

# Light Therapy

## SERVICES AVAILABLE

- **IBOGAINE TREATMENT**

Safe, monitored and compassionate ibogaine treatments

- **PRE AND POST CARE**

We help you start your ibogaine journey on the right footing with our expert pre care and help you integrate afterwards

- **HOLISTIC THERAPIES**

Yoga, Pranayama, Meditation, Breathwork, Physical exercise, Healthy food

- **ON/OFF SITE COUNSELLING**

Our expert counsellors will hold space and guide you through your processes

- **NAIKAN THERAPY**

Naikan introspection therapy is a wonderful way to get back in touch with yourself

- **IRM**

FREE lifetime membership to the IRM – Ibogaine Recovery Movement online meetings and recovery community

Light has played a central role in the treatment of various conditions and mood disorders such as insomnia, anxiety, depression, PTSD, compulsive and mental disorders. The brain is known and able to heal the body at any stage of illness (spontaneous remissions). Here at Tabula Rasa, we use the Pandora Star, a deep trance light machine that uses flickering light to guide the brain into experiencing a range of beneficial states of brainwave activity, which can be used for many empowering purposes such as healing of the body, balancing of emotions, training the brain and expanding the mind. Pandora Star can access any frequency between 0.1 Hz and 200 HZ and is said to stimulate DMT production and activate the Pineal Gland.

The Pineal Gland is located in the centre of the brain. A pea sized, pine cone shaped structure, it is believed to be the bridge to higher consciousness, intuition and is also known as the Third Eye.

Most adults have a calcified Pineal Gland, with use of caffeine, sugar, alcohol, tobacco, drug use, fluorinated water and environmental toxins. The Pineal Gland detects light through closed eyes and also releases DMT when we dream and when we sleep. DMT is also produced at other key times in life such as when we are born and also when we die. Pandora Star is said to stimulate DMT production. Dimethyltryptamine (DMT) is created in the Pineal Gland and in all living plants and animals. Scientists believe that DMT makes the brain more receptive to its own serotonin. Oral users of DMT have reported similar benefits to that of a meditation practice, experiences like a deeper connection to life, an increase in self awareness and more emotional balance.

Users have said that the experience brings about clarity about past traumas and emotional distress, ultimately learning how to let go of heavy burdens that stand in the way of growth.

