

Red Light Therapy

YAH's Healing Light

Light in Scripture

"And let them be for lights* in the expanse of the heavens to give light** upon the earth: and it was so.

And Elohiym made two great lights*; the greater light* to rule the day, and the lesser light* to rule the night: he made the stars also.

And Elohiym set them in the expanse of the heavens to give light** up on the earth,

And to rule over the day and over the night, and to divide the light*** from the darkness." BERE'SHIYTH (GENESIS) 1:15-18 תא CEPHER

*H3974 - properly a luminous body, light, cheerfulness, chandelier

**H215 - to be luminous, break of light, shine

***H216 - illumination, luminary, light, sun

How sunlight heals

Sunlight supports our circadian rhythm, hormones, mood, body temperature, metabolism regulation, and so much more.³

Morning

Dos

- Early sunlight before 9 am
- Straight sun, nothing between
- Bright days ~30 seconds, cloudy days ~30 minutes

Dont's

- Stare directly at the sun
- Do this inside, in a car, or wear sunglasses
- Use blue light blockers

Red in Scripture

"And Elohiym said, Let us make man* in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creeps upon the earth.

So Elohiym created man* in His own image, in the image of Elohiym created he Him; male and female created He them." BERE'SHIYTH (GENESIS) 1:26-27 תא CEPHER

*H120 - 'âdâm, from H119 - human being, man. person.

H119 - 'âdâm, blood, rosy, red. Referenced in Offerings and Tabernacles.

Offerings and Tabernacles: SHEMOTH (EXODUS) 25:5; 26:14; 35:7; 35:23; 36:19; 39:34

How red light heals

Near infrared (NIR) light from the sun stimulates mitochondria to produce melatonin where oxidative stress happens. This can help prevent many health issues.¹⁰

Evening

Dos

- Catch the sunset light
- Limit light use after sunset
- Use low-angle, dim, red/orange light
- Use blue light blockers when using screens

Dont's

- Use bright light at high angles
- Use screens for at least 2 hours before bed

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