



## The Seeing-Glass: Poetry Reflections

By Linda L Bielowski, Dr Linda L Bielowski

America Star Books, United States, 2013. Paperback. Book Condition: New. 214 x 138 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In The Seeing-Glass, heart speaks to heart and soul speaks to soul. What began as a 40-day Lenten journey with sacred texts from diverse wisdom traditions [Christian, Zen, Buddhist, Hindu, Muslim, Native American, etc.] as walking sticks and guideposts became both an epiphany and a manuscript. Having joined a Monastery of the Heart, a monastic movement of seekers, formed by the Benedictine Sisters of Erie, the author vowed to practice Lectio Divina [Divine Reading] each day. Lectio is an ancient prayer practice used widely by desert mothers [ammās] and fathers [abbas] during the 3rd-5th centuries, refined by St. Benedict of Nursia in the 6th century, and practiced worldwide by present day contemplatives. Dr. Bielowski's mission was to read the designated passage intentionally and reverentially; sit with it, savor it, sink within it, until a sentence or two began to stir and shimmer. After opening herself to its rapt voice, the author was to record its message in a personal reflection. Reflections came in the form of poems-she daydreamed and sleepwalked with them as ever-present companions....



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