



Living Your Light

**Faith in Action
2025**

Based on

**“Luminous Life”
by Jacob Israel Liberman**

Small Group Study Guide

Spiritual Life Center

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A Word from Rev. Rick:

In Thy Light We See Light — Psalm 36:9

That was the motto of my college in New York City. At that time, I certainly did not follow those words, nor was I even interested in them.

Every Sunday that great Unity minister, Eric Butterworth, led services at Lincoln Center for free. It would've been an easy subway ride to hear him. But, again, at that stage of my life, I was not interested.

This year the SLC Faith in Action series focuses on a wonderful book by Dr. Jacob Israel Lieberman, *Luminous Life*. It is interesting that Dr. Lieberman had a similar stage in his life where he was not interested in light or the source of enlightenment.

I also share another similar feature with Dr. Lieberman. Both of us had a difficult parental relationship which had a serious impact on our lives.

For example, when Dr. Lieberman graduated with honors and distinction as an optometrist, his father said that it was a shame that his son did not graduate as an ophthalmologist.

My parents also had a real way with words. When I asked my father what my birthstone was, he told me it was "cement."

As an optometrist, Dr. Lieberman had an extraordinary experience— his eyesight significantly and dramatically improved. As he explored the reasons behind this vast shift in his eyesight, Dr. Lieberman was led into exploring the very nature of light and consciousness. The fruit of his studies has led to many new procedures for dealing with many things besides vision.

Dr. Lieberman's journey has led to a very interesting spiritual and scientific approach that combines the ancient wisdom of eastern religions with the latest developments in neuroscience.

Let me give some word of testimony to Dr. Lieberman's findings. At times I have experienced a tightness in my chest and breathing. I have followed the good doctor's advice about what to do in these situations, and his suggested meditations have worked for me.

Yes, "in thy light we see light."

I am really looking forward to this time of exploration where we at SLC will have an opportunity to delve into Dr. Lieberman's work.

Many blessings,

Rev. Dr. Rick Belous
Senior Minister,
Spiritual Life Center

Study Group Shared Agreements

Purpose: The purpose of shared agreements is to create a safe and healthy environment for the group. It is important that the group reviews these guidelines and that there is consensus before beginning any spiritual group.

Confidentiality: Everything shared by group members is confidential. What is said here, stays here.

Compassion: Group members come from a place of unconditional compassionate acceptance of one another as human beings. Judgmental comments, and even unspoken thoughts, threaten the group process.

Truth and Integrity: Group members are encouraged and supported by the group to honestly and authentically be who they are. Speaking the truth involves risk and can only occur safely in a compassionate environment.

Respect: Group members show respect for each other and the group by avoiding interrupting others, arriving on time, and allowing everyone time to share their thoughts and ideas with the group. We practice sacred listening and refrain from giving advice or trying to fix or solve others' problems.

“Listen to others with inward stillness, without opinion, assent, or dissent,
without criticism; hearing through the words into the soul of the other.”

Rudolph Steiner

Sharing Time: Take space, make space. Group members demonstrate respect by avoiding interrupting others, arriving on time, and allowing everyone time to share their thoughts and ideas with the group.

Participation: Group members agree to participate in discussion and group activities; however, each person has the right to ask to sit out or to modify his or her participation.

Conflict: Whenever people come together and speak truthfully the potential for hurt feelings, misunderstanding and conflict exists. If such a situation arises, group members agree to address it within the group process or one-on-one with the facilitator. Unresolved conflict is toxic to the whole group and not just to the parties involved.

I accept these shared agreements as the foundation for a successful study group.

Sign: _____ Date: _____

STUDY GROUP PRAYERS

Suggested Opening: The Co-Creator's Prayer

Loving Presence, with grateful hearts we join together as co-creators and friends. We come together to support each other as we learn, share, and explore how to live life more intentionally. We open our minds to receive your wisdom. We open our hearts to express your love. We open our souls to radiate your light.

May each of us hear what we are meant to hear and speak as you direct us. Now may each of us speak your intention or prayer for this gathering.

(Intention or short prayer from each who wishes to speak them.)

We now enter into sacred agreement with each other to honor our intentions as we support each other in our spiritual growth. We listen to others with inward stillness, without opinion, assent or dissent, without criticism, hearing through the words into the soul of the other.

Thank you, God, for your loving presence with us and within us; may all we say and do be in harmony with you. Thank you, God!

Suggested Closing Prayer

Thank you, God, for your loving presence that has guided and directed us in this session. We honor each person in this group and trust in the process of each other's unique spiritual journey. We hold in sacred trust the personal matters we have shared in this gathering.

We go forward in positive expectancy of ever-increasing good as we remain ever mindful of your presence, power and love within us.

We thank you, God. Amen.

Faith in Action Weekly Colors

SLC uses Chakra colors each week as we journey toward greater awareness and aliveness.

Chakras, as an ancient spiritual system, show the path of integration of mind, body, and spirit leading to enlightenment.

The SLC community joins together during this seven-week period and wears the color of the week on Sundays to show their commitment to the journey.

On the next page, you will find the weekly affirmations ready for color printing to cut out and post at your desk, refrigerator, mirror or anywhere else. These are reminders of the current stage of this book study journey we are all taking together.

Blessings!

WEEKLY AFFIRMATION CARDS:

Your next page can be printed out in color (on cardstock if you like) as a means to create affirmation cards for each week of the Faith in Action program.

Print this page of Faith in Action Affirmations in color, cut out weekly, and enjoy:

Week One	Faith in Action 2025	Spiritual Life Center	slcworld.org	My eyes and my mind focus on the same place. Presence arises. I Live My Light.
Week Two	Faith in Action 2025	Spiritual Life Center	slcworld.org	The intelligence of Life effortlessly directs me. I follow my heart. I live my Light.
Week Three	Faith in Action 2025	Spiritual Life Center	slcworld.org	I release the illusion of separation. I step into Presence. We are One. We live our Light.
Week Four	Faith in Action 2025	Spiritual Life Center	slcworld.org	I awaken to my genius within. I listen to my guiding Spirit. I create my Life. I live my Light.
Week Five	Faith in Action 2025	Spiritual Life Center	slcworld.org	I live in the “Zone”. I am a silent, peaceful witness attracting my highest and best. I live my Light.
Week Six	Faith in Action 2025	Spiritual Life Center	slcworld.org	I live in the full spectrum of Life & Light. I remember my connection with the World. I live my Light.
Week Seven	Faith in Action 2025	Spiritual Life Center	slcworld.org	I look where I think I am looking. Presence arises. I live my Light.

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Faith in Action Fall 2025
Luminous Life
By Jacob Israel Liberman



“We do not see things as they are, we see them as we are.”
Talmud

Week One: Guided by Our Light

Introduction, Chapters 1 & 2 Pages 1 - 34

Vision is primarily a global process that continuously aligns us with the greater whole and zeros in on details only when necessary. (pg. 17)

Chapter 1

1. What is Light?
2. How does Lieberman explain *Presence*?
3. Discuss some ways that light guides us. Why does the author say that what we “see” is just a mental interpretation that we experience as brightness?
4. Describe the process of vision. How does this differ from what you were taught about light and vision?
5. Explain the importance of the pineal gland as the body’s “regulator and how we now know that the order of the endocrine entrainment correlates to the major energy centers of the body.

Chapter 2

... there is light emanating from your eyes, which illuminates mountains, rivers, and the great earth. Zen Master Changqing Da'an

1. We tend to think that light only enters our eyes, but our eyes also emit light.
 - A. Discuss how you unconsciously “read” other people simply by how much light they are emitting.
 - B. Now that you are more conscious of this “reading” of a person’s light, how might that affect your interaction with them?
2. Explore “trying too hard.”
 - A. What does it mean to try too hard?
 - B. In what ways do you try too hard?

3. What is tunnel vision?

A. What causes tunnel vision?

B. How does happiness relate to expanding your vision?

4. Explore the idea that “thinking ahead” is really an attempt to combat our fear of the unknown.

5. What is the difference between thinking ahead and foresight?

Week Two: Receiving Our Inner Light

Chapters 3 & 4 Pages 35 - 56

All the energy which we take into our bodies is derived from the Sun. Albert Szent-Gyorgyi

Chapter 3

1. Why is it important to know that the theory of caloric intake is not accurate?
 - A. How might this better understanding of how our bodies use energy help us to stay healthy?
 - B. “The nutritional value of our food is related to its light content.” Discuss.
2. What is our minimum daily requirement for sunlight? How do we get it?
3. How do you balance the idea that, technically, we *could* live without eating food, with the reality that we do need to eat?
4. Discuss how wellness is contagious. Why is it important to believe in wellness more than illness?

Chapter 4

*I now know that my life's purpose is to help others **see**.*

1. Discuss the idea that “every cell has a job.”
2. The heart generates the body's most powerful electronic field. Explore how that field affects you and your relationship with others and the world.
3. Explain the difference between the Light of God and the Light of Consciousness.
4. How does the light we emit reflect our physical, mental, emotional, and spiritual state of wellness.
5. Discuss other ideas that resonate with you in this chapter.

Week Three: Lighting Up Our Dreams

Chapters 5 & 6
Pages 57 - 76

Chapter 5

Light is the invisible potential that magically makes all things visible.

1. Explore how life and light are the same energy in two states of existence.
 - a. Describe the formless state.
 - b. Describe the formed state.
2. Discuss the difference between the visible phase of life and the invisible phase of life.
3. What is the difference between “seeing” when you are awake and “seeing” in your dreams?
4. Discuss other ideas that resonate with you in these chapters.

Chapter 6

*A human being is a part of the whole, called by us the
"Universe," a part limited in time and space.* Albert Einstein

1. Describe how many problems we encounter are due to the misperception that we are separate from one another.
2. Explore why there is no experience without the experiencer.
 - a. Why does Lieberman say that there is no reality independent of consciousness.
 - b. Why is the unconscious unavailable for analysis? How does this change your understanding of your Self?
3. Most of us place importance on who we think we are and our thought processes. Discuss how we can reach our infinite potential by including the limitless view of the unconscious.
4. Discuss and explore the idea that our shadow is "nothing more than an aspect of our nature waiting to be embraced and reclaimed," as opposed to being only a negative part of ourselves.

Week Four: Awakening the Light of Our Genius

Chapters 7 & 8 Pages 77 - 100

Chapter 7

“As human beings we have been conditioned to believe that our thoughts are the sole cause of our actions.”

1. “You create your own reality,” is said so often it may have lost its meaning. Revisit this concept in the context of this book.
2. “Follow your heart” is another overused and misunderstood term. Based on the reading, how can you make this meaningful in your life.
3. What does it mean to be open to what you are *not* looking for? How do we discover the source behind the mysteries?
4. Define *Genius*, then discuss how each person has their own version of genius.
5. Why should we stop trying to *make* things happen?

Chapter 8

Our beliefs about life have even more impact on our health and happiness than the actual experiences themselves.

1. When we experience difficulties, we can get stuck in them and start to believe there is no other way to be, or that it leaves us nothing to talk about.
 - a. Think about a situation that either has you feeling stuck now or one from the past. What is your belief about the circumstance and how can you start to change your thinking about it?
 - b. Take a moment to practice having no point of view about something. Explain how your perspective expanded or changed in just that short time.
2. If you experimented with seeing from a “place behind your head,” discuss what happened for you.
3. Discuss the idea that duality is strictly a mental construct.
4. Explain Lieberman’s concept of expanded consciousness.

Week Five: The True Law of Attraction

**Chapters 9 & 10
Pages 101 - 126**

Chapter 9

Breathing is a reflection of our degree of aliveness.

1. How often do you notice that you are holding your breath? Why do we hold our breath so much?
2. Discuss what happens when you stop thinking and trying.
3. Describe how our brain is wired to experience two different realities.
4. If you experimented with any of the meditations in this chapter, please share your experience and how it affected you.

Chapter 10

“ . . . what makes a person ill also makes them well. . . .”

1. Explain what Lieberman means by the True Law of Attraction.
 - a. How does crisis lead to opportunity?
2. Wherever we go experiences occur over and over. Why do we attract these events?
 - a. What do we learn by noticing how the roots of a tree deal with obstacles.
3. How can we benefit from facing the difficult people and situations in our lives?
4. Explain the idea that everything in life is a vibration.

Week Six: Full Spectrum Living

Chapters 11 & 12
Pages 127 - 154

Chapter 11

As our receptivity to the visible spectrum of light increases, so too does our ability to live a more vibrant and colorful life.

1. Describe and discuss your response to the Color Dome Visualization.
2. Share your reaction to the Body Map Visualization.
3. What was the Light Tank Visualization like for you?
4. Explore the idea that the way we perceive life determines how effortlessly light passes through us.

Chapter 12

*We find ourselves in the middle of a highly magnified
“technology takeover”*

1. Explain how your inner guidance is habitually interrupted or camouflaged by the mind’s chatter.
2. How does technology (text, email) exacerbate the interference of your inner guidance.
3. List various skills and abilities we are losing by being so immersed in our electronic devices. What do you miss the most?

Week Seven: Looking Less, Seeing More

Chapters 13 & 14
Pages 155 - 176

Chapter 13:

One of most common things I see these days is people multitasking, which means they are everywhere and nowhere at the same time.

1. What does it mean to look too hard?
2. Discuss what happens when your eyes and mind are not converged on the same point?
3. Discuss the benefits of resolving your visual and mental incongruence or split-mindedness.
4. “Who is the “I” that notices where your physical eyes and mind are looking?

Chapter 14

Light created the eye as an organ with which to appreciate itself. Goethe

5. Discuss how we limit our definition of depth perception
 - a. How does expanding that definition lead to better understanding of life beyond vision.
6. How do we get a glimpse of the “invisible world?”
7. Explore the idea that we don’t have to go look for anything because it is all right in front of us. Why don’t we need to prioritize anything?
8. Explain the idea that with clarity we become ordinary.