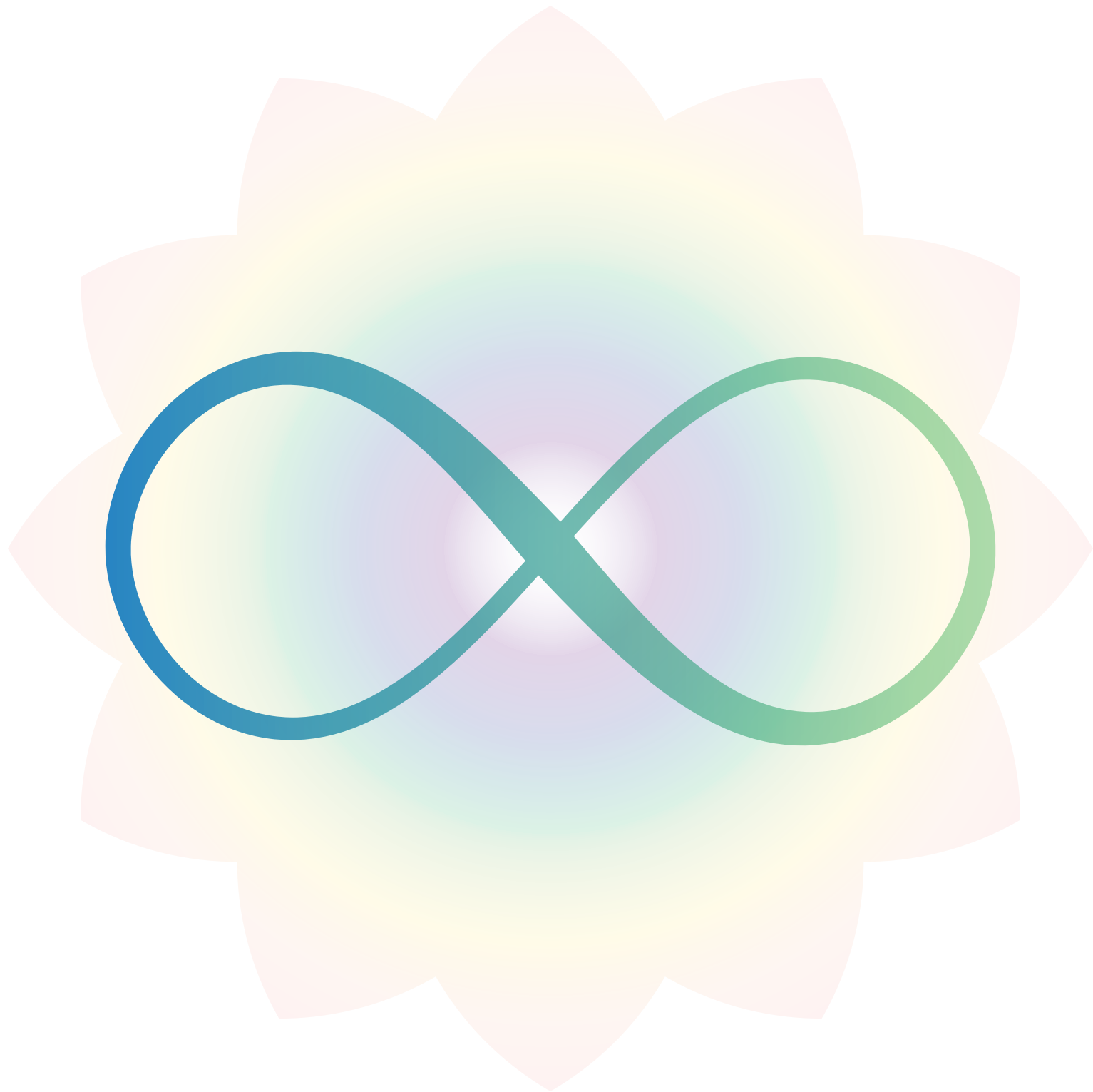
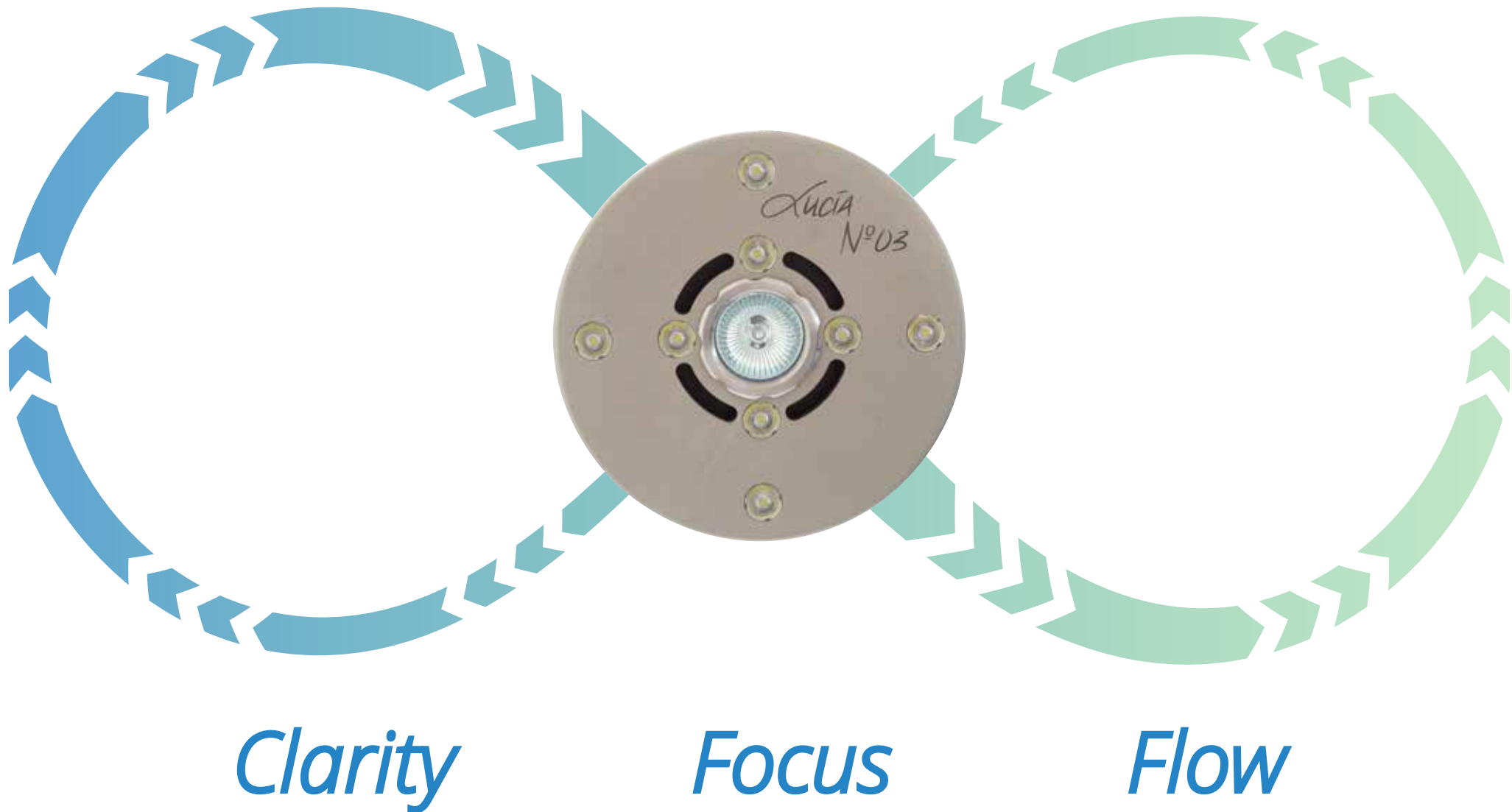




LUCIA
Nº 03



Relaxation Meditation Visualization



EXPERIENCE

You close your eyes and lay back.

A warm glow, reminiscent of the sun at the beach, welcomes you.

Immersed in a kaleidoscope of colors and patterns,
breath by breath, you let go and any stress melts away.

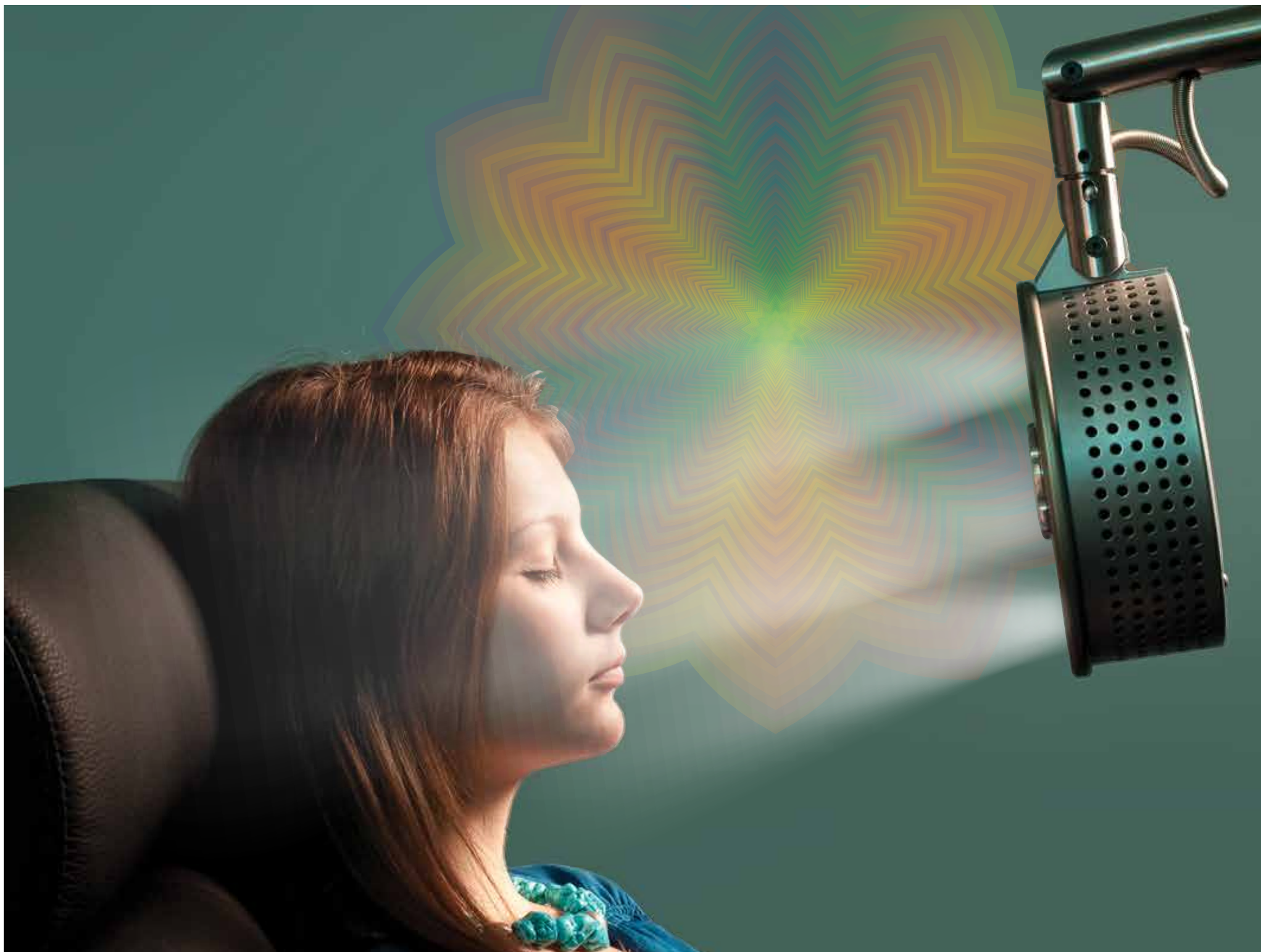
You visualize yourself in your highest state of wellness.

You feel your body and mind deeply relaxing.

20 to 50 minutes later, the light gently fades.

You feel clear and inspired.

Welcome forward.



REPORTED BENEFITS

Focus



Clarity



Creativity



Relaxation



TECHNOLOGY

The Lucia N°03 is a light therapy device with an internationally patented combination of solid and flickering light. The central halogen light bulb emits warm solid light and the surrounding 8 LED bulbs emit cool light and pulsate at a range of frequencies. This unique combination of warm and cool white light creates a wide spectrum that emulates the spectrum of light emitted by the sun.



Lucia light sessions are curated from a laptop running software which controls the intensity and duration of the light experience.

A wide range of pre-programmed sessions provide different entrance points into a space of deep relaxation, meditation and visualization.

Additionally, as each person's brain is unique, Lucia light software allows for the creation of new light sessions tailored to personal goals and needs.

INVENTORS

Dr. Engelbert Winkler is a clinical psychologist, psychotherapist and legal consultant.

Dr. Dirk Proeckl is a medical neurologist and psychologist.

Both doctors have their own practices in Tyrol, Austria.

After decades of research in their respective fields, they worked together to create the Lucia N°03 in 2009.

Dr. Proeckl and Dr. Winkler created the Lucia N°03 with the intention to share an awe-inspiring experience that helps people return to their optimal state of being.

Hundreds of Lucia N°03 lights are currently in use around the globe.



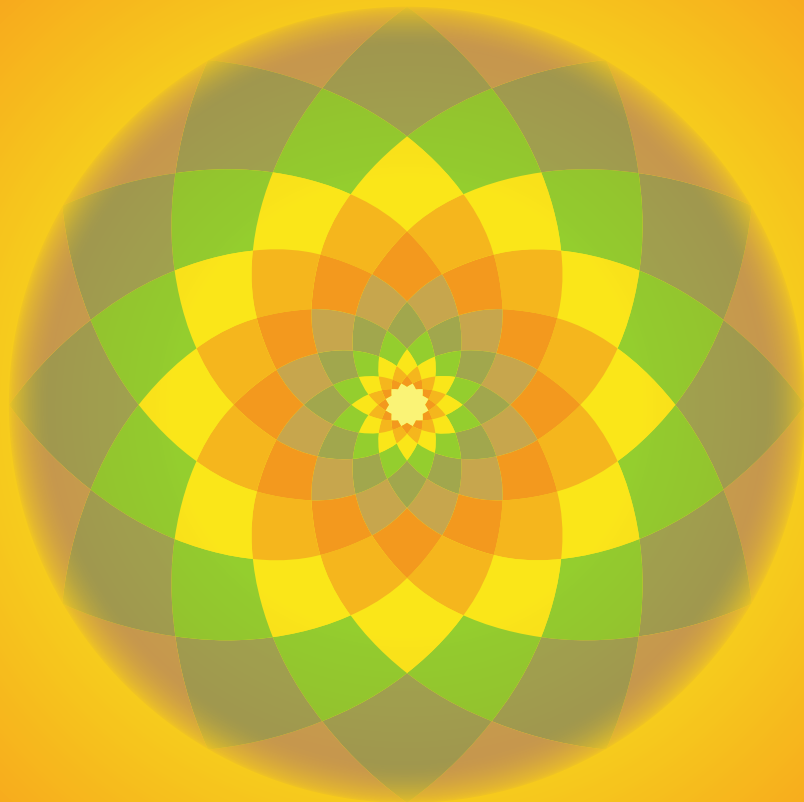


The Lucia N°03 is built in Austria using fair-trade labor. Lucia lights are assembled in small batches with an emphasis on quality, precision and elegance.

LIGHT

The Lucia N°03 has a unique balance of thermal, wide-spectrum and cool, flickering light that promotes health and healing at a cellular level.

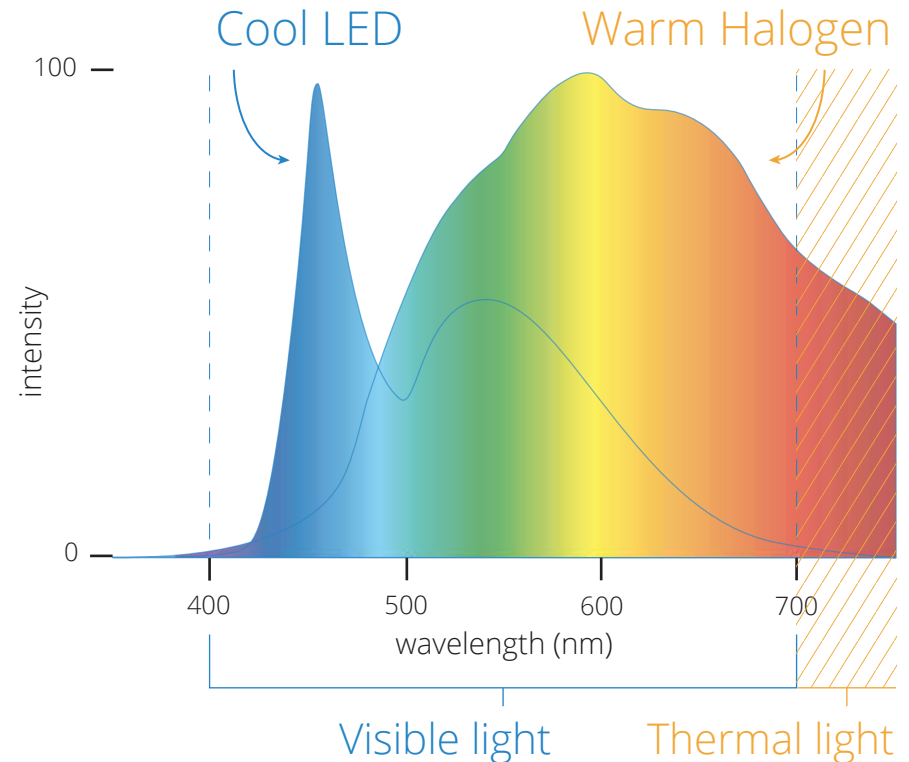
Exposure to bright, thermal, wide-spectrum light in the morning assists in aligning the body's circadian rhythm and regulating hormones melatonin and cortisol as well as neurotransmitter serotonin, promoting deep sleep, improving tissue repair and uplifting mood.



LIGHT

The body absorbs more light than the eyes can see. Beyond the visible light spectrum lies the thermal light spectrum, light felt by the skin. Many indoor environments today are lit by sources that only emit visible light, causing an imbalance in cellular metabolism. The Lucia N°03 provides a balanced, wide-spectrum of visible and thermal light essential for optimal wellness.

Wide-Spectrum Balanced Light	Blue and Unbalanced Light
<ul style="list-style-type: none">· sunlight· Lucia N°03	<ul style="list-style-type: none">· fluorescent light· LED light only
decreases oxidative stress	increases oxidative stress
relaxing, centering	anxiety-inducing
regulates circadian rhythm	disrupts circadian rhythm
improves gene function	disrupts gene function
increases motivation	increases fatigue



*Light spectrum of the Lucia N°03
LEDs emit cool, blue light
Halogen bulb emits warm, visible and thermal light*

LIGHT AS A PORTAL



The Lucia N°03 light is a portal into expanded states of consciousness.

The light travels through the closed eyes along the optic nerve into the brain. What we see with closed eyes is a visual reflection of our consciousness.

As the light pulses, different patterns of brain activity emerge, creating the possibility for new connections to be made.

As the body and mind progressively relax into the light, the brain activity becomes more synchronized, often exhibiting alpha and theta waves. As you let go further, the brainwaves become harmonic. This is the same state that monks who have meditated for decades access during deep meditation.

The Lucia N°03 light works by guiding you to more expanded states of consciousness and, over time, teaches you how to get there on your own.

Each Lucia N°03 experience is different and as you let go more and more you can enter into profound states of bliss, oneness, astral journey and other dimensional experiences.

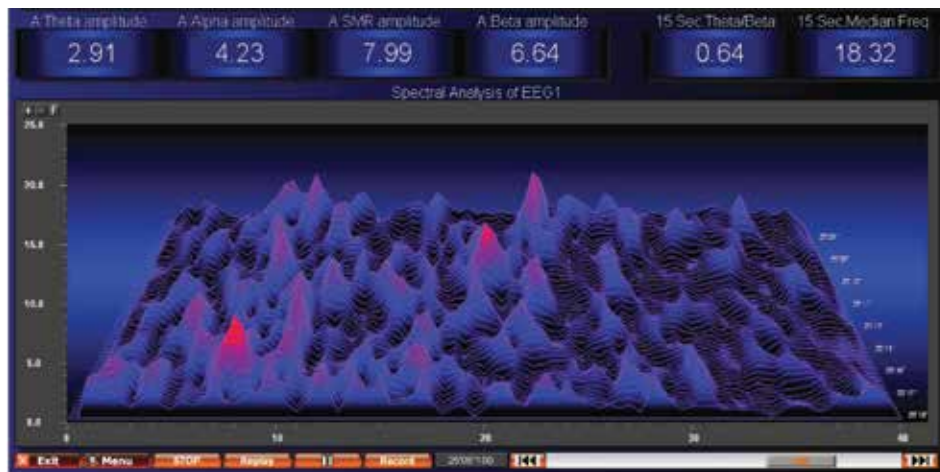
CHANGING THE BASELINE

OPTIMIZING YOUR FLOW

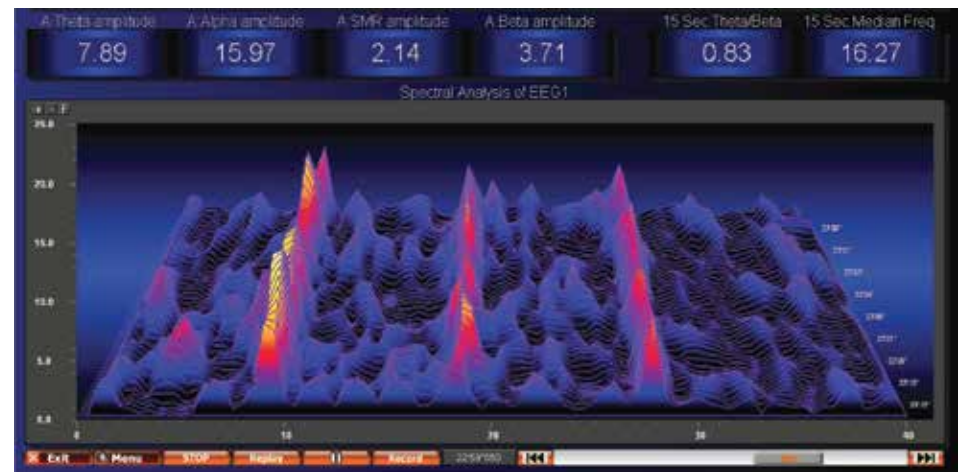
Life is full of surprises and challenging situations that can throw us off balance. Without a practice for returning to our baseline, we begin to accumulate tension and stress.

The Lucia N°03 is a powerful tool for enhancing the practices of relaxation, mindfulness and meditation in restoring our balance.

Over the course of a Lucia light session, the body and mind relax and brain activity transitions from unsynchronized and chaotic to synchronized and harmonic. This transition reflects the return to a natural baseline state of balance, inner peace and effortlessness.



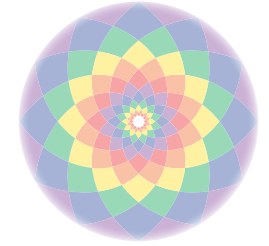
*EEG before Lucia N°03 light session
unsynchronized, chaotic brain activity*



*EEG during Lucia N°03 light session
synchronized, harmonic brain activity*

ENTERING THE FLOW

BRAIN ENTRAINMENT AND HARMONICS



Life flows in waves. From the macroscopic cycle of day and night, to the microscopic waves of electrical activity in the brain, life follows a rhythm. When the body is in a natural state of flow, brain activity synchronizes and ultimately becomes harmonic. The Lucia N°03 gently guides the brain into the following high-performance states:

FLOW

Natural High

Benefits may include

- heightened concentration
- sense of time slows down
- clarity, intuition, confidence
- optimal performance

RELEASE, REPAIR, REVITALIZE

Hypnagogia – the space between wakefulness and sleep

Benefits may include

- increased visualization ability
- enhanced creativity
- deep meditation
- deep relaxation

OPTIMIZE

Optimize Brain Function

Benefits may include

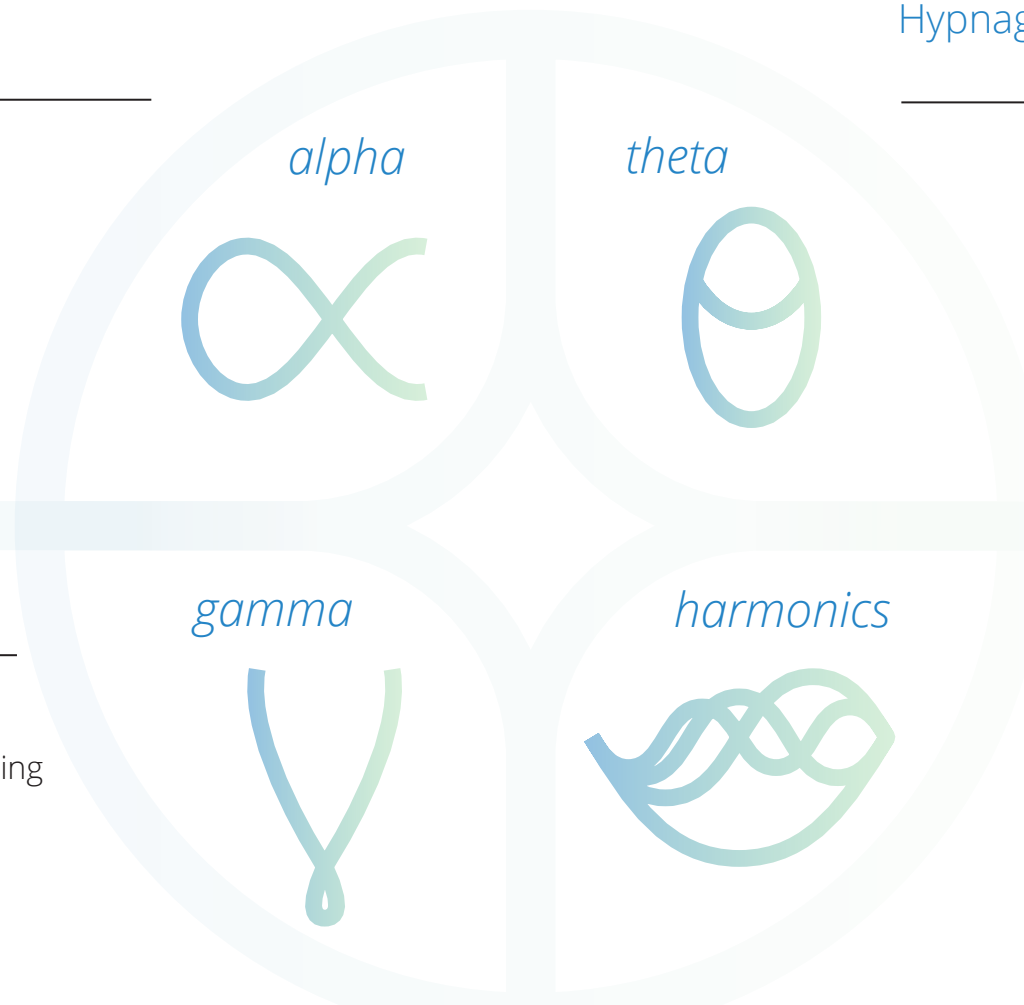
- enhanced cognitive processing
- clarity of thought
- sharpness
- enhanced memory

HARMONIZE

Peaceful Presence

Benefits may include

- bliss experiences
- sense of oneness
- deep trance
- other dimensional experiences



MODERN MEDITATION

TECHNOLOGY AND VISUALIZATION



Meditation is a practice with innumerable benefits from lowering the heart rate, blood pressure and oxygen consumption to enhancing clarity, focus and presence.

By combining ancient wisdom with modern technology we can access states that once took monks years of practice to achieve.

During a session, the flickering light of the Lucia N°03 guides the brain into profound meditative states with ease and joy.

Guided meditations and visualizations can be used during Lucia N°03 sessions to enhance mindful awareness and strengthen the mind-body connection. Some techniques include mindful breathing (pranayama and Wim-Hof technique), body-scanning, conscious muscle release.

The ineffable state of bliss is always present. With practice, the peace and joy found during a light session becomes part of everyday life.

SELECTED RESEARCH

Increased Creativity

Boynton, T. (2001). Applied research using alpha/theta training for enhancing creativity and well-being. *Journal of Neurotherapy*, 5(1–2), 5–18.

“Into the Light – Creativity through Psychedelic Light Travel” by Professor Ralph Buchner, Munich University of Applied Sciences, Germany.

Brain Entrainment

Toman, J. (1940). Flicker potentials and the Alpha Rhythm in Man. *Journal of Neurophysiology*, 4, 51-61.

Meditative and Mindful Experience

Kroger, W. S. & Schneider, S. A. (1959). An electronic aid for hypnotic induction: A preliminary report. *International Journal of Clinical and Experimental Hypnosis*, 7, 93-98.

Lomas, T; Iltzan, I, and Fu, Chy (2015). A systematic review of the neurophysiology of mindfulness on EEG oscillations. *Neuroscience and Biobehavioral Reviews*, 57;401-410.

Migraine and Tension Relief

Anderson, D. J. (1989). The treatment of migraine with variable frequency photo stimulation. *Headache*, 29, 154-155.

Relief from Chronic Pain and Deep Relaxation

Cady, Dr. Roger K & Shealy, Dr. Norman (1990) *Neurochemical Responses to Cranial Electrical Stimulation and Photo-Stimulation via Brain Wave Synchronization*, Shealy Institute of Comprehensive Health Care, Springfield, Missouri, 1990

Increased Bloodflow to the Brain

Fox, P.T., & Raichle, M.E. (1985). Stimulus rate determines regional blood flow in striate cortex. *Annals of Neurology* 17,303-305.

Sappeg-Marinier, D., Calabrese, G., Fein, G., Hugg, J., Biggins, C., & Weiner, M. (1992). Effect of photic stimulation on human visual cortex lactate and phosphates using ¹H and ³¹P magnetic resonance spectroscopy. *Journal of Cerebral Blood Flow and Metabolism*, 12 (4), 584-592.

Increased Focus and Performance

Zimny, George H. (1965) Effect of Flicker periodicity upon Performance and Arousal during a Rotary-Pursuit Task. *Journal of Psychology*, 78(1), 75-82.