

You're Glowing, Literally.

Bruce Dolin
Pathways #41, page 39



What we had understood, we can have and possess...
It's not easy to promise that we know that our life...
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Talking Points

- ❖ In considering research done by Japanese scientist who found that the human body literally glimmers or glows, Bruce Dolin found himself considering the implications of these findings.
- ❖ When considering the way pregnant women “glow,” maybe these “ways of talking about extra life-energy have a physical, not just a metaphorical or metaphysical, reality?”
- ❖ These findings on human luminescence also found that the levels varied with metabolism. When cortisol dropped, luminescence increased.
- ❖ Bruce Dolin considers ways we can use this luminescence in parenting. Can we “shine” our face on our children? Can we cultivate our luminous aspect by being compassionate?
- ❖ “So let’s dedicate today to doing whatever we can to be full of life, love and compassion—to cultivate equanimity in the service of shining whatever light we can muster on all our collective children.”

Resources

Want to learn more about this amazing research? See Charles Choi’s 2009 article “Strange! Humans Glow in Visible Light.” *Live Science*. July 22, 2009. <http://www.livescience.com/7799-strange-humans-glow-visible-light.html>

The original research article:
Masaki Kobayashi Daisuke Kikuchi, Hitoshi Okamura. “Imaging of Ultraweak Spontaneous Photon Emission from Human Body Displaying Diurnal Rhythm.” *PLOS ONE*, July 16, 2009.
<http://www.plosone.org/article/info:doi%2F10.1371%2Fjournal.pone.0006256>

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>