

EN *LIGHT*ENING MOMENTS

L.I.G.H.T. is a non-profit organization founded here in our great city of El Paso, Texas. Our goal is to provide health and healings with our numerous Pranic Healers that volunteer their time and skills. LIGHT is an acronym for the *Lotus Integrated Group for Health and Transformation*.

We're only six years old, but within these few years, we've gained attention as the "go to" place for meditations and healings. We are so happy to provide this for all of you. Meanwhile, enjoy some light reading in our quarterly issues. This issue focuses on colors. Read on.



VISIT US AT ELPASOLIGHT.ORG

??? DID YOU KNOW ???

Colors

<https://www.did-you-knows.com/>

- lobster's blood is colorless, it turns blue in oxygen
- goldfish can see both infrared and ultraviolet light
- dalmatians are always white at birth
- black on yellow are the 2 colors with the strongest impact
- the safest car color is white
- a cat's urine glows under a blacklight
- white cats with blue eyes are usually deaf
- Scotland has the most redheads
- scorpions glow under ultra violet light
- the rarest type of diamond is green
- crocodiles are color blind
- grasshoppers have white blood
- blonde beards grow faster than darker beards
- red light has the highest wavelength
- turnips turn green when sunburnt
- blue and white are the most common school colors
- spiders have transparent blood
- mosquitoes prefer children and blondes

2019 L.I.G.H.T. Team

Lynn Provenzano – President/Co-Founder
Ellen Goodman – Vice President/Co-Founder
Cassandra Salas – Secretary/Co-Founder
Lisa Juliano – Treasurer
Sofia Ellis – Education Coordinator
Erika Meza – Director
Raul "GrayWolf" Tarango – Director
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Issue One; Volume One

Pranic Healing Community Events

1st Saturday of every month

Unity Church – El Paso

1420 Alabama

Donations accepted

3 pm to 5 pm

3rd Tuesday of every month

Veterans One-Stop Center

Veterans & Family Register by

calling (915) 747-3590

9565 Diana Drive

18:30 to 20:30

3rd Sunday of every month

Reclaim Wellness – Las Cruces

1355 California Avenue B

Donations accepted

3 pm to 5 pm

Meditation on Twin Hearts

2nd Thursday of every month

Veterans One-Stop Center

Veterans & Family Register by

calling (915) 747-3590

9565 Diana Drive

1000 to 1100

4th Wednesday of every month

Unity Church – El Paso

1420 Alabama

Donations accepted

7 pm to 8 pm

The Frequency of Us All

Ultimately, we are musical beings. Our challenge in life is to master our instrument. The relationship between light, color, frequency, sound, chakras and consciousness is part of the natural sciences. This is basic information every man, woman and child should know. If we are to exist together as a community with integrity –our teachings need to be in alignment with the reality of who we are as human spiritual beings. Thanks to www.chakrakey.com, we can inform you of the many colors that inhabit each and every one of us. Take a look at the chart. If you want to hear the frequencies, go to their website and take a listen. It's worth it.

~healing foods~

As eaters, we all know that even the food we decide upon can make us not only healthier, but much better humans too, along with many other magnificent positive outcomes. So, let's share and give the gift of health and the benefits of a colorful, tasty, nutritious recipe. Here's something to get you started. Email us your favorite light recipe.

Guacamole Salad

4-5 avocados, peeled, pitted, mashed
1/2 small red onion, diced
1 clove of garlic, mashed
2 tbsp of either lemon or lime juice
1 diced medium tomato
2 cups of finely diced lettuce leaves
1 tbsp of cumin, salt & pepper
1 finely diced jalapeno (optional)



Blend all these ingredients. It's hard not to eat this immediately, but oh my goodness, it is "lick-your-fingers" delicious and oh so healthy.

"The Soul Develops by GIVING,
not by Accumulating"
~Master Choa Kok Sui~

Chakra	Color	Frequency	1 Octave Below	2 Octaves Below
Crown	Violet	768	384	192
Brow	Purple	720	360	180
Throat	Blue	672	336	168
Upper Heart	Blue Green	624	312	156
Heart	Green	594	297	148
Lower Heart	Yellow Green	552	276	138
Solar Plexus	Yellow	528	264	132
Sacral	Orange	480	240	120
Root	Red	432	216	108

Critical Care Corner

~by Erika Meza

Jon Kabat-Zinn, University of Massachusetts Medical Center, popularized the term "mindfulness" in the late 1970s and called it "paying attention on purpose" and "moment-to-moment awareness." This method was to understand our ability to relax and is now coined the term **mindfulness meditation**. *Mindfulness* allows focus on one thing rather than several and in the American Journal of Critical Care, *meditation* is a technique where we still the mind - free of thought. Something as simple as breathing in and out is a popular example. Practice this to still the mind and anywhere, anytime. And remember to thank yourself. Repeat as necessary.

- Bring focus to your breathing
- Clear your mind
- Be aware; feel the breaths going in and out
- Your mind will drift, take notice and bring your focus back to breathing
- Strong sensations or emotions will arise, take notice and bring your focus back to breathing
- Practice focus while observing thoughts flowing through your mind yet showing no concern

<https://doi.org/10.4037/ajcc2017914>.