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HERALDING THE INTEGRATION OF MEDICINE WITH PHYSICAL, MENTAL, EMOTIONAL, SPIRITUAL & SOCIAL ASPECTS OF HEALTH

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Up Front

Seeing the Light

OPTOMETRIST JACOB LIBERMAN, OD, PhD, in his new book *Luminous Life*,* asserts that “presence” arises “when we embrace all that life *and light* have to offer.” Seeming to raise a metaphysical issue, he writes, “Once you see the light, you become the light.” However, Liberman substantiates his claim by quoting physicists (matter is slowed-down light) and offers a plethora of new evidence that light is the foundation of life, visible and invisible.

The now retired optometrist and author of three books on the subject, states: “Light seeks us out and guides us in the same way it seeks out and directs a plant to grow toward it.” Liberman found that the eyes, “...not only detect single photons of light before they take shape in form, but also assimilate and distribute that information to our brains at unimaginable speeds.” Indeed, “This entire process occurs before the conscious mind thinks about it and directs us toward what to look at.”

Liberman also found that his patients who had vision problems tended to look at a focal point but be elsewhere in their minds; this interrupts the experience of the guidance of light, and thus presence and ease for the eyes—and body. Yet, says Liberman, “The intelligence of life is constantly directing us toward presence.” In fact, he says, light “is our opportunity to experience how life guides us in each and every moment, allowing us to breathe easily.” The phrase, “Guided by the light” may come to the open mind.

Everything seen and unseen that comes into our eyes is made of light, says Liberman. He cites the physicist David Bohm’s finding that, “all matter is frozen light.” Citing new evidence that light emanates *from* our eyes as well as enters into them, Liberman writes of the healing importance of being aware of all-pervasive light. He advocates a simple response to whatever light calls our attention to in the moment, flowing with it freely, as children do regularly.

Invisible and visible light embrace all life. Liberman offers incisive research to substantiate his assertions; science, for example, showing that vision involves seeing invisible light—as one researcher observed: “It’s almost a feeling, at the threshold of imagination.” As if to stimulate that imagination, the author states, “Our lives grow richer as we focus less on the visible world and more on the invisible one.” Δ

—Scott Miners, editor

**Luminous Life: How the Science of Light Unlocks the Art of Living*, by Jacob Liberman, OD, PhD, New World Library, 2018