

The Five Pathways Explained

The Physical Tension Pathway

This is the 660nm Red Light, and it supports grounding, aids in release, and promotes physical ease.

The Sensory Irritation Pathway

This is the 450nm Blue Light that softens sensory overload and sharpness.

The Emotional Regulation Pathway

This is the 590nm Amber light that helps your system settle emotionally and transition smoothly.

The Clarity State

This is the 530nm Green Light that is not a protocol, as the pathways are. The Green Light creates space, reduces internal noise, and restores presence.

The Deep System Pathway

This is the 850nm Near-infrared Light that supports deep recovery, long-term regulation, and system-level ease.