The background of the entire cover is a vibrant cosmic nebula. The top half features a mix of purple, pink, and orange hues, while the bottom half transitions into a deep blue space filled with numerous bright, multi-pointed stars. The text is overlaid on this celestial scene.

# THE LOGIC OF LIVING A SPIRITUAL LIFE

SUPPORTING A LIFE OF FAITH  
THROUGH LOGIC AND REASON

PHIL BOLSTA

AUTHOR OF *Through God's Eyes*

Copyright © 2013 by Phil Bolsta.

All rights reserved, including the right to reproduce this book in any form, except for reviewers, who may quote brief passages in critical articles.

FIRST EDITION JUNE 2013

ISBN 13: 978-0-9840328-6-0

Manufactured in the United States of America.

Designed by James Monroe Design, LLC.

For information about special purchases or custom editions,  
please contact:

James Monroe Publishing, LLC.

7236 Bald Eagle Lane

Willow River, Minnesota 55795

[www.jamesmonroedesign.com](http://www.jamesmonroedesign.com)

# CONTENTS

INTRODUCTION

THE LOGIC OF GOD'S EXISTENCE

THE LOGIC OF SURRENDERING TO DIVINE WILL

THE LOGIC OF DIVINE GUIDANCE

THE LOGIC OF ALIGNING WITH SPIRIT  
INSTEAD OF EGO

THE LOGIC OF PRAYER

THE LOGIC OF MEDITATION

THE LOGIC OF BEING PRESENT

THE LOGIC OF HUMILITY

THE LOGIC OF SERVICE

THE LOGIC OF MAGNETIC THOUGHTS

THE LOGIC OF FULFILLING YOUR DESIRES

THE LOGIC OF SEEING EVERY MOMENT AS A GIFT

THE LOGIC OF NON-ATTACHMENT

THE LOGIC OF ADVERSITY

THE LOGIC OF SUFFERING

THE LOGIC OF FORGIVENESS

THE LOGIC OF REINCARNATION

THE LOGIC OF KARMA

THE LOGIC BEHIND EVIL ACTS

THE LOGIC BEHIND “WHAT IF?”

FOR MORE INFORMATION

EXCERPTS FROM *THROUGH GOD’S EYES*

PRAISE FOR *THROUGH GOD’S EYES* FROM AUTHORS  
AND THOUGHT LEADERS

UNSOLICITED TESTIMONIALS FROM READERS

# INTRODUCTION

Imagine discovering that an elaborate jigsaw puzzle is covering your entire dining room table. As a human being, your initial view of the world is akin to looking at a small corner piece of that puzzle and thinking it is the whole puzzle. As awareness builds and evidence mounts, you begin believing that there is a larger puzzle to contend with. Apply enough diligence and devotion and you experience Self-realization, the intuitive knowing that you yourself are every piece of the puzzle. Further purify your mind, heart, and spirit, and you may reach enlightenment, the state of authentically being and living that truth.

Those who worship logic instead of God are only half right. Not only is it logical to believe in God and to live a faith-based life, the existence of a loving, benevolent God that governs all creation is perhaps the only systematic worldview that explains every aspect of life.

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. Although the workings of divine forces are beyond the scope of human comprehension,

logic demands that you do not equate the limits of your perception with the limits of all there is to perceive. As Emerson so eloquently noted, “All I have seen teaches me to trust the Creator for all I have not seen.”

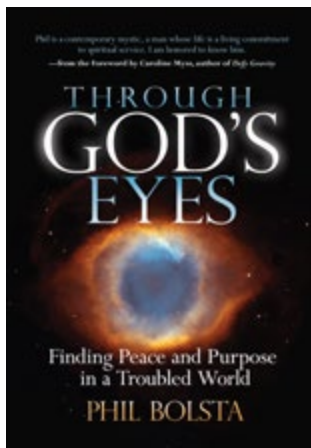
The greater your understanding of spiritual laws, the easier it is to see God’s fingerprints on whatever comes your way. Life’s mysteries willingly reveal themselves and difficult questions are answered. You see beauty and order where others see confusion and chaos. When you come from this perspective, *not* believing in God seems illogical and unreasonable.

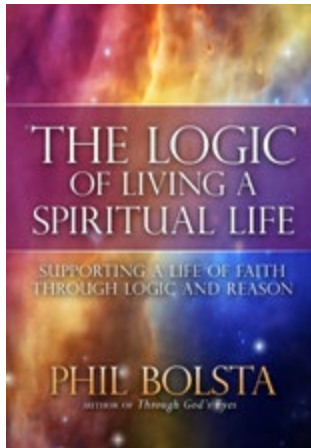
If Einstein’s iconic equation,  $E = MC^2$ , were applied to the spiritual life, it would look like this:

$$\text{Enlightenment} = \text{Meditation} \cdot \text{Consciousness}^2$$

You’d prove it not by doing the math but by walking the path.

The spiritual path summarized in these pages is explained in greater depth and detail in my book, *Through God’s Eyes: Finding Peace and Purpose in a Troubled World*. (You’ll find [excerpts](#) from *Through God’s Eyes* at the end of this book.) For more information, visit [GodsEyesBook.com](http://GodsEyesBook.com).





You can order an eBook version of *The Logic of Living a Spiritual Life* at [GodisLogical.com](http://GodisLogical.com).

You can reach Phil Bolsta at [GodsEyes@me.com](mailto:GodsEyes@me.com).

You can visit Phil's blog at [PhilBolsta.com](http://PhilBolsta.com).



## THE LOGIC OF GOD'S EXISTENCE

From the unfathomable mysteries in the ocean depths to the dance of life in the densest jungles to the celestial constellations of distant stars, the exquisite order and breathtaking beauty of the natural world offers compelling evidence of a governing intelligence.

By definition, belief in God requires a leap of faith; but it's a leap that is amply supported by logic and reason. Given that persuasive evidence points to the existence of a complex web of intelligent consciousness that expresses itself as an [entanglement inherent in all creation](#), it follows that God—the formless intelligence that created us—is present in every atom of creation and that every atom is connected to every other atom beyond space and time. Therefore, the divine consciousness that created us is present in each one of us.



It is reasonable then to embrace the definition of God put forth by the sages of ancient India: *God is that supreme intelligence which governs everything.*

In those moments when we purely, selflessly, and reverently embody and express the higher virtues of love and truth, we come into alignment with our inner divinity and feel the perfect peace and ever-new bliss that come with God-union. We know these moments to be holy, and experience for ourselves that God is synonymous with love, truth, and beauty. Therefore, it is rational to conclude that God is loving, kind and benevolent.

In those moments when life seems cruel and God seems anything but loving, explanations and perhaps some measure of comfort may be found in the concepts of karma, reincarnation, and free will, which are touched on in later chapters.



## THE LOGIC OF SURRENDERING TO DIVINE WILL

Given that a supreme, loving intelligence governs all of existence, it follows that you are being guided in every moment with infinite wisdom and inexhaustible love. Surrendering to this Divine Intelligence, which essentially means aligning your will with God's will, is the cornerstone of a spiritual life.

When you attune your will to Divine Will, you awaken to the joyous realization that life is unfolding in a way that has your best interests in mind. You recognize that every challenge you are presented with is a gift, an opportunity for you to more fully embrace and express the truth of your divine nature. If you desire more peace, purpose, and joy in your life, surrendering to God is the most logical and practical choice you can make.

Surrendering to God does not mean that you are surrendering your free will. It means you are dedicating your life to a

higher purpose, to serve as a living expression of truth, beauty, and love. Surrendering is nothing more than a homecoming, a recognition that your will aligns with Divine Will as naturally as a child's hand fits into its mother's.

How do you distinguish Divine Will from your own thoughts and desires? Develop your intuition, which is a direct conduit to Divine Intelligence. Unlike your thoughts, intuition is free from emotional attachments and value judgments. You can further enhance your ability to align with Divine Will through the regular practice of spiritual affirmations, meditation, and practicing the presence of God. Practicing the presence means keeping your love for God in your thoughts as often as possible and maintaining an ongoing dialogue with God.

Inevitably, surrendering to Divine Will generates a virtuous circle. By relinquishing the misguided belief that life is fully under your control, you become more trusting, which frees up your attention for the present moment, which heightens your awareness of the beauty that surrounds you, which assures you of the perfection of Divine Intelligence, which strengthens your devotion, which naturally leads to joyous surrender to God.



## THE LOGIC OF DIVINE GUIDANCE

Divine Intelligence speaks to you through your conscience and your intuition. Your conscience flows from and is an expression of your intuition, which in turn flows from and is an expression of Divine Consciousness. Your conscience, then, is a direct pipeline to God. The more you trust in your ability to tune in to your intuitive wisdom, the easier it will be to access it.

Relying on logic alone to guide your actions will take you only so far. A great intellect is a great blessing; it can also be a great curse if it blocks you from accessing the wisdom of your heart. Your intellectual decisions are biased by the quality of your knowledge, the influence of your belief system, and your unique psychological profile. Your intuitive promptings bypass these personal biases and harmonize your actions with Universal Intelligence.



## THE LOGIC OF ALIGNING WITH SPIRIT INSTEAD OF EGO

You cannot make meaningful progress on a spiritual path until you align yourself more with your spirit than with your ego. Ego and spirit are polar opposites. When the soul aligns itself with the mind and body, it unconsciously manifests as ego. When the soul realizes its Divine nature, it transcends the body-consciousness of the ego, expresses itself as spirit, and joyously aligns with Spirit.

If your ego is driving your quest for enlightenment instead of operating in service to your spirit, enlightenment will remain forever beyond your reach. The more you empty yourself of your ego and your own self-importance, the more room there is to welcome your spirit.

The difference between your ego and your spirit is the difference between thinking and awareness. Thinking is realization via

the self-contained content of your mind. Awareness is Self-realization via conscious attunement with Divine Intelligence.

Your spirit is the angel on your left shoulder, reassuring you that you are a perfect creation of God, that you already have everything you need. Your ego is the devil on your right shoulder, incessantly whispering that you are stronger or weaker than others, that you are entitled to or are unworthy of riches, that you must always look out for number one or for everyone but yourself.

Lose yourself in ego and you unconsciously act selfishly. Lose yourself in Spirit and you consciously act selflessly. The higher you raise your consciousness, the more often you ask yourself, *Is what I'm doing right now serving God?* You move closer to enlightenment every time you remind yourself to be a “servant of Spirit” instead of an “emperor of ego.”



## THE LOGIC OF PRAYER

There are three kinds of prayer:

- prayers of supplication (requesting something for yourself)
- intercessory prayer (requesting something for others)
- devotional prayer (yearning for attunement with Divine Will)

### PRAYERS OF SUPPLICATION

How your prayer for a worldly desire is answered depends on the level of your surrender and the purity of your intent. The greater your longing to selflessly serve Spirit instead of selfishly serving your ego, the more likely that your request will be granted in a form that you recognize and consider favorable.

If your desire is coming from ego instead of spirit, it is likely self-serving and a hindrance to your spiritual progress. Expect the attainment of an ego-driven desire to come with a corrective lesson attached. Is that a price worth paying? Ask King Midas.

Aligning your will with God's will presents an intriguing paradox. On one hand, the more attuned you are to Divine Consciousness, the more accessible are the riches of the Universe. On the other hand, the material items you longed for before you put God first in your life now seem like insignificant trinkets. Your desire for earthly possessions diminishes in direct proportion to your yearning for God-intoxication.

## INTERCESSORY PRAYER

Offering an intercessory prayer with all the sincerity of your heart delivers love and healing energy to the individual you are praying for. Numerous scientific experiments have confirmed that compassionately praying for others can have a direct impact on their well-being.

Granted, mental and spiritual energy operate beyond the scope of what science can measure or language can explain. However, given that we are all connected to one another through the divine consciousness that is present in every particle of creation, "energy" can be considered a metaphor for the instantaneous effect of compassionate human intention.

Still, there are so many factors in play—the recipient's karmic debts, sacred contracts, and will to live, to name a few—that your prayer may not *appear* to affect the ultimate outcome. So why bother to pray? No matter what the result, the loving energy you transmit may ease the recipient's pain, comfort their soul, and bolster their strength and resolve. Deep healing occurs when you



initiate a loving prayer and allow Divine Intelligence to do with it what it will.

## DEVOTIONAL PRAYER

Nurturing an intimate relationship with God is the essence of devotional prayer. It is not your words that are important but the purity and intensity of your yearning for Divine communion. Devotional prayer does not ask anything of God, except perhaps for deeper understanding that furthers your spiritual progress or insight into how you can best be of service.

Consistent devotional prayer generates a virtuous circle. Every prayer elevates your consciousness, which brings you closer to God, which brings you greater peace and deepens your devotion, which inspires you to pray more frequently. Strive to live your life as one long prayer, and in time you will feel God's presence in all your waking hours.



## THE LOGIC OF MEDITATION

Through the spiritual science of meditation, you can experience the peace of direct personal contact with God. Meditation is not an emptying of the mind, it is the highest form of concentration in which the mind is focused entirely on God. Meditation quiets the mind, calms the senses, opens the heart, and prepares you to receive Divine Consciousness.

Meditation must be entered into with pure intent and infinite patience. God will respond in God's time, not yours. What we call happiness is negligible compared to the inner peace and exultation of spirit we attain in meditation. Happiness, the province of the ego, is fleeting. Joy, the natural state of the soul, is infinite and eternal.

Enriching your inner life is only half the equation. If the peace and unconditional love you feel in meditation is not expressed through your every action, then you are not truly living

a spiritual life. The goal of meditation is not to avoid the world, but to live in it more consciously and fully in ways that serve humanity.



## THE LOGIC OF BEING PRESENT

Given that God is real, changeless, and eternal, and the material world and everything in it is an expression of God-consciousness and ultimately ephemeral, it is safe to describe God as the only true Reality. Since all of creation emanates from—and exists within—the mind of God, the world in which we live can be considered unreal in the sense that it is a “dream” of God.

It follows then that time is an illusion, existing only in our minds, which are extensions of the Divine Mind. Indeed, space and time are confined to the physical world (reality). In the realms beyond human consciousness (Reality), where God resides, there is only the Eternal Now.

As our consciousness expands and we become aware of this awareness, we awaken within the dream. We see that the present moment is the only moment we have ever had or ever will have. Since the present moment is both ephemeral and infinite, it exists

outside of time, which means presence is a timeless state of being. Therefore, your capacity to be fully present expands dramatically when you stop identifying yourself as a time-bound human being separate from others, and start experiencing life as a timeless spiritual being at one with all creation. Stay anchored in the present moment and you will know the joy of living a life without limits.



## THE LOGIC OF HUMILITY

Humility is a fundamental element of the spiritual life. Enlightened masters who have achieved union with Divine Consciousness have transcended the ego. The notion that these selfless saints would flaunt their abilities is unthinkable; holiness and humility walk hand in hand.

The more you identify with your ego, the less humble you will be. You may think you are acting selflessly, but your ego is always thinking, *What's in it for me?* The ego will be disappointed whenever a slice of humble pie isn't washed down with recognition and praise.

Your spiritual development requires humility and surrender; humility is the absence of ego, which clears the way for surrender to Spirit. Humility in no way implies inability, inferiority, or insignificance. Those who surrender to Spirit discover that in humility lies true strength and empowerment.

Why? Because when you align your will with Divine Will, you are allowing God to act through you. God's voice becomes your voice. In this exalted state of consciousness, you effortlessly see the world through God's eyes and act instinctively on God's behalf.

Humbly choosing to live with a positive, loving attitude is eminently logical. After all, when you choose to fill your days with love, there is no downside, and the upside is experiencing heaven on earth.



## THE LOGIC OF SERVICE

The more you align your will with God's will, the more naturally you view others with empathy, love, and compassion. The more attuned you are to Divine love, the more you yearn for others to experience the joy and peace that love has brought you.

When you shift from being self-centered to other-centered, you cannot look anywhere without seeing opportunities to help, comfort, or inspire others. As you evolve into an instrument of God's love, your mere presence becomes an act of service.

When you live solely to please God through selfless service instead of pleasing yourself or anyone else, you are liberated from the prison of other people's expectations and judgments.

You serenely accept the consequences of your actions, knowing that if God is pleased, you have all you will ever need, even if the world takes everything else away from you.



Serving others is love in action, as long as it is not tainted by your ego's desire for recognition. Doing good deeds so others think of you as someone who does good deeds keeps you tightly entwined in the arms of ego, oblivious to Spirit's welcoming embrace.

You are acting selfishly when your service flows from the promptings of your ego, your focus is on what you can get, and you walk away feeling unappreciated and resentful. You are acting selflessly when your service flows from the purity of your spirit, your focus is on what you can give, and you walk away feeling happy and peaceful.

Service to others is an effect, not a cause; it flows naturally out of your devotion and surrender to God. Awaken to the joy of service, and serving others transitions from being a conscious choice to an instinctive driving force.



## THE LOGIC OF MAGNETIC THOUGHTS

Your thoughts (expressions of your individual consciousness) immediately connect you to all of creation through the Unified Field (the omnipresent expression of Divine Consciousness that includes your “individual” consciousness). This exchange of information mimics the exchange of energy yet operates beyond the boundaries of space and time.

Ultimately, where your attention goes, “energy” flows. Since every action generates a reaction, every thought produces a response. Since like energy attracts like energy, you will magnetically attract whatever you think about into your life.

The state of your reality, then, is a reflection of your state of mind, which is determined by the quality of your thoughts. This Universal Law is at work in your own life whether or not you are

conscious of it. Indeed, your thoughts are like paving stones, shaping a path into a future of your own making.



## THE LOGIC OF FULFILLING YOUR DESIRES

You set an amazing process in motion by asking the Universe for whatever it is you want. The quality of the outcome hinges on the quality of your efforts to fulfill four conditions.

First, have unshakable faith that your request will be granted. If you don't believe it, you won't receive it. It is not your thoughts and words but the conviction behind them that carry the most weight, that ensure that you and your desire become a vibrational match.

Second, want what you want for the right reasons. Why is intent important? The more genuine your desire to love and serve God, the nearer you approach that sacred space where God's intentions become your intentions.

Third, have complete clarity about the desired outcome. Concentrate intensely until you can visualize it in meticulous

detail. The mind thinks in pictures, which are shaped not by your words, but by the energy—either love or fear—fueling your request. If your fears keep you focused on what you do *not* want—“I am not going to end up broke”—your mind’s eye will conjure up that which you are most fearful of.

Fourth, *feel* throughout your body—physically and emotionally—every aspect of what you are praying for and visualizing. Lose yourself in the energy of your yearning. Feel the feeling of what its attainment feels like with all your senses. Your feeling *is* the prayer. You reach the tipping point when your desire *feels* fulfilled in your inner world.



## THE LOGIC OF SEEING EVERY MOMENT AS A GIFT

Given that God is guiding each of us with infinite wisdom and inexhaustible love, it follows that God is an organizing force bringing divine order to the Universe, which means that nothing is random or accidental. Mishaps are simply evidence that God is redirecting you.

All it takes is a shift of perspective to recognize and appreciate life's gifts, even when—especially when—what you are experiencing seems like anything but a gift. Instead of passing judgment on what comes your way, challenge yourself to view unfavorable events as necessary steps toward fulfilling your life's purpose.

Interpreting incidents, relationships, and challenges symbolically, rather than literally, helps you perceive the deeper meaning of life experiences. Unplug from the need to know why something

happened and trust that behind the event is a message of Divine empowerment. As soon as you make that shift, the message can be delivered.

Accepting whatever life delivers to you with humility and gratitude naturally leads you to act more positively in every situation, which in turn produces more favorable outcomes.

The beauty of reframing even the most challenging of moments as a gift is that doing so is a gift in itself. Even if the “divine purpose” you identify is wildly off the mark, the act of searching for meaning and purpose raises your consciousness, which ultimately leads you to live your life with more meaning and purpose.



## THE LOGIC OF NON-ATTACHMENT

The Buddha stated that attachment to desires is the origin of suffering. The logic is clear: Given that everything in the material world is ultimately impermanent, your emotional attachment to whatever you desire may eventually lead to either disappointment or loss, and, ultimately, to suffering.

Attachment and desire feed on each other. The more attached you become to a desire, the more attractive the object of your desire becomes, which intensifies your attachment to it. What's more, obsessing about your desires blocks you from aligning your will with Divine Will. Attachment and attunement cannot coexist.

The same dynamic holds true for detaching from outcomes. If your happiness depends on achieving your goals precisely as you have envisioned, on events playing out according to your wishes, or on other people doing exactly what you want them to do, you are condemning yourself to a lifetime of misery.



Detaching from outcomes does not mean that you are apathetic and unmotivated. You may still care deeply about the result of your efforts, but from an objective, enlightened perspective.

You are fully engaged in life while humbly acknowledging that a greater wisdom than your own is at work.

When a certain outcome is desired, some people choose to “let go and let God” while others adopt an aggressive “do it yourself” mindset. Reconcile this “free will vs. Divine Will” conundrum by doing what you feel guided to do while staying open to unanticipated outcomes.

Detaching from results in no way hinders your enjoyment of the process that leads to those results. Just the opposite is true: Detachment liberates you from worrying about the outcome, which frees you up to savor the present moment instead of looking past it. Inner peace is a greater prize than outer results; and it is the process, not the result, that brings peace and fulfillment.



## THE LOGIC OF ADVERSITY

By definition, the circle of life demands that we experience the full range of what this life has to offer. It follows then that adversity is an integral part of the natural order of things. No one escapes its bittersweet embrace.

Adversity is often a signal that your current path is leading you in a direction away from your highest good. Until you transition from being reactive and learning through pain to being proactive and learning through joy, a calamity may be the only way for the Universe to get your attention.

If you cannot change what you are faced with, then you must face that you are meant not to change it, but to experience it. Our greatest lessons are often embedded in our greatest pain. We cry to the heavens, unaware that we are growing stronger and wiser even as we plead for mercy. You would not be the person you are

today if you had never been brought to your knees by the vicissitudes of life.

How you feel about a challenge depends on how you choose to deal with it. You can call upon the best in you, or let it get the best of you. No matter how much discomfort it brings, every difficulty calls forth the heroic, noble qualities of your soul. How heroically you answer that call determines how fully you realize your divine potential.



## THE LOGIC OF SUFFERING

Suffering can be a springboard for growth and self-discovery that ultimately enriches your life. A physical or emotional crisis can jolt you out of your comfort zone, reorder your priorities, spur you to make sweeping life changes, and deepen your trust in God's plan for your life.

Resisting your suffering or wallowing in it disrupts the flow of life and prevents you from healing. Surrender to your suffering and the gates of understanding swing open. Accepting that you cannot change what cannot be changed enables you to objectively deal with your suffering, free of judgment and emotional resistance.

Allow the energy of your suffering to descend upon you, to seep into your emotional pores as surely as water overtakes a sponge, for suffering is as purposeful as it is unstoppable. When you have experienced your grief as intensely as you can, brace

yourself, and walk into it. Take heart; the further you travel into your suffering, the closer you are to overcoming it.

Recognizing, much less appreciating, the upside of suffering requires great maturity and wisdom. It may take years to realize that what was devastating at the time was instrumental in your spiritual growth.



## THE LOGIC OF FORGIVENESS

“Forgiveness” is a loaded word that may anger those who have endured great wrongs. Substituting the word “release” for “forgiveness” short-circuits the emotional charge and reframes the act as a blessing that you bestow on yourself rather than one bestowed on your antagonist.

Forgiveness does not mean that you condone what was done to you or that you absolve the perpetrator of responsibility for his or her actions. How deserving your assailant is of your forgiveness is irrelevant. Forgiveness is a gift to yourself.

The moment you forgive, you reinvent yourself. Your psyche is flooded with light, forever dispelling the darkness that had emotionally crippled you. Instead of identifying yourself by past injuries and injustices, you are free to rewrite the story of who you are and who you wish to be.

If you do not forgive, you are bound to the person who injured you as surely as if you were handcuffed together. By passionately defending your hatred and anger, you are snatching the knife from your adversary's hand and plunging it deeper into your own heart. The price of resentment is unending suffering. The priceless gift of forgiveness is lasting peace.



## THE LOGIC OF REINCARNATION

The notion that we all live many lives enables the puzzle pieces of life to click into place. Without reincarnation, life on earth would hold less meaning and purpose. If we lived only one lifetime, an argument could be made that the Universe is a chaotic, random crashout that renders any spiritual insight, and indeed our very existence, as ultimately insignificant.

Reincarnation is consistent with the concept of a benevolent Universe in that you are given unlimited opportunities to learn what you need to learn, atone for your errors, and complete your soul's work. Reincarnation tells us that failure is temporary, success is assured, and every experience has value.

Over the course of innumerable lifetimes, you must experience the gamut of what it means to be human. Life can be viewed as a giant Bingo card of experiences on which every space must be filled with the essence of one of the tragedies or triumphs of life. If



each of your lives was pleasant and uneventful, you would learn little. Soul growth demands that you also explore every last twist and turn in the dark alleyways of life.

Just as your childhood memories are stored within you, so are memories of your previous lives. While they may not be accessible, they are an integral part of who you are, shaping you and guiding you through all the many roles you play in the endless drama of life. Each incarnation allows you to begin anew so that you keep your focus on the lessons waiting for you in this life, undistracted by past events, memories, and relationships.



## THE LOGIC OF KARMA

Call it karma, reaping what you sow, or what goes around comes around. Your every action is a cosmic tennis ball served into the court of Divine Intelligence. Every shot is impartially volleyed back—the law of cause and effect always demands its due.

Karma is not positive or negative; it is simply purposeful. There are karmic consequences for every choice you make and action you take, whether you are held accountable in this life or in a future incarnation. Actions that are harmonious with Divine Will produce results that we consider desirable; inharmonious actions produce undesirable results.

Reincarnation and karma explain why God's plan for you is ultimately determined by the exercise of your own free will. God provides the canvas and unceasing guidance, but leaves the painting of your life up to you. If God directly interfered in any

way, not only would you be deprived of valuable experiences, the application of karmic law would be disrupted.



## THE LOGIC BEHIND EVIL ACTS

Throughout history, people with malicious intent have exercised their free will to hurt others. That such cruelty is allowed to take place does not mean that God does not exist or does not care. The logic that explains such brutality can be expressed in two words: free will. We either have free will or we don't. God does not directly interfere in human affairs because, by definition, free will would be rendered meaningless if it were interfered with.

The ability of every individual to exercise their free will is the X-factor that creates a loophole in the premise that “everything happens for a reason.” Given that Divine guidance may be thwarted by another individual's act of free will, it is more accurate to say that everything that happens has purpose or creates purpose. No matter what happens, God works with what happens to guide you back on course—often with new purpose-driven priorities—whenever possible.

Consequently, God's plan for each of us may weather continual course corrections, just as each move on a chess board reconfigures our universe of choices going forward. In extreme cases, our life's plan may be adapted, rewritten, or postponed. Even then, however, karmic forces are at work and angels hover near. One way or another, in this life or another, our soul lessons will play out as planned. Fulfillment is certain; circumstances and timing are not.



## THE LOGIC BEHIND “WHAT IF?”

Given that logic, reason, and faith can only take you so far, the question has to be asked: What if the doubters are right? What if you are *not* being divinely guided, your calling is a figment of your imagination, and there are no soul lessons to be learned from adversity? I would still contend that applying these spiritual laws and trusting that a greater purpose is at work makes life more enjoyable and suffering more bearable.

Whether or not your beliefs are true, they shape the way you look at the world and determine how you experience life. Even in the absence of definitive proof that an organizing intelligence governs all creation, wouldn't you prefer to live in a benevolent and orderly Universe rather than suffer through a random, pinball-like existence in a world ultimately devoid of inherent purpose and meaning?

No matter how far you progress in your quest for enlightenment, you will have made a quantum leap in the quality of your daily life by consciously choosing to live with kindness, compassion, and a positive, loving attitude. When you choose to fill your days with love, there is no downside, and the upside is experiencing heaven on earth.

*While there is a chance of the world getting through its troubles I hold that a reasonable man has to behave as though he was sure of it. If at the end your cheerfulness is not justified, at any rate you will have been cheerful.*

—**H. G. Wells**

# FOR MORE INFORMATION

The spiritual path summarized in these pages is explained in greater depth and detail in my book, *Through God's Eyes: Finding Peace and Purpose in a Troubled World*. (You'll find excerpts from *Through God's Eyes* beginning on the next page.) For more information, visit [GodsEyesBook.com](http://GodsEyesBook.com).

You can order an eBook version of *The Logic of Living a Spiritual Life* at [GodisLogical.com](http://GodisLogical.com).


You can reach Phil Bolsta at [GodsEyes@me.com](mailto:GodsEyes@me.com).

You can visit Phil's blog at [PhilBolsta.com](http://PhilBolsta.com).



Phil is a contemporary mystic, a man whose life is a living commitment to spiritual service. I am honored to know him.

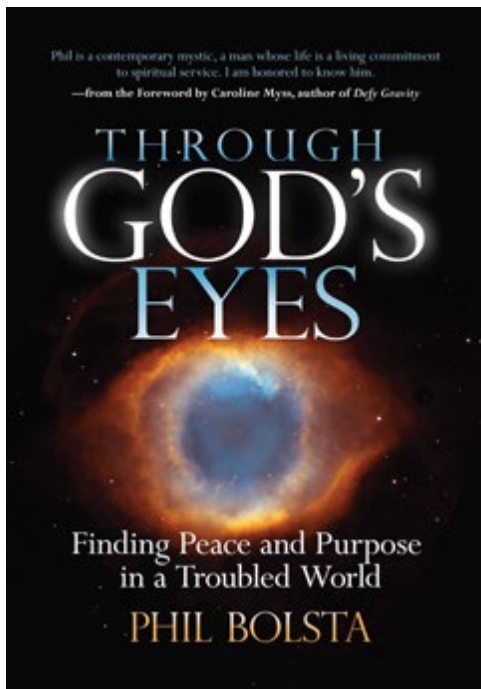
—from the Foreword by Caroline Myss, author of *Defy Gravity*



THROUGH  
GOD'S  
EYES

Finding Peace and Purpose  
in a Troubled World

PHIL BOLSTA



# THROUGH GOD'S EYES

*Peace and Purpose Are Closer Than You Think*

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.

### ORDER YOUR COPY OF *THROUGH GOD’S EYES*

Order at [GodsEyesOrder.com](http://GodsEyesOrder.com)

Order from Amazon at [GodsEyesAmazon.com](http://GodsEyesAmazon.com)

[Click here](#) to order the eBook

For an inscribed copy, [click here](#) to e-mail Phil for information

## CONTENTS

Overview

Bio

Table of Contents

Foreword by Caroline Myss

Introduction

Chapter Excerpts

Sample End-of-Chapter Story

Endorsements



**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](http://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](http://SixtySecondsBook.com)).

Phil’s blog, *Triumph of the Spirit*, is updated regularly with uplifting content ([bolstablog.com](http://bolstablog.com)).

# CONTENTS

<i>About the Title</i> .....	xv
<i>Reader's Guide</i> .....	xvii
<i>Foreword</i> .....	xix
<i>Acknowledgments</i> .....	xxi
<i>Introduction</i> .....	xxiii

## **ONE: Rethink Your Worldview** ..... 1

*Whether you feel stressed or blessed, examining your core beliefs about God and the Universe can radically transform and enrich your life.*

<i>Cosmic Crossroads</i> .....	2
<i>Sages through the Ages</i> .....	5
<i>First Steps</i> .....	7
<i>Pace Yourself</i> .....	9
<i>Forging Ahead</i> .....	11
<i>Wonder and Awe</i> .....	15
<i>Mystery and Mastery</i> .....	16
<i>Enlightenment Awaits</i> .....	18
<i>The Journey's End</i> .....	20
<i>Rethink Your Worldview: Living the Lesson</i> .....	25
<i>Rethink Your Worldview: Self-Reflection Questions</i> .....	26

## **TWO: You Are Not Separate from God** ..... 27

*The very life force within you is a Divine spark, an extension of God. Though you cannot claim to be God, God's Divine essence is your birthright.*

<i>A Drop of God</i> .....	28
<i>Connected to All of Creation</i> .....	30
<i>Dreaming the Dream</i> .....	33

<i>The Soul of the Whole</i> .....	36
<i>Ego vs. Spirit</i> .....	39
<i>Religion and Spirituality</i> .....	47
<i>Heaven on Earth</i> .....	50
<i>You Are Not Separate from God: Living the Lesson</i> .....	53
<i>You Are Not Separate from God: Self-Reflection Questions</i> .....	54

**THREE: *You Are Beautiful and You Are Loved* .....** 55

*Your soul, that spark of the Infinite within you, is perfect and magnificent. You are boundless joy, you are inexhaustible love, you are indescribable beauty.*

<i>The Light Inside You</i> .....	56
<i>God's Limitless Love</i> .....	57
<i>The Blessings of Friendship</i> .....	60
<i>A Life of Devotion</i> .....	66
<i>The Power of Prayer</i> .....	68
<i>Meditate and Know God</i> .....	71
<i>Surrendering to Divine Will</i> .....	76
<i>You Are Beautiful and You Are Loved: Living the Lesson</i> .....	81
<i>You Are Beautiful and You Are Loved: Self-Reflection Questions</i> ...	82

**FOUR: *Your Choice Is Love or Fear* .....** 83

*Your every thought, word, and action spring from either love or fear. The nature of your choices determines the quality of your life.*

<i>One or the Other</i> .....	84
<i>We Are All Love</i> .....	87
<i>Love Circles Back</i> .....	88
<i>Hallowed Ground</i> .....	90
<i>The God in Others</i> .....	91
<i>A Cry for Love</i> .....	93
<i>Broadcasting Love</i> .....	97
<i>Selfless Service</i> .....	100
<i>Loving Your Self</i> .....	104
<i>Your Choice Is Love or Fear: Living the Lesson</i> .....	108
<i>Your Choice Is Love or Fear: Self-Reflection Questions</i> .....	109

**FIVE: Follow Your Guidance** ..... 111

*Divine Intelligence speaks to you through the voice of your intuition. While some people hear this voice more clearly, it is accessible to anyone who chooses to listen.*

*Pure Knowing* ..... 112  
*Intuitive Awareness* ..... 113  
*Intuition and Intellect* ..... 115  
*Acceptance and Trust* ..... 117  
*Resisting and Rationalizing* ..... 119  
*Intuition and Independence* ..... 120  
*Intuition vs. Ego* ..... 122  
*Infinite Patience* ..... 125  
*Intuitive Artistry* ..... 127  
*No Accidents* ..... 128  
*One Song* ..... 132  
*A Higher Purpose at Work* ..... 133  
*God's Voice* ..... 135  
*Follow Your Guidance: Living the Lesson* ..... 137  
*Follow Your Guidance: Self-Reflection Questions* ..... 138

**SIX: Focus on Being, Not Doing** ..... 139

*You live harmoniously when you reconcile doing and being by performing every action with mindfulness and conscious intent.*

*Rearranging Priorities* ..... 140  
*Living Consciously* ..... 142  
*Silence and Solitude* ..... 144  
*A Work in Progress* ..... 148  
*Awakening to Your Power* ..... 150  
*Sacred Moments* ..... 152  
*Humility and Harmony* ..... 153  
*Tolerance and Judgment* ..... 156  
*Choosing Happiness* ..... 157  
*A Hallowed Trust* ..... 159  
*A Call to Rise* ..... 161  
*Focus on Being, Not Doing: Living the Lesson* ..... 164  
*Focus on Being, Not Doing: Self-Reflection Questions* ..... 165

**SEVEN: External Security Is an Illusion** ..... 167

*The journey toward true security begins when you shift your focus from the external world of knowledge and achievement to the internal world of wisdom and experience.*

*A False Identity* .....168  
*Change and Complacency* .....169  
*Fear and Consequences* .....171  
*Knowledge vs. Wisdom* .....175  
*The Deep Dive* .....177  
*Passion and Possibilities* .....180  
*A Quantum Leap* .....181  
*Standing Unshaken* .....183  
*The Reality of Reincarnation* .....185  
*Karmic Law* .....189  
*External Security Is an Illusion: Living the Lesson* .....193  
*External Security Is an Illusion: Self-Reflection Questions* .....194

**EIGHT: Live with Integrity** ..... 195

*Living with integrity means aligning yourself in every moment with all that is good and right. You reach every decision and choose every action as if God’s hand were on your shoulder.*

*Within and Without* .....196  
*Internal Ethics* .....198  
*Virtue and Vice* .....200  
*Stronger and Deeper* .....201  
*Honoring Others* .....203  
*Conflict and Compromise* .....205  
*Compliments and Criticism* .....207  
*Honoring the Truth* .....210  
*Speaking the Truth* .....213  
*Judged and Judging* .....216  
*Holding Firm* .....218  
*Nothing Else Matters* .....220  
*Live with Integrity: Living the Lesson* .....222  
*Live with Integrity: Self-Reflection Questions* .....223

**NINE: Pursue Your Right Livelihood** ..... 225

*When you are aligned with Spirit and long to do meaningful work, the world is in need of whatever it is you need to do.*

*Honoring the Dream* ..... 226  
*Learning Without Limits* ..... 228  
*Winning vs. Wishing* ..... 229  
*Patience and Perseverance* ..... 231  
*Stepping Stones* ..... 233  
*Love and Abundance* ..... 236  
*Passion and Productivity* ..... 239  
*Serving the World* ..... 241  
*Safety vs. Self-Discovery* ..... 243  
*Rewards and Regrets* ..... 246  
*Pursue Your Right Livelihood: Living the Lesson* ..... 250  
*Pursue Your Right Livelihood: Self-Reflection Questions* ..... 251

**TEN: Fulfill Your Destiny** ..... 253

*When you are ready to know your life's purpose, it will reveal itself by taking up residence in your conscious mind.*

*Seeking Clarity* ..... 254  
*Awareness Dawns* ..... 256  
*Angels Point the Way* ..... 259  
*Answering the Call* ..... 260  
*Dream On* ..... 262  
*A Mighty Purpose* ..... 264  
*Objections and Obstacles* ..... 266  
*Resisting the Call* ..... 269  
*Taking Care of the Now* ..... 273  
*Stepping Forward* ..... 276  
*Fulfill Your Destiny: Living the Lesson* ..... 279  
*Fulfill Your Destiny: Self-Reflection Questions* ..... 280

**ELEVEN: Your Mind Is a Magnet**..... 281

*The state of your reality is a reflection of your state of mind, which is determined by the quality of your thoughts.*

*Like Attracts Like*.....282  
*Cause and Effect*..... 283  
*Service vs. Self-Gratification* .....285  
*Patterns of Perception* .....287  
*The Impact of Attitude* .....289  
*Giving Equals Receiving*.....291  
*Completing the Circle* .....293  
*Giving Is Unconditional*.....295  
*Making a Difference*.....297  
*Intercessory Prayer*.....301  
*Accepting Responsibility*..... 303  
*Your Mind Is a Magnet: Living the Lesson* ..... 305  
*Your Mind Is a Magnet: Self-Reflection Questions*..... 307

**TWELVE: Ask and You Shall Receive** ..... 309

*When you ask the Universe to fulfill a worldly desire, the quality of the outcome hinges on the quality of your efforts to satisfy four conditions.*

*Faith and Optimism* .....310  
*Purity of Intent* .....313  
*Clarity and Visualization* .....316  
*Embodying the Energy* .....318  
*Essence and Expectations*.....320  
*Clarifying the What* .....322  
*Wanting vs. Having*.....324  
*The Lens of Gratitude* .....327  
*Life Becomes a Celebration* .....328  
*Putting It All Together* .....331  
*Ask and You Shall Receive: Living the Lesson* ..... 334  
*Ask and You Shall Receive: Self-Reflection Questions*.....335



**THIRTEEN: See Every Moment as a Gift**..... 337

*When you surrender to Divine Will with unwavering faith and trust, every moment becomes a gift.*

*Making the Shift*.....338  
*Accentuate the Positive* .....339  
*Fresh Appreciation*.....341  
*A Timeless, Eternal Realm* ..... 343  
*Anchored in the Present* .....347  
*A Rushing River* .....349  
*A Giving Heart*.....352  
*Whom Shall You Bless?* .....353  
*The Karma of Kindness* .....355  
*The Kindness Challenge* .....357  
*Mysteries and Miracles*.....359  
*See Every Moment as a Gift: Living the Lesson* .....363  
*See Every Moment as a Gift: Self-Reflection Questions*..... 364

**FOURTEEN: Detach from Outcomes**..... 365

*Detaching from outcomes does not mean that you are apathetic and unmotivated. Quite the contrary. Detachment means that you care deeply, but from an objective, enlightened perspective.*

*Bowing to Wisdom*.....366  
*Attachment and Attunement*.....367  
*Staying Active, Staying Open* .....369  
*Ripples and Repercussions*.....371  
*Faith and Surrender* .....373  
*Detaching from Drama*.....376  
*Controlling Cravings*.....379  
*The Myth of Mistakes* ..... 384  
*The Desire for Detachment* .....387  
*Detach from Outcomes: Living the Lesson* .....391  
*Detach from Outcomes: Self-Reflection Questions* .....393

**FIFTEEN: Welcome Adversity** ..... 395

*Every difficulty calls forth the heroic, noble qualities of your soul. How you answer that call determines how fully you realize your divine potential.*

*Problems Have Purpose* ..... 396

*The Big Picture* ..... 399

*Courage and Character* ..... 401

*Elevating Your Game.*..... 403

*Emerging Stronger* ..... 404

*Fighting the Fear.*..... 406

*Worry Is Self-Perpetuating* ..... 409

*Lessons of Loss* ..... 412

*Rescuing Loved Ones.*..... 413

*God Is There.*..... 415

*Course Corrections.*..... 419

*Welcome Adversity: Living the Lesson* ..... 421

*Welcome Adversity: Self-Reflection Questions*..... 422

**SIXTEEN: Transcend Your Suffering** ..... 423

*The moment you recognize the blessings inherent in your suffering, the greater your capacity to transcend your anguish, even as grief and pain threaten to consume you.*

*The Four Noble Truths* ..... 424

*The Other Side of Pain* ..... 426

*Grief and Growth.*..... 429

*An Invincible Summer.*..... 431

*The Dawn Will Break* ..... 434

*Beware Woundology* ..... 436

*The Fire Beckons.*..... 439

*Illness Is Information* ..... 442

*Curing vs. Healing* ..... 445

*A Portal to Peace* ..... 447

*Transcend Your Suffering: Living the Lesson* ..... 449

*Transcend Your Suffering: Self-Reflection Questions*..... 450

**SEVENTEEN: Find Freedom through Forgiveness** ..... 451

*Forgiveness is another word for love. It is about choosing to love when love seems like an impossible choice to make.*

<i>Reframe, Release, Rewrite</i> .....	452
<i>Selfish and Selfless</i> .....	454
<i>The Price of Resentment</i> .....	455
<i>Revenge and Remorse</i> .....	459
<i>Adversaries or Allies</i> .....	460
<i>Nothing to Forgive</i> .....	462
<i>The Ashes of Atrocity</i> .....	464
<i>Finally Free</i> .....	466
<i>Choosing Love</i> .....	470
<i>Find Freedom through Forgiveness: Living the Lesson</i> .....	475
<i>Find Freedom through Forgiveness: Self-Reflection Questions</i> .....	476

**EIGHTEEN: Behold Your Beloved** ..... 477

*Take a leap of faith and dive headlong into the ocean of romantic love. The waters may be choppy from time to time, but an exhilarating world of unimaginable beauty awaits.*

<i>Love Attracts Love</i> .....	478
<i>Seeking a Soulmate</i> .....	479
<i>Drawn Together</i> .....	481
<i>Committing to Love</i> .....	483
<i>Doing the Work</i> .....	485
<i>Reaching a Crossroads</i> .....	488
<i>Loved and Cherished</i> .....	490
<i>Love and Support</i> .....	493
<i>No Rules</i> .....	495
<i>Healing a Broken Heart</i> .....	497
<i>Behold Your Beloved: Living the Lesson</i> .....	501
<i>Behold Your Beloved: Self-Reflection Questions</i> .....	504

**NINETEEN: Practice Affirmations** ..... 505

*To live a positive, loving life, you must think positive, loving thoughts. Affirmations are an easy and effective way to reshape the way you look at the world.*

*Closing Thoughts* ..... 513

*Sources of Quotes from Self-Realization Fellowship Publications* .....517

*Index* ..... 525

*Sources of Quotes*.....[GodsEyesQuotes.com](http://GodsEyesQuotes.com)

*Bios of People Quoted*.....[GodsEyesBios.com](http://GodsEyesBios.com)

## ABOUT THE TITLE

The title *Through God's Eyes* reflects a pivotal moment of personal enlightenment. At a 1998 weekend workshop, 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.

Granted, that is much easier said than done, especially on days when I am the gazelle. That's why every chapter contains reminders urging you to look through God's eyes. I've found that the more I train myself to view the world in this way, the more peaceful and grounded I become. It then becomes easier to follow the core teaching of the ancient wisdom presented in these pages:

*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.*

It is my greatest hope that learning to see the world through God's eyes inspires you to break free from the prison of human perception, welcome peace, love, and joy as your dearest friends, and become a more positive and powerful force for good in the world.



## 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  
Author of *Anatomy of the Spirit*, *Entering the Castle*, and *Defy Gravity*  
September 2012

# INTRODUCTION

This is the book I longed to read as I took my first tentative steps down a spiritual path. I assumed that someone had laid out all the spiritual principles I was learning in a logical, organized, and engaging way. Surely there had to be 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 found plenty of fascinating books filled with valuable insights and information, but I always came away with more questions than answers. As I struggled to piece together what living a spiritual life looked like, I felt like I was standing in a giant library where all the books were strewn on the floor. The book I was looking for, the book that would speak to my soul, was not among them.

I vowed to write such a book someday. After all, if I was searching for it, surely other like-minded souls were too. I felt I was well suited to the task. As a writer, I specialize in bringing clarity and order to complex subject matter—and spirituality is as complex as it gets. Above all, this subject touched my heart and called to me like no other.

As I walked my path and began connecting the dots, I saw an age-old framework forming that was as elegant as it was beautiful—everything fit together, flowed together, and sang together in pure harmony. Eventually, after years of research and study, I felt capable of interpreting and articulating this worldview, which for thousands of years has been enlightening spiritual seekers about the meaning and purpose of life and the vastness of human potential.

In other words, 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.

As the book began taking shape, I sensed that it already existed, perfect and complete, in a higher realm. All I had to do was search for the relevant concepts and quotes that were scattered throughout generations of cultures across the globe. Next, I had to sort everything out and piece it all together into a giant cosmic jigsaw puzzle.

There was no question about the format to use. I was intuitively guided to alternate the comments and quotes so that they supported, built upon, and flowed into each



other. A quote may expand on the concept that precedes it or it may introduce the brief commentary that follows. I appreciated the initial impression of my agent, Barbara Neighbors Deal, who said, “As I was reading, I kept having this mental image of your text as a shimmering, fine gold chain, with the quotations as beautifully set jewels on the necklace.”

Though your interpretation of spiritual concepts may differ from mine, I hope this book prompts you to examine and clarify your own beliefs about spirituality and your place in the world. I will consider this book a success if it inspires you to live more consciously, love more consistently, and greet each morning with joy and gratitude.

*Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense.*

—BUDDHA

# ONE

## RETHINK YOUR WORLDVIEW

Challenging the verity of what you were taught by your parents, religious leaders, or other well-meaning authority figures may be emotionally wrenching.

*There will come a time when you believe everything is finished. That will be the beginning.*

—LOUIS L'AMOUR

Yet drilling down to the essence of what you believe—with all the honesty and courage you can muster—and questioning every idea you have about God are prerequisites for living an authentic life.

*I tore myself away from the safe comfort of certainties through my love for the truth; and truth rewarded me.*

—SIMONE DE BEAUVOIR

Even if you emerge with your original belief system intact, your efforts will have been worthwhile. For you will now believe what you believe through conscious choice rather than unconscious acceptance.

# TWO

## YOU ARE NOT SEPARATE FROM GOD

The only distance between you and God is the thought that there is distance between you and God.

*You are a drop of God in a sea of God.*

—DONALD SCHNELL

God is not just present in every human being. There is no thing and no place where God is not.

*God is that Supreme Intelligence which governs everything.*

—ANCIENT WISDOM

If you believe that God is not present within you, you go through life disconnected from the very essence that sustains you.

*To think you are separate from God is to remain separate from your own being.*

—D. M. STREET

# THREE

## YOU ARE BEAUTIFUL AND YOU ARE LOVED

Your soul, that spark of the Infinite within you, always has been and always will be perfect and magnificent.

*All the powers in the universe are already ours. It is we who have put our hands before our eyes and cry that it is dark.*

—SWAMI VIVEKANANDA

You are boundless joy, you are inexhaustible love, you are indescribable beauty. That is who you are. That is who you will always be.

*You are a wildflower, a beauty unsurpassed. In each soul is the unique imprint of the grace of God.*

—PARAMAHANSA YOGANANDA

If you could gaze into a magical mirror that reflected your true essence, you would be awed by the pure, radiant beauty of your soul.

*Love is a state of Being. Your love is not outside; it is deep within you. You can never lose it, and it cannot leave you.*

—ECKHART TOLLE

# FOUR

## YOUR CHOICE IS LOVE OR FEAR

Choose love, and you serenely welcome whatever gifts are delivered to your door.  
Choose fear, and you affirm that you do not trust what tomorrow may bring.

*Love is a fruit in season at all times, and within reach of every hand.*

—MOTHER TERESA

Choose love and you are illuminating your future with the radiant promise of undreamed-of possibilities.

*Life is a magic vase filled to the brim; so made that you cannot dip into it nor draw from it; but it overflows into the hand that drops treasures into it—drop in malice and it overflows hate; drop in charity and it overflows love.*

—JOHN RUSKIN

Choose fear and you are casting a pallor over your state of mind and all the days that remain to you.

*Fear is that little darkroom where negatives are developed.*

—MICHAEL PRITCHARD

# FIVE

## FOLLOW YOUR GUIDANCE

*The intelligent man who is proud of his intelligence is like a condemned man who is proud of his large cell.*

—SIMONE WEIL

Your intellectual decisions are biased by the quality of your knowledge, the influence of your belief system, and your unique psychological profile.

*Watch out for intellect, because it knows so much it knows nothing and leaves you hanging upside down, mouthing knowledge as your heart falls out of your mouth.*

—ANNE SEXTON

Your intuitive promptings bypass these personal biases and harmonize your actions with Universal Intelligence.

*You have to be able to do what your mind would give you logical reasons to not do. You have to be everything your soul beckons you to be and everything your mind tells you to be cautious about.*

—CAROLINE MYSS

# SIX

## FOCUS ON BEING, NOT DOING

You cannot get to know yourself in a meaningful way until you become comfortable with yourself in silence. Only in silence can your true self fully reveal itself to you.

*The more powerful and original a mind, the more it will incline towards the religion of solitude.*

—ALDOUS HUXLEY

Lower yourself into a pool of silence, wait for the sediment of your daily life to settle, then peer down into the depths of your own being.

*Confucius said, "Men cannot see their reflection in running water but only in still water. Only that which is still in itself can still the seekers of stillness." . . . If water derives lucidity from stillness, how much more the faculties of the mind! The mind of the sage, being in repose, becomes the mirror of the universe.*

—CHUANG TZU

There are more mysteries in the boundless world within you than there are lifetimes to discover and understand them all.

# SEVEN

## EXTERNAL SECURITY IS AN ILLUSION

When you do experience a loss, reflect not on *what* has left but on *why* it has left. There is always a reason.

*You have learnt something. That always feels at first as if you had lost something.*

—GEORGE BERNARD SHAW

Trust that whatever has left your life has fulfilled its purpose and no longer serves your best interests.

*I make the most of all that comes and the least of all that goes.*

—SARA TEASDALE

The loss of what you valued so dearly creates room in your life for something of even greater value and meaning.

*When the heart weeps for what it has lost, the spirit laughs for what it has found.*

—SUFİ WISDOM

Seek stability in that which is unstable and there will be no trace of your footprints on the path that leads to purpose and peace.

*The way to be safe, is never to be secure.*

—FRANCIS QUARLES



# EIGHT

## LIVE WITH INTEGRITY

Spiritual integrity is a veritable force field that shields you from life's endless parade of enticements.

*The good man has absolute good, which like fire turns every thing to its own nature, so that you cannot do him any harm.*

—RALPH WALDO EMERSON

Though no one would be the wiser, you banish self-serving thoughts and impulses the moment you become aware of them.

*Self-respect is the fruit of discipline, the sense of dignity grows with the ability to say No to oneself.*

—RABBI ABRAHAM J. HESCHEL

You wisely consider the long-term consequences of short-term temptations and act accordingly.

*Honor has not to be won; it must only not be lost.*

—ARTHUR SCHOPENHAUER

# NINE

## PURSUE YOUR RIGHT LIVELIHOOD

Do not allow yourself to be intimidated and overwhelmed if there is an enormous gap between your current job and the work you aspire to.

*It is our duty as men and women to proceed as though limits to our abilities do not exist.*

—PIERRE TEILHARD DE CHARDIN

Keep dreaming big even if you are currently living small. Initiative and ingenuity are infinitely more valuable than any material advantages you could possess.

*The defining factor is never resources, it's resourcefulness.*

—ANTHONY ROBBINS

You can learn new skills. You can acquire new knowledge. You can meet new people. You can create new experiences.

*What you can't do you must do; what you must do, you can do.*

—ANTHONY ROBBINS

# T E N

## FULFILL YOUR DESTINY

From the moment it first pierces your awareness, your calling is as much a part of you as your heartbeat.

*From the beginning I had a sense of destiny, as though my life was assigned to me by fate and had to be fulfilled. This gave me an inner security, and, though I could never prove it to myself, it proved itself to me. I did not have this certainty, it had me.*

—CARL JUNG

As you come into alignment with your life's work, you will be given glimpses of what heaven expects from you.

*Ultimately, man should not ask what the meaning of his life is, but rather he must recognize that it is he who is asked. In a word, each man is questioned by life; and he can only answer to life by answering for his own life; to life he can only respond by being responsible.*

—VIKTOR FRANKL

# ELEVEN

## YOUR MIND IS A MAGNET

Your thoughts are not just gossamer wisps of nothingness that uneventfully dance and dissolve in the uncharted recesses of your mind.

*I hold it true that thoughts are things  
Endowed with bodies, breath, and wings.*

—ELLA WHEELER WILCOX

Your thoughts (expressions of your individual consciousness) immediately connect you to all of creation through the Unified Field (the omnipresent expression of collective consciousness that includes your “individual” consciousness). This exchange of information mimics the exchange of energy yet operates beyond the boundaries of space and time.

*Every thought you think reverberates across the universe touching  
everyone and everything.*

—KATE NOWAK

Ultimately, where your attention goes, “energy” flows. Since every action generates a reaction, every thought produces a response.

# T W E L V E

## ASK AND YOU SHALL RECEIVE

Aligning your will with God's will presents an intriguing paradox. On one hand, the more attuned you are to Divine Consciousness, the more accessible are the riches of the Universe.

*Go on a journey from self to Self, my friend . . .  
Such a journey transforms the earth into a mine of gold.*

—RUMI

On the other hand, the material items you longed for before you put God first in your life now seem like insignificant trinkets.

*Riches, like glory or health, have no more beauty or pleasure than  
their possessor is pleased to lend them.*

—MICHEL DE MONTAIGNE

Your soul yearns not for what is *external* but for what is *eternal*. And it is only God, it is only Love, it is only Joy that is eternal.

*When all your desires are distilled  
You will cast just two votes:  
To love more, and be happy.*

—HAFIZ

# THIRTEEN

## SEE EVERY MOMENT AS A GIFT

Every event has a purpose; sometimes you get to see the reason, sometimes you don't. The scope of your symbolic sight is relative to your level of consciousness.

*Experience is the toughest teacher because she gives the test first, and then the lesson.*

—UNKNOWN

Unplug from the need to know why something happened and trust that behind the event is a message of Divine empowerment. As soon as you make that shift, the message can be delivered.

*The universe is like a safe to which there is a combination. But the combination is locked up in the safe.*

—PETER DEVRIES

Developing your symbolic sight opens wide the gates of wisdom. But beware: Approach these gates with humility and reverence or they will slam shut as quickly as they opened.

# FOURTEEN

## DETACH FROM OUTCOMES

When a certain outcome is desired, some people choose to “let go and let God” while others adopt an aggressive “do it yourself” mindset.

*Pray as though everything depended on God. Work as though everything depended on you.*

—SAINT AUGUSTINE

Although these perspectives seem to be perched on opposite ends of the goal-getting spectrum, they actually dovetail perfectly.

*Prayer is not a substitute for action. Action is not a substitute for prayer.*

—ALAN COHEN

Reconcile this “free will vs. Divine Will” conundrum by doing what you feel guided to do while staying open to unanticipated outcomes.

*You have to take it as it happens, but you should try to make it happen the way you want to take it.*

—GERMAN PROVERB

# FIFTEEN

## WELCOME ADVERSITY

By definition, the circle of life demands that we experience the full range of what this life has to offer.

*To round itself out, life calls not for perfection but for completeness;  
and for this the “thorn in the flesh” is needed,  
the suffering of defects without which there is no progress  
and no ascent.*

—CARL JUNG

Adversity is an integral part of the natural order of things. No one escapes its bittersweet embrace.

*There is a time for expanding and a time for contraction; one provokes  
the other and the other calls for the return of the first. . . . Never are we  
nearer the Light than when the darkness  
is deepest.*

—SWAMI VIVEKANANDA



# SIXTEEN

## TRANSCEND YOUR SUFFERING

In the throes of despair, the idea that time will heal your pain may be inconceivable. And yet, the voice of Spirit calls to you, tells you it is so.

*Even the cry from the depths is an affirmation: Why cry if there is no hint or hope of hearing?*

—MARTIN MARTY

No matter how intolerable your suffering, do not lose heart. The human spirit is imbued with more power to overcome than you have troubles to overcome.

*The spirit of man is an inward flame; a lamp the world blows upon, but never puts out.*

—MARGOT ASQUITH

Strive to free yourself from the quicksand of your sorrow, for hope waits patiently, lovingly at the edge, reaching for your hand.

*When you get into a tight place, and everything goes against you till it seems as if you couldn't hold on a minute longer, never give up then, for that's just the place and time that the tide'll turn.*

—HARRIET BEECHER STOWE

# SEVENTEEN

## FIND FREEDOM THROUGH FORGIVENESS

Grudgingly attempting forgiveness while refusing to relinquish your resentment fools no one. Your insincerity will carry more weight than your words or actions.

*You cannot shake hands with a clenched fist.*

—INDIRA GANDHI

Resentment exacts a steep cost. Investing your emotional energy in angrily clinging to past events saps your life force, ages you, and weakens your immune system.

*Resentment is like taking poison and waiting for the other person to die.*

—MALACHY MCCOURT

Unresolved anger has a corrosive effect on your body. It elevates your blood pressure and increases the likelihood of heart attacks and strokes.

*You will not be punished for your anger, you will be punished by your anger.*

—BUDDHA

# EIGHTEEN

## BEHOLD YOUR BELOVED

A spiritual union is a divine friendship between two people who are equally devoted to each other's well-being and best interests.

*All love that has not friendship for its base,  
Is like a mansion built upon the sand.*

—ELLA WHEELER WILCOX

Hand in hand, they step down from pedestals of preconceived notions and delight in continually rediscovering each other.

*A successful marriage requires falling in love many times, always with  
the same person.*

—MIGNON McLAUGHLIN

Both partners accept each other's flaws and idiosyncrasies, and acknowledge that while neither of them is perfect, they are perfect for each other.

## SEE EVERY MOMENT AS A GIFT LIVING THE LESSON

At thirty-four, I was unemployed with a wife and twelve-year-old daughter to support. I didn't have highly marketable skills and was feeling more desperate by the day. Two months after I lost my job, my tax guy told me I needed to make a \$2,500 payment to the IRS in thirty days. I was already heavily in debt and had no idea how I was going to pay that month's rent, much less the looming IRS bill. I had to repeatedly remind myself to breathe.

A few weeks later, my dad asked me to meet him for lunch. We lived seventy miles apart so we met at a Wendy's in Monticello, a town halfway in between. We sat down and, without question, without judgment, he handed me a check for \$2,500. I was stunned. I knew he couldn't afford to give me so much. As I sat there, blinking back tears, he told me he believed in me and that he loved me. It was the most unexpected, generous, and loving gift I had ever received, and it deepened the already strong bond between us.

Fast-forward nearly six years. I asked my dad to meet me at the Wendy's in Monticello at three o'clock. He hadn't a clue why. We sat down, and I thanked him again for that day and told him how much his loving gesture had meant to me. Then I handed him a check for \$2,500. It was his turn to be stunned. He tried to thank me but was too overcome with emotion, so much so that he lowered his head to the table and began sobbing. Tenderly, I leaned over and kissed the top of his head. The gift of that moment remains one of the highlights of my life.

I am now grateful for those dark days of no job and no money. Enduring such a stressful period, with fear gnawing at the pit of my stomach for days on end, was a small price to pay for such beautiful moments of love, grace, and redemption. My dad is gone now, but the memories of those lunches at Wendy's continue to nourish me and feed my soul. Even if I were in debt the rest of my life, I'd still feel like the richest man on earth.



PRAISE FOR *THROUGH GOD'S EYES* FROM  
AUTHORS AND THOUGHT LEADERS

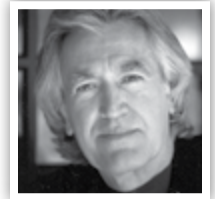


In *Through God's Eyes*, Phil Bolsta has assembled a Dream Team of spiritual wisdom. The book gathers together remarkable luminaries from every tradition—and non-tradition as well—and creatively organizes them into topical categories, like panelists in separate meeting rooms at a large conference; only these wise ones are available to readers any time they are needed. And we all need them. As we make our way along the spiritual path, with all its perplexities, complexities, mysteries, and ambiguities, these trusted companions can provide reliable, timeless guidance.

—PHILIP GOLDBERG,

AUTHOR OF *AMERICAN VEDA* AND *ROADSIGNS ON THE SPIRITUAL PATH*

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*



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 AMATUO, MD,

AUTHOR OF *FOREVER OURS* AND *BEYOND KNOWING*



This is really a remarkable book! To be inspired is one thing, yet to find yourself immersed in an understanding of your relationship with the Divine is life changing. I'll read it again, and again!

—DAVID WAGNER,  
AUTHOR OF *LIFE AS A DAYMAKER*

One of the most important books I've ever read. An incredible compilation of spiritual wisdom and insight. It's the owner's manual God should give you when you're born.

—ROBERT PETERSON,  
AUTHOR OF *OUT OF BODY EXPERIENCES*



I can't thank you enough for your book. It's amazing. I have it in my locker and read bits of it every day before games for inspiration. It reminds me how sacred my daily walk is, and the strength that is ours in just surrendering to Spirit. I have so many friends who would find this the best thing ever. We think about this stuff daily. It's a book

very needed in all of our lives.

—TIM FLANNERY,  
THIRD BASE COACH FOR THE SAN FRANCISCO GIANTS AND FORMER  
INFIELDER FOR THE SAN DIEGO PADRES

I am very happy to see Phil's ideas take form in this book. Over the years his dedication to serving people and bringing truth to light has been persistent, honest, and real. Many hearts and souls have been touched by his work and this honesty. Over the years I have watched him walk deeply with the ideas in this book. It has taken form as his journey and the essential life lessons that have caused him to develop into the beautiful soul that he is. I am honored that my story about the beauty of the death of the gazelle had such an impact on Phil and feel blessed that he has traveled so far with it [see "About the Title" on page xv]. I pray that all of us have the blessings to be able to perceive reality through the eyes of God and to experience the existence of the Divine within us and within every event that occurs in our lives. Thanks, Phil, for opening the doors again so that many people may taste the fragrance of this reality.

—IBRAHIM JAFFE, MD,  
FOUNDER OF THE UNIVERSITY OF SPIRITUAL HEALING & SUFISM





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*

What a fine web this author weaves. Whereas at first we believe ourselves to be dwarves standing on the shoulders of giants, we awaken and realize we are that which we seek. May you enjoy the labyrinth contained within. Walk slowly. Feel the love and move so ever intently, gently from the shadows into the soulshine. *Through God's Eyes* reminds us that there is no end, so be here now.



—TIM MIEJAN,  
EDITOR AND PUBLISHER OF *THE EDGE: SOUL OF THE CITIES*



*Through Gods Eyes* is a master work. It is proof that God's angels here on Earth, who see with his eyes, love with his heart, and speak with his voice have numbered in the hundreds. Phil Bolsta's ability to weave these voices together as a unified whole is sheer genius. This book will be a handbook companion to be read over and over for those on a spiritual path.

—RHYS THOMAS,  
RHYS THOMAS INSTITUTE OF ENERGY MEDICINE

This is a book that makes the wisdom of the ages and sages accessible to everyone. I know from experience it speaks the truth about human potential and will help the reader to connect with a higher consciousness and see through God's eyes too. If we all live the message some day the world will no longer be chaotic but will be healed and at peace despite the difficulties life presents us with.



This is a guidebook for a troubled world.

—BERNIE SIEGEL, MD,  
AUTHOR OF *A BOOK OF MIRACLES* AND *365 PRESCRIPTIONS FOR THE SOUL*



In *Through God's Eyes*, Phil Bolsta masterfully weaves wisdom from others with his personal stories of growth and challenge, giving the reader powerful tools for living a joyful, creative, and spirit-filled life.

—KATHRYN HARWIG,  
AUTHOR OF *THE RETURN OF INTUITION*

Phil's pure and loving spirit shines through in the inspiring spiritual guidance he shares in *Through God's Eyes*. No matter where you are on the spiritual path, you will find beautifully written passages that will speak to your heart and soul.

—LAURIE BAUM, MSW,  
AUTHOR OF *SACRED MYSTERIES OF EGYPT* AND  
*EVERYTHING YOU NEED TO KNOW ABOUT YOUR ASTROLOGY SIGN*



I can't imagine the hours and hours Phil put into composing this book. I love the quotes from these beautifully gifted people and I especially love Phil's personal stories at the end of each chapter. This book is a wonderful contribution for anyone searching for their spiritual roots.

—ECHO BODINE,  
AUTHOR OF *LOOK FOR THE GOOD AND YOU'LL FIND GOD*

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. He 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. This book is a gem.

—LORI ANNE YANG,  
FOUNDER AND CEO OF MAMMASTE, LLC





*Through God's Eyes* is a brilliant compilation of the wisdom of the ages. I love it!

—CHRISTIANE NORTHRUP, MD,  
AUTHOR OF *WOMEN'S BODIES, WOMEN'S WISDOM* AND  
*THE WISDOM OF MENOPAUSE*

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*



*Through God's Eyes* is a wonderful book for anyone wanting to better understand their direct connection to the God within. It addresses what we all long for: a deeper connection to our soul. Phil Bolsta has skillfully brought together teachings from a number of spiritual masters to provide an in-depth perspective into seeing the world “through God’s eyes.” This is a must-read not just for spiritual seekers, but for anyone on a path of personal growth and transformation.

—GREG VOISEN,  
CO-AUTHOR OF *WISDOM WELLNESS AND REDEFINING WORK*  
AND FOUNDER OF INSIDE PERSONAL GROWTH

*Through God's Eyes* is an extraordinary collection of wisdom from across many cultures and many ages. It is a special treasure chest to sit with and contemplate, and one that will spur you to become aware of and take action toward a more awakened life. I give it my highest recommendation!



—STEPHEN GILLIGAN, PH.D.,  
PSYCHOLOGIST AND AUTHOR OF *THE COURAGE TO LOVE*



I like to think I'm a well-balanced, practical guy. When I picked up Phil's book, it intimidated me at first until I just let go and started reading it. Once I started digging into it, I thought, *Wow, for the first time this stuff really makes sense*. What's cool is that I felt I wasn't alone while I was reading it. With all those great quotes on every page, it was like having hundreds of philosophers, poets, and other great thinkers sitting with me and explaining things to me, which was awesome. Then, at the end of every chapter, Phil ties everything together with a real-life personal story and some self-reflection questions, which made me think more about my own life and my relationship with God. This book has opened my eyes, made me think, and helped me feel more connected to life than I ever thought possible.

—PAUL STREITZ,  
AUTHOR OF *BLUE-COLLAR BUDDHA*

*Through God's Eyes* could be subtitled *CliffsNotes for Your Soul*.

Each “note” and quote of inspiration will stir your soul to take action in the appropriate direction for your highest good. I recommend this book to everyone who desires a saner, healthier, and happier existence.



—DONALD SCHNELL,  
CO-AUTHOR OF *YOUNG FOR LIFE*



This ambitious book deserves a place on the nightstand of anyone committed to living the richest life possible. Phil Bolsta has gathered the wisdom of the ages and organized it in a wonderfully useful way. This is a book that will make you think, contemplate, and, most certainly, add positive insights that could just change your life.

—BARBARA J. WINTER,  
AUTHOR OF *MAKING A LIVING WITHOUT A JOB*



## UNSOLICITED TESTIMONIALS FROM READERS

Your book is so special. In my role as a psychotherapist, I had two different clients read chapters (on Forgiveness and Right Livelihood) that helped them develop a much better attitude with their issues. For me, personally, in a time of much change, the “Illusion of External Security” chapter was just what I needed to get grounded again and cling to God as the One Source. My inner peace came back, prayers were answered and positive things started to happen again in my world. I only wish your book was small enough to carry with me everywhere. I keep thinking of people I want to give it to as a gift.

—NANCY WILLIAMSON, ENCINITAS, CALIFORNIA

It’s a big book, so I’m not all the way through yet, but I want you to know that every page is a blessing to me and has helped me with the battles of my life. I continue to recommend the book to everyone in my family and circle of friends! It is more than a masterpiece—it is a life-changing experience to make my way through its pages! I truly believe this book belongs in every library and in every home.

—GEORGE FISCHER, MINNEAPOLIS, MINNESOTA

In a style that I wish I were much better with, you give a deceptively short and simple presentation of a deep truth, then turn that gem slightly by quoting other truth-givers’ perceptions of that same truth; thereby helping the reader to more easily assimilate it. I love it!

—MYKE SMITLEY, ESCONDIDO, CALIFORNIA

This book of yours is amazing and a treasure that I will cherish forever. It is a gift I gave myself and then gave to others. I would highly recommend *Through God’s Eyes*. I love love love this book! Everyone should have a copy and one for a friend. It is one of a kind.

—PAULA HERMAN, NORWALK, CALIFORNIA

I really like it! The quotes are powerful and the book is organized in a really usable way. You write with a friendly voice and it’s NOT a preachy book! It seems more like a useful reference/old friend that one can revisit over and over, finding exactly what one needs on any given day by simply opening it.

—JEANNE, MINNEAPOLIS, MINNESOTA

It was so great to meet you last night at your book reading! The reading from your book was absolutely beautiful, and I truly appreciated the great discussion that followed. As I was walking into my apartment last night, with great anticipation to dive into your book, I glanced down at the cover and had a realization. I knew, without a doubt, that the reading of this book is going to change my life. It was a lovely moment, and I'm so grateful. So thank you, thank you for all you've already added to my life in such a short time! I began reading your book last night before bed, and I woke up this morning with a new perspective. I have fresh eyes, my heart is more open, my gratitude has expanded, and my faith heightened.

—AERICA BENSON, MINNEAPOLIS, MINNESOTA

I've been listening to classical music lately through a music-appreciation class I've been taking. This book reminds me of a composer writing a symphony—setting down on musical notation paper all the thousands of notes that all the different instruments will play. I can't begin to understand how such a mind would work to be able to do that, and I feel the same way about your book! Russ and I will both appreciate this book for many years to come. We like to read each other inspiring stories regularly as a way to connect and relax in the evenings since we don't watch television. We can certainly pick this up and just open it at random and find something beautiful to enjoy together. It's a book to treasure, one paragraph or page at a time.

— RITA, ENCINITAS, CALIFORNIA

I've been reading your book, *Through God's Eyes*. Thank you, thank you, thank you for your wonderful work putting this together. It has helped me tremendously already! You've put all this eternal and timeless wisdom and guidance together in one easily accessible volume. I can't put it down, which is another testimony to its value to each reader, no matter where they happen to be in this common birthright we all share—the spiritual quest of ever-new joy and bliss.

—RICK LINEBACK, ENCINITAS, CALIFORNIA

I'm in love with your book! I'm not a front-to-back reader like you, I like to just open and see where it takes me and pencil in the date on whatever I read. It's pretty much been spot on for where I need to be that day! It's such a fine piece of work I don't think it will ever find its way to a shelf but stay on my coffee table permanently. I'm grateful it found its way into my life!

—JILL GREEN, MINNEAPOLIS, MINNESOTA