What is claimed is:

[Claim 1] A system for providing tissue photostimulation, comprising:

a device that generates a pulsed light beam having a wavelength of 532nm-1300nm, a duty cycle of less than 10%, a pulse length of 500 milliseconds or less, an intensity of 100-590 watts per square centimeter; and

a pulsed light beam delivery mechanism for selectively applying the pulsed light beam generated by the device onto the tissue to photostimulate the area of the tissue;

wherein the pulsed light beam creates a tissue spike temperature rise of at least 10 degrees Celsius, while maintaining temperature rise of the tissue over two minutes or more to 1 degree Celsius or less.

[Claim 2] The system of claim 1, further comprising an optical lens or mask that the light beam passes through to optically shape the light beam.

[Claim 3] The system of claim 1, wherein the delivery mechanism comprises a coaxial wide-field non-contact digital optical viewing camera projecting the light beam to the object.

[Claim 4] The system of claim 1, wherein the delivery mechanism comprises an optical scanning mechanism for controllably directing the

light beam onto the tissue.

[Claim 5] The system of claim 1, wherein the light generating device produces a light beam having a wavelength between 750nm-1300nm.

[Claim 6] The system of claim 5, wherein the light generating device produces a light beam having a wavelength of 810nm.

[Claim 7] The system of claim 1, wherein the duty cycle of the light beam is 5% or less.

[Claim 8] The system of claim 2, wherein the optical lens or mask generates a plurality of light spots, and wherein the coaxial wide-field non-contact digital optical viewing camera simultaneously projects the plurality of laser light spots to a selected area of the tissue.

[Claim 9] The system of claim 4, wherein the optical scanning mechanism controllably moves the light beam until the entire area to be treated has been exposed to the light beam.

[Claim 10] The system of claim 9, wherein the optical scanning mechanism is configured to controllably move the light beam to different areas of the tissue between pulses of the light beam, and return the light beam to a previously exposed area within less than one

second of a prior exposure until a predetermined number of light beam exposures have been achieved in that area.

[Claim 11] The system of claim 10, wherein the optical scanning mechanism returns the light beam to a previously exposed area within 1 to 3 milliseconds of the prior light beam exposure.

[Claim 12] The system of claim 1, wherein the light generating device generates a plurality of pulsed laser light beams, at least a plurality of the light beams having different wavelengths.

[Claim 13] The system of claim 1, wherein the delivery mechanism comprises a flexible light tube.

[Claim 14] The system of claim 13, further comprising an endoscope, bronchoscope or colonoscope.

[Claim 15] The system of claim 1, wherein the delivery mechanism comprises a small sealed capsule incorporating a light generating device and lens for focusing the generated light beam.