

## FINAL CONCLUSIONS ABOUT LIGHT

2025 July 11th. Rain in Lithuania.

I am finishing my project "ON THE PATH OF LIGHT". I wrote "my" and paused at that word... No, it is not mine. We are very inclined to appropriate everything. It is Jesus Christ's, because it was He who came to inform us that God is Light, and we are children of Light. These are the words that Christians should (should have) put in the first line of the Creed, but they did not understand, did not put, and Catholics erased this precious Word. What is left? I have written a lot about this, – I will not repeat myself and you should not be surprised that the world is sinking into darkness.

So, in conclusion, I want to dwell on the most difficult topic in modern science, –**What is consciousness?**Over the past 200 years, many have tried to define the phenomenon of consciousness in one way or another. An invisible phenomenon that cannot be taken in hand and studied with any instruments. It has remained a mystery to the mind of the scientist. But not to Buddhists, yogis or spiritual seekers. They know very well what ENLIGHTENMENT is. That flash of inner light when the mind becomes clear, *who is he and what is EVERYTHING.*

This Finally, the stimulus was a video I found by chance on the Internet, uploaded by a stranger, which caught my attention. It is a microscopic 85-hour time-lapse video\*. You can see how a single neuron in the hippocampus of an embryo extends its processes in search of connections. Filmed in the laboratory of the Grenoble Neurological Institute (author – Leticia Peris).



Leticia Perry

This video shows the real behavior of brain cells: self-organization, exploration of the environment, the formation of neural networks. This is how our brains build their complex architecture - billions of cells find each other and connect so that we can think, remember, dream. **This is how invisible consciousness works with the help of Light (photons).** Three Nobel Prizes could be awarded for such a discovery. It turns out that scientists can now film even THAT in a certain way.

I found this neurobiologist on the internet, Leticia Peris, who works at the Grenoble Neuroscience Institute, and I found more information and videos. It turns out that it is already possible to make such videos with a light microscope. With its help, you can observe brain cells.

(neurons) and their main parts, such as the cell body and the processes (axons and dendrites) that make up the neural networks. Electron microscopes, due to their high resolution, allow us to see much smaller structures, including synapses - the points of contact between neurons where information is transmitted. There are also techniques such as immunohistochemistry and fluorescence microscopy, which allow us to visualize certain proteins and molecules involved in the formation and functioning of neural connections, making them visible under a microscope. Thus, although neural connections are not visible under a conventional microscope, modern microscopy techniques and appropriate staining techniques allow us to study their structure and functioning in detail.

Leticia Peris's work shows that we are human beings with minds, capable of thinking only as long as the neurons through which light moves are functioning well. When it is blocked, then... a person gets Alzheimer's disease. He loses his memory. Leticia says that "Most people tend to block themselves to a greater or lesser extent. There are symptoms that help to understand the seriousness of the situation, for example: insomnia, inability to disconnect, feeling unwell for no apparent reason, sadness, not knowing which direction to go in life, exhaustion, constant blaming of others or negative thoughts. Blocks (or rather their causes) can be removed and this will help the diseases (consequences) disappear.

**A person is viewed as a whole in which the physical, energetic, emotional, and mental bodies are interconnected.** Most illnesses are caused by emotional influences that are not released at the time (when problems are not resolved). They create blocks in energy channels called meridians. **This is how energy (SPIRITUAL) blockage occurs.** Blocks are identified by asking questions and touching the physical body, called matter. The body is like a coordinate plane, the columns of which mark the time line, allowing us to know when the emotional impact occurred. In this way, the types of blockage are identified (family, romantic relationships, work). Here, dear ones, is what harms us... ourselves. However, the sin falls on everyone, because we KNOW how to block others in the most sophisticated ways. I will not name them. **I believe that the greatest sin is to block another person's Light.** Therefore, LET'S CALM, control our emotions, thoughts, especially obsessive ones, and love everything that surrounds us. Block the work of neurons

- is to harm your SOUL. When I recently read two texts dedicated to the suffering of scientists and philosophers in search of an answer to what consciousness is, -Leticia Perez would respond to their suffering: "**CALM DOWN, gentlemen.**" Everything has been discovered, don't worry about it, or you'll get Alzheimer's."

I would add - meditate. I would advise priests: do not confuse the minds of believers with your soulless dogmas, turn the church into a place of Peace, because only in PEACE do we discover the Light of Christ.

Lately I've been thinking that "my" project needs a clear ending. And so the Invisible Hand led me to Leticia Peris. I'm happy to share that information with you.\*

I decided to translate for you from French the advice of neurologist Dr. Leticia Peris. This is not advice from an esotericist (self-taught spiritual researcher), but from a holistically thinking scientist:

## MOST PHYSICAL AND EMOTIONAL DISEASES ARE DUE TO ENERGY BLOCKAGES...

Fortunately, more and more people are realizing the damage emotions can do to our health. However, less is known about what happens from the moment we experience negative emotional impact to the moment we become ill. According to holistic medicine, each of us has four interconnected bodies: physical, energetic, emotional, and mental. Each body has its own mission, and only it can fulfill it.



Image from the Internet

- + **Physical body:**tissues, systems, bones, etc. that make up the material part of a person.
- + **Mental body:**brain, thoughts and beliefs.
- + **Emotional body:**the emotions and feelings we experience in our relationships with ourselves and our peers, which can be healthy, based on love, or harmful, based on hate. The relationships we have with parents, siblings, partners, children, and other close relatives influence our lives and change our feelings and emotions between positive and negative. These emotions or feelings are **in the solar plexus:** in our stomach we have the courage to live or we are angry; in our stomach we have courage or we are afraid; in our heart we love or we hate.

+ **Energy body:** This is called the aura and is made up of chakras. It is about two meters long and is pure energy.

If all the bodies are functioning properly, a person feels completely healthy. However, if a blockage occurs in the energy body, it causes physical, emotional, and mental disorders.

## HOW DO BLOCKADES FORM?

Sometimes a person experiences negative emotional impact: arguments, conflicts, disappointments, losses... If it is not released immediately, that emotion turns into matter and causes energy stagnation, which blocks the meridians. We call this **energy blockade**. (Here I will insert my own trigram into this scientific explanation: **energy is spiritual**, when we recognize this, a person perceives himself as **a spiritual being connected to God the Father, about whom Jesus Christ spoke to us**. *Celestine*). It has both physical and emotional consequences. Physically, the blockage puts pressure on the surrounding organs and drains their energy. These organs become inflamed, weakened, and eventually disease develops. The cells that form the blockage, in turn, grow and strengthen to the point where they change their DNA, which can lead to tumors, fibroids, and cysts. In an attempt to prevent cancer, the body opens small cracks where the blockage is. This causes the body to drain energy so that the blocked cells cannot feed and grow.

When there are leaks, parts of the body also receive less energy and become weaker. The nervous system is usually the most affected. A weakened nervous system causes a person to experience increased emotional effects (anxiety, suffering, etc.), the intensity of which is doubled or tripled. In this way, the physical body transfers the problem to the emotional body.

## RELEASE YOUR EMOTIONS

To prevent this process from starting, it is important to immediately release negative emotions, because **about four hours later** negative influences turn into matter and block the meridians. These emotions can be released by expressing your feelings and putting them into words. In other words, you need to cry, scream, or just talk to the person who hurt you and tell them how they made you feel. Also **there are breathing techniques (meditations - Celestina)**, designed to relieve this effect, if the individual is willing to do so.

## BLOCK TYPES

There are many types of energy blockages. I will explain the most common ones.

+ **Brain block.** It is located in the parietal lobes and is caused by the inability of a person to verbally express their thoughts or feelings (a consequence of a communication block). On a physical level, it causes headaches, migraines and dizziness. In terms of emotional disorders, it causes circulatory and obsessive thoughts, distraction, concentration, which makes it difficult to concentrate, attention deficit hyperactivity disorder (ADHD) and insomnia.

+ **Communication blockade:** This form occurs in the neck and is caused by the inability to verbally express feelings. Like physical disorders, it affects the immune system (thyroid and thymus)

gland), as well as hormonal and vocal cord problems. On an emotional level, social communication blockages cause feelings of insecurity and low self-esteem. Intimate communication blockages, formed in childhood, make it difficult to communicate smoothly and express feelings.

+ **Plexus block:** This blockage is formed in the solar plexus due to the accumulation of anxiety and suffering throughout life. In fact, part of any energetic blockage ends up in the plexus. On a physical level, it causes respiratory problems (asthma) and skin problems (allergies). As for emotional disorders, it changes the nervous system (stress, anxiety, suffering, etc.).

+ **Relationship Blockade:** It arises in the liver and gallbladder due to disappointments and frustrations in relationships. It causes inflammation of the liver and gallbladder, an increase in cholesterol, gallstones, transaminases (enzymes that perform metabolic functions inside cells), and digestive problems, as well as complicated relationships with an existing partner.

+ **Father's blockade:** It forms in the right groin due to misunderstanding or conflicts with the father. It can also occur due to the father's suffering related to illness or death. It causes hormonal and reproductive problems (premature ejaculation, prostate problems, etc.). It also makes it difficult to implement life and work projects.

+ **Maternal blockade:** It arises in the left groin and has the same causes as the father. On a physical level, it causes frigidity, hormonal problems, and menstrual problems. On an emotional level, it blocks creativity, enthusiasm, and intuition, as well as difficulty showing affection.

These are the causes of all our illnesses – of body and soul. That witty saying that all illnesses are from nerves – turns out to be very true. And how does scientific medicine treat us? It **blocks** our symptoms with chemical drugs. I will not mention all diseases. My cardiac tachycardia was "treated" with Lokren. For a consultation with tests to a private doctor, a famous specialist in that field, I would pay 200 euros. For him it was income, for me it was getting deeper and deeper into the disease. I did not immediately realize what was wrong until lymphedema started in my legs... And I was happy (fool!), when after taking half a small tablet my heart stopped pounding around the clock. However, over time, I needed more and more of that medicine.

Full description of that medicine: *Lokren (clonidine) is a drug that is commonly used to treat hypertension. It belongs to the alpha-2 adrenergic agonist for a group of people with central effects, inhibiting the sympathetic nervous system.*



Image from the Internet

Well, dear ones, I started with higher matters, and went down to physical illnesses. Everything is connected to everything. This is EXACTLY what happens in our lives. We are not specialists in all fields, we are taught, told how to live... by others. And **wewe believe**. We cannot be omniscient. We cannot? **WE CAN**. However, I understood this only in old age, when I reached the age of 80. When the paths of life had already been walked. What was left for me? I was left with a soul enriched with knowledge, with which I did not long walk the most exalted path of Light... All knowledge was given to me by the Light.

I can advise you. Do not participate in any suspicious communities, they will trap you in empty rituals, and you yourself will be left without God's help, without **THAT** God, whom Christ spoke about and whom He called Light. Light is not only in the sky, visible to the eyes, **THAT LIGHT is within you and you must find It yourself**. This requires peace and trust in the Word of Christ. **Your soul does NOT need any rituals, any ceremonies.**

If you are still healthy, if you want to improve your life, learn to live **DIFFERENTLY** and first of all, solve all the blocked problems in your heart. Faith in the Light of this world – Jesus Christ will help you. The practice of Peace, meditation and forgiveness will help you. A Tree, Bird, Cat or Dog will help you... if you cannot find a Human nearby.

Learn to know YOURSELF without exalting yourself and without deceiving others...**Your consciousness is LIGHT, not a bookish philosophical metaphor.**

**Jesus Christ spoke the Truth:**

**"When you know yourself, then you too will be known and  
you will know that you are a son of the living Father.**

**And if you don't know yourself,**

**"At that time you are in trouble and you yourself are trouble."**

**Amen.**

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\* Videos of how a neuron works:

<https://www.bing.com/videos/search?q=Grenoble+Institute+of+Neuroscience%2c+Leticia+Peris&gpvt=Grenoble+Institute+of+Neuroscience%2c+Leticia+Peris&FORM=VDRE>

\* \* Find out more about Leticia Peris and her research here:

<https://www.researchgate.net/profile/Leticia-Peris>