

GUIDE FOR SPIRITUAL LIVING

SCIENCE OF MIND®

# *Living a Luminous Life*

DR. JOE DISPENZA



*Supernatural  
Science*

DR. Jacob  
Lieberman

*Light's  
Power*

MARCH 2018 VOL. 91 NO. 3

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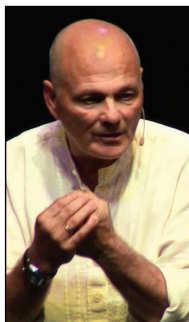


*Rooted in Truth*

### ROOTED IN TRUTH

THE LIGHT OF CREATION SHINES AS YOU

#### *A Luminous Life & Supernatural Science*



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Dr. Jacob Liberman (left) and Dr. Joe Dispenza are at the forefront of the evolution of understanding the mind-body-spiritual connection and harnessing it to change our world. Liberman's latest book, "Luminous Life: How the Science of Light Unlocks the Art of Living," was released last month. Dispenza's "Becoming Supernatural" came out in October 2017.

#### *Also in the March 2018 issue ...*

**CONNECT WITH YOUR SOUL:  
BE A GRATEFUL WARRIOR**



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**TRUTH BE TOLD: 31 DAYS  
OF TENDING YOUR MIND**



**EUGENE HOLDEN**  
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**A MEDITATION: HOW TO  
SOLVE YOUR PROBLEMS**



**ERNEST HOLMES**  
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#### *Did you know? 3 things about this issue:*

1. Louise Hay said that Dr. Jacob Liberman was one of her favorite teachers.
2. Dr. Joe Dispenza uses HeartMath monitors and GDV Sputnik sensors in his work.
3. March 31 is International Transgender Day of Visibility. See more on page 112.



## GUIDE FOR SPIRITUAL LIVING

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<b>PUBLISHER &amp; EDITOR</b>	DR. DAVID GOLDBERG
<b>ASSOCIATE EDITOR &amp; CREATIVE DIRECTOR</b>	HOLLI SHARP
<b>CONTRIBUTING EDITOR</b>	REV. DR. JESSE JENNINGS
<b>EDITORIAL TEAM</b>	SANDY CHAPMAN JULIE MIERAU SONJA SWEENEY
<b>BUSINESS ADMINISTRATOR</b>	ALAN HUBBARD, RScP
<b>ADVERTISING SALES</b>	TONY LOBATO

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**Editorial Offices: 573 Park Point Drive, Golden, CO 80401-7042  
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**Advertising information: [TLobato@CSL.org](mailto:TLobato@CSL.org) or 720-279-1633**

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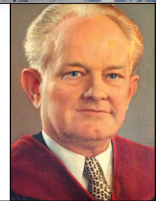
**Only accepted articles will be notified. Manuscripts will not be returned.**

## OUR GIFTED CONTRIBUTORS

**LINDA DIERKS** is a pioneer of self-wellness through the power of thought, love and the mechanics of energy. As a speaker and author, she illustrates the methods behind her triumph over illness and depression. Learn more about her at [SpinStrawToGoldVT.com](http://SpinStrawToGoldVT.com).



**ERNEST HOLMES** was a gifted scholar with an extensive knowledge of the world's spiritual philosophies, an expert in spiritual psychology and the founder of the Religious Science movement and Science of Mind magazine.



**JULIE MIERAU** is a freelance writer from Omaha, Nebraska, whose interests range from health care to social justice. Her company, JMWordsmith, handles social media strategies and updates for small business owners. Find her at [JMWorthsmith.com](http://JMWorthsmith.com).



**JUDY MORLEY, PH.D.**, is a renowned speaker, entrepreneur and author. She serves as the spiritual and executive director for Foothills Center for Spiritual Living in Evergreen, Colorado. She is passionate about inspiring others to live their highest purpose. Learn more at [FoothillsCSL.org](http://FoothillsCSL.org).



**LINDA M. POTTER**, a licensed Religious Science practitioner, is a popular speaker and freelance writer and regular contributor to Science of Mind magazine. She is the author of "If Only God Would Give Me a Sign!". Visit her online at [LindaMPotter.com](http://LindaMPotter.com).

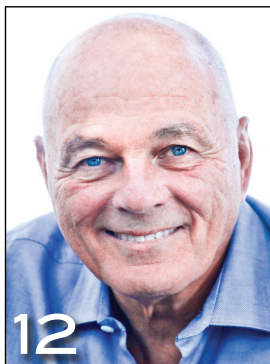


**REV. DR. MARGARET STORTZ** is a minister and practitioner celebrating 50 years with this magazine in 2018. Her latest book is "More Essays on Everything." Contact her for counseling or prayer at [MargaretStortz.com](http://MargaretStortz.com) and view her blog at [MargaretStortz.BlogSpot.com](http://MargaretStortz.BlogSpot.com).





## [ Features ]

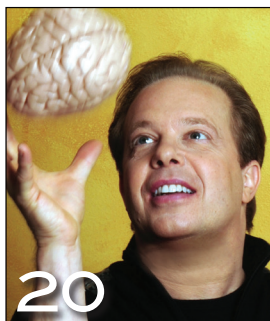


### *Living a Luminous Life*

#### **Dr. Jacob Israel Liberman**

A miraculous healing of his own vision revealed the way for Liberman. He has spent his life studying light, vision and how the Divine Creator beautifully orchestrates it all.

LINDA M. POTTER



### *Becoming Supernatural* **The Work of Dr. Joe Dispenza**

His research focuses on the science behind Science of Mind and Spirit. Step into the latest extraordinary findings of this beyond-New Thought pioneer.

JUDY MORLEY, Ph.D.



### *How to Solve Your Problems* **A Meditation for Renewal**

Problems? What problems? Dwelling within you is a power and presence that aligns the planets, predetermines the seeds and sows the next stars. When we stop to listen, we can hear the truth.

ERNEST HOLMES

## [ Features ]

### *Happy First Anniversary* **Change Your Channel, Change Your Life**

As the Netflix of New Thought, the channel is available online, streaming and on mobile devices.

JULIE MIERAU



### *Finding the Spiritual Gifts* **Growing Through Adversity**

Sometimes, the difficulties of life can entangle us in depression, doubt and worry. What if we truly believed that each challenge is for our highest good?

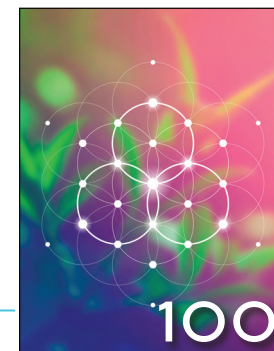
LINDA DIERKS



### *Can We Really Know the Truth?* **Divine Patterns, Not Plans**

What questions are conjured when you think of the truth? This human experience is a mystery, but we have divine, natural patterns to guide us.

MARGARET STORTZ





# Living a Luminous Life

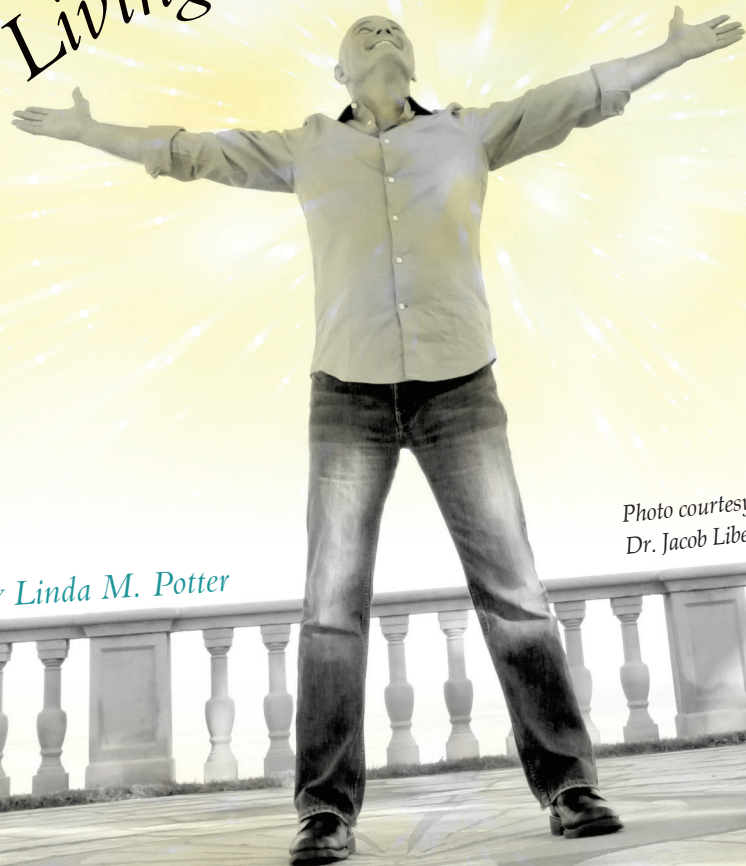


Photo courtesy of  
Dr. Jacob Liberman

BY Linda M. Potter

**WE ARE NOT LOOKING FOR OUR LIFE;**  
*our life is looking for us.*

Although the thousands of people whose lives he's enlightened might disagree, Dr. Jacob Liberman insists he's not a spiritual "guru."

Yet, it's undeniable that during a career that spans more than four decades, the bestselling author of "Light Medicine of the Future," "Take Off Your Glasses and See" and "Wisdom From an Empty Mind" has had an illuminating effect on the science-meets-spirituality movement. His books, workshops and talks have helped countless people heal their bodies and minds.

When he's not writing or presenting, this self-described "ordinary person" spends time soaking up the sun in one of the most beautiful and peaceful places on Earth: Maui, Hawaii, a favorite retreat of other spiritual heavyweights, like Alan Cohen, Ram Dass and the late Wayne Dyer. "I see Ram Dass from time to time," Liberman confides with a smile in his voice. Ahhhh, there's something about Hawaii. Maybe it's the light. Liberman would certainly know about that.

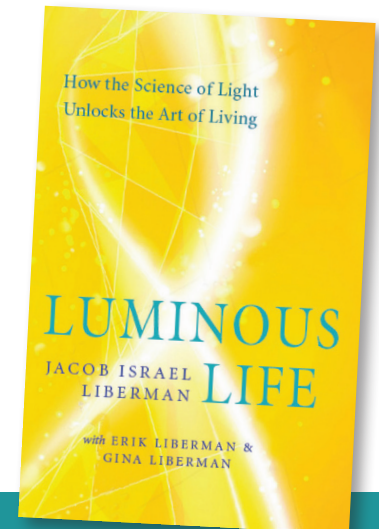
In his newly released book, "Luminous Life: How the Science of Light Unlocks the Art of Living," Liberman weaves together scientific principles and spiritual insights to reveal what he calls "truth beyond opinion" — that "this universe is guiding every step of our life, and that guidance is continually bringing us to our maximum potential."

The new book, he says, is the culmination of his life's work — work that was inspired by a fascination with light and its true nature, its healing properties and its connection with God.

## SEEING IS BELIEVING

Liberman took the first steps on his personal "light journey" while attending medical school in the early 1970s. During this time, he began working through vision challenges that undermined his self-esteem and complicated his school life.

But it wasn't until he experienced a miraculous healing of his vision in 1976 that he decided to focus on studying the science of light. "What was so profound about [the healing] was that I had a 300 percent improvement in my



*Liberman's latest book, "Luminous Life," was released last month.*

eyesight,” he shares, “but no change to the optical measurements of my eyes.”

It was a humbling experience and a pivotal moment, one that led Liberman to conclude that “we do not see from our eyes.” In fact, he suggests, in the traditional sense we may not be doing the seeing at all. What’s lighting the way and allowing us to see (in the physical and spiritual sense) may be something greater than ourselves — a power we commonly refer to as God.

It was, quite literally, an eye-opening experience that changed the trajectory of his life.

### LET THERE BE LIGHT

To understand the nature of light, we need to travel back to “in the beginning,” Liberman suggests. The biblical creation story describes God initiating creation with the directive, “Let there be light,” but it wasn’t until three days after creation that God brought forth “lights in the firmament of the heaven to divide the day from the night.”

Based on the Bible’s narrative, he believes it’s clear that there is a difference between the visible light of the sun, moon and stars created on the fourth day and the *invisible* light of the first day — the light of creation, the very *intelligence of life*. Therefore, he concludes, “Light and life are two expressions of the same essence.”

Although light has been revered for centuries, science has been slow to get on board. In his book “Luminous Life,” Liberman notes that quantum physics now describes light as the foundation of reality: “The foundation of everything that exists and behaves as if it is omnipotent, omniscient and omnipresent.” Do those terms sound familiar? He thinks they do. The way science is now talking about light closely matches the biblical description of God.

“After 45 years of investigating light and its therapeutic applications,” he further writes, “I have concluded that the intelligence of life summons us through light, guiding and illuminating our entire life’s journey.”

### GOD LIGHTS THE WAY

Following that guidance, however, isn’t always easy or convenient. People have this idea that if we do all the right things we can be enlightened immediately, Liberman says. It may not be that simple.

Although he applauds the growing interest in the quantum physics–spirituality connection, he cautions that some of the resulting conversation may be taking us slightly off course. He takes

*“After 45 years of investigating light and its therapeutic applications, I have concluded that the intelligence of life summons us through light, guiding and illuminating our entire life’s journey.”*



some exception to the notion that we create our own reality and that we can manipulate that reality by changing our thinking.

“It’s not about changing thought,” he says. “The whole confusion is that we think we are the originator of these things we call thought.”

All living things are guided and animated by the same force that animates and guides everything in this universe, he explains. “We think, ‘I’m an individual, and I’m here to create my own reality. I’m doing this, I’m choosing that,’” he says. “But as a physician and scientist, [I can attest that] there is nothing in the physical body that is designed to initiate action. Everything is designed to respond. It’s sort of like how a plant doesn’t grow by itself; it is responding to the guidance of the light from the sun.”

We, too, are continually responding to the guidance of the light, he says — the light the Bible calls God.

“We begin to realize that even though the mind brings us to uncover something, it is not the conscious mind that creates the inspiration, the signposts that say ‘move this way,’” he shares. “All of us have mistakenly said, ‘Oh, I had this great idea, but there is something prior to me claiming that I did it. I made the choice, I created this or I created that’ — something that guides us.

“At each point of our life,” he adds, “every aspect of our awareness comes into play, and the result of that state of knowing, that state of being, is what initiates us to move in one way or another. We excel when we stop thinking and start responding.”

In truth, he says, we are not looking for our life; our life is looking for us.

### ACCEPTING THE PROCESS

Divine guidance points us in the direction of our reason for being, our life purpose. Our job is to trust and accept what shows up, in Liberman’s opinion. “We need to get to that place where we say, ‘I know that I will be moved in the most appropriate way needed in



order to make my contribution,” he says. “It’s trusting that you will be guided.”

This is a process, and we can’t get ahead of ourselves. It’s important to acknowledge and accept *where we are* and allow Spirit to guide us as we move forward.

“If a tree does all the right things, is it full grown immediately?” he asks. “Look at the life of a tree. It starts off as a seedling, a little small plant. Because it’s short, it can’t see very much around it because it’s blocked by the trunks of the bigger trees. But it is also protected from the hardships of life by those trees — it’s nourished by their roots. It’s protected from too much wind, too much rain. It doesn’t see as much, but it is fully protected.

“As it grows and it gets taller and bigger, it continually sees more because its vantage point is higher. Its roots get deeper so it can withstand the stiff winds of life — the hardships of weather. In each step of a tree’s life, it is exactly where it needs to be. It cannot be any taller or shorter than where it is.”

## FINDING YOUR LIFE’S LESSONS

Although he admits that growth isn’t always pleasant, Liberman believes there is a lesson in every challenge. In the late 1970s and early 1980s, he suffered from severe daily panic attacks. “I thought I was going to die,” he remembers.

While he characterizes this as “definitely the most difficult period of my life,” the lesson he learned is that he isn’t in charge of anything. “That experience with panic attacks brought me to my knees, and I realized there was nothing I could do.”

As a result, he became more compassionate, more interested in helping and supporting others in any way he could. His life’s work is a reflection of that lesson learned. He now tirelessly advocates for a new way of seeing and being by illuminating the connections between light, vision and consciousness.

In his book “Wisdom From an Empty Mind,” Liberman writes, “Each time we follow life’s invitations, we become more sensitive to its callings and develop trust. Not trust in anything specific, just trust in life.

“In other words, life lives itself through us when we stay out of the way.” ☘

VISIT [JacobLiberman.org](http://JacobLiberman.org)

FOR MORE ON BOOKS, TED TALKS AND EVENTS.



## SHARING YOUR STORIES

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### CELEBRATING PETS

Join us for our second annual issue devoted to your most loyal furry, feathered and scaly BFFs. Send photos to [LovePets@ScienceOfMind.com](mailto:LovePets@ScienceOfMind.com), and you may see your pet on Facebook or in our June 2018 special section.

You can check out last year’s pet photo gallery at [ScienceOfMind.com/For-the-Love-of-Pets](http://ScienceOfMind.com/For-the-Love-of-Pets).



### AND JOIN A NEW CONVERSATION

WHERE DO YOU FIND  
*God?*



## SACRED LOCATIONS

*God is in all* — the tallest mountains, world-famous sites, ancient wonders and your own backyard. Send your travel photos and inspiring quotes to [FoundGod@ScienceOfMind.com](mailto:FoundGod@ScienceOfMind.com), and your sacred place may be shared in print or online.