

Eyes on Light and Energy!

Randy Schulman, MS, OD, FCOVD, FCSO

I am, as always, grateful to be a part of the College of Syntonic Optometry (CSO) and to have recently attended their 90th annual conference in Rapid City, SD. At first, many were not quite sure about going to South Dakota, of all places. I can assure you that it was worth the trek! The camaraderie, education and energy of the attendees was energizing and engaging.

In the past year we have heard about the benefits of light from every corner, from myopia control to dry eye to macular degeneration, and this group of optometrists has been at the forefront of the benefits of light on vision and health for nearly 100 years.

The conference began with the 101 and 201 courses, of which I attended the 201 course, gaining greater insight on more complex and expanded concepts in the field of optometry. Larry Wallace, OD, PhD, FCSO and Cathy Stern, OD, FCOVD, FCSO, FNORA began with **Biotyping and Advanced Filters** followed by John Pulaski, OD, FCSO who discussed **Advances in the Kinetic Field and Pupillometry**. The **Grand Rounds** with Brenda Montecalvo, OD, FCOVD, FCSO, Phil Bugaiski, OD, FCOVD, FCSO and Alia Santoyo, OD, FCSO opened our minds to ways we can help our patients even beyond syntonics. Brenda spoke about utilizing light for myopia, for example, and Phil shared a few cases where syntonics made a tremendous difference. We all became emotional when he shared a case I had the privilege of working with him on about a college baseball player who was told his eye would not recover from a trauma and he should give up playing ball. Syntonics plus vision therapy and an awareness of the emotional challenges associated with loss proved to be quite healing; he was playing ball better than before his accident and was now 20/20 in the injured eye from 20/200 or worse. Alia shared a traumatic brain injury case that highlighted the importance of addressing not only vision concerns utilizing syntonics, but also gut health and the microbiome, as well as emotional challenges. She works directly with her patients on coaching them regarding the overall health and makes suggestions for nutrition and supplementation, as well as communicating with psychologists, psychiatrists and neurologists directly regarding her patients. The 201 course ended with Larry's presentation on the latest science on **Photobiomodulation and Optometric Phototherapy**.

The formal 91st conference on syntonic light therapy began with a presentation by Olia Lopushansky on Quantum Hyperlight: Quantum Medicine for Quantum Body. Highlighting the Bioptron and Hyperlight glasses mechanism of action and healing properties utilizing quantum and hyperpolarized light, Olia shared information about resonance, Fibonacci law, the molecule C60 and Tesla's belief that the secrets of the universe are found in energy, frequency and vibration. She shared that we are light bodies and a healthy body has the highest level of harmony. Because cells emit biophotons as carriers of information, communicating through light, when there is an interference in that communication it will cause disease. She explained that the result of this incoherence changes the structure based on an insufficiency or excitation of energy and causes a person to feel weak and lacking in energy. Light is needed for revitalization. She referred to the importance of the work of Gerald Pollack, PhD, author of The Four Phases of Water and our speaker last year. She explained how EZ water is required for healing, particularly since we are 85% water. Further, she spoke about the molecule C60 and nitric oxide as important for all bodily systems. Hyperpolarized light can activate and revitalize

red blood cells at the quantum level allowing for bio-regeneration. The application of hyperpolarized light as found in the Bioptron, an instrument used for 30 years and in the last few years boosted with this light, and can be tailored using their Veda pulse system.

I was honored to present next, a talk on **Beyond Vision: An Integrated Model of Vision**. Beginning with A.M. Skeffington's model, I expanded it beyond the behavioral and rehabilitative models to include the multisensory model and the multisensory checklist created by Celia Hinrichs and myself and presented in our chapter in Len Press' book, Applied Concepts in Vision Therapy. I went beyond that model to present an integrated model which included 6 areas to consider in terms of evaluation and treatment, namely the physical, biochemical, mental, emotional, energetic and spiritual aspects of the individual. I shared about the ways to identify challenges in any of these areas and the tools we have as optometrists as well as the many alternative modalities available. I discussed the use of iridology, in particular the Jensen method which looks at the physical signs in the iris that can indicate potential areas of disease. I also discussed the Rayid method which identifies the personality traits, attributes, relationship and family tree dynamics evident in the iris, as well as the birth order indicators and the importance of the cycles and seasons of time. I shared about the Rayid model's different types of irises and their general characteristics, specifically, the Jewel iris type which are mental processors, identified by dot-like pigmented spots in the iris, the Flower iris type which are more feeling and spatial types, identified by flower-like open areas in the iris, the Stream iris type which are grounded, kinesthetic types, identified by smooth fibers in the iris, and the Shaker iris type which are progressive, expansive types, identified by the presence of both Jewels and Flowers in the iris. I discussed birth order and body morphology and concluded with a clinical case that utilized the tools in the 6 areas, including iris analysis and birth order to treat the whole person with very positive results.

Cliff Fukushima, OD, FCSO and Jocelyn Fukushima B.S. next shared their model of vision culminating with Cliff's over 40 years of experience working with patients in their presentation, **Bringing the Old into the New-An Invitation to Upgrade Your "Pixels of Perfection"**. He shared his unique interpretation of optometric findings to see, feel and know his patients using a modification of the 21 points, the RightEye, Interactive Metronome, Form Board, his interpretation of Visual Processing Color Fields and his Fukushima Prism Walk using yoked prisms. For example, in his model, how the patient responds to Base Down gives an indication of how outgoing and/or grounded they are, Base Up demonstrates how the patient deals with focusing at near, Base Left is a reflection of how structured their thinking is, and Base Right gives an indication of how abstract or creative a thinker they are. He described his intention for his patients to develop Balance (Harmony), Integration (Connections), Rhythm (Timing), Awareness (Knowing) and Centering (You BE-ing). Jocelyn shared about the importance of these tests and that intentions are for establishing a rapport with patients and achieving greater success in the vision therapy room. They presented numerous cases exhibiting great success utilizing Firefly light therapy, Syntonic Phototherapy, Interactive Metronome, Hydration, MELT method, integrative exercises, vision training and free play.

The first day ended with a group tour to Mount Rushmore.

The second day began with a talk by CSO favorite presenter James Oschman, PhD, author of Energy Medicine: The Scientific Basis. In his talk, **The Photonics of Thought and Touch**, he discussed the major players in the field of energy medicine and some of the exciting

discoveries in the fields of quantum physics, physiology and photonic connections. He shared about the living matrix and how it was alive with mobile electrons and protons and capable of vibrating in a dynamic manner with complex harmonics. He noted that “every function and every process of the living body involves the matrix in one way or the other”.

Steven Curtis, OD, FCOVD, FNORA, FCSO shared specifics on **Syntonic Filters-What are the Secret Ingredients?**, outlining the differences in shades of color, their frequency and wavelengths. He discussed the importance of using a spectrophotometer for assessing the amount of light transmitted as a function of wavelength and the difference between long pass and short pass bandwidths. He also demonstrated the spectrographs of sunlight vs. fluorescent, cool and warm light, LED, xenon and halogen. Steve compared different syntonic filters and combinations and the bandwidth, similarities and differences. He explained that we are providing energy therapy not just color therapy as we are manipulating the electromagnetic spectrum very specifically and universally using optical filters to apply specific wavelengths of the visible spectrum and to affect the energy flow of the nervous system.

Next, we announced the incoming board and incoming president, Brenda Montecalvo, OD, FCOVD, FCSO with a big thank you to Rob Fox, OD, FCOVD, FCSO for leading us through a pandemic and beyond.

The speaker after lunch shared **A New Way of Prescribing Syntonic Phototherapy Using Brain Region Mapping**. Amy Thomas, OD, FCOVD discussed the work of Spitler as well as Daniel Amen, MD who looked more specifically at the brain in terms of measurements. She discussed the different brain areas in relation to morphology as defined by Spitler and function. She also reviewed the areas of the brain in terms of their different roles, personalities, moods and maturity levels. For example, she shared that the frontal brain is the “Boss”, the limbic brain is the “Marketer” and the occipital area is the “Observer” while the right brain is more peaceful and the left brain more assertive. Amy later discussed her Blind Snap Test similar to Dr. Deborah Zelinsky’s Z-Bell Method as a means of localizing where challenges are. She further identified suggested syntonic treatments corresponding to specific brain areas. For example, Mu-Upsilon stimulates lower right brain–Right Parietal to Lower Brain and provides relief for inflammation, migraines, sinus problems and stuffy heads. Mu-Delta alternatively connects the lower brain with the left frontal providing detoxification in the body. She reviewed what to look for when too much of a filter is given and ended with case studies.

Finally, our long standing leaders and board members of CSO, Larry Wallace, OD, FCSO and Ray Gottlieb, OD, FCSO rounded out the meeting. Larry spoke about the latest breakthroughs in the fields of light and photobiomodulation in his talk **Advances in Photo-Medicine**. He shared his experience working with the BioWell system that gives a picture of energy in the body and identifies ANS imbalances in organ systems. He discussed books that reveal that the quantum world is inside of us. BioCentrism by Robert Lanza, MD shares that life creates the universe not the universe creating life. The author shares how biology is the ultimate science not physics. Another book he talked about was Below The Edge of Darkness by Edith Widder, PhD which talks about the science of bioluminescence in the deepest seas where life produces light in different intensities, patterns and colors where no sunlight can reach. Hyperpolarized Light: Fundamentals of Nanobiomedical Photonics by D. Koruga shares how brain function can be improved by light in which photons are coupled with excitons by

icosahedral symmetry, using hyperpolarized light through a Fullerene (C60) filter for various healing applications.

Larry spoke about Dinshah's work in color and the oscillation of colors. Spitler also spoke about frequency not wavelength in treatment. Vibration or oscillation is present in all internal systems, with cells in DNS, proteins, and more vibrating at very high higher frequencies and lower frequencies within the body's main physical structures.

Larry also discussed sacred geometry and the hexagonal shape, in particular the C60 molecule. The geometric resonance is profound and can restore and regenerate structure with energy and information. Nanoparticles such as microtubules, centrioles and clathrin can become resonant using hyperpolarized light through C60 and fullerene filters such as in the Bioptron. Silica in the Syntonic glass filters also have an effect due to their tetrahedron nature, enhancing and adding to the color and helping to balance oxygen, heat and fuel in the body.

The conference talks ended with Ray Gottlieb, <https://raygottlieb.com/>, who spoke about some of the history of syntonics and his journey in optometry and syntonics. His stories of intuition, synchronicities and ongoing learning were incredulous and inspirational. He spoke of unique experiences with people in various fields in the world of vision, light and color including the optometrist who passed and nudged him to study with Charlie Butts, and his experience with researcher on light at the cellular level, Tina Karu. He is inspired by the volume of information present today compared to 50 years ago when he began his journey in the field of light. Ray talked about how light information creates changes in the cranial bones and how red light increases ATP production. He is excited about the integrated approach practitioners today are providing to their patients.

We are grateful for both Drs. Wallace and Gottlieb. They have made significant contributions nationally and internationally in the field of syntonics and generously share their knowledge and expertise in the field of light and vision.

The conference culminated with the **Awards Banquet Dinner featuring Robert Yellowhawk, Cultural talk and Native American Dancing** and the **Presentation of Awards**.

I greatly look forward to next year in St. Petersburg, FL and hope to see many colleagues and newcomers there. It should be a greatly attended event!