

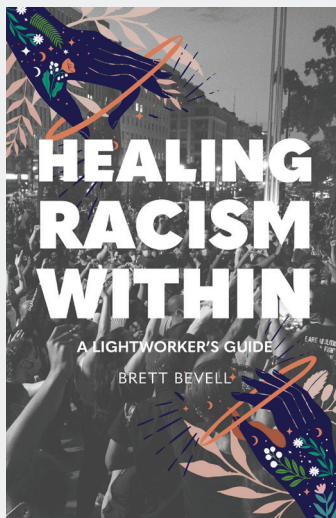
Frontlist Catalog

Fall-Winter 2021
Spring-Summer 2022



MONKFISH BOOK
PUBLISHING

OCTOBER 2021



HEALING RACISM WITHIN

A Lightworker's Guide

Brett Bevell

\$16.95 US / £12.99 UK

Paperback 978-1-948626-71-2

6x9/150 pages

eBook available

Recounting his journey to heal the wounds of his upbringing in a racist community, author and Reiki master Brett Bevell shares key insights and haunting memories of trauma, sexual abuse, witnessing a race-based killing, and spending time with a known racist murderer. Bevell offers affirmations, meditations, and ancestral lineage rituals along with exercises in journaling, art

therapy, gratitude, energy healing, and lofty questions to help us mine our inner landscapes regarding race—so we can find the courage to merge our internal and external actions for a better world.

“Healing Racism Within is a smart and clear-eyed book, necessary for these times. Brett Bevell transforms his own negative childhood racial experiences into psychologically constructive exercises for us to heal the inner psycho-spiritual landscape of how systemic racism manifests, not only through unjust laws and policies but in all levels of our being.” —MIKE DOOLEY, COFOUNDER OF TUT AND *New York Times* BESTSELLING AUTHOR OF *Infinite Possibilities*

“Healing Racism Within is the perfect book for these times! Taking a step beyond the important work of White Fragility and other books that highlight the problem, this book offers powerful exercises for us to do our own healing—personally and communally.” —JOHN PERKINS, AUTHOR OF *Touching the Jaguar*

Brett Bevell is a Reiki master and the author of *Psychic Reiki*, *Energy Healing for Everyone*, and other books, along with the poetry collections *America Needs a Woman President* and *American Needs a Buddhist President*. The winner of the 1995 Paul Laurence Dunbar Memorial Poetry Award, he teaches energy healing at Omega Institute and offers energy healing immersions on the Soulvana app.

THE ILLUSION OF LIFE AND DEATH

Mind, Consciousness, and Eternal Being

Clare Goldsberry

Foreword by Richard Smoley

\$16.99 US / £12.99 UK

Paperback 978-1-948626-47-7

6x9/254 pages

eBook available

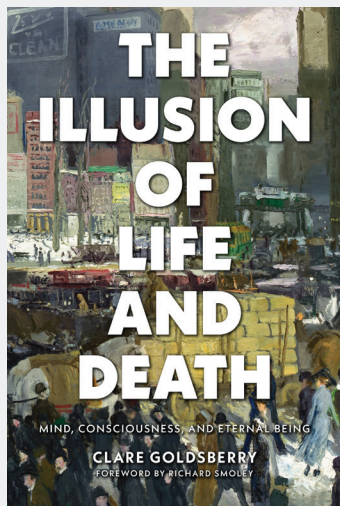
Sharing the wisdom and knowledge of the ancient sages, spiritual teachers like the Buddha, philosophers like Plato and Seneca, and modern-day quantum physicists, Goldsberry walks us through the mystery of death and dying—and explores the meaning and purpose of life. Drawing from Buddhism, Hinduism, and her

partner's cancer journey, she provides a profound view of living and dying as seen through the ages by those who have sought answers regarding the most mysterious aspect of life—this thing we call *death*.

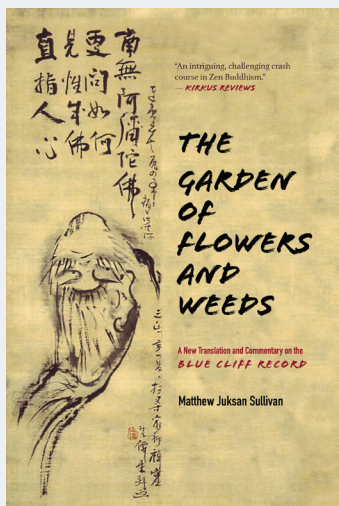
"Clare Goldsberry's book *The Illusion of Life and Death: Mind, Consciousness, and Eternal Being* will help any reader to move from fear of death toward freedom. Coming from a Christian background, Goldsberry's search about the meaning of life led her to the timeless Eastern teachings of Hinduism and Buddhism. She has also discovered deep parallel insights in the teachings of the Christ and the Jewish mystics. Highly recommended."

—RAVI RAVINDRA, AUTHOR OF *The Bhagavad Gita: A Guide to Navigating the Battle of Life*

Clare Goldsberry writes about religion and spiritual traditions for *Quest* magazine and other publications. Her book, *A Stranger in Zion: A Christian's Journey through the Heart of Utah Mormonism*, won the Arizona Book Publishers Association's Glyph Award for Best Religion Book.



NOVEMBER 2021



THE GARDEN OF FLOWERS AND WEEDS

A New Translation and
Commentary on the Blue Cliff
Record

Matthew Juksan Sullivan

\$60.00 US / £42.99 UK

Hardcover 978-1-948626-49-1

6x9/580 pages

eBook available

For centuries, *The Blue Cliff Record* has stood as one of the preeminent scriptures of the Zen Buddhist tradition in China, Japan, and Korea. However, until now there has been no published commentary by a contemporary Zen Master to assist readers in understanding its counterintuitive

and sometimes baffling teachings. *The Garden of Flowers and Weeds* draws on contemporary scholarship and the author's extensive experience with Zen to offer new insights for students looking to uncover the secrets of the Koan tradition. *The Garden* is jargon-free and uses personal stories to appeal to a wide range of Buddhists as well as those new to Buddhism.

"An intriguing, challenging crash course in Zen Buddhism." — *Kirkus Reviews*

"These commentaries are original, authentic and insightful... *The Garden of Flowers and Weeds* will fill a major gap in what's available to students."

— BARRY MAGID, *Nothing Is Hidden: The Psychology of Zen Koans*

"...With its concise but highly informative and illuminative historical comments and contemporary reflections on the koans, this book will be of great interest to all teachers and practitioners of Zen regardless of their particular style of training." — PROF. STEVEN HEINE, *Chan Rhetoric of Uncertainty in the Blue Cliff Record*

Matthew Juksan Sullivan was ordained at the Nine Mountains Zen Gate Society as a Dharma Teacher in 2006 and a Zen Master in 2013. He is a dharma heir of Hwasun Yangil Sunim, who was a dharma heir of Wol Ha Sunim, a Grand Zen Master and the former Supreme Patriarch of the Jogye Order of Korean Buddhism.

THE CELESTIAL CODE OF SCRIPTURE

The Astral Cipher Underlying
the Miracle Stories of the Bible
and Qur'an

John McHugh

\$35.00 US / £24.99 UK

Paperback 978-1-948626-51-4

6x9/456 pages

eBook available

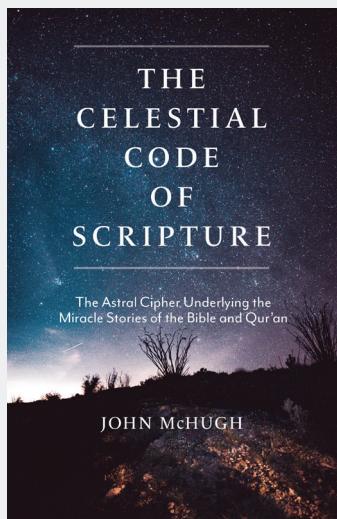
Reveals an ancient code embedded in the Mesopotamian belief system which conceptualized the astral sky as the "heavens," and its constellations and planets as deities inhabiting this divine realm

While researching celestial mythology at Brigham Young University, John McHugh stumbled upon the arcane code that is the template for the legends and miracles in all Mesopotamian, Greek, Roman, Jewish, Christian, and Islamic scriptures.

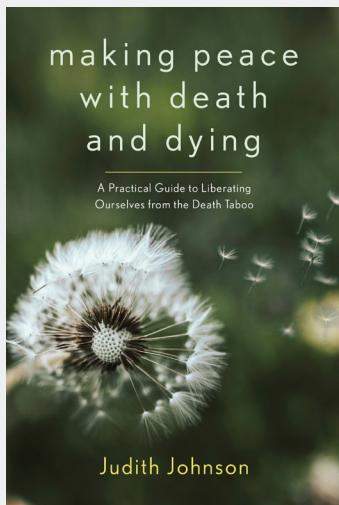
This code was embedded in the archaic Mesopotamian belief system that conceptualized the astral sky as the "heavens," and its constellations and planets as deities inhabiting this divine realm. Celestial tableaux were understood as historical scenes that had once taken place on earth. Mesopotamian astronomers were regarded as magicians, the magi, whose task was to interpret and elaborate secretly on this "Heavenly Writing"—the literal writing of the gods. *The Celestial Code of Scripture* is the first book to present and explain this secret Mesopotamian cipher.

John McHugh is a licensed archaeologist with a dual-emphasis Master's degree in Near Eastern and Native American Archaeology from Brigham Young University. During his studies, he developed an expertise in archaeoastronomy, and acquired reading knowledge of Sumerian, Akkadian, Biblical Hebrew, Greek, Aramaic, and Arabic.

McHugh works as a staff archaeologist for the Utah Rock Art Research Association and Smith Archaeological Conservancy. He was mentored by archaeoastronomers Von Del Chamberlain and Alexander Gurshtein.



DECEMBER 2021



MAKING PEACE WITH DEATH AND DYING

A Practical Guide to Liberating Ourselves from the Death Taboo

Judith Johnson

\$18.99 US / £13.99 UK

Paperback 978-1-948626-53-8

6x9/320 pages

eBook available

Making Peace with Death and Dying dissolves anxiety and equips readers to encounter death in a peaceful, well-prepared way. Readers learn to accept death as a natural part of life, be of better service to the dying and grieving, live with greater purpose and passion, be more peaceful in the presence of death, and

approach death on their own terms with wisdom and competency.

“Inspired by the death of her own mother, Judith Johnson reveals how the personal can touch the universal. With refreshing honesty, she exposes cultural taboos and helps us to examine limiting core beliefs and discover how to transform our relationship to death. Her book is at once practical, encouraging, and reassuring for those wishing to be a compassionate companion to people facing illness and death.” —FRANK OSTASESKI, FOUNDER AND DIRECTOR OF METTA INSTITUTE AND AUTHOR OF *The Five Invitations*

“Judith Johnson offers important guidelines for dealing with death and dying, and she urges us all to prepare ourselves and assist others in a caring and intelligent way. You can sense how her heart has been educated by experience as she explores many facets of dying in the contemporary world.” —THOMAS MOORE, AUTHOR OF *Care of the Soul*

Judith Johnson is an educator whose mission is to help others master the art of being true to themselves. For over forty years, she has been studying and teaching the dynamics of how our beliefs inform our thoughts, feelings, and behaviors as individuals and in our relationships, social order, culture, and institutions. Johnson’s work draws upon her own life lessons, wisdom teachings from around the world, doctoral degrees in social psychology and spiritual science, and her experience mentoring others. Ordained as an interfaith minister in 1985, she serves as a chaplain at her local hospital and counsels the grieving. Johnson is the author of *Writing Meaningful Wedding Vows* and lives in New York’s Hudson Valley.

THE RELIGION OF MAN

International Edition

Rabindranath Tagore

Foreword by Jon M. Sweeney

\$16.95 US / £12.99 UK

Paperback 978-1-948626-55-2

6x9/260 pages

eBook available

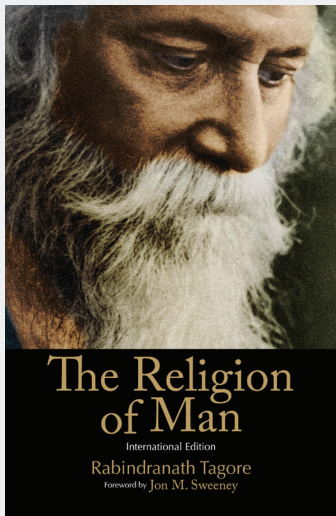
Nobel Laureate Rabindranath Tagore's lectures on religion given at Oxford toward the end of his life, edited by Tagore himself.

The Religion of Man (1931) is a compilation of lectures by Rabindranath Tagore, edited by him and drawn largely from his Hibbert Lectures given at Oxford University in May 1930. A Brahmo playwright and poet of global renown, Tagore deals with the universal themes of God, divine experience, illumination, and spirituality. This new Monkfish edition combines the British and English editions, includes a brief conversation between Tagore and Albert Einstein titled "Notes on the Nature of Reality," and a new foreword by Jon M. Sweeney.

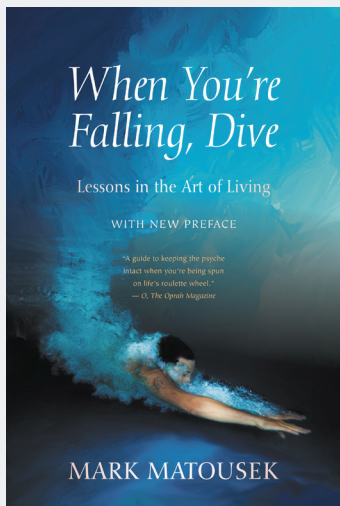
"His estimates of western civilization are searching and some of them written in acid...one reads much between the lines—but Tagore recognizes the true strength of the west and the faults of the east. The lectures are actually a superb and haunting criticism and evaluation of life from the viewpoint of an immemorial philosophy by a wise man." —*Christian Century*

"This is a book for everyone: a book whose human interest and pervading charm assure it a wide appeal and lasting value. It is not a philosophical work, as its author repeatedly warns us; in fact, its one semi-philosophical chapter (the first) may well be omitted. Its value is religious and poetical; like the essays of Emerson, it is primarily a document of the spiritual life." —*Journal of Religion*

Rabindranath Tagore (1861–1941) was a Bengali poet, writer, composer, philosopher, and painter. In 1913, he became the first non-European to win the Nobel Prize in Literature.



FEBRUARY 2022



WHEN YOU'RE FALLING, DIVE

Lessons in the Art of Living

Mark Matousek

\$16.99 US / £12.99 UK

Paperback 978-1-948626-57-6

6x9/320 pages

eBook available

Why do some people blossom through adversity while others fall apart?

Author Mark Matousek examines this phenomenon by seeking advice from well-known survivors like Joan Didion and Isabel Allende and experts like Jon Kabat-Zinn to show how disasters can be used to awaken and transform us.

From a Sudanese boy slave

kidnapped at age seven to a Tibetan nun imprisoned by Chinese militia, Matousek sifts through extraordinary testimonies and recent breakthroughs in neuroscience to demonstrate how we are hardwired to evolve and adapt when faced with the impossible.

"Journalist and memoirist Matousek follows his 1996 memoir, *Sex Death Enlightenment*, with an exploration of viriditas, the phenomenon of drawing passion, beauty, and wisdom from unlikely sources. AIDS sets the stage for the author's inquiry into the resiliency some people display when faces with tragedy and trauma. Each chapter is an anecdote, or parable, about a person's surviving." —*Library Journal*

"After receiving a diagnosis of HIV and, several years later, the equally upending news that after all, he would probably not die of it, Mark Matousek discovered something about riding a spiritual crisis. In this new guidebook to keeping the psyche intact while being spun on life's roulette wheel, he talks to survivors...as well as experts in brain neuroplasticity and psychological resilience. Through their stories, strategies emerge about how to not only regain equilibrium after a serious hardship but also manage the free floating 'intuition of hidden yet imminent danger' that afflicts many of us even in the absence of major trauma." —*O Magazine*

Mark Matousek is the award-winning author of seven books, including *Sex Death Enlightenment: A True Story*. His articles have appeared in *The New Yorker* and *O: The Oprah Magazine*.

SACRED SENDOFFS

An Animal Chaplain's Advice for Surviving Animal Loss, Making Life Meaningful, and Healing the Planet

Sarah A. Bowen

\$16.95 US / £12.99 UK

Paperback 978-1-948626-59-0

5.5x8.5/248 pages

eBook available

An elegant manifesto for improving life—and death—for all beings on sacred Mother Earth

"After reading *Sacred Sendoffs*, I find myself living in a more amazing world, populated by a diverse array of unique individuals, each deserving of respect and care."

—VICTORIA MORAN, AUTHOR OF *Creating a Charmed Life* AND *The Good Karma Diet*

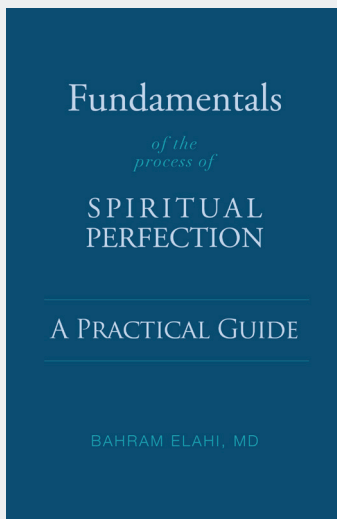
Combining humorous anecdotes and thought-provoking research, *Sacred Sendoffs* explores human relationships with beloved pets, wild creatures, animal astronauts, marine life, farmed animals, and other sentient beings. Along the way, animal chaplain Sarah Bowen shares insights for sustaining their lives, honoring deaths, and managing the emotions that arise when we lose an animal we love. While many books focus exclusively on pet loss, animal welfare, or environmental issues, Bowen's ever curious and playful style takes on all three, revealing their unavoidable entanglement. *Sacred Sendoffs* helps animal lovers uncover practical actions and everyday opportunities for helping the more-than-human world thrive.

Sarah Bowen is an animal chaplain and advocate for all creatures. She offers workshops on interspecies mindfulness practices, works with humans around animal grief/loss, and advocates for exploited and endangered species within both religious and secular contexts. Bowen is also a cofounder of Compassion Consortium, the first interfaith, interspiritual, and interspecies faith community, an academic dean at One Spirit Interfaith Seminary; a columnist on animal/human relationships for *Spirituality & Health* magazine; and the author of two award-winning books on modern spirituality, including *Spiritual Rebel*. Her work has also appeared in *Tricycle: The Buddhist Review*, *Elephant Journal*, *mindbodygreen*, and on a wide range of podcasts. She holds a BA in Human Ecology, MA in Religious Studies, and is joyfully engaged in postgraduate research in Humane Religious Studies and Anthrozoology.



APRIL 2022

APRIL 2022



FUNDAMENTALS OF THE PROCESS OF SPIRITUAL PERFECTION

A Practical Guide

Bahram Elahi, MD

\$20.00 US / £14.99 UK

Paperback 978-1-948626-61-3

6x9/280 pages

eBook available

Written as a concise handbook, this Practical Guide presents a new paradigm for addressing the enduring questions of our existence, providing a rational roadmap to the practice of spirituality in the 21st century.

Approaching our spiritual development as one would any experimental science, Dr. Elahi describes the nature of the human soul, or self, through a series of original diagrams and functional analogies to medicine, psychology, and physics. In so doing, he introduces a *new medicine of the soul* that not only establishes how to nourish and develop the soul through the practice of correct divine and ethical principles, but also how to diagnose and treat its various ailments. Explaining that the purpose of our presence on earth is to complete the first stage in our spiritual development, he summarizes this stage in three main points: examining and mending one's faith, sufficiently developing one's sound reason, and cultivating one's humanity. Ultimately, this *Practical Guide* offers readers of all backgrounds a concrete and accessible roadmap to our spiritual journey that is adapted to life in modern society.

Bahram Elahi is professor emeritus of anatomy and pediatric surgery, and the author of several medical textbooks. Parallel to his distinguished academic and clinical career, he has been engaged for the past fifty years in lecturing and writing on the philosophy of his father Ostad Elahi (1895-1974), an influential thinker and jurist whose innovative approach to the pursuit of self-knowledge and existential meaning lies at the heart of this work.

THE WAY OF THE WILD GOOSE

Three Pilgrimages Following Geese, Stars, and Hunches on the Camino de Santiago

Beebe Bahrami

\$24.00 US / £17.99 UK

Paperback 978-1-948626-63-7

6x9/418 pages

eBook available

A pilgrimage-turned-adventure story in pursuit of a pagan mystery on the Camino de Santiago across France and Spain

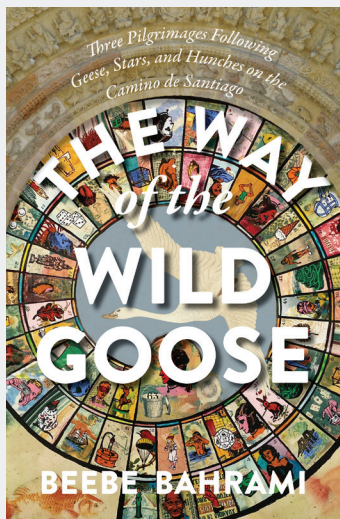
With three pilgrimages across southern France and northern Spain defining author and anthropologist Beebe Bahrami's single journey on the Camino de Santiago, *The Way of the Wild*

Goose recounts an inner and outer journey full of wild nature, ancient roads and history, quirky pilgrims, wise and humorous locals, and mysterious folklore. It's a compelling tale of quest, initiation, and transformation following the Way of Saint James.

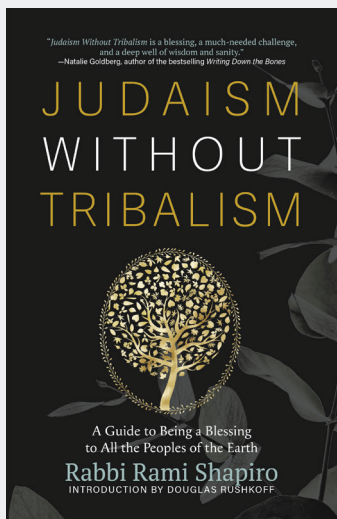
The book is also a detective story that reveals an old mystery: Why is the goose associated with the medieval Camino de Santiago, and how did it come to preserve a whole universe of pagan, pre-Christian lore in one innocent symbol? Longtime trekker Bahrami decided to find out, and unknowingly catapulted herself into a true wild goose chase, unearthing a magnetically alive and meaningful long walk on the ancient roads in France and Spain—and a journey into the Self.

"A lingering historic mystery and an unexpected personal twist make *The Way of the Wild Goose* an entertaining, thoughtful, and valuable addition to the wonderfully digressive genre of the pilgrimage memoir." — GIDEON LEWIS-KRAUS, STAFF WRITER FOR *The New Yorker* AND AUTHOR OF *A Sense of Direction: Pilgrimage for the Restless and Hopeful*

Award-winning writer and anthropologist Beebe Bahrami is the author of the travel memoirs *Café Oc* and *Café Neandertal* and several travel guides, including *The Spiritual Traveler Spain* and *Moon Camino de Santiago*. Her essays appear in *BBC Travel*, *Wine Enthusiast*, *Archaeology*, the *Pennsylvania Gazette*, *Perceptive Travel*, and other publications.



MAY 2022



JUDAISM WITHOUT TRIBALISM

A Guide to Being a Blessing to All the Peoples of the Earth

Rabbi Rami Shapiro

\$16.95 US / £12.99 UK

Paperback 978-1-948626-65-1

5.5x8.5/180 pages

eBook available

“Judaism Without Tribalism is a blessing, a much-needed challenge, and a deep well of wisdom and sanity.” —NATALIE GOLDBERG

“Judaism Without Tribalism is the best book I ever read. I say that every time Rabbi Rami writes a new book—and it’s absolutely true. He is a master teacher full of love, wisdom and a reverent irreverence that illuminates both mind

and heart” —DR. JOAN BORYSENKO

This book investigates Judaism at its best—and sanest. It strips away outdated and harmful beliefs that have accrued over the centuries and returns to the essential truths that are too-often ignored in favor of tradition, tribal identity, or the claims of the powerful.

The result is a vibrant Judaism for the 21st century and beyond—a Judaism that draws deeply from history and scripture yet addresses the unmet needs of the present and the future. It is a Judaism that is open and accessible to everyone.

Judaism without tribalism is a call to be a light unto the nations, and a blessing to all the people of the earth. It is a Judaism free from legalism and tribalism—a Judaism that refuses to serve patriarchy and power.

Written by one of today’s most respected—and most unconventional—Jewish thinkers, Judaism Without Tribalism is a manifesto, an invitation to completeness, and a call for inner and outer spiritual revolution. It is also a deeply practical guide to living authentically, breath by breath and day by day.

Rabbi Rami Shapiro, PhD is an award-winning author of over thirty-six books on religion, spirituality, and recovery. Rami co-directs the One River Foundation, is a Contributing Editor with Spirituality and Health magazine, hosts two podcasts— Essential Conversations with Rabbi Rami, and Conversations on the Edge—and a weekly Zoom “talk show” called Roadside Assistance at the Corner of Tohu va-Vohu (Wild and Chaos).

UNTANGLING KARMA

Intimate Zen Stories on Healing Trauma

Judith Ragir

\$18.99 US / £13.99 UK

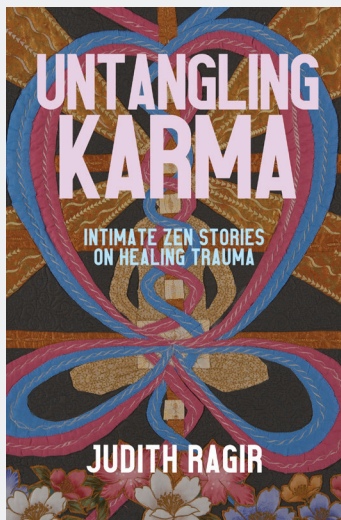
Paperback 978-1-948626-69-9

6x9/280 pages

eBook available

"This book is at once a love letter to Zen practice and a critique of late twentieth century American Zen. Judith inspires us to investigate our own karmic knots, and in the middle of this suffering, she invites us to walk quietly down to the neighborhood pond and take a cooling dip in the moonlight."

—NATALIE GOLDBERG, AUTHOR OF *Writing Down the Bones*, AND MANY OTHER BOOKS



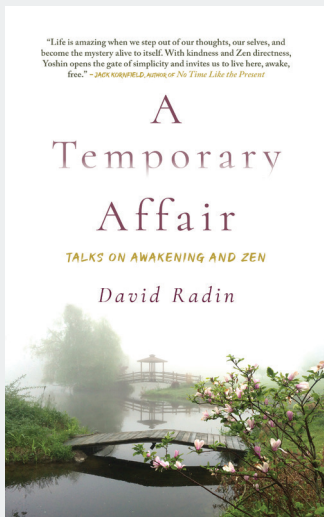
Untangling Karma is a memoir of accepting and healing personal trauma, both on and off the meditation cushion. Author Judith Ragir, an American Zen teacher, has used her spiritual practice to overcome anger and self-imposed isolation and become more loving.

In Buddhism, the personal and the systemic are interwoven. If we are to heal from trauma, we need to find and face our deeply held, often hidden pain. Because we have been raised in a society of greed, aggression, and confused values, this is something we all must do, regardless of our ethnic or racial background.

Ragir lets fall the stereotypical cool, calm Zen teacher's demeanor to reveal her complicated, emotional self. She discusses what she has done to find greater inner peace as well as the personal impacts of transferring an Eastern philosophy onto her Western mind and applying a male-inspired monastic model to herself as an American woman, Jew, and mother. *Untangling Karma* is at once a love letter to Zen Buddhism and a critique of turn-of-the-century American Zen.

If we can be bold when facing our personal pain and traumatic experiences, says Ragir, and curious about our own karmic histories, then we can help build a more inclusive, healing-focused, 21st-century Buddhism.

Judith Ragir is a Dharma teacher in the Zen lineage of Katagiri Roshi. She cofounded Clouds in Water Zen Center in St. Paul, Minnesota, where she was the Guiding Teacher for nine years and is currently Senior Dharma Teacher Emeritus.



A TEMPORARY AFFAIR

Tales on Awakening and Zen

David Radin

\$15.95 US / £11.99 UK

Paperback 978-1-948626-67-5

5x8/144 pages

eBook available

This collection of genuine teachings resonates with an authenticity that comes from Yoshin's many years of practice. It is both profound and practical.

A Temporary Affair is a collection of talks given at Sunday morning sittings at the Ithaca Zen Center by Yoshin David Radin, abbot and founder of the Ithaca Zen Center for the past 40 years. The talks contained here were given at a

time when Yoshin's health was severely compromised by end stage renal failure. In February 2019, he received a kidney transplant from a member of Ithaca Zen Center, to whom the publication is dedicated.

The collection of 31 talks contains the insight of the individual dharma talks themselves, as well as the underlying story of how the dharma teachings helped the author cope, and even thrive, with his continuing loss of kidney function. The talks go right up to the days before he was admitted to the hospital. The comfort and guidance he received from the dharma during the times when he was most ill have been a great inspiration to all who know him, as they will to readers. In his own words, "How extraordinary, how blessed, how wonderful, to have met the teachings that free us from suffering when in difficult places." Through these talks the reader can clearly see how he put that wisdom to use in his own life situation, and how they can do so as well.

Yoshin David Radin is abbot and founder of the Ithaca Zen Center where he has taught for the past forty years. Yoshin began Zen practice in 1976 with Joshu Sasaki Roshi. He was ordained a monk in 1983 and an Osho in 1989. He leads regular sesshin at the Ithaca Zen Center as well as at Rinzaï-ji Zen Center in Los Angeles. His writings have been turned into songs or spoken poems which were released in four collections, including *Love Songs of a Zen Monk*, he was the editor of two books by Zen Master Joshu Sasaki, including *The Great Celebration*, and he has been published in *Tricycle* magazine. He lives in Spencer, NY.

ALL ROADS LEAD TO RAM

The Personal Journey of a Spiritual Adventurer

Sruti Ram

Foreword by Ram Dass

\$16.95 US / £12.99 UK

Paperback 978-1-948626-33-0

6x9/240 pages

eBook available

“There were many of us making the trip to the East. Each one of our stories is an adventure in itself. We all pursued the particular yoga that our karmas dictated. Here is one of our stories. It leads us from a deep yearning heart to a spiritual manifestation of bhakti, the way of the heart.”

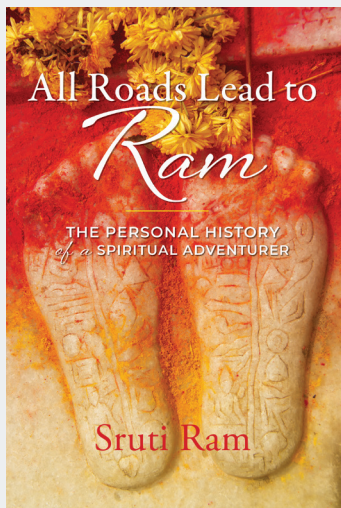
—RAM DASS

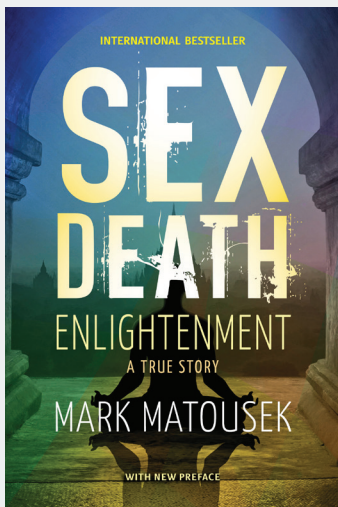
“Sruti Ram is a fearless adventurer—a believer in miracles, mysticism and magic. His wondrous life proves that for the sincere seeker, the one who cultivates the highest intention, all roads lead to God, eventually but inevitably.” —SHARON GANNON, AUTHOR *Jivamukti Yoga: Practices for Liberating Body and Soul*

For anyone looking joyfully to align their life to a soulful calling, *All Roads Lead to Ram* is a captivating and empowering true tale. Filled with Hindu deities, ancient temples, glittering festivals, and plenty of danger, each chapter is a step in Sruti Ram’s profound and surprising personal journey. Chapters close with a *sutra* (lesson) by Sruti Ram—offering compassion and guidance founded in his own powerful teachings and the lessons of the ancient texts.

Illustrated with rare and never-before-seen photos of Neem Karoli Baba, Ram Dass, Sruti Ram, and many more.

Sruti Ram is a beloved figure in the global yoga community of the disciples of Neem Karoli Baba. During his 40-year close association with Ram Dass, Sruti Ram traveled across the globe participating in meditation retreats that attracted thousands of participants. He has appeared as a lecturer and kirtan leader at the Omega Institute, Bhaktifest, the Mahakal Temple in India and other venues from Florida to New Mexico to India to California. His kirtans have drawn thousands.





SEX DEATH ENLIGHTENMENT

A True Story

Mark Matousek

\$16.95 US / £12.99 UK

Paperback 978-1-948626-25-5

6x9/268 pages

eBook available

“Mark Matousek takes you everywhere his title promises—and then some. *Sex Death Enlightenment* is the most gripping and elegantly written memoir I’ve read in ages. It tugged me onward like the best suspense novel, though I couldn’t help lingering time and again to savor its wisdom.” —ARMISTEAD MAUPIN, AUTHOR OF *Tales of the City*

“As a prized writer and editor at Andy Warhol’s *Interview* magazine in the mid-’80s, Matousek hobnobbed with celebrities. But after a few years he began to feel oppressed by the shallow, glittery milieu.... The chief distinction of Matousek’s spiritual journey is the harrowing background against which it is set: The traumas of his childhood and the surreal sufferings of his friends with AIDS...utterly down to earth, even inspiring.”
—*Kirkus Reviews*

“It’s hard to know when you’re having a breakdown in New York City. The symptoms of living here, succeeding here, and losing your mind here are almost identical.” So begins Matousek’s 1996 breakout memoir about leaving a fast-track publishing life (working for pop artist Andy Warhol at *Interview Magazine*) and hitting the dharma trail in search of a meaningful life and spiritual wisdom. Hailed by *Publisher’s Weekly* as “brave, beautiful, and brilliantly observed,” *Sex Death Enlightenment* became an international best seller (published in 10 countries). Like Elizabeth Gilbert in *Eat Pray Love* and Paul Monette in *Borrowed Time*, Matousek takes the reader on an insightful, rollicking search for answers to life’s deepest questions in this landmark memoir.

Mark Matousek is an award-winning author of seven books, a blogger for *Psychology Today*, and a teacher and speaker on creativity and personal growth. He has written for *The New Yorker*, *O: The Oprah Magazine*, *Details*, *Tricycle*, *Harpers Magazine*, and *The Village Voice*.

A KABBALAH OF FOOD

Stories, Teachings, Recipes

Rabbi Hanoch Hecht

\$16.95 US / £12.99 UK

Paperback 978-1-948626-31-6

6x9/262 pages

eBook available

Inspiring, mystical, and often surprising Chassidic tales combine with teachings and favorite Jewish recipes to nourish body and soul.

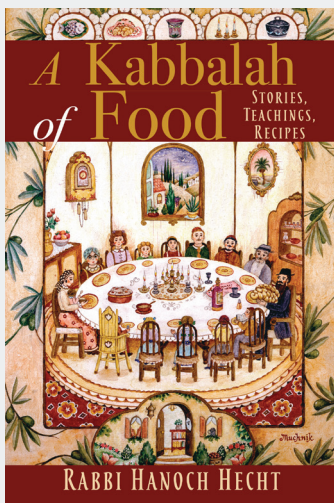
Stories and food have always been central to Jewish life, and in this book they are uniquely tied together. Thirty-nine Chassidic tales, revolving around food and eating and accompanied by spiritual teachings, delve into the mysteries of the Kabbalah, the joy of the Chassidim, and the power of religious faith and acts (*mitzvot*).

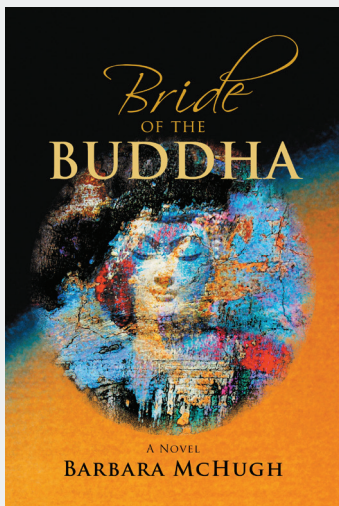
Sixty-three recipes highlight Kosher cooking and the special foods traditionally prepared for Shabbat and the major Jewish holidays, including such favorites as knishes, latkes, gefilte fish, brisket, kugel, bagels, and challah bread. Many of the recipes are suitable for children to learn to cook.

“Rabbi Hanoch Hecht has done the impossible by uniting the highest Kabbalistic insights with gastronomic delights. A truly delicious combination.” —RABBI AARON L. RASKIN, AUTHOR OF *Thank You, God, for Making Me a Woman*

“These stories transport us back to Old Eastern Europe and demystify Kabbalistic principles; I savored each one like a fine wine. Rabbi Hecht’s traditional Jewish recipes similarly evoke wonderful memories of my family enjoying the cooking of my grandfather, who was a Kosher chef.” —MICHAEL WEISS, AUTHOR OF *WineWise* AND *Exploring Wine*

Rabbi Hanoch Hecht is the spiritual leader of the Rhinebeck Jewish Center in Rhinebeck, NY. A member of an extended family of notable rabbis in the United States and around the world, Rabbi Hecht is the grandson of the late Rabbi Jacob J. Hecht, who was the assistant and translator for the famed Lubavitcher Rebbe. He has taught Kosher cooking at the Culinary Institute of America and was the first rabbi to appear on Food Network’s *Chopped*, competing with a priest, a nun-in-training, and a pastor. His recipes exploring Kosher and modern Jewish cuisine have been featured in publications all over the globe.





BRIDE OF THE BUDDHA

A Novel

Barbara McHugh

\$17.95 US / £12.99 UK

Paperback 978-1-948626-23-1

6x9/374 pages

eBook available

A page-turner about a woman's struggle in an unapologetic religious patriarchy, *Bride of the Buddha* offers a penetrating perspective on the milieu of the Buddha, with a fanciful twist.

This is the story of Yasodhara, the abandoned wife of the Buddha. Facing society's challenges, she transforms her rage into devotion to the path of liberation. Concealing her gender, she joins

the monastic community and becomes the Buddha's closest confidant, known in the scriptures as Ananda. She/he is the one who persuades the Buddha to allow women to join the order and attains awakening just in time to guide the council in preserving the Buddha's teachings.

"This engrossing exploration of gender dynamics, identity, and the spiritual quest for meaning will appeal to Buddhists and general readers alike."

—*Publishers Weekly*

"This is an impressive tapestry of history, spiritual philosophy, and literary drama and an edifying look at the patriarchal limitations of Buddhism's genesis... An intelligently conceived and artistically executed reconsideration of religious history." —*Kirkus Reviews*

"*Bride of the Buddha* is an immersive novel about the founding of Buddhism, told in the voice of a woman who would not be excluded from the spiritual quest, nor from the presence of the man whom she loved." —*ForeWord Magazine*

Barbara McHugh, PhD, is a Buddhist practitioner with a degree in religion and literature from UC Berkeley. She is a published poet, writing coach, and book doctor. Her research for this book includes exhaustive study of Pali texts in translation and onsite explorations in India.

BRIGHT GREEN LIES

How the Environmental
Movement Lost Its Way and
What We Can Do About It

*Derrick Jensen, Lierre Keith,
and Max Wilbert*

\$24.95 US / £18.99 UK

Paperback 978-1-948626-39-2

6x9/500 pages

eBook available

“This disturbing but very important book makes clear we must dig deeper than the normal solutions we are offered.”

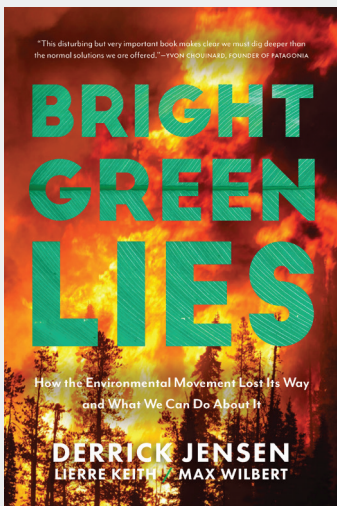
—YVON CHOUINARD, FOUNDER OF
PATAGONIA WORKS

“*Bright Green Lies* exposes the hypocrisy and bankruptcy of leading environmental groups and their most prominent cheerleaders. The best-known environmentalists are not in the business of speaking truth, or even holding up rational solutions to blunt the impending ecocide, but instead indulge in a mendacious and self-serving delusion that provides comfort at the expense of reality. They fail to state the obvious: We cannot continue to wallow in hedonistic consumption and industrial expansion and survive as a species. The environmental debate, Derrick Jensen and his coauthors argue, has been distorted by hubris and the childish desire by those in industrialized nations to sustain the unsustainable. All debates about environmental policy need to begin with honoring and protecting, not the desires of the human species, but with the sanctity of the Earth itself. We refuse to ask the right questions because these questions expose a stark truth—we cannot continue to live as we are living. To do so is suicidal folly. ‘Tell me how you seek, and I will tell you what you are seeking,’ the German philosopher Ludwig Wittgenstein said. This is the power of *Bright Green Lies*: It asks the questions most refuse to ask, and in that questioning, that seeking, uncovers profound truths we ignore at our peril.”—Chris Hedges, Pulitzer Prize-winning journalist and author of *America: The Farewell Tour*

[Derrick Jensen](#) is the author of more than 25 books. He was named “the Poet Philosopher of the Ecological Movement” by Democracy Now!

[Lierre Keith](#) is the author of six books, including *The Vegetarian Myth: Food, Justice, and Sustainability* and *Deep Green Resistance: Strategy to Save the Planet*.

[Max Wilbert](#) is the author of *Voices of Resistance: We Choose to Speak & Other Essays*, and editor-in-chief of the Deep Green Resistance News Service.



SMALL HAPPINESS & OTHER EPIPHANIES

Sparrow

\$15.95 US / £11.99 UK

Paperback 978-1-948626-29-3

5.5x8.5/188 pages

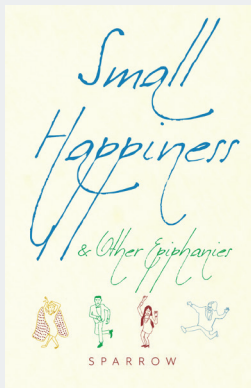
eBook available

"The sunshine of this book is the only known remedy for the moment we're living in. It makes me happy. Sparrow is a genius."

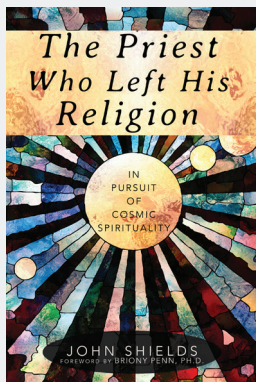
—EILEEN MYLES, POET, PERFORMANCE ARTIST, AND AUTHOR OF MANY BOOKS INCLUDING *Evolution*

"Happiness starts small; learn to recognize it. It's like a weed we see every day but cannot identify." Thus begins *Small Happiness*, an invaluable guide to "all" of human life, including such vital subjects as: decorating with books, dancing as medicine, composting, and self-psychoanalysis.

Sparrow lives in a doublewide trailer in Phoenicia, NY, with his wife Violet Snow. He has been published in *The New Yorker*, *The Sun*, and the *American Poetry Review*. He is the author of eight books, regularly runs for president of the United States, and plays flutophone in the voluptuary pop group Foamola.



RECENT



THE PRIEST WHO LEFT HIS RELIGION

In Search of Cosmic Spirituality

John Shields

Foreword by Briony Penn, Ph.D.

\$16.95 US / £12.99 UK

Paperback 978-1-948626-35-4

6x9/196 pages

eBook available

The memoir of a former Catholic priest whose career as a union leader, search for spiritual meaning, and assisted suicide became the subject of a profile in the *New York Times*

The Priest Who Left His Religion follows the life of John Shields, a Catholic priest whose family prophesied would be the first

American pope. Shattered and brokenhearted by his discovery of the Church's dishonesty, Shields left the priesthood to embark on a courageous journey from Catholicism to cosmic spirituality.

John Shields left the priesthood and entered life as a layman at the age of thirty-one with \$30 in his pocket. He quickly adapted to his new life in Victoria, the capital of British Columbia, where he rose to become a leader in the Canadian labor union movement.

RADICAL LOVING

One God, One World,
One People

Rabbi Wayne Dosick, Ph.D.

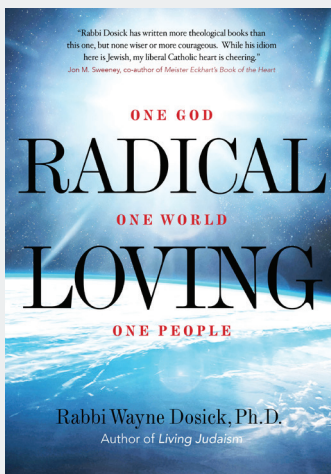
\$24.95 US / £18.99 UK

Hardcover 978-1-948626-27-9

6x9/260 pages

eBook available

"Rabbi Dosick has written more theological books than this one, but none wiser or more courageous. While his idiom here is Jewish, my liberal Catholic heart is cheering." —JON M. SWEENEY, COAUTHOR, *Meister Eckhart's Book of the Heart*, AND TRANSLATOR, *Francis of Assisi in His Own Words*



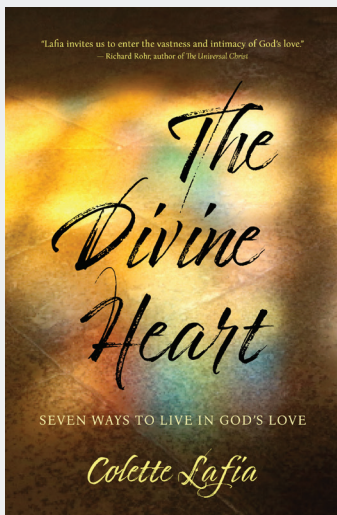
"Rabbi Wayne Dosick asks the oldest but most urgent questions... We need radical loving to make the crises we are living through now bearable." —RODGER KAMENETZ, AUTHOR OF *The Jew in the Lotus*

For many of us, it feels as if our world is breaking apart. Long-held, comfortable beliefs are being shattered, and we face unprecedented questions and challenges. How do we heal the harsh divisions of class, race, religion, and cultures that plague us? How do we vanquish sexism, rigid fundamentalism, unabashed nationalism, senseless hatred, and violent terrorism? How do we save our precious planet from the threats to its very existence?

In this book is a bold, visionary, Spirit-filled blueprint for the redemption, transformation, and evolution of our emerging new world through radical loving and a day-to-day sense of the sacred. With age-old wisdom wrapped in contemporary garb, sweet, inspiring stories, keen insights, and gentle guidance, *Radical Loving* is a call to renewal and to Oneness—a promise that Earth can be Eden once again.

Rabbi Wayne Dosick, PhD is an educator, writer, and spiritual guide who teaches and counsels about faith, ethical values, life transformations, and evolving human consciousness.

Well-known for his quality scholarship and sacred spirit, he is the rabbi of The Elijah Minyan, a retired visiting professor at the University of San Diego, and the host of the monthly Internet radio program, *SpiritTalk Live!* heard on HealthyLife.net. He is the award-winning author of nine critically acclaimed books, including the now-classic *Living Judaism*.



THE DIVINE HEART

Seven Ways to Live in
God's Love

Colette Lafia

\$15.95 US / £11.99 UK

Paperback 978-1-948626-37-8

5.5x8.5/160 pages

eBook available

"In *The Divine Heart*, Colette Lafia invites us to enter the vastness and intimacy of God's love, offering seven simple yet powerful ways to deepen our awareness and open our hearts. This small book with a big heart shows us how to live in the flow of Divine love." —RICHARD ROHR, AUTHOR OF *The Universal Christ*, FOUNDER OF THE CENTER FOR ACTION AND CONTEMPLATION

"During these turbulent times, we need the steadying voice of feminine wisdom more urgently than ever. In this luminous book, spiritual guide Colette Lafia offers the fruits of her tenderly cultivated inner life to feed people of all genders who thirst for a direct encounter with the embodiment of love, which she recognizes as our own true nature." — MIRABAI STARR, AUTHOR, *God of Love*

"A generous offering of insights and encouragement that lend themselves to pausing and resting in God's presence, a state of sustained attentiveness infused with love. Colette Lafia includes a host of practical suggestions to help us carry this Divine love into the graces and challenges of each day." — JAMES FINLEY, PHD, AUTHOR OF *Merton's Palace of Nowhere*

Spiritual director Colette Lafia tells us that at the core of our being there is an ever-flowing love relationship with God, and it's here we find meaning in our lives. Beautifully expressed, with examples and awakenings from the author's own journey, *The Divine Heart* offers seven "invitations," principles of spiritual practice that awaken us to the ever-abundant flow of Divine love.

Colette Lafia is a San Francisco-based writer and workshop facilitator, and adjunct faculty at the Spiritual Directors' Institute at Mercy Center, Burlingame, California. She is author of *Comfort & Joy: Simple Ways to Care for Ourselves and Others* and *Seeking Surrender*. She blogs at colettelafia.com.

ANIMAL SUTRAS

Animal Spirit Stories

Stephen Levine

Foreword by Joanne Cacciatore, Ph.D.

Illustrations by Susan Piperato

\$21.95 US / £15.99 UK

Hardcover 978-1-948626-06-4

5.5x8.5/176 pages

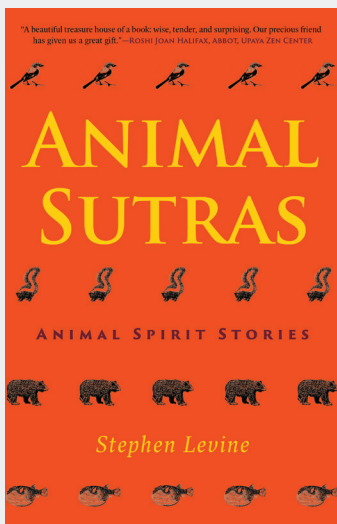
eBook available

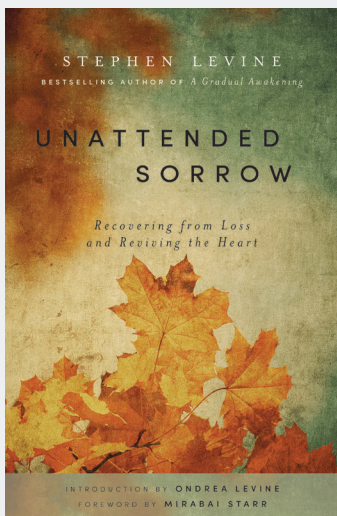
Animal Sutras was inspired by the Jataka Tales, an ancient collection of Indian myths and fables depicting early incarnations of the Buddha, and was written to move readers toward giving oneself for the benefit of the greater community. For Stephen Levine, “animal-people” were his greatest teachers. So, at age 70, he began collecting animal spirit stories and transcendent moments in nature from throughout his life—from the green snake who taught him to meditate as a boy to the generous hen whom predators would not harm, and many more. “Animals have a natural mindfulness,” Levine writes. “They know what they are doing. Humans, who are full of confusion and seldom wholly in touch with their mind/body, need encouragement and technique to live in the present.”

“This is a great book, written with Stephen Levine’s characteristic sumptuous brilliance.” —ANDREW HARVEY, AUTHOR OF *The Hope: A Guide to Sacred Activism*

“Over and over, these stories lead us to realize the primacy of kindness as the way for all of us to help each other arrive at wellbeing.” —AJAHN AMARO, AMARAVATI BUDDHIST MONASTERY

Stephen Levine was the bestselling author of many books. With his wife Andrea Levine, he counseled terminally ill people and their loved ones for more than 30 years. His renowned work in grief counseling inspired radio segments and interviews, as well as articles in magazines such as *O: The Oprah Magazine*, *Psychology Today*, and *The Utne Reader*. He and Andrea spent many years in the mountains of New Mexico, where Andrea still lives today.





UNATTENDED SORROW

Recovering From Loss and Reviving the Heart

Stephen Levine
Introduction by Ondrea Levine
Preface by Mirabai Starr

\$16.95 US / £12.99 UK
Paperback 978-1-939681-90-4
5.5x8.5/240 pages
eBook available

Renowned grief counselor Stephen Levine tells us that long after an initial loss has passed and the period of grieving has ended—an unattended sorrow lingers, accounting for a host of physical, emotional, and spiritual maladies. It is not uncommon for those with unresolved grief to lean toward

addictions, dangerous behaviors, or other forms of self-destruction. In *Unattended Sorrow*, Levine addresses the grief from fresh loss but also attends to the pain and troubles caused by the unresolved anguish, sadness, and delayed stress that can accumulate over a lifetime. He notes that we may never entirely overcome our sorrows, but we can confront them with mercy and self-acceptance to smooth the path to healing the heart.

“...All of his easy-to-follow suggestions involve extending kindness and forgiveness to the self, which, Levine says, will lead to the practice of dealing with others in the spirit of mercy and love. Although, as Levine acknowledges, the healing process is slow, opening the pain-filled heart can lead to the unfolding of a new life.”—*Publishers Weekly*, starred review

Stephen Levine was the bestselling author of many books. With his wife Ondrea, he counseled terminally ill people and their loved ones for more than 30 years. His renowned work in grief counseling inspired radio segments and interviews, as well as articles in magazines including *O: The Oprah Magazine*, *Psychology Today*, and *The Utne Reader*. He and Ondrea spent many years in the mountains of New Mexico, where Ondrea still lives today.

THE SHAMAN'S MIND

Huna Wisdom to Change Your Life

Jonathan Hammond

\$16.95 US / £12.99 UK

Paperback 978-1-948626-21-7

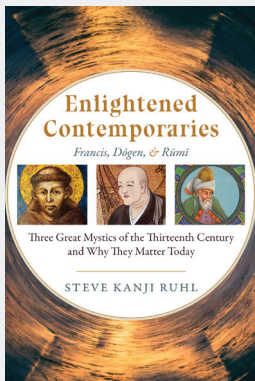
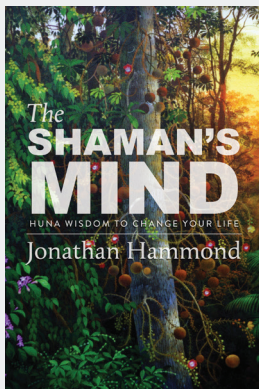
6x9/240 pages

eBook available

The Shaman's Mind is a book that teaches the reader how to align and transform their own mind into one that sees the world through the lens of the indigenous healers of old. Based on the Omega workshop by the same name.

"In my own healing path, the wisdom of Hawaiian shamanic healing practices was a key that helped liberate me from childhood trauma. Jonathan Hammond's elegant book *The Shaman's Mind* now makes that same wisdom accessible to all." —BRETT BEVELL, AUTHOR OF *Psychic Reiki*

Jonathan Hammond is a Teacher, Energy Healer, Shamanic Practitioner, and Spiritual Counselor. He is a graduate of Harvard University and The University of Michigan. This is his first book.



ENLIGHTENED CONTEMPORARIES

Francis, Dogen, and Rumi: Three Great Mystics of the 13th Century and Why They Matter Today

Steve Kanji Ruhl

\$16.95 US / £12.99 UK

Paperback 978-1-948626-13-2

6x9/220 pages

eBook available

Enlightened Contemporaries is the first book to compare the lives and teachings of three of the world's most admired spiritual masters: Francis of Assisi, the Christian saint; Dogen, the great Zen Buddhist teacher; and Rumi,

the Islamic Sufi master. They lived during the same turbulent century. They integrated mystical experiences of the sacred into their lives, and they can inspire us to do the same.

Steve Kanji Ruhl received his Master of Divinity degree from Harvard University. An ordained Zen Buddhist minister, Reverend Kanji has served as a Buddhist adviser at Yale University and is a core faculty member in the Shogaku Zen Institute.



THE BOOK OF HOUSEHOLDER KOANS

WAKING UP IN THE LAND OF ATTACHMENTS

Eve Myonen Marko
Wendy Egyoku Nakao

THE BOOK OF HOUSEHOLDER KOANS

Waking Up in the Land of
Attachments

Eve Myonen Marko

Wendy Egyoku Nakao

\$18.95 US /£13.99 UK

Paperback 978-1-948626-08-8

6x9/240 pages

eBook available

The Book of Householder Koans is based on the premise that our everyday lives as householders contain situations rich with challenge and grit, the equivalents of old Zen masters' shouts or blows. These moments can become koan practice when they jolt us out of our usual way of thinking, closing the

gap between ourselves and the situation we face. The koans in this book deal with the challenges of relationships, parenting, work, money, love, loss, old age, and death, and come from practitioners across three continents, with commentaries by two Western teachers.

"Two extraordinary Zen Teachers offer a cutting-edge immersion into the koans of our actual lives... A guaranteed American Zen Classic!" —ROSHI PAT ENKYO O'HARA

"Radical, useful, and wild, this rich collection of householder koans opens a treasure house of wisdom for all. What a wonderful adventure in the practical mind and heart of true Zen and true life." —JOAN HALIFAX, ABBOT, UPAYA ZEN CENTER

Eve Myonen Marko is resident teacher at Green River Zen Center in Leverett, Massachusetts, and also a founding teacher of the Zen Peacemaker Order. She co-founded Peacemaker Circle International with her late husband, Bernie Glassman, linking and training spiritually-based social activists and peacemakers in the United States, Europe, and the Middle East.

Wendy Egyoku Nakao has served as the Abbot of Zen Center of Los Angeles since 1999, succeeding Abbot Emeritus Roshi Bernie Glassman. Over the past 20 years, she has guided ZCLA through a powerful transformation with new models of practice and governance. She lives in residence at ZCLA with approximately thirty other Zen students.

SPIRITUAL REBEL

A Positively Addictive Guide to Finding Deeper Perspective & Higher Purpose

Sarah Bowen

\$16.95 US / £12.99 UK

Paperback 978-1-948626-04-0

5.5x8.5/244 pages

eBook available

An indispensable guide for seekers, those newly embarking on a spiritual journey, or members of spiritual communities, *Spiritual Rebel* is for anyone who desires meaningful spiritual experiences without having to commit exclusively to one path or having to fear they might be “doing it wrong.” May this diverse collection of practices and resources inspire the Force within you, by whatever name you call it!

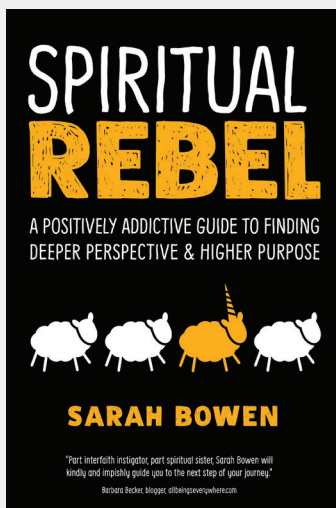
“A must-read for anyone seeking to find or deepen their spiritual path.”
—FRANCESCO MASTALIA, *Yoga: The Secret Life*

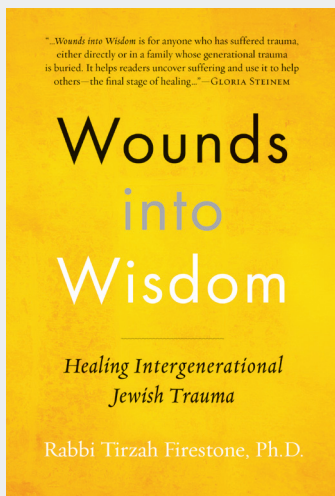
“I highly recommend this for anyone who is exploring new avenues for their spiritual discoveries.”—DR. STEVEN FARMER, AUTHOR OF *Animal Spirit Guides* AND OTHER BOOKS

“What I love about Sarah Bowen’s book is the freedom I find in reading it. Like Han Solo, she races through the galaxy of our spiritual assumptions, blasting away our mental meteors with her humor, to unveil the real path home.”—BRETT BEVELL, AUTHOR OF *Psychic Reiki* AND OTHER BOOKS

“With a balance of careful scholarship and refreshing irreverence, *Spiritual Rebel* offers a treasure map to the best of the wisdom traditions, reimagined for a contemporary circle of seekers.”—MIRABAI STARR, AUTHOR OF *Wild Mercy* AND OTHER BOOKS

Rev. Sarah Bowen is a multifaith spiritual educator and speaker, and an aspiring Jedi. She is passionate about the study of the world’s great faith traditions, animal welfare, and travel to spiritually charged locations. As a member of One Spirit Interfaith Seminary’s faculty, Spiritual Directors International, and several recovery communities, she seeks to help others connect with the higher power of their own understanding.





ADAM KADMON BOOKS

WOUNDS INTO WISDOM

Healing Intergenerational Jewish Trauma

Rabbi Tizrah Firestone, Ph.D.

\$26.95 US / £19.99 UK

Hardcover 978-1-948626-02-6

6x9/240 pages

eBook available

Wounds into Wisdom is about the way people who have endured trauma—directly or through their ancestry—have transformed it into usable wisdom and moral leadership. These powerful stories—of case studies and Firestone’s own post-World War II household—demonstrate how the legacy of collective trauma can reverberate through generations.

Interweaving neuroscientific and psychological research and Jewish teachings, Firestone demonstrates seven principles for healing collective trauma, distilled from people with whom she has worked. This rich tapestry of a book promises to open a much-needed conversation.

“*Wounds into Wisdom* is for anyone who has suffered trauma, either directly or in a family whose generational trauma is buried. It helps readers uncover suffering and use it to help others—the final stage of healing...” —GLORIA STEINEM

“Rabbi Firestone has emerged as a moral leader who has come through the eye of her own life’s needle, and who is thus able to see a future beyond tragedy.”
—*Tikkun Magazine*

“This book is both a gift of wisdom and an opening of the heart.”
—RODGER KAMENETZ, *The Jew in the Lotus*

Tizrah Firestone, Ph.D., is a rabbi, psychotherapist, and acclaimed author based in Boulder, Colorado. She is the younger sister of the famous radical feminist writer Shulamith Firestone, and is a leader in the International Jewish Renewal Movement and the former co-chair of the North American Rabbinic Call for Human Rights.

THE HEART OF THE GODDESS

Art, Myth and Meditations of the World's Sacred Feminine

Hallie Iglehart Austen

Foreword by Jean Shinoda Bolen, MD

\$26.95 US / £19.99 UK

Paperback 978-1-939681-94-2

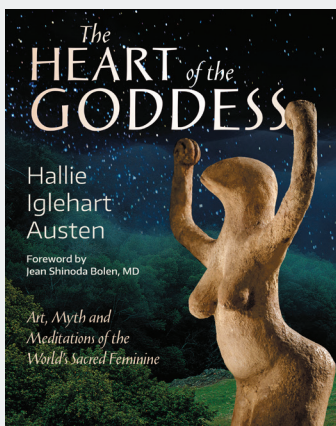
8x10/202 pages

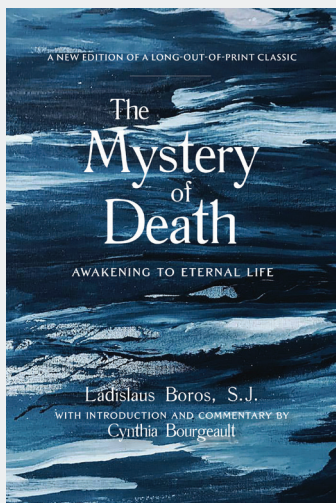
From the Ice Age to the present, from Nigeria to Hawaii, images of the Goddess principles are reemerging, bringing renewed attention and expression to mythical and spiritual inner and outer guides. *The Heart of the Goddess* presents a worldwide selection of the art, values, and living lessons of Goddess culture. To author Hallie Iglehart Austen, respect for the Earth, restoration of community, and regaining the long-lost power of Woman are inseparable.

Through the presence of the Goddess in daily life, the reader finds wisdom, serenity, and guidance. *The Heart of the Goddess* is an invaluable addition to the literature of feminist spirituality. Someone called it “returning to the Mother of us all.”

“What a treasure! Decades of scholarship and oceans of love have been poured into gathering this exquisite collection of goddesses from all the world’s wisdom traditions. By gazing at the images and contemplating their stories, I felt myself joyously reclaiming the feminine face of the Holy One that has been imprinted on my own heart all along. I love love love this book!”—MIRABAI STARR, AUTHOR OF *God of Love: A Guide to the Heart of Judaism, Christianity & Islam* AND *Wild Mercy: Living the Fierce and Tender Wisdom of the Women Mystics*.

Hallie Iglehart Austen grew up on a farm and has lived close to the earth most of her life. After graduating from Brown University, she drove from England to Nepal and back again over the course of a year. This journey, described in her first book (*Womanspirit*) led to a synthesis of spirituality and feminism, which she began teaching in the 1970s. Since then, she has led workshops, rituals, and conferences at universities, the United Nations, and theological schools, among other places.





THE MYSTERY OF DEATH

Awakening to Eternal Life

Ladislaus Boros, S.J.

Introduction and Commentary by
Cynthia Bourgeault

\$22.95 US / £16.99 UK

Paperback 978-1-948626-15-6

6x9/300 pages

eBook available

What happens at the moment of death is answered in this new edition of a long-out-of-print classic.

What precisely happens at the time of death is a question that theologians have struggled over for centuries but have never answered satisfactorily. The response to this question that Ladislaus

Boros gives in his monumental synthesis, *The Mystery of Death*, is that in death *humans* are able to elect for or against our own eternal salvation. In other words, death is a kind of judgment day, but it is we ourselves who pass judgment.

Ladislaus Boros, S.J. was widely acclaimed as one of the brightest rising stars in the postwar Jesuit theological firmament. He published over 15 books. His life gradually trended in a different direction. In 1973, he renounced his orders, married, and was laicized. He died in Switzerland in 1981, barely 54 years old.

Modern day mystic, Episcopal priest, writer, and internationally known retreat leader Cynthia Bourgeault is the author of several books: *The Holy Trinity and the Law of Three*, *The Meaning of Mary Magdalene*, and *Love is Stronger than Death*.

AGING WITH WISDOM

Reflections, Stories & Teachings

Olivia Ames Hoblitzelle

\$16.95 US / £14.50 UK

Paperback 978-1-939681-72-0

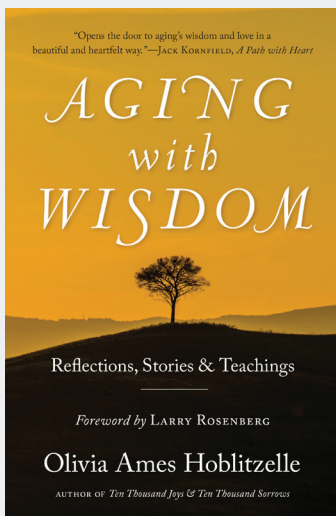
5.5x8.5/224 pages

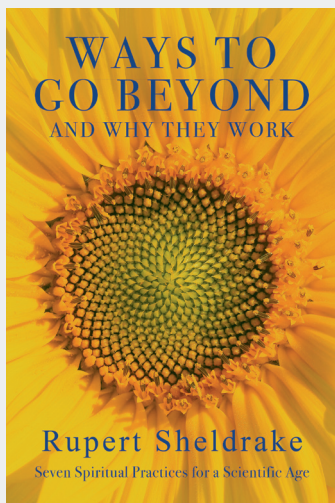
eBook available

Drawing deeply on her own experiences as well as stories and studies about aging from other cultures, Hoblitzelle explores the ways that readers can nourish their inner lives and spirit even as their bodies' age and their facilities diminish. She offers seven guidelines to being attentive to the gifts that grow more valuable with age: spiritual orientation, practice of silence, practice of mindfulness, practice of stopping, finding the sacred in the commonplace, meditation, and the practice of gratitude. She also shares the stories of six "wayshowers," individuals whose stories illustrate aging with compassion. This heartfelt book invites inspiring reflections on finding beauty in aging, facing death with dignity, and rejoicing in earthly blessings.

"Opens the door to aging's wisdom and love in a beautiful and heartfelt way."—JACK KORNFIELD, AUTHOR OF *A Path with Heart*

Olivia Ames Hoblitzelle is a writer and dharma teacher. For over 40 years she has devoted herself to spiritual practice, primarily Buddhist meditation, which has deeply influenced her professional life, in particular how to integrate psychology and meditation. After practicing as a psychotherapist with individuals, couples, and groups, she taught in the field of behavioral medicine, where she pioneered the integration of meditation, yoga, and cognitive therapy with traditional Western medicine. As a Teaching Fellow at the Mind/Body Medical Institute, she developed and taught training programs for health professionals in new approaches to health and healing through Harvard Medical School. Her first book, *Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's*, is an award-winning book that has sold close to 15,000 copies and has been translated into four languages.





WAYS TO GO BEYOND AND WHY THEY WORK

Seven Spiritual Practices for a
Scientific Age

Rupert Shel Drake

\$17.95 US

Paperback 978-1-948626-12-5

6x9/338 pages

eBook available

We are in the midst of a spiritual revival. This book is an essential guide.

To go beyond is to move into a higher state of consciousness, to a place of bliss, greater understanding, love, and deep connectedness, a realm where we finally find life's meaning.

Scientist and spiritual explorer Rupert Shel Drake looks at seven spiritual practices that are personally transformative and have scientifically measurable effects. He combines the latest scientific research with his extensive knowledge of mystical traditions to show how we may tune into more-than-human realms of consciousness through psychedelics such as ayahuasca, and how everyday activities can have mystical dimensions, including sports and learning from animals. He discusses traditional religious practices such as fasting, prayer, and the celebration of festivals and holy days.

Why do these practices work? Are their effects solely inside our brains and essentially illusory? Or can we really make contact with forms of consciousness greater than our own?

"... a rare and needed voice in an apocalyptic time like ours. The practices he espouses do not take us out of the world but put us back in." —MATTHEW FOX, AUTHOR OF *Original Blessing*

"Wonderfully clear and inspiring... I regard this as one of the most important books of our generation." —LARRY DOSSEY, MD, AUTHOR OF *One Mind*

Rupert Shel Drake is a biologist and the author of more than ninety technical papers and fourteen books, including *Science Set Free*. He is currently a Fellow of the Institute of Noetic Sciences in Petaluma, California, and of Schumacher College in Dartington, Devon, UK.

ONLY AVAILABLE IN NORTH AMERICA

How I Found God in Everyone and Everywhere

An Anthology of Spiritual Memoirs

Andrew M. Davis & Philip Clayton

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Paperback 978-1-939681-88-1

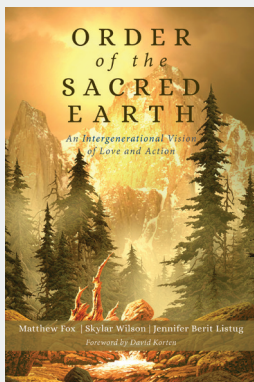
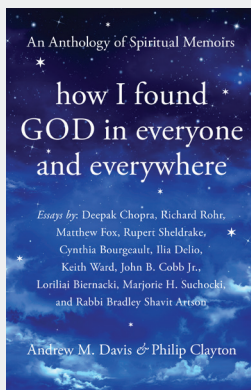
5.5x8.5/240 pages

eBook available

How I Found God in Everyone and Everywhere captures for a general audience the spiritual shift away from a God “up there” and “out there” and towards an immanent divine right here. Contributors include **Deepak Chopra**, **Richard Rohr**, **Matthew Fox**, **Rupert Sheldrake**, **Cynthia Bourgeault**, **Ilia Delio**, **Keith Ward**, **John B. Cobb Jr.**, **Lorilii Biernacki**, **Marjorie H. Suchocki**, and **Rabbi Bradley Shavit Artson**.

Andrew M. Davis is a philosopher, theologian, and scholar of world religions. He holds degrees in philosophy/theology and interreligious studies.

Philip Clayton is a contemporary American philosopher of religion and philosopher of science.



ORDER OF THE SACRED EARTH

An Intergenerational Vision of Love and Action

Matthew Fox, Skylar Wilson, and Jennifer Listug

Foreword by David Korten

\$16.95 US / £14.50 UK

Paperback 978-1-939681-86-7

6x9/240 pages

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This book launches a vision and an opportunity. That vision is the Order of the Sacred Earth. The essence of the Order is the common vow: “I promise to be the best lover and defender of Mother Earth that I can be.” Essay contributors to the book include **Mirabai**

Starr, **Brian Thomas Swimme**, **Adam Bucko**, and **David Korten**.

Activist **Matthew Fox**'s 34 books on spirituality and culture have been translated into 60 language.

Skylar Wilson is the founder of Wild Awakenings.

Jennifer Listug is a writer, spiritual leader, publicist, and the co-director of Wild Awakenings.

www.orderofthesacredearth.org

THE PASSION OF MARY MAGDALEN

A Novel

Elizabeth Cunningham

\$16.95 US / £12.99 UK

Paperback 978-0-976684-33-6

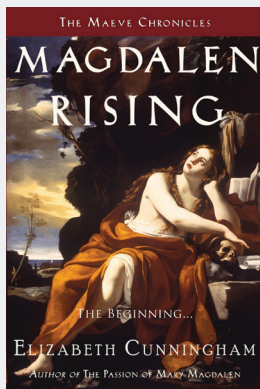
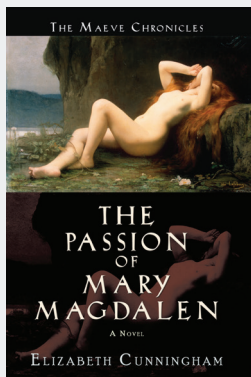
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The most provocative woman in the Gospels, Mary Magdalen makes only a few, dramatic appearances. You always knew there had to be more to the story ...

Make way for Maeve, the feisty, outspoken Celtic Mary Magdalen, telling her own story, on her own terms. No one's disciple, she is lover, bard, priestess, and healer. And like her beloved Jesus, Maeve incarnates the divine mystery of love—in the flesh.

In this central novel of *The Maeve Chronicles*, acclaimed novelist Elizabeth Cunningham brings us a Mary Magdalen who defies all stereotypes—old and new. Passionate and unrepentant, feisty and tender, Maeve leaps off the page, a luminous, embodied archetype for our time.



MAGDALEN RISING

The Beginning

Elizabeth Cunningham

\$18.95 US / £14.50 UK

Paperback 978-0-976684-33-6

6x9/416 pages

Hardcover/eBook available

In this tale of Celtic wonder, young Maeve and Jesus, brimming with youthful charm and arrogance, find each other and fall in love, forging a bond that is stronger than death. Born to eight warrior-witches on a magical isle, Maeve heads for druid college with high hopes of meeting the Mysterious Other she has glimpsed only in visions and dreams.

Elizabeth Cunningham grew up in a rectory, hearing rich (sometimes terrifying) liturgical and biblical language. When she was not in church or school, she read fairytales and fantasy novels or wandered in the enchanted wood of an overgrown, abandoned estate next door. Her religious background, the magic of fairytales, and the numinous experience of nature continue to inform her work. Cunningham's other novels include *The Return of the Goddess*, *A Divine Comedy*; *The Wild Mother*; and *How to Spin Gold, a Woman's Tale*.

BRIGHT DARK MADONNA

Elizabeth Cunningham

\$16.95 US / £13.99 UK

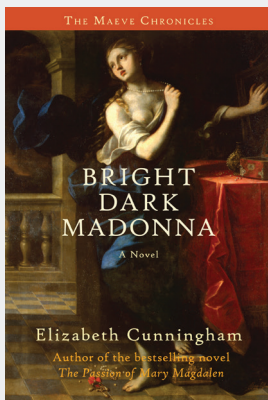
Paperback 978-1-939681-01-0

6x9/400 pages

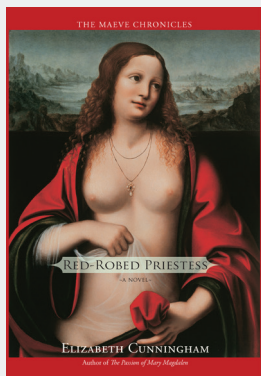
Hardcover/eBook available

After playing an intimate role in the mystery of the Resurrection, what is left for Maeve, the Celtic Mary Magdalen? Never a follower, will she emerge as a leader of the early Church? Will she retire quietly to mother a sacred bloodline? Will she set sail for France to proselytize and go spelunking? The answer: all and none of the above. No sooner does Maeve open her mouth to preach the Gospel her way, then a fierce debate begins about what to do with the child she is carrying. Maeve has her own ideas about where best to raise Jesus's scion. When she returns to Temple Magdalen, the holy whorehouse she founded, a custody battle of biblical proportions ensues.

"Gleefully iconoclastic. For that dwindling demographic with a sense of humor about religion, Maeve's profane skewering of the all-too-human foibles of the Church fathers is a hoot."—*Kirkus Reviews*



THE MAEVE CHRONICLES



RED-ROBED PRIESTESS

Elizabeth Cunningham

\$16.95 US / £13.99 UK

Paperback 978-1-939681-56-0

6x9/320 pages

Hardcover/eBook available

"With *Red-Robed Priestess*, Cunningham, a storyteller as crafty as J.K. Rowling, ends the *Maeve Chronicles* befittingly and beautifully, with a fourth novel as fully fruited as the first."—*Publisher's Weekly*

After a life of passion and adventure that has brought her from slavery to the Resurrection garden, and through the controversies of the Early Church to a hermit cave in southern Gaul, Maeve, the Celtic Mary Magdalen, re-

turns to the Holy Isles accompanied by Sarah, her daughter with Jesus. Their mission: to find Maeve's first-born child, stolen from her by the druids more than 40 years ago.



PSYCHIC REIKI

Divine Life-Force Energy Healing

Brett Bevell

\$15.95 US /£11.99 UK

Paperback 978-1-939681-84-3

5.5x8.5/144 pages

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Psychic Reiki is the culmination of Brett Bevell's works in his previous books about Reiki, plus some new techniques, combined into one elegant and user-friendly energy-healing system. As with traditional Reiki, Bevell's system accesses the Divine Life-Force energy known as Reiki for wellbeing and spiritual development. Yet Bevell's system differs from traditional Reiki in that there are no symbols and no hand positions, since the practitioner

learns to communicate with and direct the energy of Reiki telepathically.

Brett Bevell is the author of *The Reiki Magic Guide to Self Attunement*, *Reiki for Spiritual Healing*, *The Wizard's Guide to Energy Healing*, and *Energy Healing for Everyone*. His poetry books, *America Needs A Woman President* and *America Needs A Buddhist President*, both aired nationwide on National Public Radio's "All Things Considered." Bevell is the winner of the 1995 Paul Laurence Dunbar Memorial Poetry Prize and the author of the book of collected poems *Of Thee I Sing*. He teaches at Omega Institute for Holistic Studies in Rhinebeck, New York, and at The Sanctuary in Koh Phangan, Thailand. He has been a visiting teacher at the Esalen Institute and has presented at Alex Grey's Chapel of the Sacred Mirrors. www.brettbevell.com.

LOVE IS STRONGER THAN DEATH

The Mystical Union of Two Souls

Cynthia Bourgeault

\$16.95 US / £13.99 UK

Paperback 978-1-939681-35-5

5.5x8.5/256 pages

eBook available

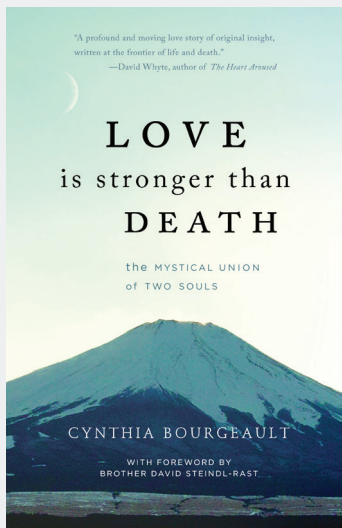
This is a love-story memoir like no other. It describes the incandescent relationship between two hermits—a 70-year-old monk and a 50-year-old woman Episcopal priest and medieval scholar—who met at a Trappist monastery in Snowmass, Colorado. Both had studied Western esoteric traditions and believed it was possible for two souls to work and grow together “from here to eternity.”

This is a guide-book for those who are called to the path of conscious love. This powerful book, written by an Episcopal priest, tells of her intense relationship with Brother Raphael Robin, an elderly Trappist monk and hermit. The romantic yet platonic relationship that ensued between the 50-year-old Bourgeault and the hermit lasted five years, until his death. Both believed that a relationship can continue beyond this life, and here Bourgeault describes her search for that connection before and after Robin's death. Originally published by Crown/Harmony in 1999 (before her bestselling titles were published), this reissue features a new foreword by the author.

“A lucid, brave and significant contribution to the two questions being asked by all seekers today: What happens after death and how can human relationships help us achieve an initiation into divine human love.”—ANDREW HARVEY

“This is not an anti-monastic book. On the contrary it is ablaze with passion for the one essential task of the monk: total inner transformation.”—BROTHER DAVID STENDL-RAST

Modern-day mystic, Episcopal priest, writer, and internationally known retreat leader [Cynthia Bourgeault](#) divides her time between solitude at her seaside hermitage in Maine and a demanding schedule traveling globally to teach and spread the recovery of the Christian contemplative and Wisdom path. She is the founding director of both the Contemplative Society and the Aspen Wisdom School and the author of eight books.



THE PHYSICS OF ANGELS

Exploring the Realm Where Science and Spirit Meet

Matthew Fox & Rupert Sheldrake

\$16.95 US / £14.50 UK

Paperback 978-1-939681-28-7

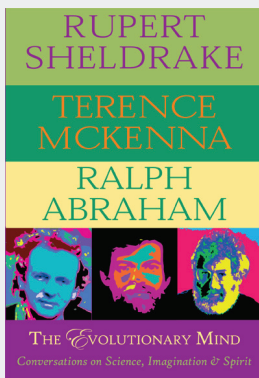
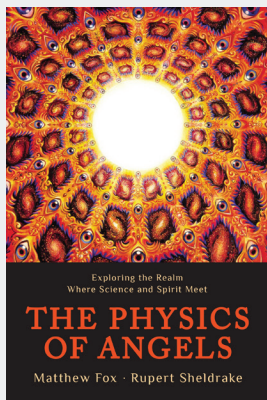
6x9/256 pages

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Most people believe in angels, but few can define these enigmatic spirits. Now visionary theologian Matthew Fox and acclaimed biologist Rupert Sheldrake—pioneers in modern religious thinking and scientific theory—launch a groundbreaking exploration into the ancient concept of the angel and restore dignity, meaning, and joy to our time-honored belief in these heavenly beings.

Matthew Fox is an internationally acclaimed spiritual theologian, an Episcopal priest, and an activist. He has written more than 35 books, including *Original Blessing*.

Rupert Sheldrake is a celebrated biologist and the author of many books. His book *Science Set Free* won the Book of the Year Award of the British Scientific and Medical Network.



THE EVOLUTIONARY MIND

Conversations on Science, Imagination and Spirit

Rupert Sheldrake, Terence McKenna, and Ralph Abraham

\$18.95 US / £14.99 UK

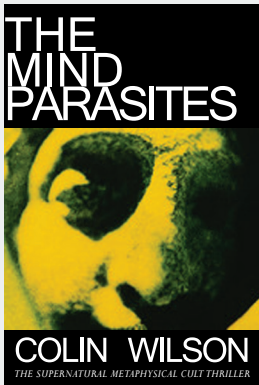
Paperback 978-0-974935-97-3

5.5x8.5/224 pages

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Here are stimulating and often startling discussions between three friends, all highly original thinkers: Rupert Sheldrake, controversial biologist; Terence McKenna, psychedelic visionary; and Ralph Abraham, chaos mathematician. Their passion is to

break out of paradigms that slow our evolution and to explore new possibilities. Through challenge and synergy, they venture where few have gone before, leading their readers on an exciting journey of discovery. Their discussions focus on the evolution of the mind, the role of psychedelics, skepticism, the psychic powers of animals, the structure of time, the life of the heavens, the nature of God, and transformations of consciousness.



THE MIND PARASITES

Colin Wilson

Foreword by Gary Lachman

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5.5x8.5/240 pages

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Wilson has blended H.P. Lovecraft's dark vision with his own revolutionary philosophy and unique narrative powers to produce a stunning, high-tension story of vaulting imagination. A professor makes a horrifying discovery while excavating a sinister archeological site. For over 200 years, mind parasites have been lurking in the deepest layers of human consciousness,

feeding on human life force, and steadily gaining a foothold on the planet. Now they threaten humanity's extinction. They can only be fought with one weapon: the mind, pushed to—and beyond—its limits.

THE SPACE VAMPIRES

Colin Wilson

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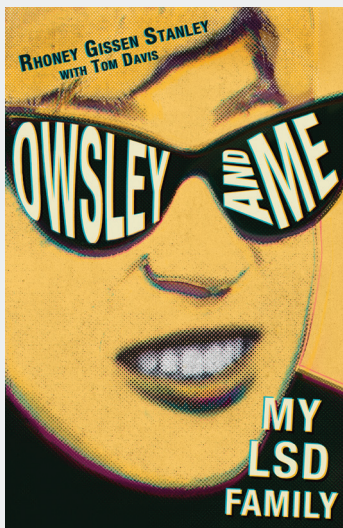
6.8x9.7/120 pages

eBook available

When Captain Carlsen entered the vast derelict spaceship, he was shaken by the discovery of its immobilized humanoid passengers. Later, after three of the strange aliens had been transported to Earth, his foreboding was more than justified. The creatures were energy vampires whose seductive embraces were fatal, and whose lust for vitality was boundless. As they took over the willing bodies of their victims and sexual murders spread terror throughout the land, Carlsen worked toward their destruction—even while he was erotically drawn to the most beautiful vampire of all!

Colin Wilson is the author of more than 100 fiction and nonfiction books. *The Outsider* (1956), published at the age of 24, earned him worldwide critical acclaim. *The Space Vampires*, his 51st book, was translated into Spanish, Japanese, French, Dutch, and Swedish and was later adapted for screen in the movie *Lifeforce*, directed by Tobe Hooper (*Salem's Lot*, *Poltergeist*, *The Texas Chain Saw Massacre*). The movie failed however to capture the true spirit of the cult classic reprinted here by popular demand.





OWSLEY AND ME

My LSD Family

Rhoney Gissen Stanley (Author)
Tom Davis (Editor)

\$16.95 US / £13.99 UK

Paperback 978-1-939681-35-5

5.5x8.5/256 pages

eBook available

Owsley “Bear” Stanley met Rhoney Gissen in Berkeley in 1965, when LSD was still legal and he was the world’s largest producer and distributor. Rhoney found herself working in an LSD laboratory—and as the third corner in a love triangle. We have all heard the stories from the ’60s—but never from the point of view of a woman finding her way through twisted trails of love, jealousy, and paranoia, all the while personally connecting to the

most iconic events and people of her time.

“So good ... I love your honesty. Really liked the descriptions of the mysteries and subtleties of the substance. I feel transported back, missing everybody.”

—CAROLYN (MOUNTAIN GIRL) GARCIA

“My writing partner Tom Davis was greatly excited about his last literary project: helping to edit *Owsley and Me*. Rightly so. A legendary figure who was central to an induplicable period in U.S. cultural history is depicted in an exciting and entertaining memoir from a true intimate insider!”

—DAN AYKROYD

Rhoney Gissen Stanley was an assistant in the underground labs where rebel chemists made the psychedelics that energized the hippie counter-culture. Today she is a practicing holistic orthodontist in Woodstock, New York. This is her first book.

Tom Davis was an Emmy Award-winning American writer and comedian. He is best known for being one of the original writers for *Saturday Night Live* and for his former partnership with Al Franken as half of the comedy duo “Franken & Davis.” His memoir, *Thirty-Nine Years of Short-Term Memory Loss: The Early Days of SNL from Someone Who Was There*, was published in 2010 by Grove Press.

GOD OF LOVE

A Guide to the Heart of Judaism,
Christianity and Islam
Mirabai Starr

\$15.95 US / £12.99 UK

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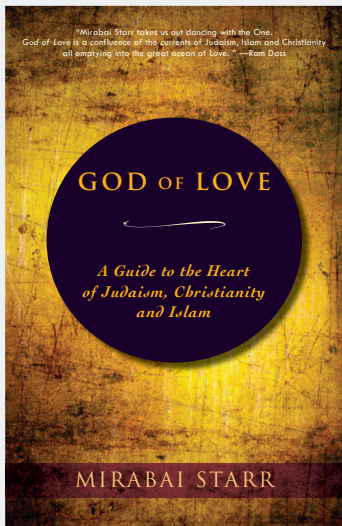
NEW MEXICO-ARIZONA BOOK AWARD

Religious Book 2013

STARRED REVIEW FROM PUBLISHER'S WEEKLY

"[God of Love] plaits a strong braid from
the essences of Judaism, Christianity, and
Islam: God is love."

"Mirabai Starr takes us out dancing
with the One. *God of Love* is a con-
fluence of the currents of Judaism,
Islam and Christianity all empty-
ing into the great ocean of Love."
—RAM DASS, *Be Here Now*



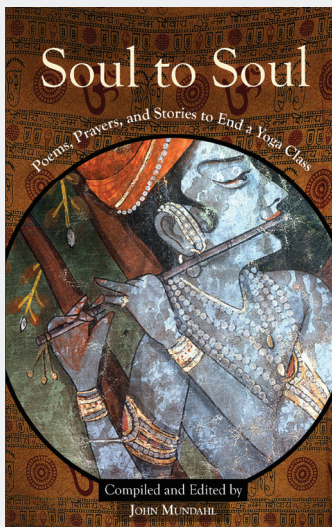
BEST SPIRITUAL BOOKS OF 2012

Spirituality & Practice
spiritualityandpractice.com

"In a time of division between people,
this book—which is a masterful blend
of research, storytelling, poetry, and
memoir—is like a sacred magnet, pull-
ing on the spiritual heart of all seekers."
—ELIZABETH LESSER, Cofounder, Omega
Institute

God of Love is Mirabai Starr's personal exploration of the interconnected wisdom of the three Abrahamic faiths. She guides readers to recognize teachings and practices that unify rather than divide the three religions and sheds light on the interspiritual perspective, celebrating the Divine in all paths.

Mirabai Starr writes, speaks, and leads retreats on the interspiritual teachings of the mystics. Known for her revolutionary translations of John of the Cross, Teresa of Avila, and Julian of Norwich, she renders mystical masterpieces accessible, beautiful, and relevant to a contemporary circle of seekers.



SOUL TO SOUL

Poems, Prayers and Stories to End a Yoga Class

Compiled and Edited by *John Mundahl*

\$16.95 US / £13.99 UK

Paperback 978-1-939681-42-3

5x8/202 pages

Soul to Soul is a beautiful collection of 150 inspiring perfect-length readings and quotes that are just right for ending a yoga class. Honoring many spiritual traditions, it's the perfect gift for yoga teachers and practitioners, or for anyone seeking uplifting messages. The book includes writing by Swami Kripalu, Thich Nhat Hahn, Deepak Chopra, as well as selections from the Bhagavad Gita.

"The closing of a yoga class is a sacred moment. It can dissolve in an instant, if the mind darts to the busy-ness of the day ahead, the snarled traffic or the many inconveniences of modern life. If captured and held close in our heart, that moment in time can sustain us through these very annoyances that disturb our peace and disrupt our ability to stay connected to the Source." —YOGI AMRIT DESAI, *The Yoga of Relationships*

John Mundahl has been a yoga teacher and practitioner for 36 years. He was a resident at the original Kripalu Yoga Ashram in Sumneytown, Pennsylvania from 1977–1981, the four years of Swami Kripalu's remarkable stay in the United States. He is the author of 12 books, including: *Tales of Courage*, *Tales of Dreams*, a collection of short stories, *From the Heart of the Lotus*, *the Teaching Stories of Swami Kripalu*, *A Sunrise of Joy*, *the Lost Darshans of Swami Kripalu*, and *The Swami Kripalu Reader, Selected Works from a Yogic Master*.

THE LAST BOOKS OF H.G. WELLS

The Happy Turning: A Dream of
Life and Mind at the End of its
Tether

NEW FOREWORDS BY

*Rudy Rucker and
Colin Wilson*

\$11.95 US / £9.99 UK

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6x9/64 pages

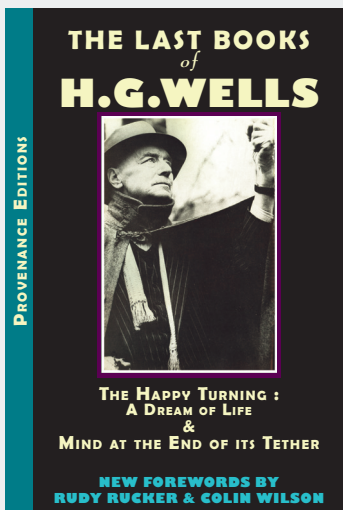
“But being crucified upon the irreparable things that one has done, realizing that one has failed, that you have let yourself down and your poor silly disciples down and mankind down, that the God in you has deserted you—that was the ultimate torment. Even on the cross I remember shouting out something about it.” “Eli. Eli, lama sabachthani?” I said. “Did someone get that down?” he replied. “Don’t you read the Gospels?” “Good God, No!” he said. “How can I? I was crucified before all that.”

This volume contains the two last works by HG Wells. Nearing the end of his life, increasingly distressed over the war, Wells deals with death and apocalypse, mortality, and religion, and with “human insufficiency.”

MIND AT THE END OF ITS TETHER

“One approaches it with awe. You come across references to it everywhere: Colin Wilson, Priestly, Koestler. It seems to have been a wounding work; something no one could agree with, but something that couldn’t be taken lightly.”—ART BECK

H.G. Wells is considered by many to be the “father” of science fiction.



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