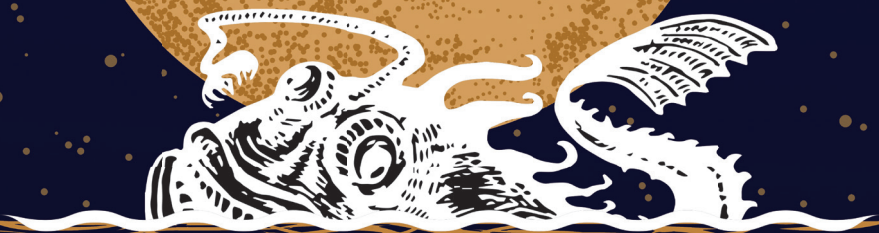


Frontlist Catalog

Fall/Winter 2023
Spring/Summer 2024



MONKFISH BOOK
PUBLISHING

PSALMS OF UNKNOWING

Poems

Heather Lanier

\$16.99 US

Paperback 978-1-958972-06-9

6x9/92 pages

eBook available

"A powerful poetic reckoning with motherhood and religion."

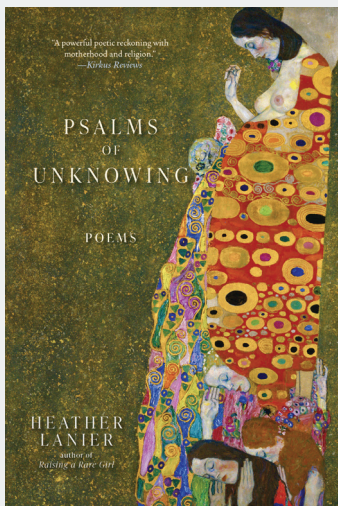
—*Kirkus Reviews*

How do we reconcile our love with our grief? Seek peace in a violent world? Find compassion for our rightwing neighbors? *Psalms of Unknowing* challenges the patriarchy with an eye on contemporary issues such as gun violence, household divisions of labor, and parenting in an uncertain world.

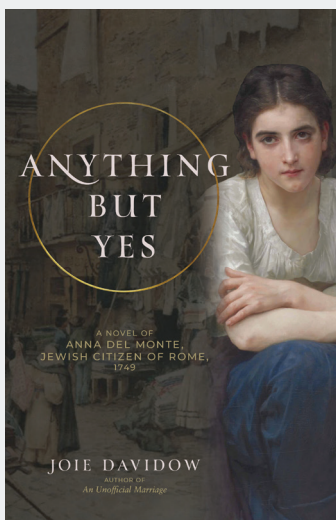
"Poignant. Provocative. Downright hilarious. Heather Lanier is an incendiary psalmist and we love her for it." —*Kate Bowler, New York Times bestselling author of Everything Happens for a Reason: And Other Lies I've Loved and Duke University professor*

"Heather Lanier's *Psalms of Unknowing* riveted and rattled me, bringing me ultimately toward a complex and unsettled solace... Lanier writes with formal dexterity and winking lyricism, against misogyny and against ableism, and toward a world worthy of the faithful, the faithless, and everyone in between." —*Natalie Shapero, author of Popular Longing*

Heather Lanier is the author of two award-winning poetry chapbooks along with the memoir, *Raising a Rare Girl*, a *New York Times Book Review* Editors' Choice and a Malcolm Gladwell Next Big Idea Book Nominee. She writes at the intersections of spirituality, motherhood, and feminism, and her writing has appeared in *The Atlantic*, *The Wall Street Journal*, *The Sun*, *TIME*, *Poets & Writers Magazine*, *Longreads*, and elsewhere. Her essays have twice been noted in The Best American Essays Series, and her TED Talk, "'Good' and 'Bad' are Incomplete Stories We Tell Ourselves," has been viewed nearly three million times. She works as an Assistant Professor of creative writing at Rowan University, attends an Episcopal church and practices daily contemplative meditation.



SEPTEMBER 2023



ANYTHING BUT YES

A Novel of Anna del Monte,
Jewish Citizen of Rome, 1749

Joie Davidow

\$16.99 US

Paperback 978-1-958972-08-3

5.5x8.5/244 pages

eBook available

This beautiful new work of historical fiction was inspired by the diary of an 18th-century Roman Jewish girl who was imprisoned in a convent cell by the Catholic Church in an attempt to forcibly convert her.

Anything But Yes is the true story of a young woman's struggle to defend her identity in the face of relentless attempts to destroy it. In

1749, eighteen-year-old Anna del Monte was seized at gunpoint from her home in the Jewish ghetto of Rome and thrown into a convent cell at the Casa dei Catecumeni, the house of converts. With no access to the outside world, she withstood endless lectures, threats, promises, isolation and sleep deprivation. If she were she to utter the simple word "yes," she risked forced baptism, which would mean never returning to her home, and total loss of contact with any Jew—mother, father, brother, sister—for the rest of her life.

Even in Rome, very few people know the story of the Ghetto or the abduction of Jews, the story of popes ever more intent on converting every non-Catholic living in the long shadow of the Vatican. Young girls and small children were the primary targets. They were vulnerable, easily confused, gullible. Anna del Monte was different. She was strong, brilliant, educated, and wrote a diary of her experiences. The document was lost for more than 200 hundred years, then rediscovered in 1989. *Anything but Yes* is also based on Davidow's extensive research on life in the eighteenth-century Roman ghetto, its traditions, food, personalities, and dialect.

Joie Davidow is the author of several books, including a memoir, *Marked for Life*; the nonfiction *Infusions of Healing*; a novel, *An Unofficial Marriage: A Novel about Pauline Viardot and Ivan Turgenev*; and, with Esmeralda Santiago, the editor of short-story anthologies *Las Mamis* and *Las Christmas*. In her career as a journalist, Davidow was the founder and editor of two award-winning magazines—*L.A. Style* and *Sí*—and a cofounder and editor of *L.A. Weekly* newspaper. She lives in Umbria, Italy.

MY LIFE AS A PRAYER

A Multifaith Memoir

Elizabeth Cunningham

\$18.95 US

Paperback 978-1-958972-10-6

6x9/276 pages

eBook available

In this intriguing spiritual memoir, *The Maeve Chronicles* author Elizabeth Cunningham traces her dynamic faith journey and its relationship to her writing.

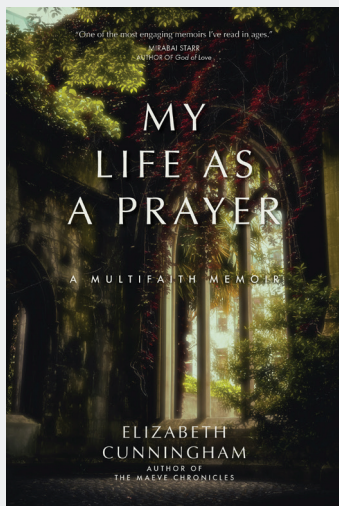
In this nonfiction debut, Cunningham recounts both her lifelong spiritual quest and her ongoing spiritual questions. Her journey takes her from her childhood church, with its ornate liturgy, to the silence of Quaker meeting; from her ordination as

an interfaith minister to an eclectic, earth-centered community where she served as priestess before becoming a hermit, of sorts, making a church of her own backyard.

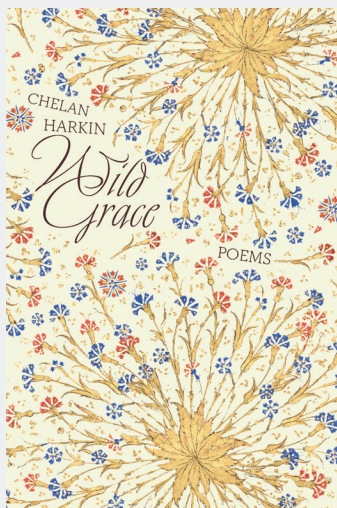
Candid and passionate, Cunningham's memoir invites readers of all faiths—and doubts!—to explore what it means to live life as a prayer in the beautiful, imperiled world we share.

"One of the most engaging memoirs I've read in ages. . . . Anyone who has forged an independent path through the luminous moments and deepest shadows of a soul-filled life will recognize their own spiritual adventures reflected here."—**Mirabai Starr, *God of Love***

Novelist and poet **Elizabeth Cunningham** is best known for *The Maeve Chronicles*, a series of award-winning novels featuring a Celtic Mary Magdalen. The descendant of generations of Episcopal priests, Cunningham grew up in a small upstate New York town next door to her church and an overgrown, enchanted wood and has spent her life writing stories traversing the worlds of scripture and fairytales. After resisting the temptation to follow in her forefather's footsteps to become the first woman in a line of priests, she was ordained as an interfaith minister and counselor in midlife. *My Life as a Prayer* is her debut work of nonfiction. She lives in the valley of the Mahicantuck (the river that flows both ways, aka the Hudson) on land that was home to the Lenape.



NOVEMBER 2023



WILD GRACE

Poems

Chelan Harkin

\$17.99 US

Paperback 978-1-958972-12-0

6x9/96 pages

eBook available

Inspired by the poetry of Rumi and Hafiz, Harkin's mystical poems invite the reader to connect with their own spiritual essence.

In *Wild Grace*, Chelan Harkin uses ecstatic poetry to redefine our relationship with the divine. She targets a tipping point happening in the souls of many that shifts a conceptual relationship with God into a genuine, direct, and satisfying

experience. These are visions of the present, speaking into the future. They are openings of the heart and awe-filled possibilities for a life of honesty and joy.

“Chelan Harkin’s latest compilation of mystic poetry extracts pearls from the depths of despair, with the fearless fortitude of a world-class free diver. As a seasoned sherpa, she leads readers by the hand and heart through the valley of ego death with occasional paroxysms of ‘hooting and hollering.”
—**Nipun Mehta, Founder of ServiceSpace**

“*Wild Grace* is Chelan Harkin’s most moving collection of poetry yet... These poems are deeply nourishing. It’s impossible to read them without feeling something long dormant stir inside you.”—**Eric Weiner New York Times Best-selling author of *The Geography of Bliss***

Chelan Harkin had a profound mystical experience at 21; in a time of mental/emotional anguish, she was shown how she needed to live in a more transparent and authentic way, and that she would access her gifts to the degree that she opened herself to joy, trauma, power, and tenderness. This unlocked a creative process and a poetic force that has not stopped flowing. Her publishing journey is only two years old but her first two books, *Susceptible to Light* and *Let Us Dance!*, have been self-publishing successes with sales numbers to be envied by most poets today. Her third book, *Wild Grace*, publishes in November 2023 with Monkfish. Chelan lives with her children in the Pacific Northwest.

EVERYTHING STARTS FROM PRAYER

Mother Teresa's Meditations on Spiritual Life for People of All Faiths

*Selected and Arranged by
Anthony Stern, M.D.
Foreword by Rev. Diane Berke
Homily of His Holiness Pope
Francis for Mother Teresa's
Canonization*

\$14.95 US

Paperback 978-1-958972-14-4

5.5x8.5/160 pages

eBook available

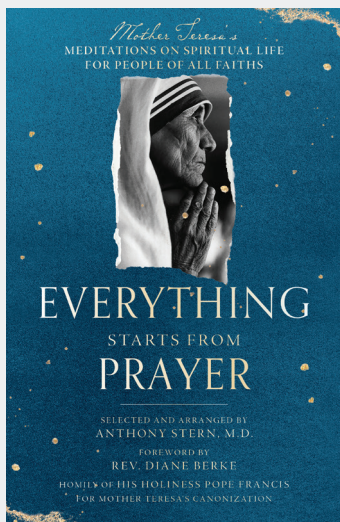
Mother Teresa's collected writings offer inspiration and guidance for all spiritual seekers.

St. Teresa of Calcutta, the woman we all knew as Mother Teresa, was a devout Catholic nun, deeply devoted to Jesus. She expressed her ceaseless devotion in many ways, central among them her well-known work with the poor and the sick. Her lesser-known expressions of faith included her deep respect for all religions and her burning wish for all people to grow closer to God. With a longing to reach as many souls as possible, she wrote, "I've always said we should help a Hindu become a better Hindu, a Muslim become a better Muslim, a Catholic become a better Catholic."

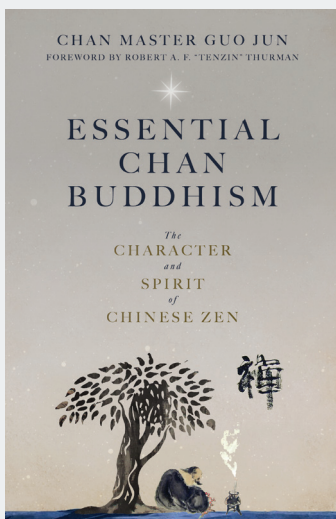
This carefully arranged collection of Mother Teresa's writings promises to both inspire and guide all people, from any or no faith tradition, who are seeking to find and walk a spiritual path.

"Mother Teresa was one of the great spiritual servants of our era, whose simple wisdom expressed untold depths of devotion. In this treasury of her thoughts on prayer, she offers the world another blessing."—**President Jimmy Carter, author of *Living Faith***

Mother Teresa was born in 1910 in what is now North Macedonia. As a child, she was fascinated by the missionaries in Bengal and decided at age 12 to become a nun. In 1928, at age 18, she joined the Sisters of Loreto in Ireland. She began her novitiate in Darjeeling, India, in 1929, taking religious vows in 1931 and choosing to be named after St. Thérèse de Lisieux, patron saint of missionaries. She won the Nobel Peace Prize in 1997, the year she died. In 2016, she was canonized as St. Teresa of Calcutta.



DECEMBER 2023



ESSENTIAL CHAN BUDDHISM

The Character and Spirit of Chinese Zen

Chan Master Guo Jun
Foreword by Robert A. F. "Tenzin" Thurman

\$15.95 US
Paperback 978-1-958972-18-2
5x8/176 pages
eBook available

In this highly readable book, Master Gou Jun brings Chan's powerful and profound teachings to the page in a way that is accessible and warm. This is a book for those new to Chan, and for seasoned practitioners.

Essential Chan Buddhism is the rare unearthing of an ancient and remarkable Chinese spiritual tradition. Master Guo Jun speaks through hard-won wisdom on Chan's spiritual themes familiar to Western readers, such as mindfulness and relaxation in meditation, as well as profound, simply expressed teachings and insightful explorations of religious commitment. *Essential Chan Buddhism* filters formal spiritual practices through the lens of mundane and everyday life activities. The work captures the lyrical beauty and incantatory style of Guo Jun's spoken English from the talks he gave at a fourteen-day retreat near Jakarta in 2010 and in subsequent conversations with his editor Kenneth Wapner.

"As if he were looking at different facets of a jewel, Guo Jun describes in graceful language the many aspects of Chinese Zen, such as 'the taste of liberation is the taste of Chan' and 'in Chan, you fall in love with your breath.' He touches lightly on topics such as mindfulness, relaxation, wisdom, courage, and impermanence, often with vivid analogies and acute analysis."—**Publisher's Weekly**

Chan Master Guo Jun is one of a new breed of international teachers taking the world's great wisdom traditions into the twenty-first century. He is currently abbot of Mahabodhi Monastery in Singapore and teaches internationally. Chan master Sheng Yen's youngest dharma heir, he served as abbot of his Pine Bush, New York, retreat center from 2005 to 2008. A native of Singapore, Guo Jun received his full monastic ordination in Taiwan. He is a lineage holder and successor in Chan as well as the Xianshou and Cien schools of Chinese Buddhism. *Essential Chan Buddhism* is his first book.

VEDANTA AND CHRISTIAN FAITH

Bede Griffiths

Foreword by *Cyprian Consiglio, OSB*

\$14.95 US

Paperback 978-1-958972-16-8

5.25x8/118 pages

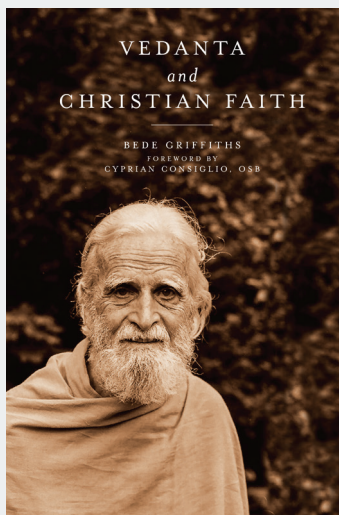
eBook available

This pioneering work harmonizes Hindu Vedanta philosophy with the Christian vision of the Word made flesh through the Spirit of God's love.

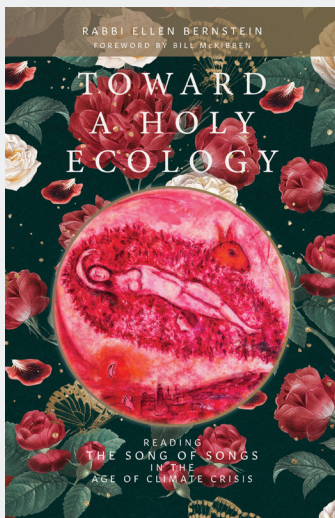
An introduction to the Vedic scriptures which shows that God has also lavished his riches on non-Christian people and how we must relate ourselves to these other sources of truth. "Without Christianity I don't think the oriental religions, Hinduism and Buddhism, can answer the needs of the modern world. But without the enrichment of the mystical tradition of Asia I doubt whether the Western Churches can really discover the fullness of Christ which we are seeking." (Bede Griffiths)

"Bede Griffiths's (1906-1993) life of physical and spiritual exploration has been important in the spiritual journeys of many, many people, including myself. He was one of the first spiritually resonant models for those of us engaged in interfaith activities more than 50 years ago. His life suggested that one could be spiritually grounded and thriving in more than one tradition at the same time."—**Marcus Braybrooke, for the *Interfaith Observer***

Bede Griffiths was a Benedictine monk who achieved worldwide recognition for his pioneering efforts to bridge the great traditions of Christian and Hindu faith. He advocated a global spiritual friendship, rather than a global religion, cultivating respect for each other's spiritual practices. He died in 1993 at the age of 84. He was a pioneer in the Hindu-Christian interfaith dialogue. He was a lifelong friend of C. S. Lewis.



JANUARY 2024



TOWARD A HOLY ECOLOGY

Reading *The Song of Songs* in the Age of Climate Crisis

Rabbi Ellen Bernstein

Foreword by *Bill McKibben*

\$17.95 US

Paperback 978-1-958972-19-9

5.5x8.5/160 pages

eBook available

The *Song of Songs* is among the most accessible of all biblical books. It is also the most deeply ecological text of the canon, yet few people are aware of the *Song's* ecological message. The intention of *Toward a Holy Ecology: Reading the Song of Songs in the Age of Climate Crisis* is to illuminate that message.

Today there is such urgency around our many earth crises—so much brokenness—that we need a vision of wholeness and an ecological language that can help inspire, soothe and reinvigorate us, and bring us together regardless of our various affiliations and ideologies. The *Song* offers both ecological language and a vision. It sets the natural world before us with intensity and beauty, bidding us to savor it with all of our senses so that we may return to the world with the renewed clarity, love and energy necessary to work toward a healthy future for the earth and all her inhabitants.

Rabbi Ellen Bernstein began pursuing studies in both environment and religion in high school and graduated from one of the first programs in environmental studies in the US at U.C. Berkeley in 1975. A pioneer in the field of religion and ecology, she founded the first national Jewish environmental organization, Shomrei Adamah, Keepers of the Earth, in 1988. She has written numerous books and articles on Judaism, Bible and ecology including most recently, *The Promise of the Land: A Passover Haggadah* (Behrman House, 2020). Ellen's work on the Bible and ecology has appeared in *The Green Bible* (Harper One, 2008) and is featured in *The Oxford University Press Handbook on the Bible and Ecology* (2022). She continues to teach widely on Bible and ecology, and is an advisor to the Yale Forum on Religion and Ecology, a steering committee member for the Third Act/faith, and an advisor to the Green Sabbath project.

WITH ROOTS IN HEAVEN

One Woman's Passionate Journey into the Heart of Her Faith

Rabbi Tirzah Firestone, PhD

\$18.95 US

Paperback 978-1-958972-21-2

6x9/310 pages

eBook available

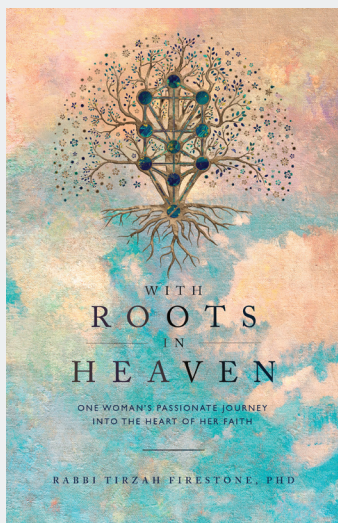
A riveting story of how one brave and adventurous woman turned her life upside down for God. Firestone teaches us, through the joys and sorrows of her life, how our ancient traditions are calling out to us for renewal, and how, through faith, honesty, and struggle, we are learning to respond.

At age seventeen, Tirzah Firestone left the oppressive home of her Orthodox Jewish parents and set off on a spiritual odyssey. *With Roots in Heaven* is the story of that journey, a fascinating and moving account of her evolution from rebellious young seeker to renegade rabbi. This is an inspiring, true account of a courageous woman with strong convictions and a passion to know and feel God. It is also a book that goes beyond one person's story of wandering and redemption to explore the dangers of modern religion and the joys and conflicts of intermarriage and raising interfaith children. An unforgettable story of love, sacrifice, and transformation—of grace sought and found—*With Roots in Heaven* offers hope, wisdom, and encouragement to anyone seeking deeper spiritual meaning in today's world.

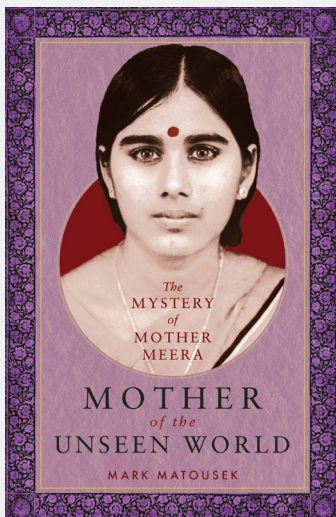
"Rabbi Tirzah Firestone has a compelling story, a singular voice, and an unusually fertile mind. Her spiritual journey is riveting."—**Rabbi Joseph Telushkin, author of *Jewish Literacy*, *Jewish Wisdom*, and *Biblical Literacy***

"Rich and inspiring...a page-turner. A daring exploration of different spiritual paths...filled with joy, story, community, and a celebration of ancient wisdom. I absolutely loved this book"—**Joan Borysenko, Ph.D., author of *Minding the Body*, *Mending the Mind* and *A Woman's Book of Life***

Rabbi Tirzah Firestone, PhD, is an author, Jungian psychotherapist, and leader in the international Jewish Renewal Movement. Her previous books include *Wounds into Wisdom: Healing Intergenerational Jewish Trauma* and *The Receiving: Reclaiming Jewish Women's Wisdom*.



MARCH 2024



MOTHER OF THE UNSEEN WORLD

The Mystery of Mother Meera

Mark Matousek

\$16.95 US

Paperback 978-1-958972-23-6

5.5x8.5/192 pages

eBook available

Mark Matousek was a nonbeliever when he met Mother Meera in 1985. Yet, in her presence, he experienced inexplicable occurrences that forced him to challenge his worldview.

Mother Meera, born Kamala Reddy is believed by her thousands of devotees to be an embodiment of the Divine Mother. But who is Mother Meera, really? Now, in

this deeply moving and wise book, Matousek brings us as close as possible to this extraordinary woman. He takes us on a mysterious quest into the “unseen world” where the divine and human intersect.

“Mark Matousek brings us to the feet of Mother Meera in this transcendent, rapturous, astonishing book.”—**Eve Ensler, author of *The Vagina Monologues* and *In the Body of the World***

“... reads like a classic adventure novel, except much of the adventure goes on inside the reader as we follow Mark Matousek’s everyman journey from pain and doubt to discovery and awakening.”—**Elizabeth Lesser, author of *Broken Open* and co-founder of Omega Institute**

“*Mother of the Unseen World* is absolutely riveting, deeply searching, and thought-provoking.”—**Gretchen Rubin**

Mark Matousek is the bestselling author of seven books including, *Sex Death Enlightenment: A True Story*, *The Boy He Left Behind*, *When You’re Falling*, *Dive*, and *Lessons From an American Stoic: How Emerson Can Change Your Life*. His work has appeared in numerous anthologies and publications, including *The New Yorker*, *O: The Oprah Magazine*, *Details*, *Tricycle*, *Good Housekeeping*, and *Harper’s Bazaar*.

FIFTY-SEVEN FRIDAYS

Losing Our Daughter, Finding Our Way

Myra Sack

\$27.99 US

Hardcover 978-1-958972-25-0

6x9/266 pages

eBook available

An inspiring story of hope, community, and love—in place of unrelenting grief.

Myra Sack is a new mom, married to Matt, the love of her life. They live in Boston because Matt's residency in internal medicine takes them there. Myra is 30 years old, completed her MBA. They've bought a house. Life is unfolding beautifully.

Until one day their beautiful year-old daughter Havi is diagnosed with a fatal neurodegenerative disease called Tay-Sachs. Then Myra and Matt discover that, despite extensive pre-conception genetic testing, an error was made, making this fatal diagnosis possible. Havi has only a year to live.

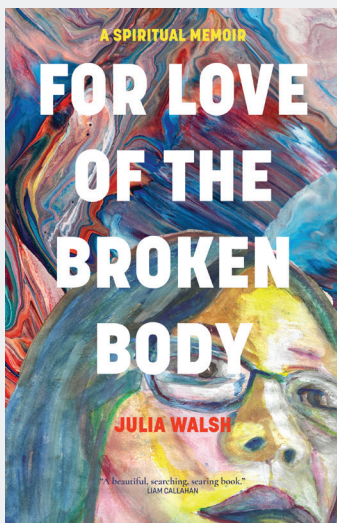
Against all advice and norms, Myra and Matt decide to celebrate Havi's short life rather than intervene to prolong it. They vow to show her as much of the world as they can, embarking on a journey that begins on the California coast and continues back to Boston, surrounded by friends and family who relocate to be in Havi's orbit. Tapping their Judaism, they transform Friday night Shabbats into birthday parties—"Shabbirthdays"—to replace the birthdays Havi will never have.

**"A deeply personal look at a family's resilience in the face of the unimaginable."
—Sheryl Sandberg, former COO, Facebook**

Myra Sack's lifelong passion for sports and social justice brought her to SquashBusters, Inc. in Boston in 2013, where she was chief program and strategy officer. She earned her MBA in social impact at Boston University. Since Havi's diagnosis and death, Sack has trained as a certified compassionate bereavement care facilitator. She lives with her husband Matthew Goldstein, an immunologist, and their two other children in Jamaica Plain, Massachusetts. Visit her website at myrasack.com.



APRIL 2024



FOR LOVE OF THE BROKEN BODY

A Spiritual Memoir

Julia Walsh

\$19.99 US

Paperback 978-1-958972-27-4

6x9/256 pages

eBook available

A questioning novice nun's coming-of-age story. Readers will be moved to reflect on the universal human experiences of being broken and the pull to be part of something bigger than themselves.

At the age of 25, just a month into her novitiate as a Franciscan Sister, Julia Walsh fell from a cliff and became disfigured. While working toward healing, she felt pulled to religious community life, but also

toward unresolved feelings regarding her own sexuality, identity, and injustice.

For Love of the Broken Body is a story of pain, questioning, recovery, and discovery. What does it mean to exist as a broken body? Why would a young woman dedicate herself to the Catholic Church—to a life as a Franciscan Sister—while others are leaving churches in droves?

The number of women choosing to enter religious life across the U.S. is shrinking rapidly, so Walsh encounters a lot of curiosity about her choice. In this memoir, she writes honestly about feeling drawn to men and to sex, as well as what it means, in this age of self-discovery and hook-ups, for a young woman—physically broken and still very much attracted to the world—to join a celibate, religious community.

Julia Walsh is a Franciscan Sister of Perpetual Adoration and part of her congregation's formation team, serving women who are discerning their vocation. She co-founded The Fireplace, an intentional community and house of hospitality on Chicago's southside that offers spiritual support to seekers, artists, and activists. She has a MA in Pastoral Studies from Catholic Theological Union and is a spiritual director and secondary teacher. As a creative writer, educator, and retreat presenter she is passionate about exploring the intersection of creativity, spirituality, activism, and community life. Sister Julia's work can be found in publications such as *America*, *Living Faith Catholic Devotional*, *National Catholic Reporter*, *Living City*, *The Christian Century*, *Chicago Sun-Times*, and *St. Anthony Messenger*.

MY LIFE IN SEVENTEEN BOOKS

A Literary Memoir

Jon M. Sweeney

\$23.00 US

Hardcover 978-1-958972-31-1

5.5x8.5/180 pages

eBook available

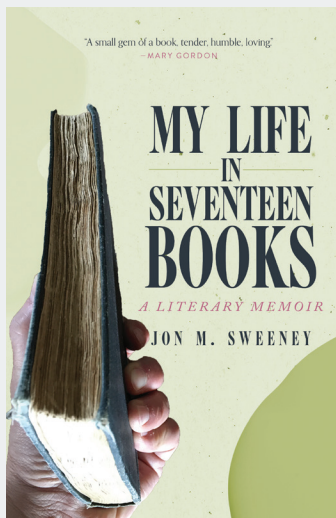
A memoir for the bookish-inclined, using personal stories to demonstrate how books have a magical way to move a person from one stage of life to the next.

Former bookseller, longtime publisher and author Jon M. Sweeney shows—with history and anecdotes centering around books such as Thoreau’s *Journal*, Tagore’s *Gitanjali*, Martin Buber’s *Hasidic Tales*, and Tolstoy’s *Twenty-three Tales*—what it means to be carried by a book. He explores the discovery that once accompanied finding books, and books finding us. He ponders the smell of an old volume, its heft, and why bibliophiles carry them around even without reading them. He demonstrates how and why there is magic and enchantment that takes place between people and books.

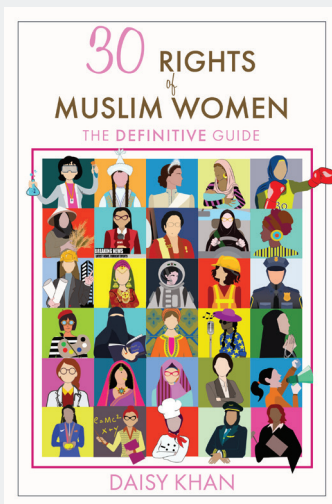
“This is a small gem of a book, tender, humble, loving.” —**Mary Gordon**

Jon M. Sweeney is an award-winning author who has been interviewed in the *Dallas Morning News* and *The Irish Catholic*, and on television at CBS *Saturday Morning*. His book, *The Pope Who Quit*, (Doubleday/Image) was optioned by HBO. He is also author of forty other books on spirituality, mysticism, and religion, including Meister Eckhart’s *Book of the Heart*, with Mark S. Burrows (Hampton Roads), the biography *Nicholas Black Elk: Medicine Man, Catechist, Saint* (Liturgical Press), and *Thomas Merton: An Introduction to His Life and Practices* (St. Martin’s Essentials and Penguin Random House Audio, 2021).

His bookish reputation is nothing new. In 2014, *Publishers Weekly* featured Jon in an interview titled, “A Life in Books and On the Move.” He began the 1990s as a theological bookseller in Cambridge, and ended the decade founding a multifaith publishing house, SkyLight Paths Publishing, in Vermont. He’s worked in books and publishing ever since.



MAY 2024



30 RIGHTS OF MUSLIM WOMEN

The Definitive Guide

Daisy Khan

\$35.00 US

Paperback 978-1-958972-33-5

6x9/400 pages

eBook available

This authoritative “go-to” publication aims to educate women on how to express their rights within Islam. Perfect for enabling activists to integrate an egalitarian Islamic belief system into their movements.

The most effective means of improving Muslim women’s lives is connecting them to their deeply held beliefs that affirm human dignity and gender equality at the core of the Islamic faith. But Muslim

women lack this information that enlightens and vouches for their sacred rights, and they have no accessible tools that encourage faith-based activism consistent with the Islamic faith. To protect them from being misrepresented by or outside their communities, there is a need to provide pre-packaged, easy-to-understand literacy tools to women so they can lead lives of choice, dignity, and opportunity. *30 Rights of Muslim Women* aims to fill this gap.

Daisy Khan is an award-winning speaker, author, activist, commentator, and the founder of Women’s Islamic Initiative in Spirituality and Equality (WISE), the largest global network of Muslim women committed to peacebuilding, gender equality, and human dignity. She has been involved in grassroots efforts combating anti-Muslim bias for twenty-plus years and is renowned as a thought leader on Muslim women’s rights and Islam in America. Her memoir, *Born with Wings: The Spiritual Journey of a Muslim Woman*, published in 2018 by Random House, depicts her spiritual journey as a modern Muslim woman and her circuitous path to leadership. Khan has lectured at major institutions, like the Council on Foreign Relations, Aspen Institute, Chautauqua Institution, World Economic Forum, Islamic Society of North America, and many others. She is a media commentator and an Op-Ed writer who has appeared on CNN, MSNBC, ABC, PBS, and BBC and is featured in documentaries and publications like *TIME*, *Guardian*, *Newsweek*, *New York Times*, *Wall Street Journal*, *Elle*, and many others. Khan was listed among *TIME Magazine*’s “100 Most Influential” People

A SPEAKER IS A WILDERNESS

Poems on the Sacred Path from Broken to Whole

Anna Goodman Herrick

\$17.99 US

Paperback 978-1-958972-37-3

6x9/96 pages

eBook available

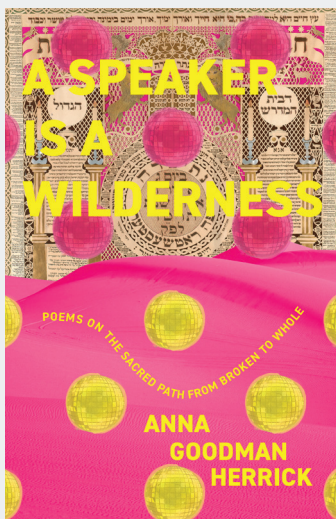
Weaves Jewish sacred texts, mysticism, human rights, and a modern voice of radical love, taking readers on a path of healing from brokenness to wholeness.

This poetry addresses the interconnection of individual, communal, and global trauma, towards collective liberation. In Hebrew, the words for wilderness, speaker, and speaks are spelled the same and share the same root letters. Goodman

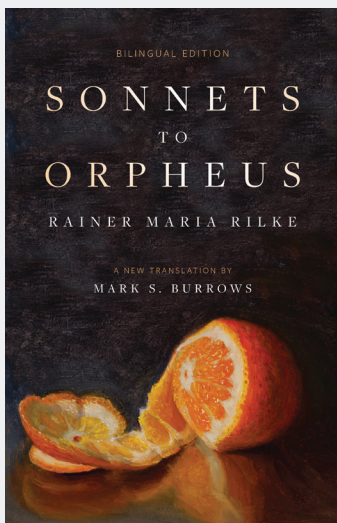
Herrick's title, from a poem in the collection, references the Torah's BaMidbar (in the wilderness or desert) and her ancestor's ritual practice of elevating etymology, roots, and folk word associations as spiritual meditation. The author returns to her roots and original wholeness through reconnecting language: "Wilderness speaks/ A speaker is a wilderness."

Goodman Herrick survived sexual assault in her teens by a classmate, and left home at 14. The grandchild of an Auschwitz survivor, she's been a New York City club kid, MTV writer-producer, a peacemaker around the world, nun at a Vedanta convent, and student of Chassidic rabbis. This expansiveness lives in her poems. The book invites readers to reconsider prayer and blessing as an ongoing, fluid, language, holding space for the reverent and irreverent as prophetic.

Anna Goodman Herrick works at the intersection of spirituality, sacred words, and human rights. She is a writer, poet, filmmaker, and interdisciplinary artist. Anna has performed her poetry across the U.S., including at the Emily Dickinson Museum's Phosphorescence Poetry Reading Series, presenting "contemporary creativity that echoes Dickinson's own revolutionary poetic voice." She has performed her poetry at the El Paso border for Artist Uprising with V (formerly Eve Ensler), Bloomsday on Broadway and Radio Bloomsday, and at the Theopoetics Conference. Her recent poetry is included in *Rattle*, *The Ekphrastic Review*, *Hevria Magazine*, and *Ritualwell*.



JUNE 2024



SONNETS TO ORPHEUS

Bilingual Edition

Rainer Maria Rilke
Translated by Mark S. Burrows

\$19.99 US

Paperback 978-1-958972-39-7

6x9/144 pages

eBook available

On the centennial of the first appearance (1923) of Rilke's *Sonnets to Orpheus*, award-winning translator Mark Burrows reveals their depth and meaning with a brilliant new introduction and translation.

This new translation captures the lyric beauty of Rilke's poems, honoring their syntactic peculiarities and grammatical complexities as

few translators have dared to do. Burrows' versions maintain the essential strangeness of language and abruptness of metaphor by which the sonnets attain their distinctive character in German. Burrows' approach replicates what one reviewer describes as the poems' "dazzling obscurity," refusing to resolve the deliberate difficulties Rilke's formulations present. The effect invites readers to linger with these sonnets, allowing themselves to be shaped in their encounter with them.

"Rilke's most radiant songs deserve the finest bilingual translation, plus the mind of a translator-poet. Mark S. Burrows provides both with exhilarating skill—and unlimited grace." —Stephanie Dowrick, author of *In the Company of Rilke*

"This is the translation of Rilke's *Sonnets to Orpheus* I have been waiting for. Finally, the poetry sings in English through the many finely-tuned phrases and nuanced lines of another poet. I find myself at the threshold of the invisible, and alive, in these versions, to the mystery." —Edward Clarke, poet, author of *A Book of Psalms* and *The Vagabond Spirit of Poetry*, and Professor of English Literature, Oxford University

After a decade of university teaching in Germany, and four decades as scholar and teacher in the US and Europe, the focus of Mark S. Burrows' work explores the intersection of spirituality and the arts, mysticism and poetics. He travels widely throughout the US, Europe, and the UK, lecturing and offering retreats and workshops.

THE PERENNIAL PHILOSOPHY RELOADED

A Guide for the Mystically Inclined

Dana Sawyer

\$18.99 US

Paperback 978-1-958972-29-8

6x9/144 pages

eBook available

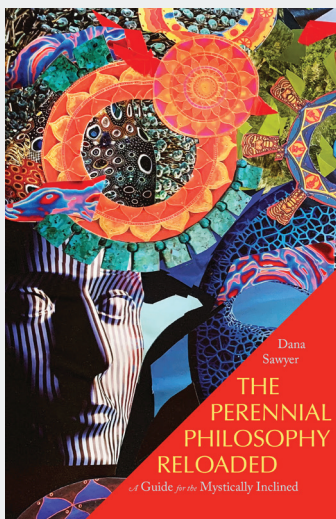
Dana Sawyer unpacks the philosophy-spirituality of Huxley, Watts, and Dass (as well as our contemporaries, including Mirabai Starr and Richard Rohr) in ways readers will find intriguing, creating an original view of human nature, revealing why this mystical understanding of our world is called “perennial.”

During the 1960s and 70s, “Perennial Philosophy” was the most popular theory regarding what the world’s mystical traditions held in common, and it was touted as the best platform for understanding the nature of human consciousness, including how to expand it therapeutically with meditation, yoga, and psychedelic drugs. Consequently, books by Aldous Huxley, Alan Watts, Huston Smith, Stanislav Grof, Frances Vaughan, Ram Dass, and other Perennialists were widely available and sold like hotcakes. However, during the 80s, their shared perspective fell out of fashion.

The Perennial Philosophy Reloaded corrects several common errors in understanding the perennial philosophy while providing a short, up-to-date overview of the general perspective. The goal is to reveal the continued relevance of perennial philosophy during this time psychedelic renaissance, when many are seeking ways to interpret their experiences, inside an engaging narrative free of philosophical shop talk.

The result is a demonstration of how perennial philosophy applies to all who are interested in self-realization. This book will appeal for the millions today who are involved with mindfulness meditation, hatha yoga, Transcendental Meditation, Tibetan Buddhism, Kabbalah, Zen, Sufism, Shamanic drumming, Christian Centering Prayer, or their own DIY approaches to spiritual awakening.

Dana Sawyer is professor emeritus of philosophy and world religions at Maine College of Art & Design in Portland.



JULY 2024



THE WILD MOTHER

A Novel

30th Anniversary Edition

Elizabeth Cunningham

\$24.99 US

Paperback 978-1-958972-02-1

6x9/406 pages

eBook available

Enter the world of *The Wild Mother*—modern fairytale, bold biblical midrash, filled with the psychological depth and imaginative originality for which the author of *The Maeve Chronicles* is known. Elizabeth Cunningham's classic feminist novel is as fresh and timeless today as when it was first released in 1993 to critical acclaim.

Adam Underwood and Eva Brooke appear to be made for each other. Both are single parents. Both are academics—he a dazzling, enigmatic professor of alchemy, she a humble but dedicated professor of fairytales. Adam's children, Ionia and Fred, share a latchkey after school with Eva's precocious son, Jason. So why don't Adam and Eva marry and live happily ever after?

Eva can't help wondering. Pathologically polite, she cannot bring herself to ask personal questions. She struggles not to find it strange that Adam has never so much as mentioned his children's absent mother. Nor has Adam's own mother-cum-housekeeper, the feisty, outspoken Ursula, ever uttered her name. Yet Eva glimpses the missing woman in ten-year-old Ionia's haunted—and haunting—purple eyes and in her drawings of a woman dancing on the crest of a hill, wild black hair spread out against the sky....

Then one night, she returns: Lilith, the wild mother. The precarious status quo that Eva, Adam, and their families have achieved is shattered and their world is turned inside out or, more precisely, outside in.

As wildness breaks into their lives, Adam, obsessed with control, attempts to seal them all in a deadly trap. Now a crucial challenge confronts each one of them: Will these very human beings embrace their own wildness, risking all they value and understand? Or will they deny the freedom essential to Lilith's nature—and their own.

Widely known for *The Maeve Chronicles*, including *The Passion of Mary Magdalen*, Elizabeth Cunningham is the author of numerous other novels.

COMPASSION AS REMEDY IN TIBETAN MEDICINE

Healing Through Limitless
Compassion

*Dr. Jampa Yonten
with Kyle Weaner*

\$18.99 US

Paperback 978-1-948626-92-7

5.5x8.5/182 pages

eBook available

This translation of an ancient Tibetan Buddhist text helps readers grasp the essence of healing and teaches healthcare practitioners how to develop limitless compassion, an essential quality—as our current healthcare system makes starkly clear.

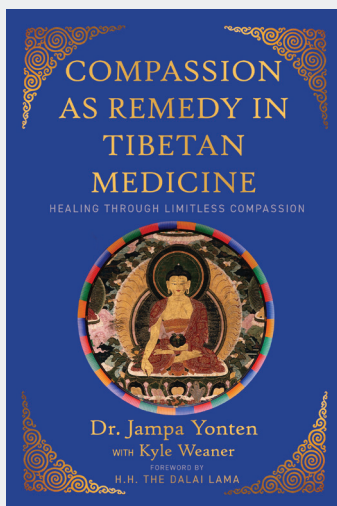
Compassion as Remedy is a quietly revolutionary book about healthcare, ethics, and spiritual practice delivered as a commentary on a 2,500-year-old Tibetan text—the *rGyud-bZhi* (*The Four Tantras*), the treatise for Traditional Tibetan Medicine. This book translates and explains the *rGyud-bZhi*'s “The Physician Chapter.”

While many books have been written about other ancient holistic modalities such as Ayurveda and Traditional Chinese Medicine, there are few on Traditional Tibetan Medicine. *Compassion as Remedy* is an integration of medicine and spiritual practice, which is central to holistic healing, and provides guidelines for ethical practice and developing wisdom and compassion.

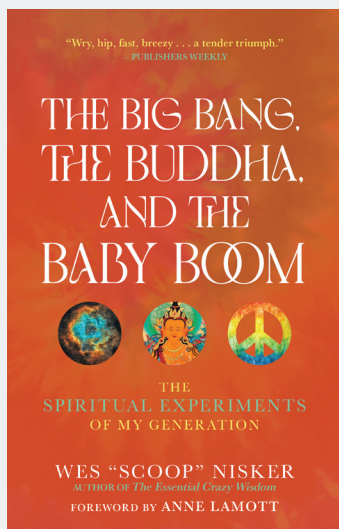
Dr. Yonten includes examples from clinical practice, multicultural perspectives, and current neuroscience, providing readers with a rare view of compassion as remedy. In the words of His Holiness the Fourteenth Dalai Lama, “The ideal physician is one who combines sound medical understanding with compassion and wisdom.”

Dr Jampa Yonten is the medical director of Tibetan Healing and Wellness Center in Bangalore, India. He studied at Chagpori Tibetan Medical Institute, in Darjeeling, India, under Dr. Trogawa Rinpoche; received the Medicine Buddha empowerment from many renowned Rinpoches, including His Holiness the Fourteenth Dalai Lama.

Kyle Weaner (Tenzin Samdrup) is a Tibetan medical practitioner, massage therapist, and yoga teacher.



MAY 2023



THE BIG BANG, THE BUDDHA, AND THE BABY BOOM

The Spiritual Experiments of My Generation

Wes "Scoop" Nisker
Foreword by Anne Lamott

\$16.99 US
Paperback 978-1-948626-90-3
5.25x8/228 pages
eBook available

The iconic newscaster and Buddhist teacher chronicles the 1960s and '70s in India, the Bay Area, and beyond

Join Wes "Scoop" Nisker on a wild ride between West and East on his quest for true self and enlightenment. Combining personal memoir and social commentary, Nisker

illuminates modern America's spiritual hunger and chronicles the formation of today's mindfulness movement. His journey begins in Nebraska as the son of Polish Jewish immigrants and the only young man in his small town to be Bar Mitzvah'ed and continues through the Bay Area's heyday—including the Beat and hippie movements, as seen from his vantage point as a high-profile newscaster—to the birth of the environmental movement and the social and spiritual blossoming of Western culture.

"Wry, hip, fast, breezy . . . a tender triumph."—*Publishers Weekly*

"[Nisker] delivers Zen zingers with Borscht Belt timing."—*New York Times*

"Nisker adds wit and wisdom ... a free-associative blend of vivid memoir and smart, spiky interpretation."—*Booklist*

Born in 1942, Wes "Scoop" Nisker was an acclaimed author, broadcast journalist, and renowned Buddhist meditation teacher. His broadcasting career began in the late 1960s at San Francisco's original free-form radio station KSAN, where his popular, unconventional radio features included this traffic report: "People are driving to work to earn the money to pay for the cars they're driving to work in." In the 1970s he worked at KFOG, where he coined the catchphrase, "If you don't like the news, go out and make some of your own." He was nicknamed "Scoop" by Abbie Hoffman while covering the Chicago Seven Trial. Nisker published five books, including the classic *The Essential Crazy Wisdom*, and was the founding coeditor of the international Theravada Buddhist journal *Inquiring Mind*.

THE RETURN OF THE GODDESS

A Divine Comedy

Elizabeth Cunningham

\$26.99 US

Paperback 978-1-948626-98-9

6x9/430 pages

eBook available

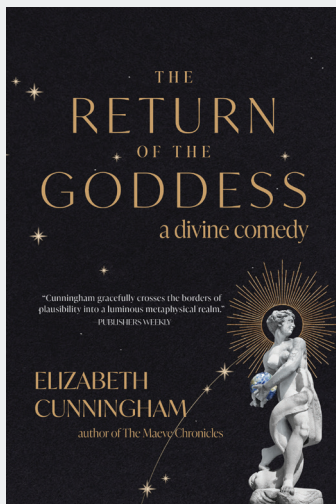
The Goddess is Returning!

She takes shape in the hands of an Episcopal priest's shy wife. She invades the dreams of a *grande dame* who finds women priests scandalous. She lures a poker-playing ex-convict onto unfamiliar terrain. Meanwhile, a mysterious old man in the wood waits for a sign of Her return.

Who is the Goddess? Where has She been for so long? And what does She want from the four human beings whose lives she turns upside-down? As Esther, Spencer, Marvin, and Fergus confront these questions, they forge friendships across boundaries of age, class, and race, meanwhile discovering—and recovering—powerful erotic passions. Their encounters lead them deeper into Blackwood, an old estate that shelters an imperiled grove of trees sacred to the Goddess, which becomes their mission to save.

The Return of the Goddess: A Divine Comedy marks Cunningham's first exploration of Christianity and the power of a divine feminine—forgotten, obscured, and suppressed by the Church—and takes the reader into the world of Cunningham's origins. Thirty-one years after its first publication, the book remains a classic in what has become a movement to reclaim the Goddess and embody Her return.

Elizabeth Cunningham is the descendant of generations of Episcopal priests. She grew up in a church rectory next door to an enchanted wood. Her religious background and numinous experience of nature continue to inform her work. Widely known for *The Maeve Chronicles*, including *The Passion of Mary Magdalen*, Cunningham is the author of numerous other novels. Her first nonfiction book, *My Life as a Prayer*, is forthcoming from Monkfish Book Publishing Company. She lives in the valley of the Mahicantuck (the river that flows both ways, a/k/a the Hudson) on land that was once home to the Lenape.



JUNE 2023



NOW IS THE HOUR OF HER RETURN

Poetry in Praise of the Divine Mother Kali

Clark Strand

Illustrated by Will Lytle

\$17.00 US / £12.99 UK

Paperback 978-1-948626-74-3

5x8/102 pages

eBook available

"A treasure of mystical poetry, these poems pulsate with truth."

—CAROLYN MYSS, AUTHOR OF *Intimate Conversations with the Divine*

In the early hours of June 16, 2011, Clark Strand witnessed a startling apparition of the Divine Feminine in the form of a young woman with an X of black electrical

tape over Her mouth. Strand removed the tape, and She began to speak of a coming age of chaos and collapse in which the world of humankind would be severely chastened so that Her world—the world of Nature—could be renewed. Overwhelmed by the presence of One so fully Other, Strand found that love was the only language that would suffice. Drawing inspiration from Song of Songs and the Bengali mystics Ramprasad and Sri Ramakrishna, he began a series of poems to Ma Kali, the Dark Goddess of India, the words to which often came from the Great Mother Herself.

CLARK STRAND is the former senior editor at *Tricycle: The Buddhist Review* and the author of several books on spirituality and religion, including *Seeds from a Birch Tree*, *Meditation Without Gurus*, *How to Believe in God*, *Waking the Buddha*, and *Waking Up to the Dark*. His writing has appeared in the *Wall Street Journal*, the *New York Times*, and the *Washington Post*. With his wife, Perdita Finn, Strand is also the author of *The Way of the Rose: The Radical Path of the Divine Feminine Hidden in the Rosary* and the cofounder of an international, non-sectarian rosary fellowship.

Illustrator **WILL LYTLE** grew up in the Catskill Mountains, where, after years as a hitchhiking, train-hopping vagabond, he returned to build a small house with wood from his family's lumber mill. An accomplished illustrator, mural artist, and the creator of the guerilla-style *Thorneater Comics* series, Lytle also illustrated Strand's *Waking Up to the Dark* and Strand and Finn's *The Way of the Rose*.

WAKING UP TO THE DARK

The Black Madonna's Gospel for an Age of Extinction and Collapse

Clark Strand

\$16.99 US / £12.99 UK

Paperback 978-1-948626-72-9

5.5x8.5/144 pages

eBook available

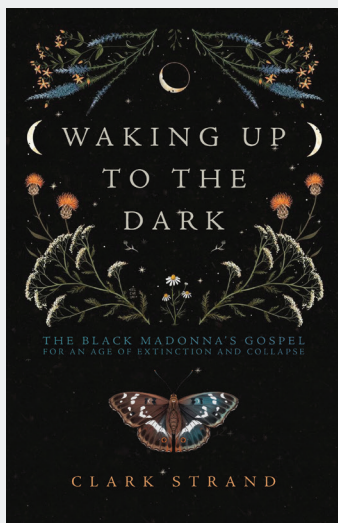
Hidden in the darkness is an ancient secret suppressed by every aspect of our light-drunk modern world—there is a Great Mother from the bottom of time who has always guided us through perils and calamities. Now is the hour of Her return.

"An exigent, affecting summons to rediscover the night." —KIRKUS REVIEWS

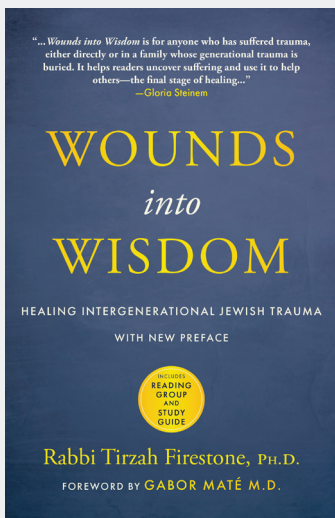
Is darkness synonymous with ignorance and evil? Or is it the original matrix from which all life emerges, and the Mother to whom it returns? Increasingly high levels of artificial illumination have suppressed our contact with the numinous since the Industrial Revolution, with dire consequences for society, our planetary ecology, and our souls. In *Waking Up to the Dark*, Clark Strand weaves together paleobiology, memoir, history, science, and spiritual archaeology to lead readers back into the lost mysteries of the dark and diagnoses with urgency and cultural coherence the problems at the heart of modern life.

Strand offers penetrating insight into the spiritual enrichment that can be found when we pull the plug on our billion-watt culture. He argues that the insomnia many of us experience as "the Hour of the Wolf" is really "the Hour of God"—a wellspring of rest and renewal, and an ancient reservoir of ancestral wisdom and inspiration. And in a surprising yet powerful turn, he shares an urgent message for the world, received through a mysterious apparition he calls Our Lady of Climate Change, about the challenges that are coming.

Clark Strand is the editor of the Haiku Challenge, a monthly haiku contest sponsored by *Tricycle: The Buddhist Review*, and the former senior editor of that magazine. His many books on spirituality and religion include *Seeds from a Birch Tree*, *Now is the Hour of Her Return*, and *The Way of the Rose*.



SEPTEMBER 2022



WOUNDS INTO WISDOM

Healing International Jewish Trauma: New Preface by Author, New Foreword by Gabor Maté, Reading Group and Study Guide

Tirzah Firestone, PhD

\$16.99 US / £12.99 UK

Paperback 978-1-948626-82-8

6x9/278 pages

eBook available

2020 NAUTILUS BOOK AWARD:
GOLD IN PSYCHOLOGY

FOREWORD REVIEW 2019 BOOK
OF THE YEAR AWARD FINALIST:
RELIGION AND SELF-HELP

Our past does not simply disappear. The painful history of our ancestors and their rich cultural wisdom intertwine within us to create the patterns of our future. Even when past trauma remains unspoken or has long been forgotten, it becomes part of us and our children—a legacy of both strength and woundedness that shapes our lives.

In this book, Tirzah Firestone brings to life the profound impact of protracted historical trauma through the compelling narratives of those whose lives were marred by racial persecution and displacement. The tragic story of Firestone's own family lays the groundwork for these revealing testimonies of recovery, forgiveness, and moral leadership. Throughout, Firestone interweaves their voices with neuroscientific and psychological findings, as well as relevant and inspiring Jewish teachings.

Seven principles emerge from these wise narratives—powerful prescriptive tools that speak to anyone dealing with the effects of past traumatic injury. At the broadest level, these principles are directives for staying morally awake in a world rife with terror.

"*Wounds into Wisdom* is for anyone who has suffered trauma, either directly or in a family whose generational trauma is buried." —GLORIA STEINEM

Rabbi Tirzah Firestone, Ph.D., is an author, Jungian psychotherapist, and leader in the international Jewish Renewal Movement. Her previous books include *With Roots in Heaven: One Woman's Passionate Journey into the Heart of Her Faith* and *The Receiving: Reclaiming Jewish Women's Wisdom*.

HANK HEALS

A Novel of Miracles

David Guy

\$16.99 US / £11.99 UK

Paperback 978-1-948626-76-7

5.5x8.5/250 pages

eBook available

A lighthearted comedy about the way a spiritual teacher tries to empower his followers, but they invest him with all the power.

Henry “Hank” Wilder, a divorced loner, is unsuccessfully trying to establish a new Zen center when he accidentally cures an ex-girlfriend’s recurring cancer with his touch and discovers—at least this is what people keep telling him—that he has healing powers.

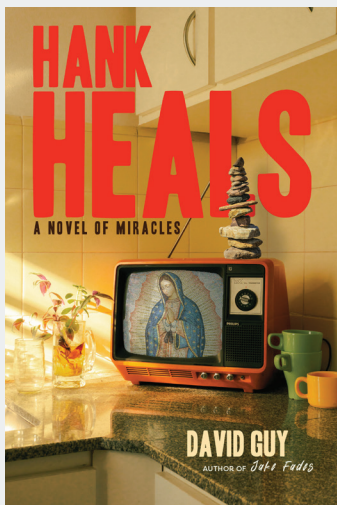
Suddenly the empty zendo is overcrowded with Zen students who also want to be touched and healed by Hank. At first he resists, but when he cures a local Mexican boy of a bad limp, his reputation takes off. A TV news story on Hank’s healings goes viral. The Latino community shows up, bearing food and icons of the Virgin of Guadalupe. Hank befriends a Catholic priest and falls in love again. When his life gets totally out of hand, he escapes to Mexico on a spiritual odyssey to find out who he really is.

“Reading *Hank Heals* gave me a fresh burst of hope and excitement about the true nature of our beings. It’s a rare piece of writing that does that.”
—PEGGY PAYNE, *Sister India*

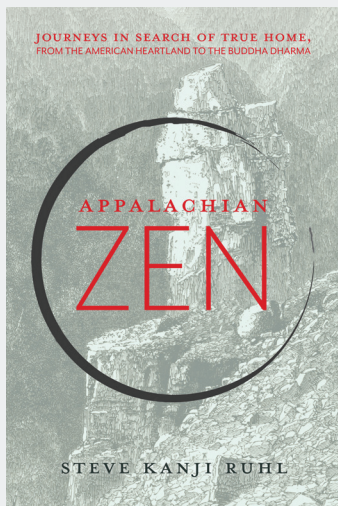
“...a terrific novel written by a deft and effortless storyteller who knows how to keep a yarn moving and immerse you in its characters.” —NORMAN FISCHER, *When You Greet Me I Bow*

“...brilliant, wise, moving, and funny. Like, really funny. ... Spiritual writing like this is rare.” —SHOZEN JACK HAUBNER, *Zen Confidential*

David Guy’s previous books include the novels *The Autobiography of My Body* and *Jake Fades*; *The Red Thread of Passion: Spirituality and the Paradox of Sex*, a work of nonfiction; and *Breath by Breath* and *Living in the Light of Death*, both cowritten with his meditation teacher, Larry Rosenberg. Having taught for many years at his alma mater, Duke University, Guy lives in North Carolina, dividing his time between Durham and Asheville.



OCTOBER 2022



APPALACHIAN ZEN

Journeys in Search of True Home, From the American Heartland to the Buddha Dharma

Steve Kanji Ruhl

\$21.99 US / £18.99 UK

Paperback 978-1-948626-80-4

6x9/356 pages

eBook available

This luminous memoir combines the hardscrabble setting of Appalachia with the spiritual wisdom of Shunryu Suzuki's classic *Zen Mind, Beginner's Mind*.

"Amazing and intense. A unique, entertaining, and valuable contribution to the Dharma literature, *Appalachian Zen* addresses a part

of the Western Dharma world that hasn't received much attention: class." —REV. SUMI LOUNDON KIM, AUTHOR OF *Blue Jean Buddha* and *Sitting Together*

Appalachian Zen describes a journey we all take, one that Buddhism calls "seeking our true home." Edgy, lyrical, and lovingly rendered, this book recounts how a kid from a Pennsylvania mill-town trailer park grew up—surrounded by backwoods farms and amid grief, violence, and passionate yearning—to become something improbable: a Buddhist minister teaching Zen. Author Steve Kanji Ruhl takes readers on an adventure of discovery, roving far from the Appalachian Mountains of central Pennsylvania on a footloose Zen pilgrimage to Japan and beyond.

Featuring vivid firsthand accounts of spiritual seeking and teaching in Japanese temples, as well as forays to Tokyo and Hiroshima, the alleys of Kyoto, Amish cornfields near the Susquehanna, and a monastery in the Catskills, *Appalachian Zen* includes robust historical sketches, rapt nature passages, and cultural references ranging from Proust to punk rock.

Steve Kanji Ruhl, an ordained Zen Buddhist minister, is the author of *Enlightened Contemporaries* and two volumes of poems, *The Constant Yes of Things* and *Paintings of Rice Cakes Satisfy Hunger*. He received his Master of Divinity degree from Harvard University and has been a speaker at Harvard's Center for World Religions, Yale Divinity School, the Omega Institute, and elsewhere. A Buddhist adviser at Yale University, he also teaches through his Touch the Earth cyber-sangha.

SINGING AND DANCING ARE THE VOICE OF THE LAW

A Commentary on Hakuin's
"Song of Zazen"

Bussho Lahn

Introduction by Tim Burkett

\$18.00 US / £15.00 UK

Paperback 978-1-948626-78-1

6x9/202 pages

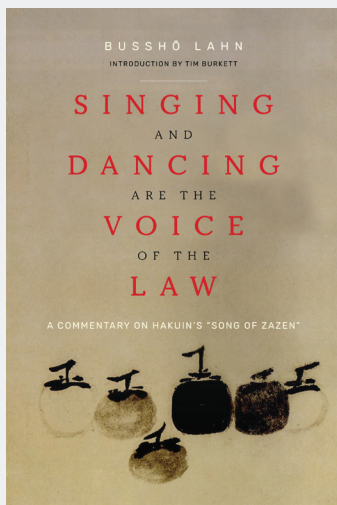
eBook available

Singing and Dancing Are the Voice of the Law introduces us to one of the great works of Zen literature, the Song of Zazen. Zen teacher Bussho Lahn illuminates Hakuin Ekaku's enigmatic poem in plain language, unpacking it and applying it to contemporary life. His book offers a wealth of information on the context and content of this 18th-century work, clearly evoking its themes of abiding wisdom, meditation, compassionate self-regard, and our own everyday life's potential to express deep spiritual truth.

Short stanza by short stanza, this exceptionally readable and deeply engaging book shows how the Song of Zazen's teachings and invitations are as applicable now as they were when it was written nearly three centuries ago. Lahn offers readers an intuitive and progressive path of exploration of their spiritual lives, regardless of their faith tradition.

"This is one of the best books on Zen and Zen practice that I have read in years. Bussho Lahn uses a well-known Zen song/poem to elucidate the key features of Zen meditation, practice, and life.... It brings the famous Zen master Hakuin Ekaku's teaching alive while also showing how relevant it is to Zen practice in the 21st century." —TIM BURKETT, AUTHOR OF *Nothing Holy About It* AND *Zen in the Age of Anxiety*

Bussho Lahn is a Zen teacher who leads the Flying Cloud Zen community and is a senior priest at Minnesota Zen Meditation Center. He is also a speaker, retreat leader, and spiritual director. Bussho sees the Zen tradition through a modern but reverent lens, believing that the heart of Zen is accessible to all who seek it. His work imbues secular psychological understanding with needed spirituality and traditional Buddhist material with needed freshness. Learn more about Bussho Lahn at flyingcloudzen.org.



NOVEMBER 2022

QUANTUM INTEGRATIVE MEDICINE



A NEW PARADIGM for
HEALTH, DISEASE PREVENTION,
and HEALING
AMIT GOSWAMI, PH.D. & VALENTINA R. ONISOR, M.D.

QUANTUM INTEGRATIVE MEDICINE

A New Paradigm for Health,
Disease Prevention, and Healing

Amit Goswami, PhD and
Valentina Onisor, MD

\$24.95 US / £20.95 UK
Paperback 978-1-948626-87-3
6x9/306 pages
eBook available

This guide to Integrative Medicine, based on quantum science, combines studies in consciousness with alternative systems of healing, such as Ayurveda and Chinese Traditional Medicine, to produce a new science of health that sees disease as a health disorder. Required reading for health pro-

fessionals and anyone looking for a deeper understanding of wellness.

Inspired by the Dalai Lama to apply the integrative ideas of quantum science to practical everyday problems in people's lives, famed physicist Amit Goswami began working in 1999 in the field of health and healing. His first task was to use the then-new quantum metaphysics to provide a basic science for the systems of alternative medicine and thus begin a tentative integrative medicine. This was accomplished in *The Quantum Doctor*, published in 2004.

But what was still lacking was a unified theory of health leading to a new science of health that would treat disease as a health disorder. Much more expertise in specifics was needed for such a project. In 2016, Goswami partnered with Valentina Onisor, MD, who has trained in both allopathic and several systems of alternative medicine as well, including Ayurveda, yoga, naturopathy, aromatherapy, and homeopathy. This book is the culmination of their efforts to date. It is intended for both laypeople and health professionals.

Dr. Amit Goswami, PhD, is professor emeritus of physics at the University of Oregon, where he taught from 1968 to 1997. He is a renowned pioneer of the new paradigm of quantum science based on the primacy of consciousness.

Valentina R. Onisor, MD, is a practicing physician and pioneer in quantum integrative medicine, specializing in family medicine that integrates conventional medicines with various systems of alternative medicine (acupuncture, Ayurveda, naturopathy, homeopathy, and aromatherapy).

SEEDS FROM A BIRCH TREE

Writing Haiku and the Spiritual Journey: 25th Anniversary Edition

Clark Strand

\$16.95 US / £12.95 UK

Paperback 978-1-948626-85-9

5.5x8.5/200 pages

eBook available

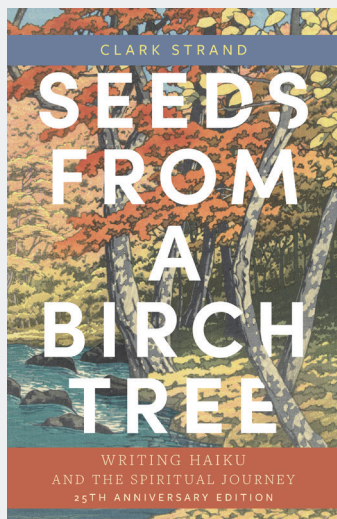
First published in 1997, *Seeds From a Birch Tree* introduced readers to the only form of poetry in all of world literature that makes nature into a spiritual path. Its message was simple: Haiku teaches us to return to nature by following the seasons—seventeen syllables at a time.

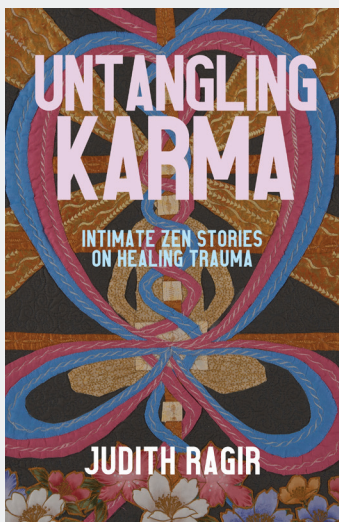
With its mix of poetry and memoir, fallen leaves and birdsong, *Seeds From a Birch Tree* awakens us to what Basho called “the life of each thing.” Simple instructions guide us to the possibilities for creativity and joy hidden in plain sight in the natural world around us, giving us hope and resilience in the face of life’s challenges.

This Revised & Expanded 25th Anniversary Edition includes the complete text of the original classic, plus dozens of new haiku and an Afterword by the author discussing haiku for the 21st century.

“A brilliant and engaging book on haiku, and on the state of the body and mind required in the million to one shot against producing a good one”
—JIM HARRISON

Clark Strand, an accomplished master of the haiku form, has been writing poetry for fifty years and teaching haiku for thirty. A former Vice President of the Haiku Society of America, in 1996 he created the world’s first online ku-kai group where poets could come together to share haiku written in English. Strand hosts a popular Haiku Challenge on Facebook, sponsored by *Tricycle: The Buddhist Review*, where poets from around the world are invited to submit haiku poems weekly on a set seasonal theme, the best of which are then announced on Facebook and published in *Tricycle*. Strand is the author of many books including *The Way of the Rose*, *Waking the Buddha*, and *Waking Up to the Dark*. His writings have appeared in *The New York Times*, *Wall Street Journal*, and *Washington Post*.





UNGLING 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.

"These short discourses by an old Zen priest facing his possible imminent death are relaxed and friendly in tone, but not really casual. They speak directly to the heart of human suffering, the confusion that comes from not understanding what is clearly available for us to feel directly and be liberated. It is a book I keep on my bedside table, at close hand when I need a dose of encouragement." —SYLVIA BOORSTEIN, CO-FOUNDING TEACHER, SPIRIT ROCK MEDITATION CENTER, AUTHOR OF *Happiness is an Inside Job*

"Life is amazing when we step out of our thoughts, our selves, and become the mystery alive to itself. With kindness and Zen directness, Yoshin opens the gate of simplicity and invites us to live here, awake, free." —JACK KORNFIELD, AUTHOR OF *No Time Like the Present*

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.

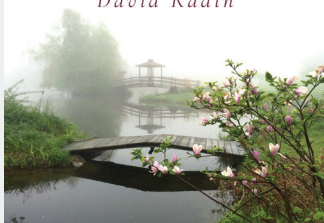
Yoshin David Radin is abbot and founder of the Ithaca Zen Center where he has taught for the past forty years. Yoshin began Zen practice in 1976 with Joshu Sasaki Roshi. He was ordained a monk in 1983 and an Osho in 1989. He leads regular sesshin at the Ithaca Zen Center as well as at Rinzei-ji Zen Center 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.

"These short discourses by an old Zen priest facing his possible imminent death speak directly to the heart of human suffering. It is a book I keep on my bedside table, at close hand when I need a dose of encouragement." —SYLVIA BOORSTEIN

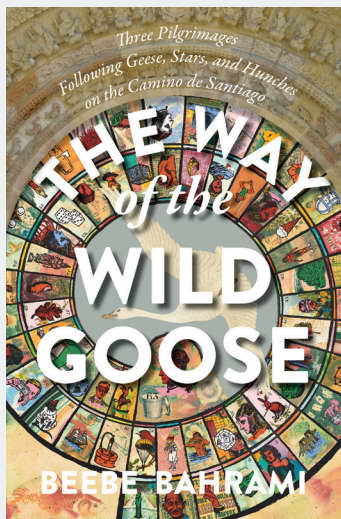
A Temporary Affair

TALKS ON AWAKENING AND ZEN

David Radin



AUGUST 2022



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.

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

Judaism Without Tribalism investigates Judaism at its best and sanest—stripping away outdated and harmful beliefs that have accrued over the centuries and returning to essential truths 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, a Judaism that is open and accessible to everyone.

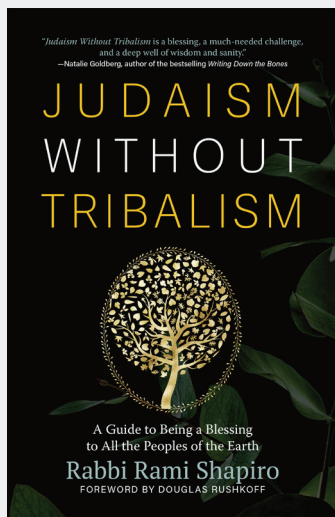
Written by one of the most respected and unconventional Jewish thinkers, this book is a manifesto; an invitation to completeness; a call for inner and outer spiritual revolution by being a light unto the nations and a blessing to all the peoples of the earth; and a deeply practical guide to living authentically, breath by breath and day by day.

"A compelling, progressive reorientation of an ancient faith." —Kirkus Reviews

"Shapiro's powerful manifesto is a timely and valuable roadmap for an age fraught with ideological division, hatred, and violence." —Spirituality & Health

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).

SEE RABBI RAMI'S OPEN SECRETS IN FEATURED BACKLIST



JUNE 2022



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.

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.

Fundamentals

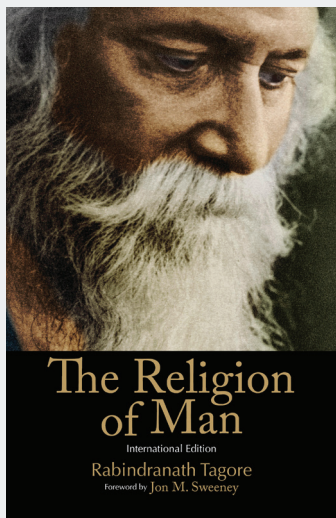
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process of*

SPIRITUAL PERFECTION

A PRACTICAL GUIDE

BAHRAM ELAHI, MD

APRIL 2022



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

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.

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 Brahma 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.

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?

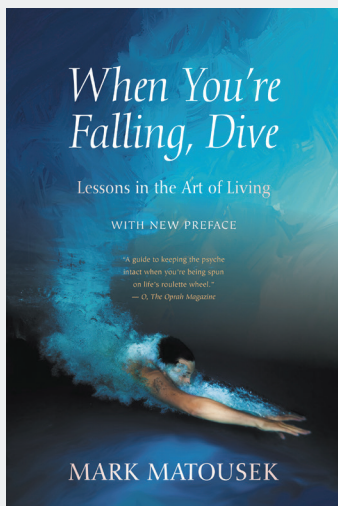
Author Mark Matousek examines this phenomenon by seeking advice from well-known survivors like Joan Didion and Isabel Allende and experts like Jon Kabat-Zinn to show how disasters can be used to awaken and transform us.

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.

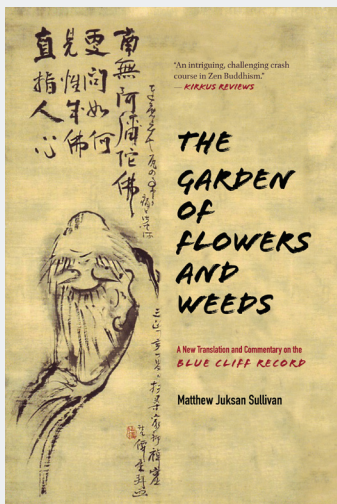
"Journalist and memoirist Matousek follows his 1996 memoir, *Sex Death Enlightenment*, with an exploration of viriditas, the phenomenon of drawing passion, beauty, and wisdom from unlikely sources. AIDS sets the stage for the author's inquiry into the resiliency some people display when faces with tragedy 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*.



MARCH 2022



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

TOP AWARD: International Book Awards | Religion: Eastern

GOLD: Nautilus Award

SILVER: Benjamin Franklin Award

BRONZE: Independent Book

Publisher's Award

BEST BOOKS OF 2021: *Spirituality and Practice Magazine*

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*

"A generation-defining rendering of one of the great Zen Buddhist scriptures." — *Spirituality and Practice*

"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*

"I highly recommend this book for anyone wanting to study the Zen koan literature" — BRAD WARNER, AUTHOR, *Hardcore Zen*

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.

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

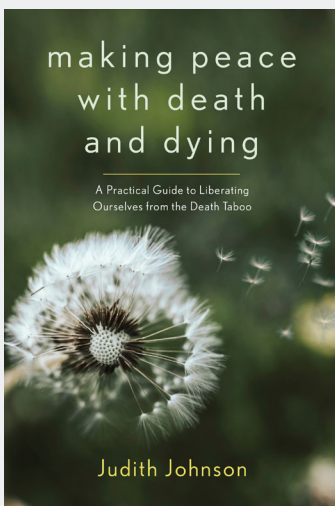
eBook available

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.

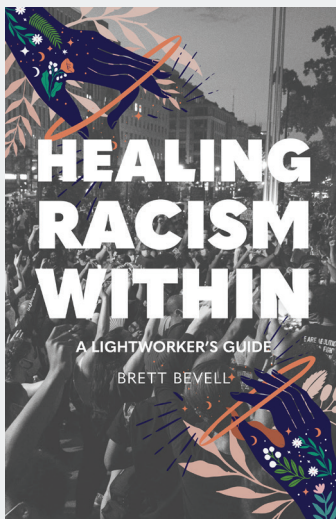
“Inspired by the death of her own mother, Judith Johnson reveals how the personal can touch the universal. With refreshing honesty, she exposes cultural taboos and helps us to examine limiting core beliefs and discover how to transform our relationship to death. Her book is at once practical, encouraging, 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.



JANUARY 2022



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 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

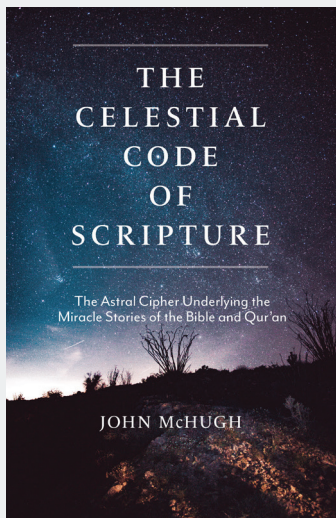
Reveals an ancient code embedded in the Mesopotamian belief system which conceptualized the astral sky as the "heavens," and its constellations and planets as deities inhabiting this divine realm

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.

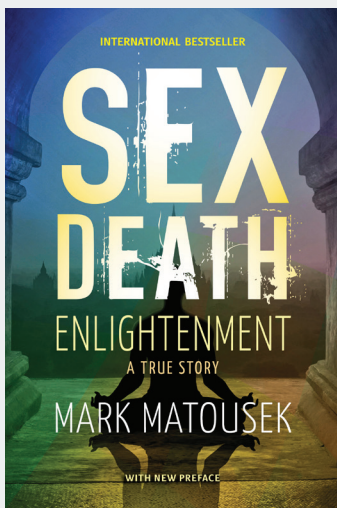
This code was embedded in the archaic Mesopotamian belief system that conceptualized the astral sky as the "heavens," and its constellations and planets as deities inhabiting this divine realm. Celestial tableaux were understood as historical scenes that had once taken place on earth. Mesopotamian astronomers 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



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*.

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

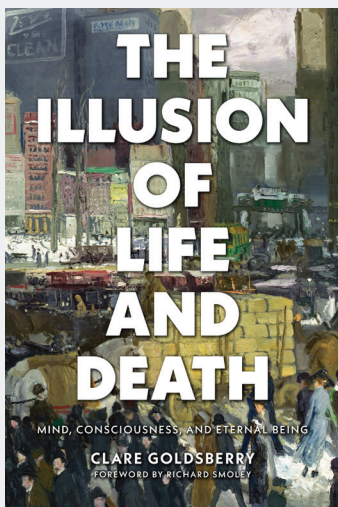
6x9/254 pages

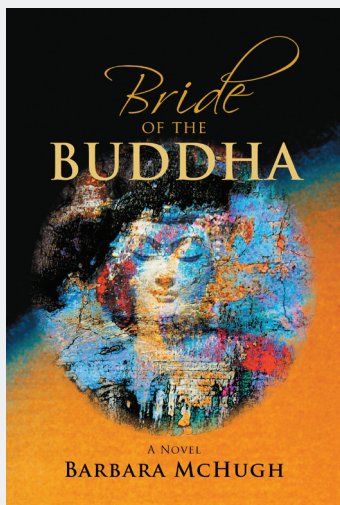
eBook available

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.





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.

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.”

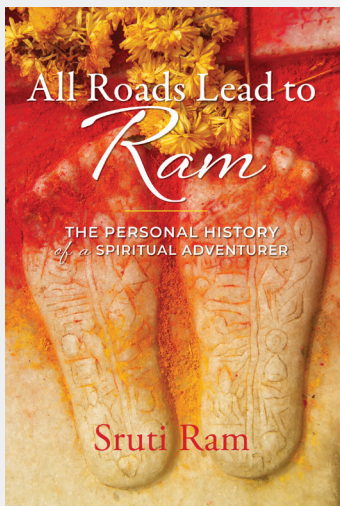
—RAM DASS

“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.



SMALL HAPPINESS & OTHER EPIPHANIES

Sparrow

\$15.95 US / £11.99 UK

Paperback 978-1-948626-29-3

5.5x8.5/188 pages

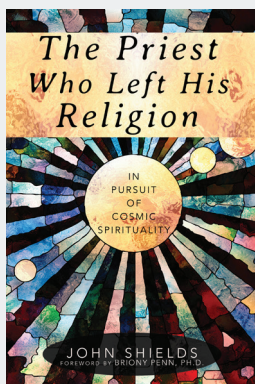
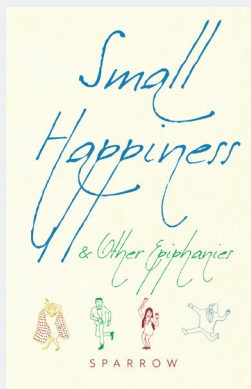
eBook available

"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.



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.

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

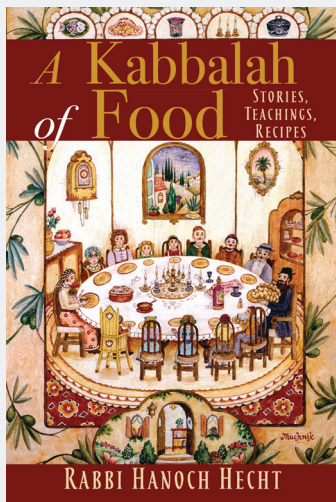
Inspiring, mystical, and often surprising Chassidic tales combine with teachings and favorite Jewish recipes to nourish body and soul.

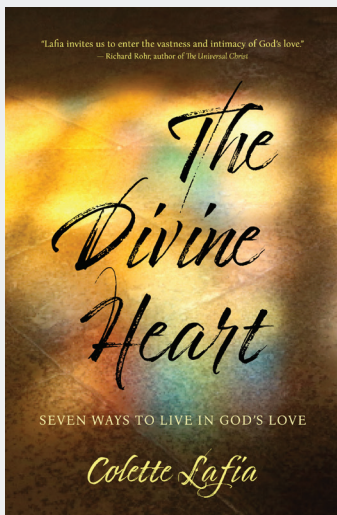
Stories and food have always been central to Jewish life, and in this book they are uniquely tied together. Thirty-nine Chassidic tales, revolving around food and eating and accompanied by spiritual teachings, delve into the mysteries of the Kabbalah, the joy of the Chassidim, and the power of religious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





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.

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."

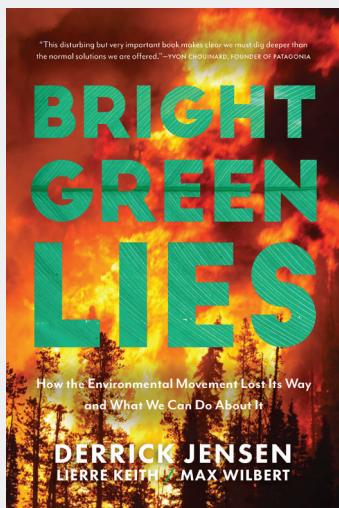
—YVON CHOUINARD, FOUNDER OF
PATAGONIA WORKS

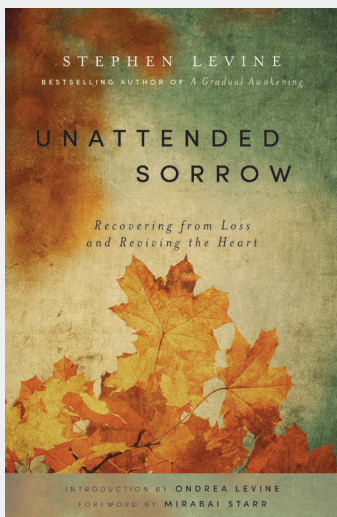
"*Bright Green Lies* exposes the hypocrisy and bankruptcy of leading environmental groups and their most prominent cheerleaders. The best-known environmentalists are not in the business of speaking truth, or even holding up rational solutions to blunt the impending ecocide, but instead indulge in a mendacious 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.





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.

RADICAL LOVING

One God, One World,
One People

Rabbi Wayne Dosick, Ph.D.

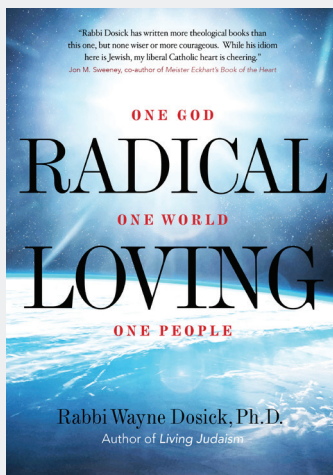
\$24.95 US / £18.99 UK

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*



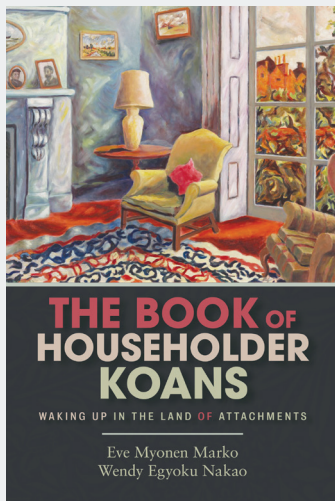
“Rabbi Wayne Dosick asks the oldest but most urgent questions... We need radical loving to make the crises we are living though now bearable.” —RODGER KAMENETZ, AUTHOR OF *The Jew in the Lotus*

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 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.

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

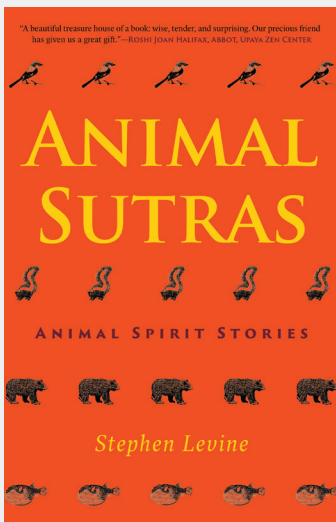
eBook available

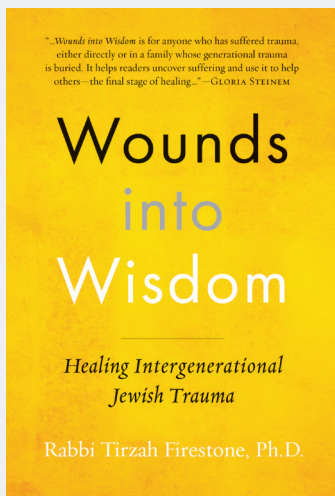
Animal Sutras was inspired by the Jataka Tales, an ancient collection of Indian myths and fables depicting early incarnations of the Buddha, and was written to move readers toward giving oneself for the benefit of the greater community. For Stephen Levine, “animal-people” were his greatest teachers. 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 Ondrea 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 Ondrea spent many years in the mountains of New Mexico, where Ondrea still lives today.





ADAM KADMON BOOKS

WOUNDS INTO WISDOM

Healing Intergenerational Jewish Trauma

Rabbi Tirzah 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*

Tirzah 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 SHAMAN'S MIND

Huna Wisdom to Change Your Life

Jonathan Hammond

\$16.95 US / £12.99 UK

Paperback 978-1-948626-21-7

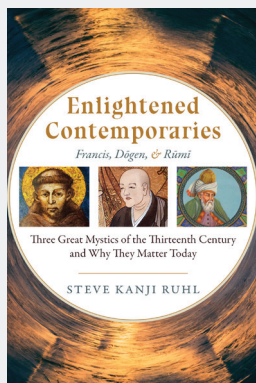
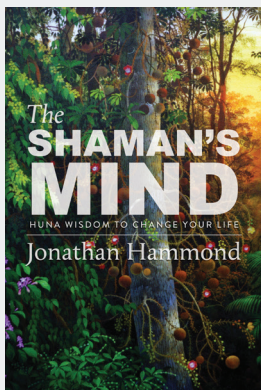
6x9/240 pages

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

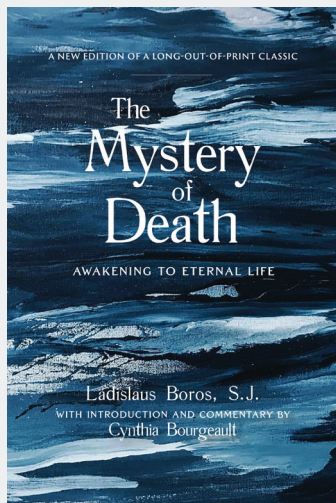
Paperback 978-1-948626-13-2

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 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*.

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!

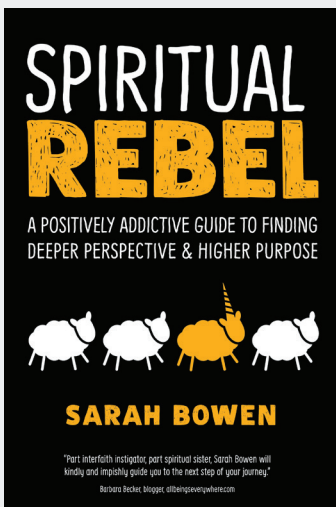
“A must-read for anyone seeking to find or deepen their spiritual path.”
—FRANCESCO MASTALIA, *Yoga: The Secret Life*

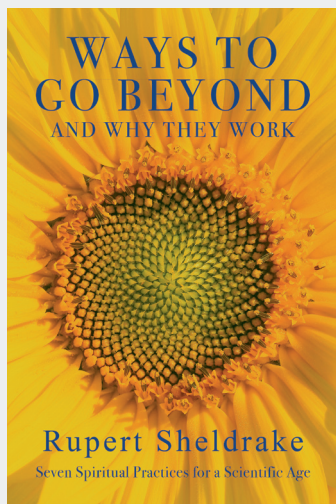
“I highly recommend this for anyone who is exploring new avenues for their spiritual discoveries.”—DR. STEVEN FARMER, AUTHOR OF *Animal Spirit Guides* AND OTHER BOOKS

“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 Connect International, and several recovery communities, she seeks to help others connect with the higher power of their own understanding.





WAYS TO GO BEYOND AND WHY THEY WORK

Seven Spiritual Practices for a Scientific Age

Rupert Sheldrake

\$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 connect- edness, a realm where we finally find life's meaning.

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Rupert Sheldrake is a biologist and the author of more than ninety techni- cal 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

OPEN SECRETS

The Letters of Reb Yerachmiel
ben Yisrael

Rami M. Shapiro

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5.5x8.5/128 pages

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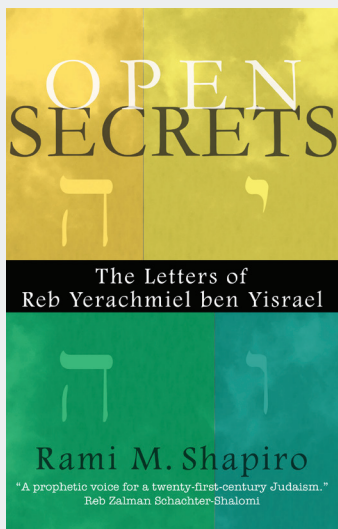
“ . . . a rare jewel, a powerhouse of spiritual wisdom that you can read and reread.” —JOAN BORYSENKO, PH.D. AUTHOR OF *A Woman’s Journey to God* AND *Seven Paths to God*

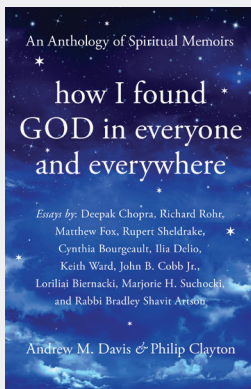
The fictional East European Hasidic Master Reb Yerachmeil writes to his hasid Herschel who has moved to America, in response to his student’s perennial questions about God, what it means to be Jewish, whether all religions are true, about death, the soul, good deeds, intermarriage and more. The rebbe writes, “My Judaism seeks only the heart of the teaching and the essence of the practice and leaves the details to others.” At the urging of his own rebbe, Shapiro, through these letters, creates a “. . . a Judaism for people who wish to learn from it as they do from Buddhism or Sufism, a Judaism for everyone.”

“*[Open Secrets]* invites us into the most intimate of settings, the whispered wisdom passed from an authentic Hasidic master to his student. It radiates warmth, passion for the divine, and earthy confidence in sacredness. A treasure for the spiritual seeker of any tradition.” —JUDITH SIMMER-BROWN, NAROPA UNIVERSITY, AUTHOR OF *Dakini’s Warm Breath*

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Rabbi Rami M. Shapiro is regarded as one of the most creative voices in contemporary American Judaism. He is an award-winning poet and essayist, and his liturgies are used in prayer services throughout North America. His previous books include *Minyan: 10 Principles for Living a Life of Integrity* and *The Way of Solomon: Finding Joy and Contentment in the Wisdom of Ecclesiastes*.





HOW I FOUND GOD IN EVERYONE AND EVERYWHERE

An Anthology of Spiritual Memoirs

Andrew M. Davis & Philip Clayton

\$16.95 US /£12.99 UK

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., Lorilial Biernacki, Marjorie H. Suchocki, and Rabbi Bradley Shavit Artson.**

Ward, John B. Cobb Jr., Lorilial 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

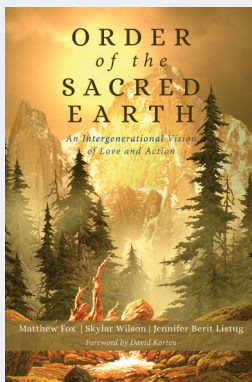
eBook available

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 languages.

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

AGING WITH WISDOM

Reflections, Stories & Teachings

Olivia Ames Hoblitzelle

\$16.95 US / £14.50 UK

Paperback 978-1-939681-72-0

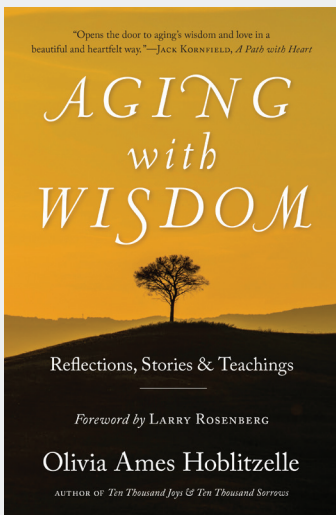
5.5x8.5/224 pages

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.



THE PASSION OF MARY MAGDALEN

A Novel

Elizabeth Cunningham

\$16.95 US / £12.99 UK

Paperback 978-0-976684-33-6

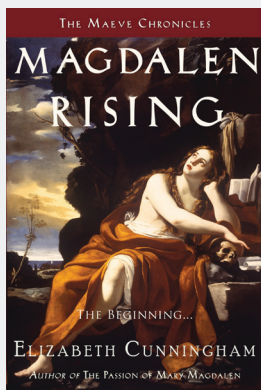
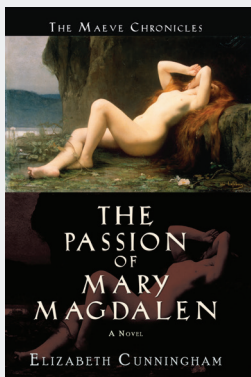
6x9/640 pages

Hardcover/eBook available

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

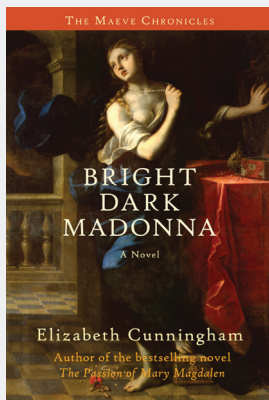
Paperback 978-0-976684-33-6

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*

RED-ROBED PRIESTESS

Elizabeth Cunningham

\$16.95 US / £13.99 UK

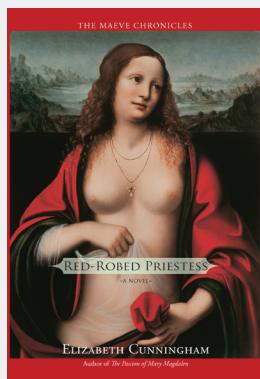
Paperback 978-1-939681-56-0

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, returns 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

eBook available

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

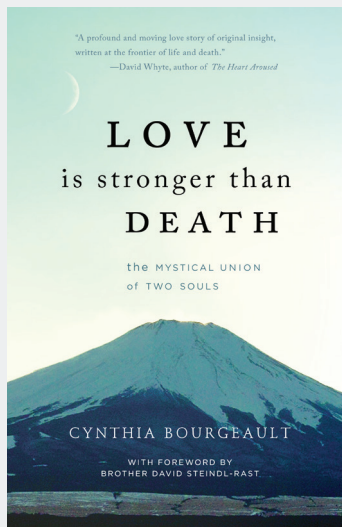
eBook available

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

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*.

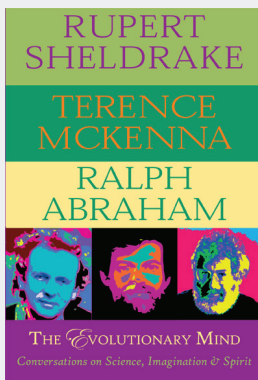
Rupert Sheldrake is a celebrated biologist and the author of many books. His book *Science Set Free* won the Book of the Year Award of the British Scientific and Medical Network.



Exploring the Realm
Where Science and Spirit Meet

THE PHYSICS OF ANGELS

Matthew Fox · Rupert Sheldrake



THE EVOLUTIONARY MIND

Conversations on Science, Imagination and Spirit

Rupert Sheldrake, Terence McKenna, and
Ralph Abraham

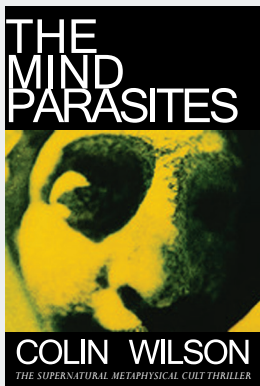
\$18.95 US / £14.99 UK

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

\$16.95 US / £12.95 UK

Paperback 978-0-974935-99-7

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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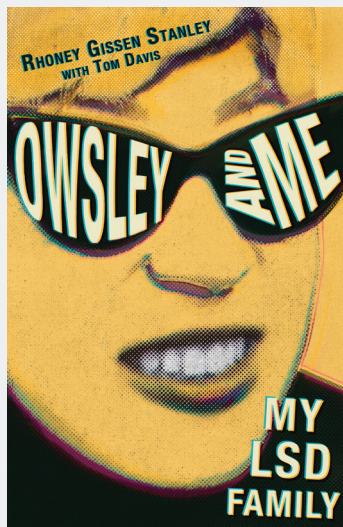
6.8x9.7/120 pages

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

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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

Paperback 978-0-983358-92-3

5.5x8.5/240 pages

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ESSENTIAL RESOURCE

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NEW MEXICO-ARIZONA BOOK AWARD

Religious Book 2013

STARRED REVIEW FROM PUBLISHER'S WEEKLY

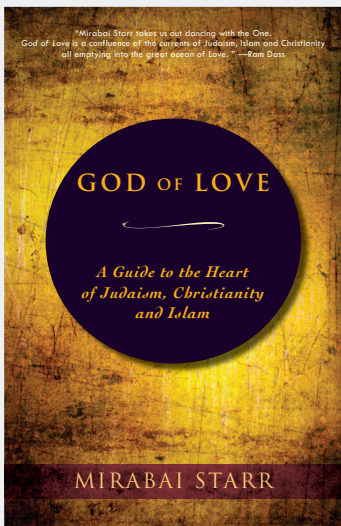
"[God of Love] plaits a strong braid from
the essences of Judaism, Christianity, and
Islam: God is love."

"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*

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.



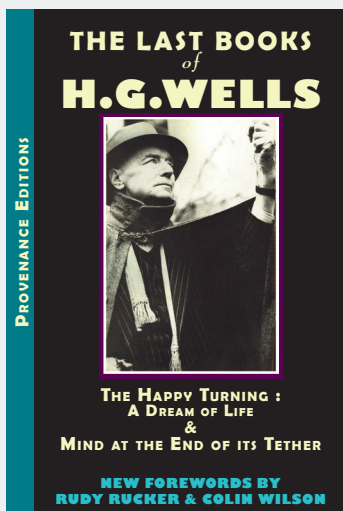
BEST SPIRITUAL BOOKS OF 2012

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
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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

Paperback 978-0-976684-31-2

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.

SOUL TO SOUL

Poems, Prayers and Stories to
End a Yoga Class

Compiled and Edited by *John Mundahl*

\$16.95 US / £13.99 UK

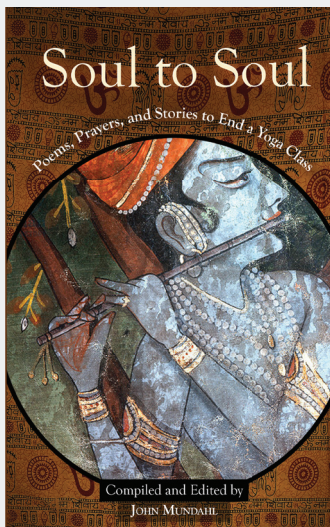
Paperback 978-1-939681-42-3

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*.



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