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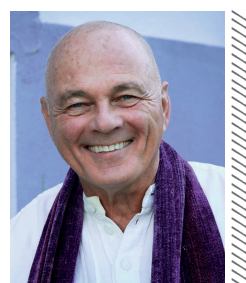


Living a Luminous Life

by Jacob Israel Liberman, OD, PhD

We are often told that the process of change, or awakening, takes work. We must meditate, repeat positive affirmations, change our diet, practice yoga, read spiritual texts, or sit at the feet of a wise teacher. While these suggestions might be helpful, I have not found that any of them actually allow us to reach escape velocity from the constraints of everyday life.

Almost every concept related to awakening revolves around the process of doing something. Although that belief sounds rational, it has no basis in fact. In actuality, our bodies are not designed to initiate action. They are incredibly sensitive systems that are continually responding to guidance from the same intelligence that animates



MEET THE AUTHOR

DR. JACOB ISRAEL LIBERMAN is a pioneer in the fields of light, vision, and consciousness and the author of *Light: Medicine of the Future* and *Take Off Your Glasses and See*. He has developed numerous light and vision therapy instruments, including the first FDA-cleared medical device to significantly improve visual performance. A respected public speaker, he shares his scientific and spiritual discoveries with audiences worldwide. He lives on Maui, Hawaii.

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the movement of planets, the change of seasons and the beating of our hearts.

Plants and animals naturally grow and evolve without effort. Is it possible that our life's journey is already mapped out and effortlessly provided to us in each moment?

Countless species take part in extraordinary migratory journeys guided by something outside themselves that is inseparably aligned with something inside them.

When we learn about

such feats, we often marvel at these creatures' amazing ability to travel from point A to point B. In the absence of maps, printed directions, and GPS technology, how do they find their way to their locations — never varying their routes, never getting lost, never second-guessing themselves, and never bickering with one another about the right route to take? What's fascinating is that many of these creature's life journeys are directly guided by the sun's light. Is it possible that the light steering these creatures is also navigating the course our lives?

Consider the possibility that what's "catching our eye" is actually looking for us, guiding us to whatever requires attention. What if we didn't have to think about, consider or choose anything, because the intelligence of life was already illuminating our path, so that we may fulfill our reason for being, effortlessly? Now, imagine that the intelligence of life is light - not the light

that we experience as brightness, but the invisible formless essence underlying all that exists.

Have you ever wondered why the Bible refers to God as light, why spiritual texts speak of consciousness as light, and why quantum physicists say that

the ground of reality - the foundational energy from which everything emerges - is light? Could this be why every physiological function is light dependent, and why every cell in the

body has sensors, designed like the eyes, to detect and respond to light? Light is continually upgrading the software of our humanity, harmonizing us with the cosmos.

More than waves and particles, light is a purveyor of consciousness.

It is not just "out there," something we need to find in order to see. *Light seeks us out* and guides us in the same way it seeks out and directs a plant to grow toward it. There is something inherently alive in it. And, astonishing as it might seem, light not only enters us through our eyes and skin but also *emanates from within us*.

From ancient times to modern day, health and well-being are commonly thought of as an emanation of light — or "glow" — a radiance that cannot be described. Glowing physical health is primarily a function of the power of our "inner sun," and our glow seems to increase as our awareness expands. At full illumination, this radiance becomes visible to the naked eye, which is why

great actors are often likened to "stars," and saints are traditionally depicted as being surrounded by brilliant halos and described as "illuminated."

The wonder of light is that it is by nature invisible. But through the miracle of consciousness, we experience the spectrum of light as color. And this is where the science of light and life magically unite, because we tend to respond to color in the same way we respond to life. Color is just our visual perception of light vibrating at specific frequencies. Just as some life experiences are easy for us to accept and others are difficult, the energetic frequencies that compose these experiences are likewise either comfortable or uncomfortable for us to embrace. We respond to specific colors in the same way we respond to specific life experiences. But it is not the color we are responding to but rather the vibration that we interpret as color.

Colored light allows us to innocently feel the depths of our being without thought or understanding. Like a 'master key' that opens the door to our infinite nature, color is our perception of 'raw vibration' — a glimpse into our

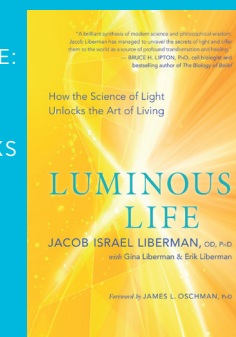
fundamental essence. It is the subtlest and most potent homeopathic remedy, uncovering our ability to sometimes see the causative factors underlying our life's adaptations.

Since light is composed of different wavelengths that we perceive as color, the way we metabolize color is inseparable from the way we metabolize life. And there is often a significant correlation between the colors we are uncomfortable with and the chakras designated by those same colors. For example, if we are uncomfortable with the color red, we may also have lower back or reproductive issues. However, as we embrace the full spectrum of light, we begin to embrace the full spectrum of life, and often these issues resolve themselves.

Color Homeopathy, as I refer to it, helps desensitize us from the emotional triggers that habitually create stress in our lives. By using color in a specific way, we can reduce stress, expand awareness and improve wellness on all levels, so that we can begin to live a more luminous life.

When we allow the light within us to merge with the light that guides us, we experience oneness. Without any effort,

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we relax into a state where we have no decisions to make. There is no confusion, second-guessing, thinking, or searching for answers. There is just beingness — an acceptance of life as it is. www.newworldlibrary.com

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