



Mind the Light: Learning to See with Spiritual Eyes

By J. Brent Bill

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Mind the Light: Learning to See with Spiritual Eyes By J. Brent Bill

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

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Editorial Review

From Publishers Weekly

Those seeking a series of clever tips for cultivating spiritual growth overnight will not want to delve into this deceptively simple meditation on the Quaker custom of mindful seeing. A Friends minister and author of *Holy Silence: The Gift of Quaker Spirituality*, Bill describes his book as "a way of seeing our inner and outer lives with spiritual eyes and discovering the connectedness between inner and outer sight." Like a neighborly conversation across a kitchen table, this slender volume emphasizes the mundane details of daily life as they are enlightened by being attentive to the Spirit of God that Quakers believe dwells within each person. As much the writer's spiritual diary as it is an objective primer in spiritual exploration, the book includes chapters on learning to see God's light in creation, in others, within ourselves and in God. Brimming with homely parables of spiritual illumination found in museum exhibits, snowstorms or the expression on his beloved wife Nancy's face (she appears quite frequently), the book is punctuated with frequent "illuminating moments" or questions intended to evoke reflection. Bill's plethora of examples of spiritual sight sometimes overwhelm the point he wants to make, but readers interested in learning more about Quaker spiritual practices will find this a useful volume. (Sept.)

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About the Author

J. Brent Bill is an expert guide to Quaker spirituality. Author of *Holy Silence: The Gift of Quaker Spirituality*, his writing and photographs have appeared in *Christianity Today*, *Group*, and many other periodicals. A Friends minister, he and his wife Nancy live on Ploughshares Farm outside Mooresville, Indiana. He is the Executive Vice President of the Indianapolis Center for Congregations, Inc.

Users Review

From reader reviews:

James Hill:

Book is to be different for every grade. Book for children until eventually adult are different content. To be sure that book is very important for all of us. The book *Mind the Light: Learning to See with Spiritual Eyes* ended up being making you to know about other know-how and of course you can take more information. It is rather advantages for you. The publication *Mind the Light: Learning to See with Spiritual Eyes* is not only giving you far more new information but also to get your friend when you feel bored. You can spend your current spend time to read your guide. Try to make relationship while using book *Mind the Light: Learning to See with Spiritual Eyes*. You never really feel lose out for everything in case you read some books.

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