

# JACOB ISRAEL LIBERMAN

## Author, Doctor, Speaker



Dr. Jacob Israel Liberman is a pioneer in the fields of light, vision and consciousness, and the author of numerous books, including *Luminous Life: How The Science Of Light Unlocks The Art Of Living*, published by New World Library. Originally trained as an optometrist and vision scientist, his life changed in 1976 after the miraculous healing of his eyesight, leading him to a deeper understanding of light and the science of life. Having helped countless individuals recover their eyesight, he began to understand the words of Jonathan Swift, "Real vision is the ability to see the invisible."

An internationally respected author and keynote speaker, Dr. Liberman's work has been lauded by best-selling authors and world-renowned thought leaders from Eckhart Tolle and Deepak Chopra to Bruce Lipton. His first book, *Light: Medicine Of The Future* (Inner Traditions Bear & Company, 1991), established him as one of the leading authorities on light and color therapy in the world. His second book, *Take Off Your Glasses And See: A Mind/Body Approach To Expanding Your Eyesight And Insight* (Crown, 1995), was inspired by the recovery of his vision and offered a radical new approach to natural vision improvement. *Wisdom From An Empty Mind* (2001), a compilation of spiritual essays, written and self-published by Liberman and his son Erik, received praise from award-winning artists and spiritual luminaries.

Dr. Liberman earned a Doctorate of Optometry from Southern College of Optometry, a Ph.D. in Vision Science from the College of Syntonic Optometry, and was awarded an Honorary Doctorate of Science from the Open International University for Complementary Medicines. He is the Past President of the College of Syntonic Optometry and the International Society For The Study Of Subtle Energies And Energy Medicine (ISSSEEM). He is a Fellow Emeritus of the American Academy of Optometry, College of Syntonic Optometry, College of Optometrists in Vision Development, and International Academy of Color Sciences.

Liberman is the recipient of the 2019 International Light Association's Frances McManemin Award for Achievement in Light Medicine, and the H.R. Spittler Award for his groundbreaking contributions to the field of phototherapy. He is the inventor of the Vis-Flex, Color Receptivity Trainer, Spectral Receptivity System I, II & III, and EYEPART Vision Training System, the first FDA-cleared medical device to significantly improve overall visual performance. He is on the Board of Directors for the International Light Association and is a faculty member of the Institute for Scientific Exploration. He also serves on the Advisory Board of the Institute for Science, Spirituality and Sustainability, as well as Nura Health SPC, working together with other distinguished experts to develop an informational platform for documenting Integrative Medicine.

Sharing his discoveries about light as a spiritual science, Dr. Liberman has addressed more than 2,000 live audiences worldwide and has been featured in countless journals, television, radio, print and online media. Gently piercing the heart and mind with timeless principles and common sense wisdom, Liberman illuminates the seamless connection between light, vision and consciousness, offering a whole new way of seeing and being.

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## Praise for *Luminous Life*

“A brilliant synthesis of modern science and philosophical wisdom. Jacob Liberman has managed to unravel the secrets of light and offer them to the world as a source of profound transformation and healing.”

— [Bruce H. Lipton, PhD](#), cell biologist and bestselling author of *The Biology of Belief*

“*Luminous Life* is a 20/20 lens through which we are able to see — perhaps for the very first time — the luminous nature of existence, of presence, of Self.”

— [Michael Bernard Beckwith](#), author of *Spiritual Liberation*

“After reading *Luminous Life*, you will truly see more than you ever imagined.”

— [Larry Dossey, MD](#), author of *One Mind*

“*Luminous Life* is an exploration into light and consciousness and helps us to see their impact on every aspect of our humanity.”

— [Deepak Chopra, MD](#), author of *You Are the Universe*

“There are many paths to explore consciousness. Dr. Liberman’s path — the path of light and vision — is beautifully explored in *Luminous Life*. I highly recommend this book!”

— [Amit Goswami, PhD](#), quantum physicist and author *The Self-Aware Universe*

## Praise for Jacob Israel Liberman’s Work

“Behind the disguise of brevity and simplicity lie pearls of distilled spiritual truths — truths to be cherished, to be shared, and, above all, to be lived.”

— [Eckhart Tolle](#), author of *The Power of Now*

“Jacob Liberman is one of my favorite teachers!”

— [Louise Hay](#), author of *You Can Heal Your Life*

“I love this book [*Wisdom from an Empty Mind*]!”

— [Neale Donald Walsch](#), author of *Conversations with God*

“Profound and deceptively simple insights.”

— [Bonnie Raitt](#), Grammy Award Winner

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“The ideas that Jacob shares. . .reflect the emerging understanding. . .that awareness changes all experience without exception.”

– Gary Zukav, author of *The Seat of the Soul*

“It was as if I was hearing my own voice.”

– Ram Dass, author of *Be Here Now*

“Jacob Liberman. . . guides us into a powerfully new view of ourselves, our relationships and our inner and outer vision.”

– John Gray, PhD, author of *Men Are from Mars, Women Are from Venus*

“The sensitivity, deep humanity, and exquisite insight contained in Dr. Liberman’s wonderful work make it a manual for a whole new order of being.”

– Jean Houston, author of *The Possible Human*

“Dr. Jacob Liberman is at the cutting edge of enlightened technology, blending physics and metaphysics to their best advantage. He is one of the rare breed of people in eclectic fields who have tapped in to deep wisdom principles and applied their insights and research to provide revolutionary ‘new’ understanding for all who ‘have the eyes to see.’”

– Dan Millman, author of *Way of the Peaceful Warrior*

“Jacob Liberman’s pioneer thinking takes the wonder of light and light therapy to a new level of insight by blending it with deeper health wisdom and spiritual understanding.”

– Gabriel Cousens, MD, author of *Spiritual Nutrition*

“Dr. Liberman’s book [*Light: Medicine of the Future*] is a milestone forward concerning the therapeutic effect of light via the eyes.”

– Fritz Hollwich, MD, author of *The Influence of Ocular Light Perception on Metabolism in Man and in Animal*

“Light is one of the critical environmental factors for total health; indeed, ‘the eyes are the windows of the soul.’ [*Light: Medicine of the Future*] helps provide one of those windows.”

– Norman Shealy, MD, founding president of the American Holistic Medical Association

“Combining his many years of personal and clinical experience with the frequently amazing results achieved by his patients, Dr. Jacob Liberman has developed a foundational model for a new medical paradigm.”

– Dr. John Ott, pioneer in the field of photobiology and author of *Health and Light*

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## Speaking Testimonials

"I first encountered Dr. Jacob Liberman when he was sitting on stage at a conference in which 450 people dedicated to spiritual development were listening. This is what one might humorously call a 'tough crowd.' Jacob started to speak to those assembled and very shortly the room fell silent and was quite literally vibrating with the energy he was generating on stage – all by himself. If I hadn't witnessed it, I might not have believed it. This wasn't a speech that was 'inspiring', as I might normally use that word. Nor was it dramatic. It was something else. It was a bit like a dream state – not one in which there was a fog-bound sensation or image. In fact, it was quite the opposite. There was a presence in the room, a state of clarity Jacob created that permeated the entire space and the consciousness of all the people in it. I felt it and I was conscious of those around me enough to know that everyone else felt it as well. I couldn't tell you how long he spoke but when he was done, I knew I had experienced something different. His capacity to generate that clarity in such a large audience was remarkable. I am known as a good public speaker. Jacob is one who is masterful."

— *Wayne H. Miller*  
*Founder & CEO, Nura Life Sciences*

"We were fortunate to have Jacob Liberman speak recently at Center for Spiritual Living Seattle and were thrilled with his time in our community. His inspired message and presence resonated in such a beautiful way with our guests. He's a rare speaker who combines his intellectual insights, professional experience, personal exploration and profound inner sight into a deeply soulful presentation that touched people beyond the words and ideas. Articulate, compelling, honest, wise, charming and humorous are a few of the words used to describe him. I am, and we are, grateful to have had him spend time with us."

— *Rev. Patric A. Creelman*  
*Interfaith/Interspiritual Minister, One Spirit Interfaith Seminary*  
*Director of Operations and Minister, Center for Spiritual Living Seattle*

"As you spoke at the TEDx Conference, your words and thoughts reached out with such a quiet, yet luminous intimacy that the entire space was filled with your gift of awareness."

— *D.M., Audience Member, TEDx Maui, HI*

"Dr. Jacob Liberman has a grounded Presence that is second-to-none....Our community absolutely loved him and raved about his message and the workshop that he facilitated....I highly recommend him as an author, speaker, and workshop facilitator. He has priceless, practical transformative gifts to share!"

— *Rev. Karen Fry*  
*Co-Spiritual Director, Center For Spiritual Living Dallas*

"After listening to your words, I could see without my glasses....Since listening to your talk, I have not worn my glasses to see."

— *M.G., Charlottesville, VA*

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## Keynote Presentations

### LIVING A LUMINOUS LIFE

We are all aware of the impact of sunlight on a plant's growth and development. But few of us realize that a plant actually "sees" where light is emanating from and positions itself to be in optimal alignment with it. This example of how a plant responds to light is not just occurring in the plant kingdom. Humans are also fundamentally directed by light - the same light that spiritual traditions refer to as God and physicists describe as the essential energy underlying creation. This animating force that guides the planets, tides and seasons also breathes us and directs our lives. During this keynote presentation, Dr. Jacob Israel Liberman reveals how the luminous intelligence we call light effortlessly guides us toward health, contentment and a life filled with purpose.

### FROM LIGHT TO ENLIGHTENMENT

During this keynote presentation, Dr. Jacob Israel Liberman will uncover the seamless connection between light, vision and consciousness, and reveal how our response to color is as unique as our fingerprint. The colors we like are related to the aspects of life we feel most comfortable with, while the colors we dislike are related to the experiences we are not yet able to embrace - the aspects of life we have kept in the dark. As we become more comfortable with the colors we once disliked, our awareness expands, our health improves and we gradually disconnect from the emotional issues that habitually trigger us. By embracing the full spectrum of light, we embrace the full spectrum of life.

### YOUR LIFE IS LOOKING FOR YOU

Many of us speak about being present and meditating as a means of experiencing oneness. Yet, few of us actually experience presence and oneness in our everyday lives because we are under the impression that we must do something to achieve those states. But is that true? Have you ever seen a flock of birds or a school of fish moving synchronously without any leaders or followers and wondered what's guiding those birds, those fish, — or us, for that matter? Is it possible that we are being directed by the same intelligence that animates the planets, oceans and seasons? We believe that we have to make things happen and that our eyes look for what we want. But in actuality, our eyes are designed to see what is looking for us, which is always what we need. Is it possible that your life is actually looking for you? What's catching your eye? Join Dr. Jacob Israel Liberman for this keynote that will touch your heart and change your life.

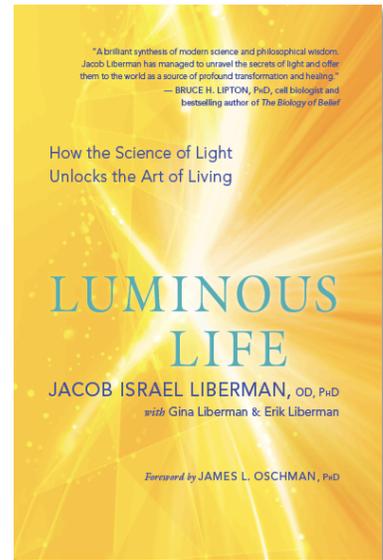
### CHANGE YOUR VISION, CHANGE YOUR LIFE

Most people know that light interacts with the eyes, resulting in vision, but few are aware that light entering the eyes also directs our physiology so that each cell orchestrates its internal function to synchronize itself with Mother Nature. The eyes are truly the windows of the soul, mediating the profound effect of light on our physical health, emotional wellbeing and ability to see, learn and perform at our maximum potential. After years of wearing glasses, Dr. Jacob Israel Liberman's vision cleared instantaneously and changed his life. He discovered that vision is not the same as eyesight, and that vision training can allow us to see in a whole new way. Our eyes guide every step we take. Whether you wear glasses or not, training your eyes can give you the winning edge in all aspects of your life. By changing our vision we can change our lives.

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## LUMINOUS LIFE: How The Science Of Light Unlocks The Art Of Living by Dr. Jacob Israel Liberman with Gina Liberman and Erik Liberman

*Light is the Key to Optimal Health,  
Contentment and a Life Filled With Purpose*



The eyes are the windows to the soul — the key to “seeing the light” that expands our consciousness, allowing us to experience greater presence and aliveness than ever before. That’s the premise of Dr. Liberman’s newest book, *Luminous Life: How the Science of Light Unlocks the Art of Living*. Integrating 40 years of research, practice and direct experience, this groundbreaking book presents a new science of life.

Dr. Liberman’s journey began early in his optometric career, when he experienced a sudden, significant, and permanent improvement in his vision during a meditative experience. This seemingly inexplicable event led him to question standard medical beliefs and practices, investigate the therapeutic value of light and color, and wonder if our fundamental ideas about life are flawed.

His initial research revealed that most of us are not looking where we think we’re looking. Our “mind’s eye” is not focused on the same location as our physical eyes. But when this misalignment is corrected through simple practices, vision improves and presence expands, impacting many other important aspects of our lives.

Dr. Liberman also found that what’s “catching our eye” is actually looking for us. So he conducted an experiment, allowing everything that “caught his eye” to guide his action. After attempting to respond to life, rather than trying to direct it, he experienced an extraordinary level of ease, joy and connection with everything that entered his awareness. Things flowed without effort or struggle. By allowing the light that attracted him to effortlessly focus his eyes and attention, he experienced true *presence* — and discovered that light is always guiding us and illuminating our path. According to Dr. Liberman, “Presence is an involuntary response to an invitation by life’s intelligence pointing us toward our maximum potential.”

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Despite popular belief, presence is not about thinking ahead or trying to be here now. It's a naturally occurring state that arises when our eyes and mind, activated by light, focus on the same place at the same time. In response to light's guidance, our eyes begin an intricate dance of aiming, focusing, tracking, and teaming, bringing us to extraordinary states of awareness without effort.

Dr. Liberman is the author of three other seminal books on light, vision and consciousness, and the developer of the first FDA-cleared medical device for vision improvement. His years of clinical research and direct experience have led him to a new philosophy of life that can be implemented by anyone at home, resulting in profound transformation that is rapid, significant, and permanent.

Dr. Liberman will fascinate and illuminate your audience as he explains how:

- Every function of the body is guided by and dependent upon light.
- Our receptivity to light impacts our health and relationships on every level.
- A series of simple exercises can help us live more effortlessly in "the zone."
- We are continually guided by the intelligence of life, revealing the true meaning of presence.

*Luminous Life: How the Science of Light Unlocks the Art of Living* is available now.

**Title:** *Luminous Life: How the Science of Light Unlocks the Art of Living*

**Author:** Jacob Israel Liberman, OD, PhD with Gina Liberman and Erik Liberman,  
Foreword by James L. Oschman, PhD, author of *Energy Medicine*

**Price:** \$15.95

**Format:** Trade Paper/ebook

**Pages:** 224

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Barnes & Noble: [https://www.barnesandnoble.com/w/luminous-life-jacob-israel-liberman-odphd/1126744636?ean=9781608685172#/#/](https://www.barnesandnoble.com/w/luminous-life-jacob-israel-liberman-odphd/1126744636?ean=9781608685172#/)

and at most major bookstores.

## Previous Books:

*Light: Medicine of The Future*

*Take Off Your Glasses and See*

*Wisdom From An Empty Mind*

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## Short Author Bio:

Dr. Jacob Israel Liberman's discoveries in the fields of light, vision, and consciousness have been enthusiastically endorsed by luminaries in the fields of health, science, and spirituality from Deepak Chopra and Bruce Lipton to Eckhart Tolle. His newest book, *Luminous Life: How the Science of Light Unlocks the Art of Living*, reveals how light guides our every step, so we may fulfill our reason for being. For more information, please visit [www.jacobliberman.org](http://www.jacobliberman.org).

## Videos:

Promotional Clip: <https://vimeo.com/323842935>  
Sample Presentation: <https://www.youtube.com/watch?v=H0Umlk81Tt8> (Begin at minute 5:50)  
Interview Clips: <http://www.jacobliberman.org/watch>  
Vimeo: <https://vimeo.com/drjacobliberman>

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# JACOB ISRAEL LIBERMAN Features

