



JOURNAL OF LIGHT



- **Auricular Chromotherapy for the Treatment of Psychological Trauma**
- **Photons, Atoms, Molecules and Cells**
- **Bright Light Therapy**
- **Monochromatic Light: Effects on Brain & Psychological Function**
- **Lux Interna - Being of Light**

Cover image: To reflect this year's ILA Annual Conference location in Norway, the Journal of Light cover image is of the spectacular Northern Lights. Due to the timing of the event, this natural phenomenon cannot be experienced in 'real life', so it is most appropriate to honour this unique light display. The image **Aurora Borealis** is sourced from "LIGHT: Beyond the Bulb" - an open-source international exhibition showcasing the variety of light-based science being researched today. <http://lightexhibit.org/>



"Advancing Light for Health"

The International Light Association is a diverse group of individuals, comprising those with a professional interest in light and colour, as well as those with a personal or creative connection to light. Beyond individual interests, ILA members have a common desire to share knowledge, skills and passions: to learn about and apply the latest theories, techniques and technologies in light and colour; and to use this knowledge to promote health, enhance performance and learning, and to raise consciousness.

The ILA mission is to share and disseminate information; educate, initiate and promote research; and create an open-hearted, broad-minded and integrative community in the field of light and colour.

Acknowledgements: Thank you to all contributors to this edition of the Journal of Light. Submissions for future editions are very welcome. Please contact the editor at: info@ilacolor.org

15 years of ILA - of friendships formed, experiences shared.
15 years of connecting people working with light and colour.

In 2018, we pay tribute to all who have supported the ILA mission over the years, from founding members to all who contribute today with actions, ideas and intentions.

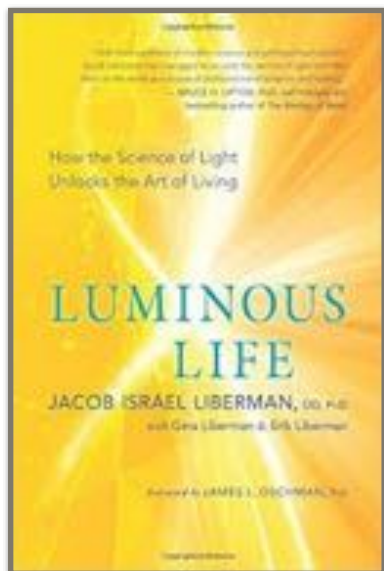
We wish and hope for 15 years more.

Amanda Hoffmann (Editor)

On the Bookshelf - Book Reviews

Luminous Life: How The Science of Light Unlocks the Art of Living by Jacob Liberman

Review by M. Bluntschli



Jacob Liberman O.D., Ph.D., one of our most well known and respected pioneers in light and consciousness, has just released his fourth book titled '*Luminous Life: How the Science of Light Unlocks the Art of Living*'. His daughter, Gina Liberman, and son, Erik Liberman, contributed to the book. *Luminous Life* was released on February 13 and has already achieved best selling status, which confirms its highly valued content.

Jacob's first three books, *Light: Medicine of the Future* (1991), *Take Off Your Glasses and See* (1995) and *Wisdom From An Empty Mind* focused on light, vision and consciousness respectively. *Luminous Life*, however, integrates 45 years of research, clinical practice and life experiences, providing a unique philosophical perspective on how light guides our every move so we can fulfil our reason for being.

Luminous Life explores the true meaning of 'presence', as the state that emerges when light, vision and consciousness are one. It discusses how humans, like plants and animals, are designed to 'follow light's guidance'.

Jacob reminds us that, "*If we stop **trying** to be present, tap into our breath, align our eyes and mind congruently, and respond to life's invitations, **presence finds us.***" However, this requires us to live effortlessly, as trying hard and thinking ahead only gets in the way. But when this occurs, life becomes 'magical' – we 'see' clearly, respond to life fluidly, release stress and begin to heal.

Luminous Light also delves into the spiritual and scientific aspects of light, what it truly means to see and the difference between eyesight and vision. It guides us toward the true source of our seeing, pointing out that our eyes take in and emit light and that "*Vision is a holistic process that involves our whole being.*" It also emphasises that, "*ignoring what we see might be at the real root of much of vision loss.*"

Jacob discusses how we are receptive to some colours and allergic to others, and how expanding our receptivity to the full spectrum of light can often desensitise us to unresolved emotional traumas.

The notion of 'living on light' is covered. Both by exposure to direct sunlight and ingesting plants (foods) which contain 'frozen light', we are able to provide essential light nutrients for our body.

Throughout the book, current scientific theories, studies from neuroscience and quantum physics are woven together with spiritual insights, resulting in an approach that is both holistic and grounded. As such, *Luminous Light* will attract both the intellectual and intuitive, as it integrates philosophical pearls of wisdom with very practical exercises and meditations.

Luminous Light is an enlightening book that has the capacity to bring a deeper understanding of what light, life, vision and seeing is all about. It is an enjoyable book that you will want to read many times, savouring each new insights. I highly recommend it for therapists, spiritual seekers, vision care professionals, deep thinkers and all those interested in living a Luminous Life!

Luminous Light can be purchased through Amazon and most other book sellers.
