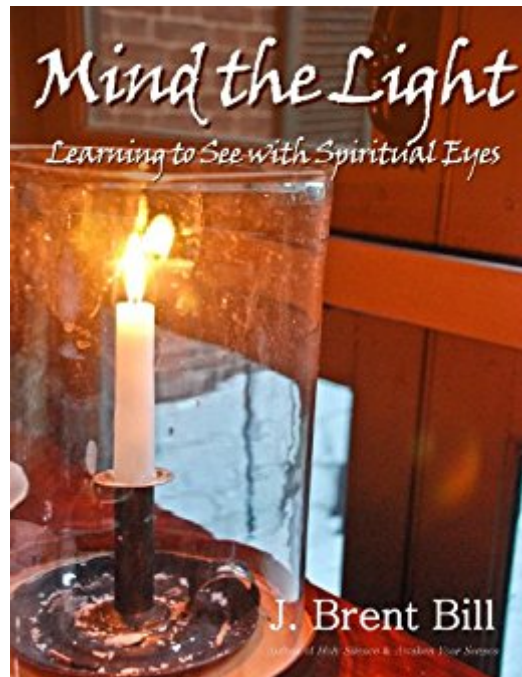




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Mind The Light: Learning To See With Spiritual Eyes



Synopsis

Have you ever noticed how sunflowers track with the sunlight throughout the summer?

That's not unusual, explains Brent Bill. All of God's creation moves toward the Light – flowers, trees, even human beings. Light sets a Midwestern sunset apart from a western desert sunset, a Goya portrait from a John Singer Sargent portrait, a joyful spirit from a mournful one. Light is all around and within us. We can't live without it. This profound little book invites readers to see both their inner and outer lives with spiritual "eyes." To "mind the light" is a Quaker practice of learning to see God's light both around and inside us. Depending on its strength, tone, and slant light changes how we perceive the world and other people. Depending on how we respond to it, illumination can help us grow in appreciation of the soulful things of life. Minding the Light invites readers of all backgrounds to explore the connectedness between inner vision and outer perception, between the life of the soul and the everyday life before us.

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Customer Reviews

I found this book spoke to my condition on every page. J Brent Bill is an author full of Light himself. One could not do wrong by having any of his books for spiritual guidance. His words are soft and inviting. The book also includes queries to guide readers in our journeys to mind the Light. These were helpful. I do think I must read everything he has written! I highly recommend this book for any spiritual seeker. Blessings be with you as you read it.

I recommend this book to readers of any faith, belief, or non-belief. A calming, thoughtful book that doesn't preach AT you or tell you how you have to live your life, but to me is more of a reflection on how to see what's around us and to cherish the silence. It's a good book to read if you're interested in Quakers but you don't have to be one to be moved and affected by these lovely words.

It's exciting and riveting reading. Very lyrical and full of images also. A must for the spiritual being, especially Quakers.

I think this will be a book I read more than once, It is a good map for a journey

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