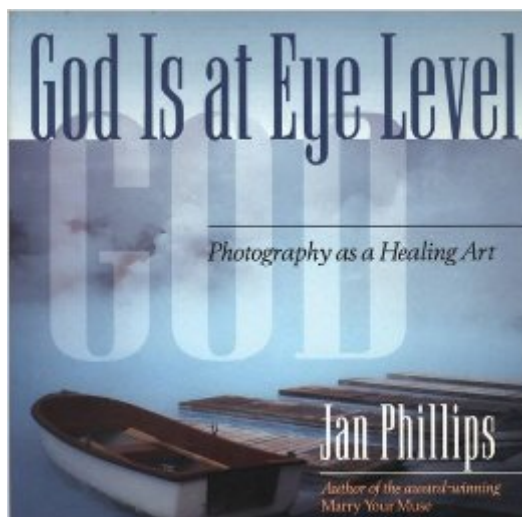


The book was found

God Is At Eye Level: Photography As A Healing Art



Synopsis

For amateurs and professionals alike, this book is the story of photography's power to renew the spirit. Jan Phillips helps us transform sight into vision, leading us to see that images can be mirrors for our deepest truths, even in our simple snapshots. "The real thing about photography," Jan says, "is that it brings you home to yourself, connects you to what fulfills your deepest longings. Every step in the process is a step toward the light, an encounter with the God who is at eye level, whose image I see wherever I look. There's something holy about this work. Like the pilgrim's journey; it's heaven all the way."

Book Information

Paperback: 160 pages

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (37 customer reviews)

Best Sellers Rank: #371,562 in Books (See Top 100 in Books) #126 in [Books > Arts & Photography > Photography & Video > Criticism & Essays](#) #331 in [Books > Self-Help > Art Therapy & Relaxation](#) #979 in [Books > Health, Fitness & Dieting > Mental Health > Emotions](#)

Customer Reviews

"God is at Eye Level" is a beautiful book--a moving book. Here Jan Phillips discusses the healing effect of photography on the personal and sociological levels. The design, photographs, quote-selections, and lucid writing are artfully woven together to produce an evocative read. Several sub-themes radiate, all reinforced with illuminating quotes from famous artists and thinkers. Among my favorite themes is the relevance of "the moment," or "the present." As Jan says, when embarking on an "excursion of seeing, the rest of one's life is temporarily on hold. There is nothing to reckon with but the moment at hand." When anchored in the present, one's regrets and fears tend to dissolve. You are treated with a "sweet joy" and the healing nature of a "now" orientation. Your photographs reflect who you are. As a result, you can discover as much about seeing inside yourself as the world outside. When you go out and shoot, Jan says, "honor your instincts, for the images that result are like clues to a treasure hunt," symbols which later tell you

who you are, where you've been, and where you are going. Jan tries to develop a relationship with everyone she photographs. She strives to achieve empathy with all her subjects. For her, the relationship comes first. Her portraits grow out of this closeness and express the intimacy from which they emerge. As a result, a portrait reflects the authenticity of a person's spirit. Jan discusses the healing influence photography has upon society. She cites several photographers whose work evoked a national response and encouraged social reform. Among others, Jan includes the work of Dorothea Lange (migrant farmers) and Laura Gilpin (Navajos). And lastly, many photographers wait until they are inspired before they go shooting. Jan says that for her, inspiration comes while working, not before it. The key is to start working, then discover while underway. Once you do, you will experience the healing nature of photography.

Upon reading Jan Phillips latest effort, "God Is At Eye Level", I was called upon to examine where I stood on my journey. Husband, family, & career had taken the time & energies previously used for silent contemplation. Pursuits, especially my photography, had been pushed aside. Frankly, I was reacting to life's events. Jan's book helped me to reclaim the time spent examining this life. It moves you to stop, think, ponder & reflect. It will cause you to focus on the miracles of each day. Her ideas will instill in one the importance of surrounding oneself with those people and things that make you smile. In the process, her book will unlock the creativity that may have been pushed aside to attend to the more mundane aggravations of daily life.

I found Jan's latest book to be wonderful. I love the exercises and recently did one called "Portrait Day". Only I changed it to "Portrait Party". I invited my good friends over, told them to wear something that expressed their essence and set up my kitchen as a make shift "studio". It even has a pocket door so our "sessions" could be done in private. Each woman came in and each "shoot" was wonderfully unique and different. Light refreshments were provided and everyone enjoyed themselves. At the end of the day we did several fun group photos. This week we're getting together for a "viewing" of all the photos so we can see what the others did. Everyone wants to do another one - It was a great experience for everyone involved. Thank you Jan!

I happened to notice this wonderful, soulful, book at a local bookstore and was moved by the deceptive simplicity of its title and peaceful image on the cover to pick it up and thumb through its pictures; I was floored by the sincere depth of its message. The book is a sublime gem that anyone who is interested in what photography is all about, what life is all about, and what their *soul* is all

about, owes it to themselves to keep by their side! It will deepen and nourish your relationship with the world. Jan Philips is a rare creature who is equally well proficient, gifted even, in both effortlessly capturing the timeless beauty and spirit of nature in her photos and providing an eloquent written context for those images to help others find the sacred in the "ordinary." Leafing even through only a few pages will almost surely leave one with a sense of tranquility; reading over the entire book, a few times perhaps, depending on mood and temperament, cannot fail to leave even the most downtrodden of souls feeling joyful at simply being alive and having the privilege of marveling at life's beauty. The book, in short, is all about how *everything that one looks at* -- and most of all the inner "I" that is always lurking somewhere in the mysterious depths of our souls looking outward through our "eyes" -- is nothing but God looking in. This is a small treasure of a book that is now on the short list of books I will never part with. Highly recommended.

Whether you are a beginner photographer, more advanced or don't even own a camera, this book should be on your shelf. It is a way of looking at the world which makes it a so very personal experience. Her philosophy on creativity brings such a refreshing validation to each person's impact on the world. It really knocked me sideways. This will be a classic.

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