly much better, not only internally. From the outside, in fact, it is ALWAYS perceived that their vibrations have changed (that is, those of their external as well as internal electromagnetic field) and it is widely demonstrated that, especially in the days following the treatment, each beneficiary feels much happier, more positive, full of energy, as if they had “recharged their batteries.”

Likewise, thanks to the personalized path taken with the Luxtherapist operator, during which meditation and the choice of colors and music are accompanied and properly selected according to the individual energetic rebalancing path, a true inner journey takes place, during which blocked and blocking emotions (anger, fear, pain) are released to make space for the flow of “healthy” and purified energy. But all this occurs in a completely “non-invasive” way, in the protected space of “Cueva de la Luz,” where each person who is in the Theta state independently recognizes and resolves, in complete freedom and absolute calm, their own imbalances, and then “awakens” into a state of renewed well-being and awareness, which inevitably leads to a significant improvement in vital state.

It is a sort of completely natural and effective prevention and anti-aging. Everyone can receive a Cueva de la Luz treatment with positive results, and it has no contraindications. Children, the elderly, young people, athletes, pregnant women, people with disabilities... everyone can find great benefit from this treatment, simple and extraordinary at the same time.

MASOMEDITATION

Energy rebalancing

We have already spoken about the importance of meditation and massage in rebalancing energy. Each of them, in fact, acts on specific imbalances and can bring important benefits. The Cueva de la Luz method also proposes joint work using these techniques.

The so-called COLOR MASOMEDITATION aims to remove the most resistant blockages. Combining guided meditation with massage and colors is a unique experience capable of activating awareness of yourself and acting on disharmonies through listening, touch, and light.

Listening... Touch... one of the fundamental senses of perception. From a very young age we use it to know, experience, and express.

We know the calming effects of a caress or a hug. And massage is one of the most effective tools for amplifying this feeling of care for your body and your soul.

While meditation transports you into a state of deep relaxation, the hands will guide you on this wonderful journey to discover your true essence.

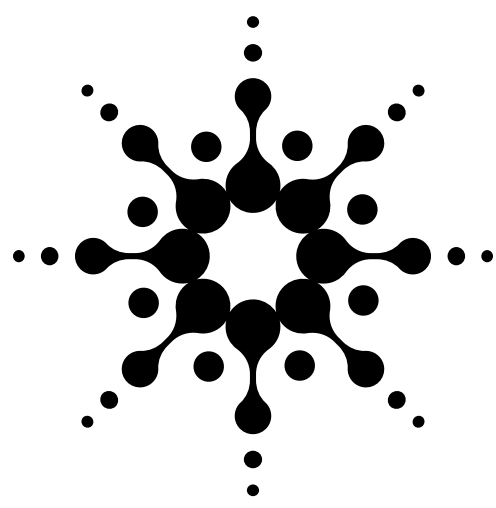
Light...

END

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Thank you