

Stumbling Toward Enlightenment Geri Larkin

*Gardens have often been used as metaphors for spiritual nurturing and growth. Zen rock gardens, monastery rose gardens, even your grandmother's vegetable garden all have been described as places of refuge and reflection. Drawing on her experience working at Seattle's premier gardening center, Zen teacher Geri Larkin shows how the act of gardening can help you uncover your inner creativity, enthusiasm, vigilance, and joy. As your garden grows, so will your spirit. Larkin takes you through the steps of planning, planting, nurturing, and maintaining a garden while offering funny stories and inspiring lessons on what plants can teach us about our lives. As soothing as a bowl of homemade vegetable soup, *Plant Seed, Pull Weed* will entertain, charm, and inspire you to get your hands dirty and dig deep to cultivate your inner self.*

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*Igniting a long-overdue dialogue about how the legacy of racial injustice and white supremacy plays out in society at large and Buddhist communities in particular, this urgent call to action outlines a new dharma that takes into account the ways that racism and privilege prevent our collective awakening. The authors traveled around the country to spark an open conversation that brings together the Black prophetic tradition and the wisdom of the Dharma. Bridging the world of spirit and activism, they urge a compassionate response to the systemic, state-sanctioned violence and oppression that has persisted against black people since the slave era. With national attention focused on the recent killings of unarmed black citizens and the response of the Black-centered liberation groups such as Black Lives Matter, *Radical Dharma* demonstrates how social transformation and personal, spiritual liberation must be articulated and inextricably linked. Rev. angel Kyodo williams, Lama Rod Owens, and Jasmine Syedullah represent a new voice in American Buddhism. Offering their own histories and experiences as illustrations of the types of challenges facing dharma practitioners and teachers who are different from those of the past five decades, they ask how teachings that transcend color, class, and caste are hindered by discrimination and the dynamics of power, shame, and ignorance. Their illuminating argument goes beyond a demand for the equality and inclusion of diverse populations to advancing a new dharma that deconstructs rather than amplifies systems of suffering and prepares us to weigh the shortcomings not only of our own minds but also of our communities. They forge a path toward reconciliation and self-liberation that rests on radical honesty, a common ground where we can drop our need for perfection and propriety and speak as souls. In a society where profit rules, people's value is determined by the color of their skin, and many voices—including queer voices—are silenced, *Radical Dharma* recasts the concepts of engaged spirituality, social transformation, inclusiveness, and healing.*

*Become a calmer and happier mother with *Buddhism for Mothers*. 'This is an excellent, practical guide to everyday Buddhism not just for mothers, but for everyone who has ever had a mother.' Vicki Mackenzie, author of the bestselling *Why Buddhism Parenthood* can be a time of great inner turmoil for a woman yet parenting books invariably focus on nurturing children rather than the mothers who struggle to raise them. This book is different. It is a book for mothers. *Buddhism for Mothers* explores the potential to be with your children in the all-important present moment; to gain the most joy out of being with them. How can this be done calmly and with a minimum of anger, worry and negative thinking? How can mothers negotiate the changed conditions of their relationships with partners, family and even with friends? Using Buddhist practices, Sarah Naphthali offers ways of coping with the day-to-day challenges of motherhood. Ways that also allow space for the deeper reflections about who we are and what makes us happy. By acknowledging the sorrows as well as the joys of mothering *Buddhism for Mothers* can help you shift your perspective so that your mind actually helps you through your day rather than dragging you down. This is Buddhism at its most accessible, applied to the daily realities of ordinary parents. Even if exploring Buddhism at this busy stage of your life is not where you thought you'd be, it's well worthwhile reading this book. It can make a difference.*

Lessons on Mindfulness in Medicine

Tasty Morsels of Wisdom from Great Minds East & West

Reflections on the Seven Factors of Enlightenment

The True Story of One Man's Exile from a Polygamist Cult and His Brave Journey to Reclaim His Life

Transcendence

Dharma Drum

Healing and Transformation Through Transcendental Meditation

"My life was the result of my crazy childhood." With these words began an extraordinary correspondence, between Roy Tester, a double-murderer serving a life sentence in the notorious Arkansas prison, Tucker Maximum Security Prison, and Doug Carnine, a meditation teacher and lay Buddhist minister on the other side of the country. In the letters that followed -- more than 700 over seven years -- these two men, along with three other prisoners at Tucker Max, developed a profound spiritual partnership that changed all of their lives. *Saint Badass: Personal Transcendence in Tucker Max Hell* tells the inspiring story of these unlikely friends in their own words, and follows their journey as they rediscover their humanity in one of the most inhuman places on Earth. *Buddhist Synopsis: Saint Badass: Personal Transcendence in Tucker Max Hell* is a memoir about bringing heaven down to hell. Drawing on an exchange of letters, Doug Carnine tells the story of his partnership with three murderers and an alleged rapist, about Buddhism and its practices of mindfulness and kindness, and how by adopting these practices, the prisoners transformed their lives. All four prisoners were housed in Tucker, Arkansas, at the notorious maximum-security prison featured in the Robert Redford movie *Brubaker*. In their letters, to Carnine, and sometimes to one another, the prisoners describe their unrelentingly abusive childhoods, their lives of violence and crime, their eventual submission to prison life, and their growing commitments to meditation and kindness. A suspenseful and moving drama unfolds as these prisoners join in partnership and experience glimpses of internal freedom. Each prisoner faces new crises in prison, including disabling illness, a brain tumor, a prison gang attack, family betrayal, medical abuse and harsh punishments for mild offenses. Yet through mindfulness and the blessings of kindness, each prisoner in his own way overcomes his crisis. The destructive forces of prison and the horror of the men's upbringings provide a dramatic contrast to their

incongruously continuous acts of kindness and growing concern for the well-being of others. The journey chronicled in this book calls into question stereotypes about marginalized members of society and inspires hope for change. This story is about transformation -- that of the prisoners, and of the author, as he shares personal difficulties and learns from the courage and commitment of his prison friends. View the book trailer here: https://youtu.be/TDUK_xepme4

The Dhammapada is much loved by Buddhist practitioners as a simple and straightforward rendition of some of Buddha's core teachings, and is read daily by thousands of people. While there are many translations available, few have an inclusive – and lyrical – sensibility. In studying various versions of this sacred text, Larkin noted many discrepancies and embarked upon an entirely original translation. Each instalment gets tested at the Still Point Zen Buddhist Temple in Detroit, a remarkable Zen centre in the heart of one of the roughest neighbourhoods in the country. This small gift hardcover will have the appeal of the Thomas Byrom/Ram Dass edition, but will be made even more accessible with each chapter's introduction containing a powerful contemporary anecdote from the Still Point Temple community. This 'Downtown Dhammapada' will appeal not only to Buddhists, but to those who also appreciate beautifully rendered sacred texts as simply good reading.

After the bliss and emptiness we might be lucky enough to experience along our spiritual path, what's left are the karmic knots of conditioning that still need to be undone if we are going to be of any genuine help to anybody. Untying them is the work of spiritual warriors: that is, all of us. The seven factors of enlightenment are a means to loosen these knots, all the while keeping us upright in our efforts. The seven factors include mindfulness, investigation of phenomena, energetic effort, ease, joy, concentration, and equanimity. In *Close to the Ground*, longtime Buddhist teacher Geri Larkin tells stories from her own life to illuminate some of the gifts that these factors bring. Because she refuses to be anything special, Larkin's stories are all of our stories—her humor, all of our humor, her heartbreaks, all of our heartbreaks. In reading this book, you may discover that you have many more tools that can help with this work of life and death than you thought.

Explains what Zen is and how it came to America, how to practice Zen and incorporate it into daily living, and the Zen approach to the world.

A Simple Guide to Meditation for Busy Skeptics and Modern Soul Seekers

The Life and Heart of Chan Practice

The Novice

Zen, Tibetan, and Soka Gakkai Buddhism and the Quest for Enlightenment in America

The True Dharma Eye

Acid Dreams

Living the Buddha's Essential Teachings

Unfortunately, on occasions too frequent and destructive to enumerate, the teachings of Christ have been either ignored or distorted by the very people calling themselves Christian. Whether directed towards social intolerance or attitudes of warlike aggression, these right-wing citizens have claimed a power of influence that far exceeds their numbers. *Blessed Are the Peacemakers* collects the sayings of Jesus, selected by Wendell Berry, who contributes an essay of introduction. This is a book of inspiration and prayerful compassion, a ringing call to action at a time when our country and the world it once led stand at a dangerous crossroads.

"Perhaps our real work, whether offering or seeking care, is to recognize that the healing relationship--the field upon which patient and practitioner meet--is, to use the words of the mythologist Joseph Campbell, a 'self-mirroring mystery'--the embodiment of a singular human activity that raises essential questions about self, other, and what it means to heal thy self." --Saki Santorelli Today we are experiencing extraordinary technological advances in the diagnosis and treatment of illness while at the same time learning to take more responsibility for our own health and well-being. In this book, Saki Santorelli, director of the nationally acclaimed Stress Reduction Clinic, explores the ancient roots of medicine, and shows us how to introduce mindfulness into the crucible of the healing relationship, so that both patients and caregivers begin to acknowledge that we are all wounded and we are all whole. His approach revolutionizes the dynamics of the patient/practitioner relationship. In describing the classes at the clinic and the transformation that takes place in this alchemical process, he offers insights and effective methods for cultivating mindfulness in our everyday lives. As he reveals the inner landscape of his own life as a health care professional and we join him and those with whom he works on this journey of human suffering and courage, we become aware of and honor what is darkest and brightest within each one of us.

"A guide to approaching creative writing as a sacred art, including writing exercises, prompts, and strategies inspired by diverse spiritual traditions and practices"--Provided by publisher.

A healing resource that blends practical plant-based knowledge with spiritual reconnection to show how respect for and communion with our natural world guides us toward healing. Combining Vanessa's story of her own healing journey with practical plant-based knowledge, *Awakening Artemis* is rooted in the belief that healing happens through reclaiming an intuitive connection to ourselves, to the natural world, and to our own "inner wild." Having experienced a series of physical traumas growing up--including chronic asthma, a car accident that fractured her back and neck, and sexual trauma--Vanessa pursued various approaches to therapeutic movement from martial arts to yogic practices and

explored traditions honoring the mind-body connection while forging a path to recovery. Twenty years now into her journey to reconcile her daily routines with her yearning for greater purpose and connection, Vanessa shares the eclectic mix of elements that have brought her deeper self-awareness, a richer understanding of her place in the world, and the confidence and clear boundaries to truly connect with her loved ones. Organized into five sections that move from the present moment to the forest edge, and into the healing darkness, each chapter focuses on a single plant: on their power to connect us to our bodies and our environment. Using storytelling from her own life, Vanessa connects the plants' power and characteristics to issues we all grapple to heal from and even to understand--from the alienating consequences of cultural appropriation to the intersection between a forest's mycelial network and the neural pathways of our brains. For those seeking to recognize the power and omnipresence of the natural world--from the mugwort sprouting in the city sidewalk to the majesty of a three-thousand-year-old yew in rural Scotland--and harness that to push into new realms of self-discovery, *Awakening Artemis* is an intimate, unforgettable resource capturing one woman's journey to heal her traumas that opens up a world of potential growth and healing for us all.

The Essential Teachings of Zen Master Hakuin

Inspiration for an Authentic Life

Radical Dharma

Stumbling Toward Enlightenment

The Mindful Path through Worry and Rumination

Zen Soup

First You Shave Your Head

A fiery and intensely dynamic Zen teacher and artist, Hakuin (1685–1768) is credited with almost single-handedly revitalizing Japanese Zen after three hundred years of decline. As a teacher, he placed special emphasis on koan practice, inventing many new koans himself, including the famous "What is the sound of one hand clapping?" As an artist, Hakuin used calligraphy and painting to create "visual Dharma"—teachings that powerfully express the nature of enlightenment. The text translated here offers an excellent introduction to the work of this extraordinary teacher. Hakuin sets forth his vision of authentic Zen teaching and practice, condemning his contemporaries, whom he held responsible for the decline of Zen, and exhorting his students to dedicate themselves to "breaking through the Zen barrier." Included are reproductions of several of Hakuin's finest calligraphies and paintings.

Master entrepreneur, original hip-hop mogul, and New York Times bestselling author Russell Simmons shares the most fundamental key to success—meditation—and guides readers to use stillness as a powerful tool to access their potential. In the New York Times bestseller *Super Rich*, Russell Simmons proved that to be rich is more than just having money in the bank—wealth is about balance, joy, and conscientious living. In *Success Through Stillness*, Simmons shows the connection between inner peace and outward success through interviews with other successful leaders in various industries, and how learning to be still has been instrumental in his own career. Simmons attributes his meditation practice with changing his life for the better and says that there is no “bad” way to meditate, only different forms for different people. In this highly anticipated new book, Russell Simmons guides readers into finding greater clarity and focus, and explains how to be healthier in both mind and body. Simmons breaks down what he's learned from masters of meditation into a guide that is accessible to those unfamiliar with the practice.

In recent years scientists have discovered that mindfulness can reduce stress, improve mood, and enhance our sense of well-being. In this book, readers learn how mindfulness can be brought to bear in our relationships to increase intimacy, strengthen communication, and help us to find greater fulfillment. Topics in this collection include how to open your heart and develop lovingkindness for yourself and others, how to improve communication through mindful speech and deep listening, noticing and counteracting destructive patterns, and discovering how intimate relationships can become a rich form of spiritual practice. Chapters and contributors include: • Zen teacher Thich Nhat Hanh on what mindfulness is and why it lies at the heart of real love • Psychotherapist David Richo on finding a partner • Psychotherapist and meditation teacher Tara Brach on the power of forgiveness • Rabbi Harold Kushner on striving to give love rather than get it • Novelist Jane Hamilton on a marital meltdown—and recovery • Meditation teacher Susan Piver on the value of heartbreak • Psychologist John Welwood on relationships as a path of personal and spiritual growth

Provides a social history of how the CIA used the psychedelic drug LSD as a tool of espionage during the early 1950s and tested it on U.S. citizens before it spread into popular culture, in particular the counterculture as represented by Timothy Leary, Allen Ginsberg, Ken Kesey, and others who helped spawn political and social upheaval.

A Practitioner's Guidebook

A Woman's Book of Meditation

Plant Seed, Pull Weed

Letting Go of Anxious and Depressive Thoughts

How Love Wins

Survivors on the Yoga Mat

The Diamond Cutter

Do you find yourself ruminating about things you can't control? Worrying about those yet-to-complete goals and projects? What about just feeling like you're not the person you want to be? People who worry and ruminate find it difficult to stop anxiously anticipating future events and regretting or rethinking past actions. Left unchecked, this tendency can lead to mental health problems such as depression and generalized anxiety disorder. The *Mindful Path Through Worry and Rumination* offers powerful mindfulness strategies derived from Buddhist spiritual practices and proven psychological

techniques to help you stop overthinking what you can't control—the future and the past—and learn how to find contentment in the present moment. How Love Wins will show you: the undeniable power to transform your life to be happier and more fulfilling than you thought possible. why such a wide range of scholarly fields, from experimental psychology to evolutionary biology, have verified the effectiveness of this approach to greatly impact your happiness. how you can effect real change in your life and the lives of those around you.

This is a book of ideas to spark your own creative thinking process. It will give you an opportunity to see other ways to approach your experiences. . . . As you read this book, you may find statements that you don't agree with; they may clash with your own belief systems. That's all right. It's what Louise calls stirring up the pot. She says, ""You don't have to agree with everything I say. But please examine what you believe and why. This is how you'll grow and change. . . ."" Begin reading anywhere in this book. Open it at will. The message will be perfect for you at that moment. It may confirm what you already believe, or it may challenge you. It's all part of the growth process. Know that you are safe and all is well.

Love Dharma offers compassionate guidance and advice, looking at contemporary relationship dilemmas from a Buddhist perspective as expressed in traditional stories of enlightened Buddhist women who lived and loved during the Buddha's lifetime. We all experience the ups and downs of relationships—the fun of dating, the pain of breaking up, the demands of serious partnerships, and the ache of loneliness. But we often forget that they affect not only our love lives, but our spirits as well. With Love Dharma you will discover how to use your romantic triumphs and tragedies to achieve personal peace and happiness, develop more satisfying connections with others, and share yourself without losing yourself. Author Geri Larkin teaches that the difficult and joyous moments of our love lives are truly opportunities to continue our spiritual journey

Bringing Mindful Awareness into Our Relationships

The Still Point Dhammapada

Buddhism for Mothers

Close to the Ground

Zen Master Dogen's Three Hundred Koans

Forgotten Stories of Women in the Buddha's Life

A Story of True Love

This sequel to "Stumbling Toward Enlightenment" leads directly to the cave of four hearts--into the peace and joy that is our natural birthright.

A collection of three hundred koans compiled by Eihei Dogen, the thirteenth-century founder of Soto Zen in Japan, this book presents readers with a uniquely contemporary perspective on his profound teachings and their relevance for modern Western practitioners of Zen. Following the traditional format for koan collections, John Daido Loori Roshi, an American Zen master, has added his own commentary and accompanying verse for each of Dogen's koans. Zen students and scholars will find The True Dharma Eye to be a source of deep insight into the mind of one of the world's greatest religious thinkers, as well as the practice of koan study itself.

"Dr. Norman Rosenthal's Transcendence is the best-ever book on Transcendental Meditation: accessible and substantive, engaging and scientific, practical and profound. A very enjoyable read that can change your life, for good." - David Lynch "I have been meditating for over 10 years, and I found Transcendence to be a uniquely compelling introduction to the art and science of Transcendental Meditation. Dr. Norman Rosenthal's book will propel TM into the mainstream where it belongs." - Russell Simmons In this definitive book on the scientifically proven health and stress-relieving benefits of Transcendental Meditation, a renowned psychiatrist and researcher explores why TM works, what it can do for you, and how to use it for maximum effect. Norman E. Rosenthal, M.D., a twenty-year researcher at the National Institute of Mental Health and the celebrated psychiatrist who pioneered the study and treatment of Season Affective Disorder (SAD), brings us the most important work on Transcendental Meditation since the Maharishi Mahesh Yogi's Science of Being and Art of Living-- and one of our generation's most significant books on achieving greater physical and mental health and wellness. Transcendence demystifies the practice and benefits of Transcendental Meditation for a general audience who may have heard about the method but do not necessarily know what it is, how it is learned, or what they stand to gain, physically and emotionally, from achieving transcendence. Dr. Rosenthal clearly and practically explains the basic ideas behind Transcendental Meditation: It is a nonreligious practice that involves sitting comfortably for twenty minutes twice a day while using a silent mantra, or nonverbal sound, to attain a profound state of aware relaxation. Alongside exclusive celebrity interviews--where figures like Paul McCartney, Ringo Starr, Martin Scorsese, Russell Brand, Laura Dern, Moby, and David Lynch openly discuss their meditation--Dr. Rosenthal draws upon experience from the lives of his patients and a wealth of clinical research amassed on TM over the past generation (340 peer-reviewed published articles). He provides the fullest and most accessible book ever on the broad range of benefits of this remarkably simple practice, from relief of anxiety, stress and depression to new hope for those experiencing addiction, attention-deficit disorder, or post-traumatic stress disorder.

Here is an ideal guide to the practice of Chan Buddhism by a great modern teacher. Part One presents Master Sheng Yen's lively, anecdotal account of the history and main principles of the Chan tradition, along with his careful instructions for meditation. Part Two consists of 180 of his gemlike aphorisms and sayings that serve as inspirations to spiritual practice. The book will appeal to beginners as well as experienced students.

A Practical Guide to Writing With Passion and Purpose

Deepening Intimacy with the Living Earth and Reclaiming Our Wild Nature

Relationship Wisdom From Enlightened Buddhist Women
A Calm Approach to Caring for Yourself and Your Children
Stars at Dawn
Wabi-Sabi Wisdom
Nurturing the Garden of Your Life

“A succinct but illuminating overview” of the Eastern religion that has grown so popular among spiritual seekers in the U.S. (Publishers Weekly). Millions of Americans call themselves Buddhist or have an interest in Buddhism’s philosophical tenets, attracted to an approach to spirituality that’s grounded in logic and consistent with scientific knowledge. The Star-Spangled Buddhist is a provocative look at these American Buddhists through the three largest movements in the United States: the Soka Gakkai International, Tibetan/Vajrayana Buddhism, and Zen Buddhism. The practice of each of these American schools, unlike most traditional Asian Buddhist sects, is grounded in the notion that all people are capable of attaining enlightenment in “this lifetime.” But the differences between the American Buddhist schools are also profound, spanning the full spectrum of philosophical expression and doctrines. Jeff Ourvan, a lifelong-practicing lay Buddhist, explores the American Buddhist movement through its most popular schools, giving a clearer understanding about what it means to be—and how one might choose to be—a Buddhist in America.

A tasty tea for the soul, Andrea Jacques' book steepers readers in Eastern concepts infused with her Western perspective and charm. Blending equal parts wit and wisdom, it is the perfect companion for sipping on enlightenment and immersing in inspiration a life well-lived.

Part travelogue, part spiritual journey, this book from the author of *Stumbling Toward Enlightenment* is a lighthearted collection of Buddhist practices & principles that won't fail to inspire & amuse.

Bestselling author and Zen Master Thich Nhat Hanh transforms an ancient folktale into a timeless parable of a young woman who dares to risk her life for her faith. Born to an aristocratic family in rural Vietnam, Kinh Tam’s uncommon beauty and intelligence were obvious to all she encountered. From an early age she was drawn to the teachings of Buddha and the rewards of a monastic life, but to please her family she agreed to walk the traditional path of marriage. Throughout her marriage, Kinh Tam’s mind was devoted to her husband but her heart never wavered from her true calling. She wanted to be a monk. And yet Buddhism was still new to Vietnam and temples accepted only men for ordination. Making a decision that would forever change her life, Kinh Tam left town, disguised herself as a man, and joined a monastery as a novice. Despite the many challenges of living as a man, Kinh Tam thrived and became a beloved member of the community. Years of profound joy and peace passed until a local woman accuses the novice of fathering her unborn child. Kinh Tam is torn between two impossible choices: keep her secret and endure brutal punishment or reveal the truth that would prove her innocence but put an end to her spiritual path. Facing the unbearable with the boundless heart of Buddha, her choice forever changes her life, her country, and her faith. In spare, elegant prose, Thich Nhat Hanh reminds us that we, too, face our own injustices and suffering, and by connecting with love, we can, like Kinh Tam, discover a mind and heart that are peaceful, happy, and free.

Love Dharma

The Chocolate Cake Sutra

The Buddha on Managing Your Business and Your Life

Lost Boy

Heal Thy Self

Building a Business the Buddhist Way

Tap Dancing in Zen

"A collection of Buddhist wisdom from a Western beginner's perspective"--Provided by publisher.

If, as the I Ching says, thoughts are spirits, then this collection of highly distilled thoughts from history's greatest philosophers and religious figures will certainly put you in good spirits. Laurence Boldt has long made a practice of applying Zen principles to everyday life. Here he applies wisdom from all corners of the world to twenty-five aspects, or qualities, associated with the Zen tradition. The result is a soup of the most hearty and wholesome kind, well-seasoned with age, and filled with delicious surprises: "Where your talents and the needs of the world cross, thence lies your vocation." —Aristotle "A man with outward courage dares to die: A man with inward courage dares to live." —Lao Tzu You'll also find Flip Wilson on living in the moment; Will Rogers on the beginner's mind; Helen Keller on courage; Chekhov on self-confidence; Colette on joy. Each chapter includes an entertaining and informative essay that explains the principle and its application to Zen wisdom. The rest is up to you. Read it in one gulp or savor each morsel. Either way, Zen Soup is sure to whet your spiritual appetite as it nourishes your soul.

Chock full of moving and enlightening stories, *The Chocolate Cake Sutra* will help you let go of perfectionism and celebrate the sacred nature of the life you already have.

This workbook is a companion to *Self Therapy* by Jay Earley. It is a clear and concise description of the steps in the IFS process designed for people using IFS to do personal work on themselves or professionals introducing the material to their clients. It provides written exercises that give readers a chance to process their experience and track their internal work. It includes sample answers that clarify how to do the exercises, and illustrations that provide a visual understanding the material. There are additional chapters on working with couples and dealing with polarization.

Stories for Those Healing from Trauma

An Exercise Book for the IFS Process

Meditations to Heal Your Life

Success Through Stillness

Christ's Teachings About Love, Compassion and Forgiveness

Right Here with You

Awakening Artemis

In the polygamous Fundamentalist Church of Jesus Christ of Latter-day Saints (FLDS), girls can become valuable property as plural wives, but boys are expendable, even a liability. In this powerful and heartbreaking account, former FLDS member Brent Jeffs reveals both the terror and the love he experienced growing up on his prophet's compound—and the harsh exile existence that so many boys face once they have been expelled by the sect. Brent Jeffs is the nephew of Warren Jeffs, the imprisoned leader of the FLDS. The son of a prominent family in the church, Brent could have grown up to have multiple wives of his own and significant power in the 10,000-strong community. But he knew that behind the group's pious public image—women in chaste dresses carrying babies on their hips—lay a much darker reality. So he walked away, and was the first to file a sexual-abuse lawsuit against his uncle. Now Brent shares his courageous story and that of many other young men who have become "lost boys" when they leave the FLDS, either by choice or by expulsion. Brent experienced firsthand the absolute power that church leaders wield—the kind of power that corrupts and perverts those who will do anything to maintain it. Once young men no longer belong to the church, they are cast out into a world for which they are utterly unprepared. More often than not, they succumb to the temptations of alcohol and other drugs. Tragically, Brent lost two of his brothers in this struggle, one to suicide, the other to overdose. In this book he shows that lost boys can triumph and that abuse and trauma can be overcome, and he hopes that readers will be inspired to help former FLDS members find their way in the world.

A modernized approach to meditation that will appeal to anyone, even if - especially if - you believe you have no time, you can't sit still, or that "it's just not you." Whether you're a Fortune 500 CEO or someone bogged down with a never-ending to-do list, the proven secret to being more effective and living a happier, healthier life is to hurry up and slow down, to unplug. Studies show that you can get more done - and do it better - by doing less, just by consciously unplugging for a few minutes each day and meditating. This revolutionary book by the founder and CEO of the groundbreaking LA-based meditation studio Unplug Meditation brilliantly simplifies this powerful practice and shows the overwhelmed and overworked how easy it is to unplug in order to relieve stress, regain focus, and recharge. Schwartz debunks the common misperceptions about meditation, including the notion that you need to sit still for long periods of time, or that you need to "turn off your brain." She also shares the life-changing benefits you will experience, the proven science of how meditation literally changes your brain, as well as easy techniques and tips to easily incorporate meditation into your daily life.

A contemporary and provocative examination of the life of the Buddha highlighting the influence of women from his journey to awakening through his teaching career--based on overlooked or neglected stories from ancient source material. In this retelling of the ancient legends of the women in the Buddha's intimate circle, lesser-known stories from Sanskrit and Pali sources are for the first time woven into an illuminating, coherent narrative that follows his life from his birth to his parinirvana or death. Interspersed with original insights, fresh interpretations, and bold challenges to the status quo, the stories are both entertaining and thought-provoking—some may even appear controversial. Focusing first on laywomen from the time before the Buddha's enlightenment—his birth mother and stepmother, his co-wives, and members of his harem when he was known as Prince Siddhartha—then moving on to the Buddha's first female disciples, early nuns, and to female patrons, Wendy Garling invites us to open our minds to a new understanding of their roles.

A humorous and honest collection of Buddhist wisdom from a Western beginner's perspective. Instead of promising a straight and clear path to enlightenment, author and teacher Geri Larkin shows us that even stumbling along that path can lead to self-discovery and awakening, especially if we prize the journey and not the destination. With candor, affection, and earthy wisdom, Larkin shares her experiences as a beginning and continuing Buddhist. This spirituality classic shows any seeker that it's possible to stumble, smile, and stay Zen through it all.

The Complete Social History of LSD : the CIA, the Sixties, and Beyond

Writing as a Sacred Path

Unplug

Blessed Are the Peacemakers

A Translation of the Sokko-roku Kaien-fusetsu

Talking Race, Love, and Liberation

Self-therapy Workbook

An inspiring collection of essays that reveal the healing power of yoga, *Survivors on the Yoga Mat* is an ideal companion for trauma survivors and yoga teachers alike. Weaving together stories from her classes, travels, and workshops, author Becky Thompson shows the brave and unique ways that survivors approach yoga: the creative ways that they practice, the challenges they face, and the transformative experiences they discover. Thompson skillfully draws connections between yoga and social-justice activism, demonstrating how a trauma-sensitive approach to yoga makes room for all of us—across race, class, gender, religion and

nationality. Survivors on the Yoga Mat offers stories, reflections, and meditations for people who are healing from a wide range of traumas—sexual abuse, accidents, child abuse, war, illnesses, incarceration, and other injuries. The book consists of 90 true stories—alternately funny, surprising, and irreverent—that together provide a roadmap for survivors on their journey to wholeness. Organized into six sections, the book explores the challenges of beginning a yoga practice; the unique strengths of trauma survivors; the circuitous path of healing; yoga's value as a lifelong practice; the special role of teachers; and the potential of yoga as an avenue for activism. Also included is a description of Pantajali's Eight Limbs of Yoga, a list of resources, an appendix explaining the different styles of yoga, and a beautiful photo glossary with over 100 photos of the yoga postures mentioned in the book.

Internationally renowned meditation teacher Hari Kaur Khalsa knows well the whirlwind stresses and strains placed on women today. Through the secrets of ancient Kundalini chanting and meditation techniques, women will find peace amid all the chaos, develop their creativity, and hone their inner wisdom. To introduce the newcomer to meditation, Hari Kaur helps the reader, step by step, to create a space in which to meditate, to become familiar and comfortable with different postures, to breathe deeply and effectively, and to clear the mind. Plainly organized into sections uniquely tailored to a woman's changing physical and emotional needs, Hari Kaur teaches how to: - alleviate frustration, ward off moodiness, and become calm - ease life transitions, accept change, and encourage personal creativity - fully realize the potentials of pregnancy and motherhood; and much more In addition, Hari Kaur discusses seven steps to achieve happiness and how to use meditation to build a spiritual identity. Her meditations are presented in the original Sikh as well as in English translation. And the easy-to-reference format will keep the reader returning again and again as she grows through meditation and in her daily life.

The author of "Stumbling Toward Enlightenment" puts a new spin on the principles of entrepreneurship, showing how to use Buddhism to build a business of integrity.

Personal Transcendence in Tucker Max Hell

Meditation Made Simple

The Complete Idiot's Guide to Zen Living

Saint Badass

The Star Spangled Buddhist

Ingredients for a Sweet Life