

Phil is a contemporary mystic, a man whose life is a living commitment to spiritual service. I am honored to know him.
—from the Foreword by Caroline Myss, author of *Defy Gravity*

THROUGH GOD'S EYES

Finding Peace and Purpose
in a Troubled World

PHIL BOLSTA

THROUGH GOD'S EYES

So many people who consider themselves “spiritual” feel lost instead of loved, heartache instead of hope, and stressed instead of blessed. Why the disconnect?

Those who have more confusion than clarity about how to live their beliefs will find the answers they're looking for in Phil Bolsta's book, *Through God's Eyes: Finding Peace and Purpose in a Troubled World*. Other books about spirituality offer valuable insights about a variety of concepts, but *Through God's Eyes* is the one book that puts it all together. This comprehensive guide to living a spiritual life explains how dozens of spiritual principles interact, how to weave them together into a cohesive worldview, and how to practically apply this spiritual wisdom to daily life.

Readers will discover that when they train themselves to look through God's eyes, the world around them changes, and so do they.

Who will benefit from reading *Through God's Eyes*?

- Anyone who is on a spiritual path, or wants to start one.
- Anyone who loves life, or wants to learn how to.
- Anyone who is happy, or wants to be happier.

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Phil Bolsta is the author of *Through God's Eyes: Finding Peace and Purpose in a Troubled World*, a comprehensive guide to living a spiritual life (GodsEyesBook.com).

Phil established himself as a credible source of spiritual insight and wisdom with the 2008 publication of *Sixty Seconds: One Moment Changes Everything*. Translated into four languages, *Sixty Seconds* is a collection of forty-five uplifting, life-changing stories from prominent spiritual authors and thought leaders he interviewed. The roster of storytellers includes Joan Borysenko, Deepak Chopra, geneticist Dr. Francis Collins, acclaimed sportswriter Frank Deford, Dr. Larry Dossey, Wayne Dyer, Dan Millman, Caroline Myss, Dr. Christiane Northrup, Dr. Dean Ornish, Dr. Rachel Naomi Remen, Dr. Bernie Siegel, James Van Praagh, singer Billy Vera, Doreen Virtue, Neale Donald Walsch, and bassist Victor Wooten (SixtySecondsBook.com).

Phil's blog, *Triumph of the Spirit*, is updated regularly with uplifting content (bolstablog.com).

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FOREWORD *By Caroline Myss*



I love this book, beginning with the title all the way through to the final word. Rarely have I been as enthralled by a piece of work as I am by Phil Bolsta's remarkable *Through God's Eyes*. Each time I opened it to read a few pages, I found that I could not stop. I told myself, "Just one more page," but inevitably I kept on reading, even though I had read many of the chapters before. Part of the exquisite beauty of this book is that you will want to read it again and again. Such is the gift of genuine inspiration and grace.

Yet another reason I love this book is that I am enamored with prayer, reflection, contemplation, and wisdom. We live in a society that is starving and indeed suffering from the absence of all four of those sacred practices—and it shows. *Through God's Eyes* presents immeasurable opportunities for prayer, reflection, and spiritual inquiry, all threaded together by a continuum of wise teachings in such a way that the reader is brought into a gentle state of contemplation with ease. You will find yourself wanting to reflect on the insightful writings of the numerous mystics, theologians, philosophers, poets, scientists, and writers that Phil has cleverly gathered together. Over two pages, for example, he blends the wisdom of Henry David Thoreau, C. S. Lewis, Deepak Chopra, Rabindranath Tagore, and my personal favorite, Teresa of Avila. I could create a weekend workshop centered around the stunning offerings—presented on just two pages of this remarkable book—by these five individuals.

Phil alternates these inspiring quotes with his own perceptive and finely crafted narrative. Consider this observation from one of the pages mentioned above: "You boldly and confidently move forward, trusting that Divine Intelligence is directing you to the people, situations, and events that will serve your highest good."

Who doesn't need to know that? Whose life is not better for having faith in such guidance? It's worth pausing for ten minutes in the midst of a busy day to close your eyes and ask yourself, "What do I trust in this world? Do

I truly believe in a God that I trust? If not, then what do I believe in?"

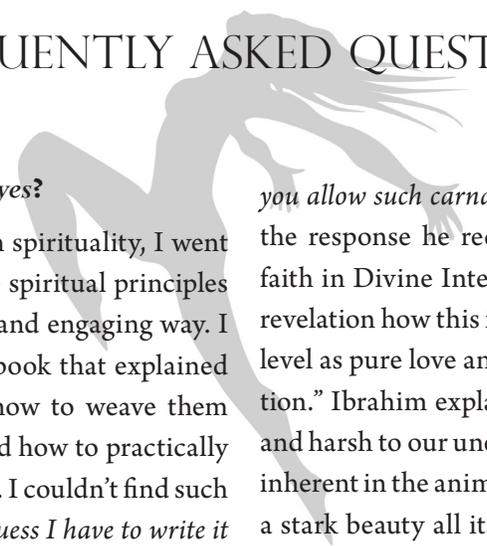
I love this book because I know all too well how much people need this book. I know that prayer, or reflective sacred thought, is the most powerful force we have available to us as human beings. I also know that few truths are as difficult to understand or to believe as that one. I've had more than one person ask me, "Do you have any prayers that work?" hoping that I would have a magic quick-fix formula that a person could use to make his or her life just feel better. But life is not like that and prayer is not magic. Prayer and contemplation are about taking the time to understand who we are and why we make the choices we do. As a result, we learn more about ourselves, our inner nature, and how to exist in harmony with the wisdom of life.

For the past ten years, I've conducted workshops on prayer and healing. Before that, I avoided doing workshops on either subject, as I was deeply aware of the contradiction that existed in the consciousness movement that allowed for "energy" discussions but not prayerful ones. Then, as my work became more directly involved with classical mystical theology, I introduced healing and prayer. No one was more surprised than I was by the healings that took place during workshops dedicated to my book, *Entering the Castle*, which was inspired by the writings of Teresa of Avila. Time after time, as people opened themselves to the silent power of grace and healing, they experienced profound physical as well as emotional healings. I wish I had had Phil's book on hand as a gift to give these wonderful people after such profound workshops. His book feeds the open soul. His book feeds the soul seeking healing. And his book is a comfort to the soul going through the dark night.

I love this book because it is timeless and it is for everyone. *Through God's Eyes* is an enlightened piece of work that is an essential read for all people who are truly devoted to the care and refinement of their soul. I will add that I feel privileged to write the Foreword for Phil not just because I believe so strongly in this book, but also because he has been a friend for twenty years. Phil is a contemporary mystic, a man whose life is a living commitment to spiritual service. I am honored to know him.

—Caroline Myss
September 2012

FREQUENTLY ASKED QUESTIONS



Why did you write *Through God's Eyes*?

When I first became interested in spirituality, I went looking for a book that laid out all the spiritual principles I was learning in a logical, organized, and engaging way. I assumed there had to be at least one book that explained how all of these principles interact, how to weave them together into a cohesive worldview, and how to practically apply this spiritual wisdom to daily life. I couldn't find such a book. I remember thinking, *Well, I guess I have to write it myself someday.*

How long did it take to write this book?

I knew in 1997 that I needed to write it. I also knew that I wasn't wise enough or experienced enough to write it at the time. Even though I did not know exactly what the book would end up looking like, I began collecting the concepts and quotes that I knew would be included in it. Finally, after eight years of research and study, I felt capable of competently interpreting and articulating this ancient wisdom. Seven years later, the book was completed.

What is the primary message of *Through God's Eyes*?

If I had to sum up the core teaching of this ancient wisdom in one sentence, it would be this: "With love and devotion, align your will with Divine Will and be a source of love, hope, and healing energy to all who cross your path."

What makes you qualified to write this book?

Let me be clear: I am not the source of this information. I am merely a resource for gathering, organizing, and presenting it in a way that makes it accessible and relatable to ordinary people like me who are living ordinary lives while pondering extraordinary questions. Ultimately, It is the message, not the messenger, that's important.

Why did you choose the title, *Through God's Eyes*?

I attended a 1998 workshop in which Dr. Ibrahim Jaffe, founder of the University of Spiritual Healing & Sufism, shared a life-changing story with his students. He said that after watching a TV nature program in which a lion savagely ripped apart a gazelle, he had been distraught. Retreating into meditation, he implored God, *How could*

you allow such carnage and tragedy to exist? He told us that the response he received humbled him and restored his faith in Divine Intelligence: "I felt and saw through inner revelation how this incident was experienced from a higher level as pure love and that it was beautiful beyond description." Ibrahim explained that this world may appear cruel and harsh to our unenlightened eyes, but even the brutality inherent in the animal kingdom has meaning, purpose, and a stark beauty all its own. Indeed, looking through God's eyes, we see that simply by living our lives, we all serve each other in ways both simple and profound. From that day on, I challenged myself to see the world through God's eyes—to the extent that I could, of course—so that I too could witness every moment unfolding with beauty, love, and perfection.

Isn't it arrogant for someone to assume that they can see through God's Eyes?

Just the opposite; it is the path to humility. By challenging yourself to look through God's eyes *to the extent that you can*, you will gain a broader, big-picture perspective, move from self-absorption to self-awareness, and be humbled and awed by the beauty and magnificence of life.

Why do you use so many quotes in the book?

I alternate my own commentary with inspirational quotes throughout the book. The commentary and quotes support, build upon, and flow into each other to produce a seamless reading experience. A quote may expand on the concept that precedes it or it may introduce the brief commentary that follows. Quotes by others not only add depth and subtlety to important ideas, they lend credibility to the book because they illustrate that the wisdom contained in its pages is not something I just conjured up. Every concept presented in this book has been validated by great minds throughout the ages.

Why do you include a story from your own life at the end of every chapter?

Two reasons. First, I thought that sharing my own experiences would make each chapter's principles more relatable and give readers ideas on how to apply them in

their own lives. Second, I wanted to show that I'm not a religious recluse or an out-of-touch academic. I'm just an average person living an average life, with flaws and failings just like everybody else. So if I can embody these teachings to some degree, so can anyone who reads this book.

Why do you offer twelve self-reflection questions at the end of every chapter?

These questions are intended to spur self-exploration, build self-awareness, and heighten readers' appreciation and enjoyment of life. Their answers to these questions will be uniquely their own. The answers that are right for them may not be right for anyone else; in fact, they may be right for them for only a short while.

Why did you include a bonus chapter on affirmations?

Using affirmations on a daily basis accelerated my own spiritual growth quickly and effectively. Today, no matter where I am or what I am doing, affirmations keep me centered, grounded, and connected to the loving energy that surrounds and sustains us. If affirmations helped me, I know they can help others get to where they want to go. I've listed sample affirmations as guidance to help readers write their own.

Different people have different interpretations of the word "God." Do you address the controversy surrounding that word?

Yes. In the Reader's Guide in the front of the book, I note that I use the word "God" throughout for the sake of consistency and convenience, fully recognizing that there are probably as many interpretations of God as there are people reading this book. Many people view God as the source of all existence, many others as existence itself. Whether readers view God as a being, a universal intelligence, a force, or any other type of form or formless entity, I trust that they will substitute the name, term, or reference for "God" that they are most comfortable with each time they come across the word.

The title *Through God's Eyes* assumes that there is a God. But how can there be a God given the unspeakable suffering that exists in the world?

Not believing in God because you don't see evidence of God's existence when you look at the surface events of life is like not believing in fish because you don't see evidence

of their existence when you look at the surface of the ocean. We cannot make the mistake of assuming that, as C. W. Leadbeater wrote, "that the limit of our power of perception is also the limit of all there is to perceive." Although the workings of divine forces are beyond the scope of human comprehension, the exquisite order in the natural world offers compelling evidence of a governing intelligence. Emerson said it best: "All I have seen teaches me to trust the Creator for all I have not seen."

Where can people learn more about the people you quote in *Through God's Eyes*?

A quick biography of each person quoted can be found at GodsEyesBios.com, although I'm still working on completing this listing.

Where did you find all the quotes in the book?

Sources of all quotes can be found at GodsEyesQuotes.com. Not only will readers be able to verify the accuracy of each quote, they can link directly to the book or website that I used as a source. This listing will be updated frequently because identifying who said what, when, and where is a never-ending project.

What do you want readers to come away with?

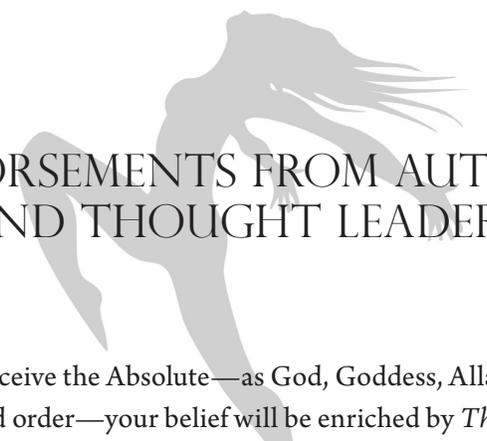
Although people's interpretation of spiritual concepts may differ from mine, I hope *Through God's Eyes* prompts them to examine and clarify their own beliefs about spirituality and their place in the world. I will consider this book a success if it inspires others to live more consciously, love more consistently, and greet each morning with joy and gratitude.

What websites for *Through God's Eyes* should people be aware of?

- GodsEyesBook.com presents an overview of the book with lots of links to related pages.
- GodsEyesAmazon.com takes people right to Amazon to order the book.
- GodsEyesOrder.com takes people to a non-Amazon source for ordering the book.

How can people reach you?

They can e-mail me at GodsEyes@me.com.



ENDORSEMENTS FROM AUTHORS AND THOUGHT LEADERS

Regardless of how you conceive the Absolute—as God, Goddess, Allah, Universe, or simply as a sense of cosmic beauty and order—your belief will be enriched by *Through God's Eyes*. This fine book is a refreshing departure from the preachy ideology of religious dogmatism. It reveals the richness, complexity, and meaning of everyday life, warts and all.

—**Larry Dossey, MD, author of *The Power of Premonitions***

In this work of spiritual artistry, Phil Bolsta has filtered and sifted the wisdom of the ages both ancient and contemporary, secular and religious, spiritual and scientific into coherent and cohesive collections and then arranged those collections into a clear path for anyone who wishes to walk a deeper, more awakened spiritual journey through life. His commentaries and real-life anecdotes add just the right clarity to bring each area of reflection into the here-and-now.

—**Lori Anne Yang, founder and CEO of Mammaste, LLC**

Ancient wisdom and deep knowing echo through these pages. This stunning book reverberates with the amazing grace, profound strength, and compassionate love of the Divine. Like a good friend, you will consult this book over and over in the course of a lifetime; this inspired work is a rare treasure.

—**Janis Amatuzio, MD, author of *Forever Ours* and *Beyond Knowing***

Phil Bolsta has strung together a brilliant selection of jewels in a necklace of timeless quotes amplified with his perceptive commentary. In *Through God's Eyes* there is a logical flow from section to section so the whole can be read as narrative or each section can be contemplated and absorbed on its own. A wonderful tool on the journey of uncovering and revealing more of Self.

—**Larry Chang, author of *Wisdom for the Soul: Five Millennia of Prescriptions for Spiritual Healing***

At first glance, this monstrous 538-page book appears to be a collection of inspirational quotes from cultural icons as well as sages throughout the ages. However, as you read the book carefully, you will be pleasantly surprised to discover that it actually provides a detailed road map for your spiritual quest for a meaningful and harmonious life. Here lies the genius of Bolsta—he makes the profound look simple and his simple steps can lead to profound changes in individuals and society. I recommend this book to anyone with an interest in spirituality and service to mankind, regardless of their faith tradition.

—**Dr. Paul Wong, author of *The Human Quest for Meaning***