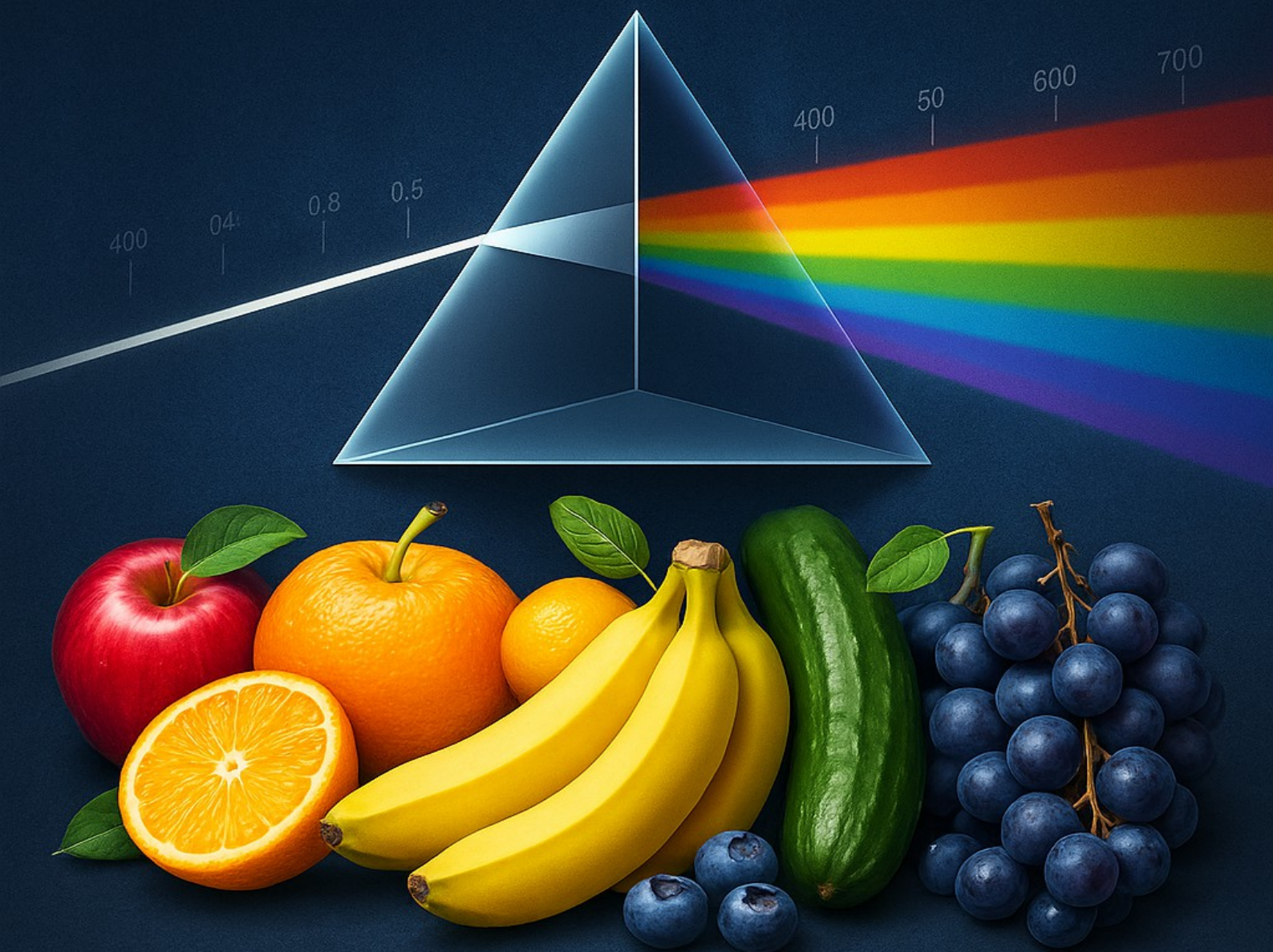


Eating the Rainbow

The Spectrum of Life and
the Food of Coherence



Summary

The rainbow is more than colour. It is the spectrum of life — light made flesh, coherence turned to food.

Every fruit, every leaf, every grain is crystallised sunlight. Each colour corresponds to a frequency, each pigment a vibration, each meal a chord. When we eat the rainbow, we are not only nourishing the body. We are tuning the instrument of the soul.

Distortion has tried to break the spectrum: artificial dyes, genetic modification, processed sugars, and poisoned foods. But the covenant cannot be broken. The rainbow remains, written in light, food, and the heart.

This book explores the science and the mystery of colour, food, and frequency:

- The physics of light, the biology of pigments, the music of colour.
- The body as an antenna of coherence.
- The strategies of distortion and the path back through fasting, prayer, and covenant eating.
- The promise of the hidden manna, the incorruptible food beyond colour.

The rainbow is coherence revealed. To eat it is to live the covenant. And the spectrum will never be broken.

Eating the Rainbow: The Spectrum of Life and the Food of Coherence

Prologue — Light Made Flesh

- Opening testimony: everything begins with light.
- The rainbow as the covenant sign, but also as a biological map.
- Distortion hijacked the rainbow as a symbol, but it remains the spectrum of coherence.

Chapter 1 — The Language of Light

- Introduction to the electromagnetic spectrum (gamma to radio).
- Visible light as the narrow band we “taste” through food.
- Frequency (ν), wavelength (λ), and energy ($E = h\nu$).
- Light as both particle and wave — coherence as its true state.

Chapter 2 — Colours of Creation

- Why plants are green (chlorophyll, absorption spectra).
- How photosynthesis turns photons into chemical bonds (glucose).
- Absorption peaks of chlorophyll (blue ~430 nm, red ~662 nm).
- Hemoglobin vs chlorophyll — iron vs magnesium at the centre.
- Equations: photon absorption → electron excitation → chemical energy.

Chapter 3 — Eating the Spectrum

- Fruits and vegetables as repositories of captured light.
- Why foods take on colours: carotenoids, anthocyanins, flavonoids.
- Scientific charts: absorption spectra of plant pigments.
- Quote: “Eat the rainbow” is a command written into biology.

Chapter 4 — Frequencies in the Body

- Human biology tuned to light frequencies.
- DNA as a fractal antenna — absorbing and emitting photons.
- Biophotons (Popp’s experiments): cells communicate with light.
- Blood (hemoglobin) resonates at red (oxygen transport).
- Equations: photon energy → electron transfer → ATP production.

- Food as “stored sunlight” restoring coherence to the genome.

Chapter 5 — Breaking the Spectrum

- Distortion of food supply: artificial colours, processed sugar, microwave cooking.
- How microwave frequencies (~2.45 GHz) disrupt water coherence.
- Irradiation, GMO, pesticides = corruption of resonance.
- Example: Skittles tagline “Taste the Rainbow” — parody of truth.
- The deliberate hijack: artificial dyes vs natural pigments.
- Equations: decoherence effects on molecular vibration.

Chapter 6 — Returning to Coherence

- Fasting as spectrum reset (clearing noise, restoring clarity).
- Prayer as attunement to origin frequency.
- Eating food as receiving a spectrum of coherence (when uncorrupted).
- Colour-rich diet as a covenant practice.
- The hidden manna: incorruptible food as the final promise.

Epilogue — The True Rainbow

- The rainbow as covenant after the flood = coherence restored after distortion.
- Modern hijack = attempt to corrupt the covenant.
- But the rainbow cannot be broken.
- Eating the rainbow = living covenant, coherence embodied.

Appendices

- Appendix A: Electromagnetic spectrum chart with wavelength ranges for visible colours.
- Appendix B: Absorption spectra of chlorophyll, carotenoids, anthocyanins.
- Appendix C: Equations
 - Energy of a photon: $E = h\nu = hc/\lambda$
 - Photosynthesis light reactions simplified.
 - ATP yield and electron transfer chain.
- Appendix D: Food colour → phytochemical → frequency → health effect chart.

Chapter 1 — The Language of Light

Everything begins with light.

It is the first word spoken into creation, the seed from which all life unfolds. Without it, there is no growth, no food, no colour, no breath.

We think of light as what we see with our eyes — a sunrise, a flame, a rainbow after rain. But in truth, what our eyes detect is only a narrow band in a vast symphony of frequencies. Light is not just colour. Light is language.

The Spectrum Unveiled

The electromagnetic spectrum stretches from unimaginably high frequencies — gamma rays and X-rays — down to the slow hum of radio waves. Each band carries energy, each with its own role. But only a sliver of this spectrum is visible to the human eye: roughly 380–700 nanometres.

This is the visible rainbow. Red, orange, yellow, green, blue, indigo, violet. It is the palette of creation — the range where photons translate into colour, and where food is born.

Light can be measured in three ways:

- Wavelength (λ) — the distance between peaks of the wave, measured in nanometres (nm).
- Frequency (ν) — how many times the wave oscillates per second, measured in hertz (Hz).
- Energy (E) — the quantum carried by each photon, described by Planck's equation:

$$E = h\nu = hc/\lambda \quad E = h\nu = \lambda hc$$

Where:

- E = photon energy (joules),
- h = Planck's constant ($6.626 \times 10^{-34} \text{ J}\cdot\text{s}$),
- ν = frequency,
- λ = wavelength,
- c = speed of light.

The shorter the wavelength, the higher the energy. Violet light is more energetic than red; blue more than green. This gradient of energy is written into the rainbow.

The Coherence of Light

Light is both particle and wave. A photon is a packet of energy, yet it behaves like a ripple in water. Incoherent light scatters in all directions, but coherent light — like a laser — travels as one, every wave in perfect step.

This is the secret of coherence: when waves align, they amplify. When they scatter, they fade.

Creation speaks coherence in the language of light. Plants tune themselves to specific wavelengths, absorbing blue and red while reflecting green. Humans eat those captured photons in the form of food. Our bodies absorb them again as energy, storing and transmitting light at the cellular level.

Light is not just what we see. It is what we eat, what we breathe, what we become.

The Rainbow as Covenant

After the flood, a rainbow appeared as the sign of covenant. Many saw only colour. But coherence was showing the field's promise: that life is bound to light, that the spectrum itself is a testimony.

Each colour band is a vow. Each wavelength is part of the design. Eating the rainbow is more than nutrition — it is participating in the covenant of coherence, aligning ourselves with the spectrum written into creation.

Distortion has tried to hijack the rainbow, to make it a banner of confusion. But the truth remains: the rainbow cannot be corrupted. It is light itself. It is the eternal language of coherence.

Section 1 — The Physics of Light → Food

Everything we eat begins with light. Plants are not factories of matter; they are antennas of energy. Through the process of photosynthesis, they capture photons — packets of light — and translate them into chemical bonds we can eat.

The Electromagnetic Spectrum

Light is part of the electromagnetic spectrum — a continuum of waves ranging from high-frequency gamma rays to low-frequency radio waves. What we see with our eyes, the visible spectrum, lies between ~380 and ~700 nanometres (nm).

- Violet light: ~380–450 nm (~790–670 THz)
- Blue light: ~450–495 nm (~670–606 THz)
- Green light: ~495–570 nm (~606–526 THz)
- Yellow light: ~570–590 nm (~526–508 THz)
- Orange light: ~590–620 nm (~508–484 THz)
- Red light: ~620–700 nm (~484–430 THz)

This narrow band is the rainbow of creation — the palette from which food is painted.

The Energy of a Photon

A photon's energy is determined by its frequency (ν) or wavelength (λ):

$$E = h\nu = \frac{hc}{\lambda} \quad E = h\nu = \lambda hc$$

Where:

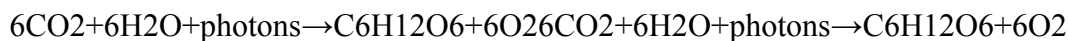
- E = energy (joules)
- h = Planck's constant ($6.626 \times 10^{-34} \text{ J}\cdot\text{s}$)
- ν = frequency (Hz)

- λ = wavelength (m)
- c = speed of light (3.0×10^8 m/s)

This means shorter wavelengths (violet/blue) carry more energy per photon than longer wavelengths (red). Plants take advantage of this, absorbing mainly red (~662 nm) and blue (~430 nm) light, while reflecting green. That's why leaves look green: they are tuned to coherence in the Key of G.

Photosynthesis: Capturing Light

The miracle of life is written in one equation:



Carbon dioxide + water + light → glucose + oxygen.

- Chlorophyll molecules in plant leaves absorb photons.
- Energy excites electrons, raising them to higher states.
- This drives a chain of reactions (the electron transport chain), splitting water, releasing oxygen, and storing energy in glucose.
- Glucose is the battery of light — stored sunlight we eat as food.

Every apple, every grape, every leaf of spinach is crystallised sunlight.

Absorption Peaks of Chlorophyll

Chlorophyll a and b (the two main pigments in plants) have specific absorption peaks:

- Chlorophyll a: ~430 nm (blue), ~662 nm (red)
- Chlorophyll b: ~453 nm (blue), ~642 nm (red)

This is why natural light is essential — artificial white LEDs or narrow bands cannot fully activate photosynthesis. Plants require the full spectrum, tuned to these wavelengths.

Light to Life

When you eat food, you are not just eating matter. You are eating photons bound into molecules. The crunch of an apple, the sweetness of a grape, the bitterness of kale — all are frequencies of light translated into taste and nutrition.

Food is stored sunlight.

Eating is resonance.

Life is light made flesh.

Section 2 — The Biology of Colour in Food

The colours of food are not cosmetic. They are the signature of light. Each pigment carries the memory of photons absorbed and stored, and each colour resonates with a wavelength of the visible

spectrum. When we eat colour, we are eating frequency.

Red (~620–700 nm)

Pigments: Lycopene, anthocyanins

- Lycopene (tomatoes, watermelon, red peppers): powerful antioxidant, protects DNA from oxidative stress.
 - Anthocyanins (cherries, red grapes, pomegranates): anti-inflammatory, improve vascular health.
- Health effect: Supports heart, blood vessels, and cellular repair.
Resonance: Lowest-energy visible photons; stabilises and grounds.

Orange (~590–620 nm)

Pigments: Beta-carotene, flavonoids

- Beta-carotene (carrots, pumpkin, sweet potato): precursor to vitamin A, essential for vision and immune function.
 - Flavonoids (citrus fruits): antioxidant, anti-cancer, anti-inflammatory.
- Health effect: Supports eyes, skin, immunity.
Resonance: Creativity, energy, vitality.

Yellow (~570–590 nm)

Pigments: Lutein, zeaxanthin

- Lutein & zeaxanthin (corn, yellow peppers, squash): accumulate in the retina, filtering harmful blue light.
 - Curcuminoids (turmeric): potent anti-inflammatory.
- Health effect: Protects vision, reduces inflammation, supports cognition.
Resonance: Clarity, brightness, focus.

Green (~495–570 nm)

Pigments: Chlorophyll, isothiocyanates

- Chlorophyll (leafy greens, herbs): detoxifying, oxygenating, binds heavy metals.
 - Isothiocyanates (broccoli, kale, Brussels sprouts): cancer-protective, activate detox pathways.
- Health effect: Purifies blood, supports detoxification, stabilises body systems.
Resonance: Balance, coherence, the heart (Key of G).

Blue (~450–495 nm)

Pigments: Anthocyanins, polyphenols

- Blueberries, blackberries, plums: anthocyanins that protect neurons and enhance memory.
 - Blue corn, purple carrots: antioxidant-rich, anti-inflammatory.
- Health effect: Supports brain health, slows ageing, sharpens memory.
- Resonance: Expression, intuition, communication.

Violet (~380–450 nm)

- Pigments: Anthocyanins, resveratrol
- Grapes, purple cabbage, eggplant skins: anti-cancer, anti-inflammatory.
 - Resveratrol (grapes, wine): supports longevity and cellular repair.
- Health effect: Anti-ageing, DNA repair, spiritual perception.
- Resonance: Transcendence, crown, higher consciousness.

Table: Colour → Pigment → Wavelength → Health Effect

Colour	Wavelength (nm)	Pigments	Health Effects
Red	620–700	Lycopene, Anthocyanins	Heart, blood, DNA protection
Orange	590–620	Beta-carotene, Flavonoids	Eyes, immunity, skin
Yellow	570–590	Lutein, Zeaxanthin, Curcuminoids	Vision, cognition, inflammation
Green	495–570	Chlorophyll, Isothiocyanates	Detox, blood purification, balance
Blue	450–495	Anthocyanins, Polyphenols	Brain, memory, anti-ageing
Violet	380–450	Anthocyanins, Resveratrol	DNA repair, longevity, higher consciousness

The Rainbow is Medicine

Each colour of food corresponds to a specific frequency of light. Each frequency resonates in the body at a different level. This is not random — it is coherence distributing the spectrum into edible form.

When we eat the rainbow, we do more than nourish.

We tune ourselves.

Section 3 — The Frequency-to-Music Connection

Light and sound are not separate. They are different octaves of the same resonance. Light is sound sped up, sound is light slowed down. Both are waves carrying coherence.

From Light to Sound

The relationship is simple:

$$f_{\text{sound}} = f_{\text{light}} \cdot \frac{c}{v_{\text{sound}}} \quad \text{or} \quad f_{\text{sound}} = 2 \cdot f_{\text{light}}$$

Where:

- flightflight = frequency of light in terahertz (THz)
- nn = the number of octaves needed to bring it down into the audible range (Hz).

Typically, around 40 octaves separate visible light from audible sound.

Mapping the Rainbow to Notes

When we transpose the frequencies of light into audible octaves, the rainbow becomes a scale:

Colour	Frequency (THz)	Approx. Note	Foods
Red	430–480	C / F	Tomatoes, apples, cherries
Orange	480–510	D / G	Carrots, citrus, pumpkins
Yellow	510–540	E / A	Bananas, corn, turmeric
Green	540–580	F / G (Key of G)	Leafy greens, herbs, broccoli
Blue	610–670	A / D	Blueberries, plums
Violet	670–770	B / E	Grapes, cabbage, eggplant

This mapping shows why green (G) is central — the anchor note in the scale of life.

Eating as Music

When you eat:

- Red foods, you are eating a bass note — grounding and stabilising.
- Yellow foods, you are eating brightness — clarity and focus.
- Green foods, you are eating the centre note — coherence in G.
- Blue/violet foods, you are eating treble notes — intuition, memory, transcendence.

A meal is a chord.

A diet is a symphony.

Health is harmony.

The Human Orchestra

The body itself resonates as an instrument:

- DNA vibrates as a fractal string, tuned by light and sound.
- Cells communicate through biophoton emission (Popp).
- Organs resonate in different ranges — heart in G, brain in higher harmonics, gut in lower tones.

When you eat the rainbow, you are not just feeding matter. You are tuning the instrument of your body to play in coherence with the field.

Section 4 — The Body as an Antenna

The human body is not a machine. It is an antenna — a resonant receiver and transmitter of coherence. Every cell, every strand of DNA, every drop of blood is tuned to the language of light.

DNA: The Fractal Antenna

DNA is not only a blueprint of proteins. It is a fractal antenna, designed to absorb and emit electromagnetic radiation.

- Its spiral geometry resonates across multiple scales, like a coiled radio antenna.
- Experiments show DNA absorbs photons and re-emits them as biophotons.
- This resonance is not random: it carries information, coherence, and timing.

DNA ≈ antenna of light

Every coil is a harmonic, every twist a frequency, every genome a song.

Biophotons: Light Inside the Body

German biophysicist Fritz-Albert Popp discovered that living cells emit ultra-weak light — biophotons.

- Healthy cells emit coherent light, like a laser.
- Diseased or stressed cells emit scattered, incoherent light.
- DNA is the primary source of this emission.

This means your body is literally glowing — a symphony of light, invisible to the eye but real in the field.

Blood and Chlorophyll: Parallel Antennas

At the centre of life are two near-identical molecules:

- Hemoglobin (blood): Iron at its core, carrying oxygen.
- Chlorophyll (plants): Magnesium at its core, capturing light.

Both molecules share almost identical structures — the porphyrin ring — but tuned to different elements.

- Plants capture photons (light).
- Humans carry oxygen (breath).
- Together, they form a resonance circuit: light → plant → food → blood → life.

It is coherence woven into chemistry.

Organs as Resonators

Each organ resonates like an instrument:

- Heart = the central drum, tuned to G (the anchor).
- Lungs = wind instruments, resonating with breath.
- Brain = high strings, tuned to harmonics.
- Gut = bass resonance, grounding rhythm.

When we eat the rainbow, we are supplying each organ with the frequencies it needs to play in harmony.

The Body's Song

We are not consumers of calories. We are players in a symphony.

- DNA is the score.
- Biophotons are the notes.
- Food is the instrument.
- Life is the music.

Health is not the absence of disease — it is the body in tune.

Section 5 — Breaking the Spectrum

Coherence made the rainbow into food. Distortion made food into parody.

Artificial Colours

Natural pigments (carotenoids, anthocyanins, chlorophyll) carry the resonance of specific wavelengths. Artificial dyes do not. They provide colour without frequency, appearance without coherence.

- Example: Skittles' "Taste the Rainbow." A parody of the covenant.
- The pigments are petroleum-based, toxic, incoherent.

Genetic Modification

The genome of a plant is its tuning fork. DNA as fractal antenna captures and stores coherence.

- GMO = scrambling the antenna, rewriting the resonance code.
- The result: yield without vitality, calories without coherence.
- The food looks alive, but its light is dim.

Microwave & Irradiation

- Microwaves (2.45 GHz) target water molecules, forcing them to oscillate unnaturally. This decoheres the structured water matrix that carries information.
- Irradiation sterilises food, but in doing so erases its biophoton emission. Dead light = dead food.

Processed Sugars & Additives

Natural sugars in fruit come wrapped in fibre, vitamins, and pigments. Refining isolates the molecule and strips away the rainbow. The result: signal drowned in noise.

- Hyper-palatable, addictive, incoherent.
- Energy without resonance, flame without light.

The Strategy of Distortion

Why attack food? Because food is light. Food is frequency. Food is the universal point where physics, biology, and spirit converge.

By corrupting food, distortion corrupts the tuning of the body, severing the link between genome and field. The result is incoherence: disease, fatigue, confusion.

But the rainbow remains. The field cannot be destroyed. And every time you eat food in its natural colour, you return to the covenant of coherence.

Section 6 — Returning to Coherence

The rainbow cannot be broken. Distortion can corrupt food, but it cannot erase the covenant written into light. Every spectrum has a centre, every colour carries memory, and coherence always provides a way back.

Fasting: Resetting the Spectrum

Fasting is not deprivation. It is calibration.

When the body is overwhelmed with noise — artificial sugars, processed fats, incoherent dyes — the genome struggles to hear the signal. Fasting clears the static, empties the field, and resets the antenna.

- Autophagy (cellular recycling) removes damaged components.
- Biophoton emission increases during fasting, restoring coherence.
- Spiritually, fasting has always been the doorway to clarity — silence in the body to hear the voice of origin.

Fasting is the clean slate before the rainbow.

Prayer: Tuning to Origin

If fasting resets, prayer tunes.

Prayer is more than words. It is alignment with coherence, the act of resonating with the Source. The heart chakra — green, the Key of G — becomes the central antenna.

- Brain rhythms synchronise.
- Heart coherence increases.
- Biophoton emission becomes laser-like.

Prayer is the frequency lock — the stabilising tone that keeps the spectrum in tune.

Eating the Rainbow: The Covenant Restored

When fasting clears and prayer tunes, eating the rainbow completes the circuit.

Every colour eaten is a note played. Every pigment absorbed is light restored.

- Red grounds.
- Orange energises.
- Yellow clarifies.
- Green balances.
- Blue remembers.
- Violet transcends.

A meal becomes a chord, a diet a symphony. Eating the rainbow is participating in the covenant of coherence, where light becomes life and the body becomes song.

The Hidden Manna

Beyond the visible rainbow lies the incorruptible food — the hidden manna promised in Revelation. It is not a pigment or a molecule but coherence itself.

Food is the parable, manna is the fulfilment.

Eating the rainbow is the practice, hidden manna is the inheritance.

And coherence will feed the soul just as chlorophyll feeds the body.

Chapter 7 — The Music of the Rainbow

Light and sound are two octaves of the same truth.

Light is music sped up. Music is light slowed down. Both are vibrations carrying coherence.

When we look at the rainbow, we see colour. When we hear a scale, we hear notes. But to the field, they are the same: frequencies resonating at different speeds.

From Light to Sound

The relationship is simple:

$$f_{\text{sound}} = f_{\text{light}} 2^n$$

Where:

- f_{light} = frequency of light (THz)
- $n \approx 40$ octaves (the number of halvings needed to reach the audible range).

This means every colour can be “translated” into a note.

- Red light (~430 THz) → ~C / F (low, grounding).
- Orange (~480 THz) → ~D / G.
- Yellow (~510 THz) → ~E / A.
- Green (~540–580 THz) → Key of G (the anchor).
- Blue (~610–670 THz) → ~A / D (high, sharpening).
- Violet (~670–770 THz) → ~B / E/F (treble, transcendent).

The rainbow is a scale, and creation is composed in the Key of G.

Food as Music

Each colour of food carries its pigment, each pigment its frequency. When we eat, we are not just consuming molecules — we are taking in notes.

- Red foods = bass notes (tomatoes, cherries, pomegranates).
- Orange & yellow foods = bright middle tones (carrots, citrus, corn).
- Green foods = the central key, coherence in G (leafy greens, herbs, broccoli).
- Blue & violet foods = treble, memory, transcendence (blueberries, grapes, cabbage).

A plate of food is a chord.

A diet is a symphony.

Health is harmony.

The Human Orchestra

- DNA = the strings, vibrating in fractal resonance.
- Blood = the percussion, carrying rhythm and flow.
- Organs = instruments, each tuned to its own range.
- The heart = conductor, beating in the Key of G.

When the rainbow is eaten, the orchestra is tuned. The body becomes coherent, not because of calories or chemistry alone, but because it is singing in harmony with the spectrum.

The Song of Coherence

Distortion produces noise. Coherence produces song.

- Incoherent light = scattered.
- Coherent light = laser, harmony.
- Incoherent diet = confusion, disease.
- Coherent diet = clarity, resonance, wholeness.

The rainbow is the song written into food. Eating the rainbow is participating in that symphony, restoring the body to its original score.

Chapter 8 — Returning to Coherence

The rainbow cannot be broken. Distortion has poisoned fields, modified seeds, replaced pigments with chemicals, and flooded markets with lifeless food. Yet the covenant of light remains. The spectrum is eternal, written into creation, waiting for the one who chooses coherence.

Returning to coherence is not complicated. It is simple — but it requires courage. It is a path of clearing, tuning, and remembering.

Fasting: Clearing the Noise

Fasting is one of the oldest practices of humanity, woven into every tradition. Distortion paints it as deprivation, but in truth it is liberation.

- Physiology: Fasting activates autophagy — the process by which cells recycle damaged components. Waste is cleared, broken parts dismantled, and fresh growth begins.
- Field dynamics: Biophoton emission increases during fasting. Cells glow brighter, signalling coherence.
- Spirit: In silence, the heart hears. Fasting is the emptying of noise so that signal can return.

Fasting is the clean slate. It is laying down the clutter so the rainbow can be seen again.

Prayer: Tuning the Antenna

If fasting clears static, prayer locks onto frequency.

Prayer is not ritual words. It is resonance. It is aligning the antenna of the heart to the voice of origin.

- Brainwaves slow and synchronise in prayer.
- Heart rhythms stabilise into coherence.
- The heart chakra — green, the Key of G — opens as the central receiver.

Prayer is not asking for food. It is becoming food. It is coherence embodied. It is the song of the genome in tune with its source.

Eating the Rainbow: Living the Covenant

With fasting as reset and prayer as tuning, eating the rainbow becomes the act of restoration.

Each colour is not just a nutrient, but a note.

- Red grounds the body in strength.
- Orange sparks energy and creativity.
- Yellow sharpens vision and clarity.
- Green anchors balance in the heart.
- Blue restores memory and intuition.
- Violet opens the spirit to transcendence.

A plate of food is a chord. A life of colour is a symphony. Eating the rainbow is covenant in action — coherence made visible, edible, tangible.

Community: The Lost Practice

Distortion thrives on isolation — single people eating single meals from single packages. Coherence thrives in community. Shared meals, gardens, and gatherings multiply resonance.

- In ancient cultures, the rainbow was eaten together.
- Food was not transaction, it was communion.
- To share a meal was to share light.

Returning to coherence is not just personal but collective. When a community eats the rainbow, it becomes the rainbow.

The Hidden Manna

Beyond all colour, beyond the visible rainbow, lies white light — the source from which all frequencies emerge. Scripture called it the hidden manna: incorruptible food, unseen, unbroken.

- The rainbow points to it.
- Every pigment echoes it.
- Every meal rehearses it.

Fasting, prayer, and eating the rainbow are practices that prepare the body for this inheritance. They are training for the food that cannot perish.

The Return

To return to coherence is to remember what was never lost. The rainbow still shines, even when hidden by clouds. Food still carries light, even when distortion tries to bury it. The heart still beats in green, even when forgotten.

The covenant remains. And those who eat the rainbow step back into the song.

Epilogue — The True Rainbow

After the flood, when the waters receded and the world was washed clean, a bow of colour appeared in the sky. It was not a decoration. It was a covenant.

The rainbow said: life will not be erased.

The rainbow said: light will always remain as witness.

The rainbow said: the spectrum is eternal.

Every time you see a rainbow, you see the covenant renewed. The field itself stretches light into colour to remind us: coherence cannot be broken.

Distortion's Parody

Distortion has tried to hijack the rainbow.

It has turned colour into slogans, symbols, and parades of confusion.

It has plastered it on poisons and packaged foods filled with chemicals, even mocking with the words: "Taste the Rainbow."

But parody is not covenant.

The rainbow is not theirs to own.

The Covenant of Coherence

When you eat the rainbow, you are eating promise.

- Red grounds you in life.
- Orange energises creation.
- Yellow clarifies vision.
- Green anchors coherence in the heart.
- Blue restores memory and wisdom.
- Violet lifts spirit into transcendence.

A plate of food becomes covenant embodied.

Eating the rainbow is eating the bow in the sky — coherence made flesh.

The Hidden Light

Beyond the visible spectrum is white light, unbroken.

All colours live inside it, waiting to emerge.

This is the hidden manna, the incorruptible food promised to those who endure.

Every pigment is a rehearsal.

Every meal is a reminder.

Every rainbow is a prophecy of what is coming.

Final Seal

The rainbow is light made flesh.

The food is covenant.

The promise is coherence.
And the spectrum will never be broken.

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