

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

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

after all the bliss and generalized euphoria we might experience along our spiritual path what s left are the karmic knots of conditioning that still need unraveling untying them is the work of spiritual warriors that is all of us the seven factors of enlightenment are a grease to loosen them all the while keeping us upright in our efforts mindfulness the investigation of phenomena energetic effort ease joy concentration and equanimity in close to the ground longtime buddhist teacher geri larkin uses stories from her own life to share some of the gifts that these factors bring because she refuses to be anything special her stories are all of our stories her humor all of our humor her heartbreaks all of our heartbreaks in this book readers discover or rediscover that they have many more tools available to help with this work of life and death than they realized

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

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

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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

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

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

harry morgan's life due to his own inertia and inattention has bottomed out he's failed to live up to the start in life that his self-made father gave him he's ashamed of his profession his failed marriage and his golf game stinks then a strange old codger drifts into harry's life joseph is an enigma possibly unbalanced perhaps not even real he may have the secret of extraordinary golf harry presses him for help with his game but joseph insists that harry first consider a series of other ideas a strange mix of quantum physics eastern philosophy and life questions to appease joseph harry accepts a series of single page thought exercises as he completes each joseph randomly shows up offers a golf idea and leaves harry with another work sheet harry's experience with joseph finally culminates at an isolated japanese zen retreat the order of the third eye that features an old style golf course used by the monks as a zen exercise a koan does harry's life heal does his handicap drop who is this strange old guy anyway

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

for more than 30 years yoga journal has been helping readers achieve the balance and well being they seek in their everyday lives with every issue yoga journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds we are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

this completely revised and vastly expanded edition of the author s buddhist america centers retreats and practices contains more than twice the number of listings and articles in the original edition the book serves not only as the most comprehensive directory of buddhist activity in north america but also as a highly readable introduction to buddhist practice in general

for the first time in book form author and counselor benjamin pratt collects dozens of his

true life stories that men and women have requested as he travels teaches and speaks to groups pratt invites readers on a spiritual journey marked by compassion humor and honesty about dilemmas doubts and challenges that men and women face everyday stories include serving hospitality on paper plates shaken not stirred prayer for light in dark times of accidie pop tart moment and risking love

a real find for the aspiring writer the associated press in depth information the writer who are they what do they want how do you win them over find the answers to these questions and more in the 1998 1999 edition of the writer s guide to book editors publishers and literary agents by jeff herman filled with the information authors and aspiring authors need in order to avoid having a manuscript end up in the slush pile this comprehensive listing is organized in an easy to use format it includes in depth information about publishing houses and literary agents in the united states and canada the specifics include the names and addresses of editors and agents what they re looking for comission rates and other key information in addition readers will discover the most common mistakes people make while attempting to solicit an agent and how to avoid them as well as numerous suggestions designed to increase the chances of getting representation writer s guide to book editors publishers and literary agents also includes dozens of valuable essays giving readers insight and guidance into such topics as how to write the perfect query letter the knockout nonfiction book proposal how to thrive after signing a publishing contract mastering ghostwriting and collaboration free versus fee the issue of literary agency fees about the author jeff herman is the founder of the jeff herman literary agency a leading new york agency he has sold hundreds of titles and represents dozens of top authors herman frequently speaks to writer s groups and at conferences on the topic of getting published

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