



## How the Light Gets in: Writing as a Spiritual Practice

By Pat Schneider

Oxford University Press. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 8.1in. x 5.5in. x 0.8in. When I begin to write, I open myself and wait. And when I turn toward an inner spiritual awareness, I open myself and wait. With that insight, Pat Schneider invites readers to contemplate their lives and deepest questions through writing. In seventeen concise thematic chapters that include meditations on topics such as fear, freedom, tradition in writing and in religions, forgiveness, joy, social justice, and death, *How the Light Gets In* gracefully guides readers through the artistic and spiritual questions that life offers to everyone. Praised as a fuse lighter by author Julia Cameron and the wisest teacher of writing I know by the celebrated writing guru Peter Elbow, Pat Schneider has lived a life of writing and teaching, passion and compassion. With *How the Light Gets In*, she delves beyond the typical how-tos of writing to offer an extended rumination on two inner paths, and how they can run as one. Schneider's book is distinct from the many others in the popular spirituality and creative writing genre by virtue of its approach, using one's lived experience--including the experience of writing--as a springboard for expressing...



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