

202: Light Is Life

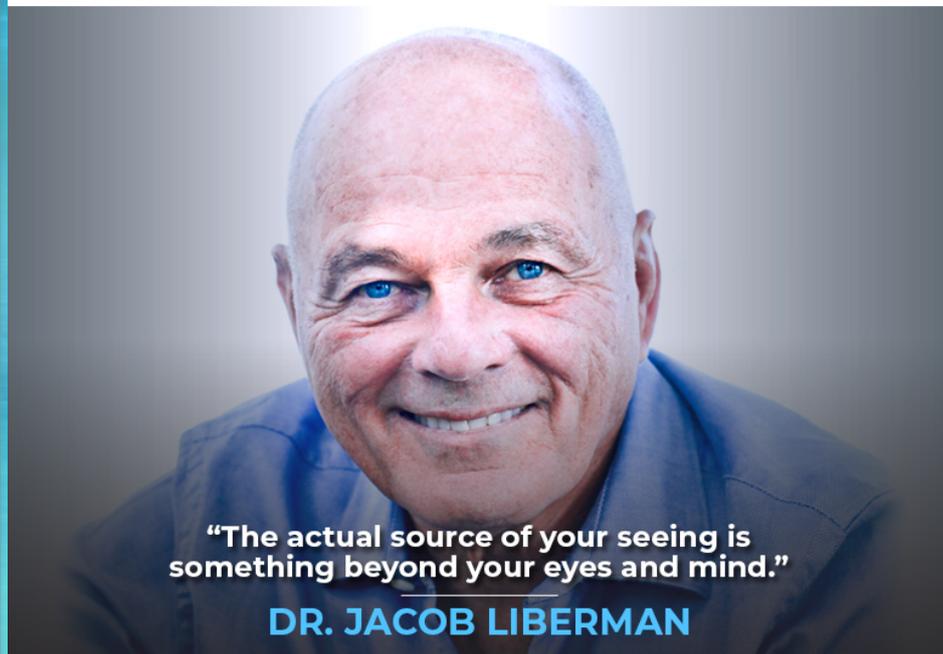
10 Point Checklist

Dr. Jacob Liberman

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"The actual source of your seeing is something beyond your eyes and mind."

DR. JACOB LIBERMAN

10 STEPS YOU CAN TAKE TODAY

Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.

- Do some eye exercises. Like training at the gym, I need to train my vision so that I can improve my eyesight and focus. Dr. Liberman suggests learning more about Brock String.
- Develop a deep awareness of my body through yoga and meditation. Seeking within will help me reach a relaxed state that doesn't occur naturally.
- Seek mentors that can help me improve my mindset. Everyone needs guidance so be open to learning something new from somebody else.
- Take note of the saying, "A watched pot never boils." Try always to view life in the bigger picture because the more I look at the little things, the less I see.
- Get a proper amount of sunlight exposure to balance out the blue and red light. Go for daily walks in the morning or just sit for a minute or two on the porch when I wake up.
- Refrain from using electronics that emit artificial light such as cellphones, computers, TVs, etc. Make sure to turn these off at least three hours before I sleep.
- Try walking backwards. According to Dr. Liberman, walking backwards awakens your senses. The tentative feeling heightens your awareness of your body and surroundings.
- Seek out great connections and relationships that make life worth living. Nourish love and friendship and grow something memorable with people who are dear to me.
- Check out Dr. Liberman's [website](#) for more information on how light is an excellent source for transformation and living.
- Grab a copy of Dr. Liberman's book, [Luminous Life: How The Science Of Life Unlocks The Art Of Living](#).

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/light-is-life-with-dr-jacob-liberman>