

Letters To A Spiritual Seeker Henry David Thoreau

Uses Darwin's theory of natural selection to describe plant ecology

“An outstanding book.”—James Sexton “A welcome and necessary update of the life of one of the twentieth century's most provocative intellectuals.”—Dana Sawyer A rich and lucid account of Aldous Huxley's life and work. Aldous Huxley was one of the twentieth century's most prescient thinkers. This new biography is a rich and lucid account that charts the different phases of Huxley's career: from the early satirist who depicted the glamorous despair of the postwar generation, to the committed pacifist of the 1930s, the spiritual seeker of the 1940s, the psychedelic sage of the 1950s—who affirmed the spiritual potential of mescaline and LSD—to the New Age prophet of Island. While Huxley is still best known as the author of Brave New World, Jake Poller argues that it is The Perennial Philosophy, The Doors of Perception, and Island—Huxley's blueprint for a utopian society—that have had the most cultural impact.

A personal message from God for his people. The book is filled with encouragement, love, and blessings for everyday life, allowing the reader to connect with their inner power as well as the Creator.

I, the CHRIST, Have descended from the Highest Celestial Realms in the Eternal Realms of Being to speak to you. I have come expressly to rectify the misinterpretations of my Teachings in Palestine. 9 Letters, 16 Articles, 2 Messages from Christ to Humanity. These letters have spread across the world in 6 languages and touched the heart of Seekers WHAT IF YOUR LOVED ONES COULD SEND LETTERS FROM THE AFTERLIFE? Living Beyond Fear gives powerful testimony to a world of spirits eager to communicate with those of us who can tune in and listen. Beth Mund and Berit Stover were astonished when the Sacred Letters in this book began streaming through telepathically from the souls of loved ones and strangers, each with a distinct message. In this inspiring collection, we hear from a grandparent, a yoga teacher, a young boy, a cheerleader, a famous musician—even a dog. Berit and Beth explain the story of how these individuals came into their awareness as well as the circumstances in which they passed. "A fascinating metaphysical book! As Berit connects with the energy of the discarnate spirit, through her mediumship ability, Beth channels the same soul and through automatic writing, transcribes a letter from the soul to their family and to us. The connection they have is unique and their work is empowering and inspirational." - Garry Gewant, author, medium, and hypnotherapist Explore guidance from the spirit world on how to live a fuller life including: Celebrating Life Living Fearlessly Transcending Grief Connecting with Consciousness Healing from Addictions Surrendering Control Welcoming Change Walking with Mother Earth Loving Our Self Understanding Our Emotions Loving Within The Chaos Unmasking Fear Mentoring The Soul Honoring The Body Sharing Our Space Finding God Becoming Vulnerable Cultivating Faith Expressing Our Differences Trusting Our Heart Explaining Our Mission. "We all feel bruised and battered when one of us departs. It is often the toughest part of being human and living upon this earth. But it what we came here to do, to experience, to grow, and become, and there is no greater teacher than death." (Dawn, who passed in an earthquake)

Maneri (c. 1263-1381), born in India, was one of the most famous Islamic saints and one of the greatest Sufi masters. The Hundred Letters is a basic presentation of his teachings for spiritual advancement.

Writing for Bliss is most fundamentally about reflection, truth, and freedom. With techniques and prompts for both the seasoned and novice writer, it will lead you to tap into your creativity through storytelling and poetry, examine how life-changing experiences can inspire writing, pursue self-examination and self-discovery through the written word, and understand how published writers have been transformed by writing. Poet and memoirist Raab (Lust) credits her lifelong love of writing and its therapeutic effects with inspiring her to write this thoughtful and detailed primer that targets pretty much anyone interested in writing a memoir. Most compelling here is Raab's willingness to share her intimate stories (e.g., the loss of a relative, ongoing struggles with cancer, a difficult relationship with her mother). Her revelations are encouraging to writers who feel they need permission to take... a voyage of self-discovery. The book's seven-step plan includes plenty of guidance, including on learning to read like a writer, and on addressing readers as if seated across the table. Raab covers big topics such as the art and power of storytelling and small details such as choosing pens and notebooks that you enjoy using. She also helps readers with the important step of finding your form. --PUBLISHER'S WEEKLY "Writing for Bliss is about the profound ways in which we may be transformed in and through the act of writing. I am grateful to Diana Raab for sharing it, and I trust that you will feel the same as you read on. May you savor the journey." --from the foreword by MARK FREEMAN, PhD "By listening to ourselves and being aware of what we are saying and feeling, the true story of our life's past experience is revealed. Diana Raab's book gives us the insights by which we can achieve this through her life-coaching wisdom and our writing." --BERNIE SIEGEL, MD, author of The Art of Healing "Only a talented writer who has fought hard to overcome life's many obstacles could take her readers by the hand and lead them through the writing process with such enormous compassion, amazing insight, and kindness. Diana Raab is a powerful, wise, intelligent guide well worth our following." --JAMES BROWN, author of The Los Angeles Diaries and The River "Writing for Bliss is far more than a 'how-to manual'; it enlightens the creative process with wisdom and a delightful sense of adventure. Bravo to Bliss!" --LINDA GRAY SEXTON, author of Searching for Mercy Street: My Journey Back to My Mother, Anne Sexton "Uniquely blending inspiring insights with practical advice, Diana guides you on a path to discover the story that is truly inside you and yearning to be told." --PATRICK SWEENEY, coauthor of the New York Times bestseller Succeed on Your Own Terms DIANA RAAB, PhD, is an award-winning memoirist, poet, blogger, workshop facilitator, thought provoker, and survivor. She's the author of eight books and over one

thousand articles and poems. She lives in Southern California. Learn more at www.DianaRaab.com

A never-before-published collection of letters - an intimate self-portrait as well as the portrait of a century. Saul Bellow was a dedicated correspondent until a couple of years before his death, and his letters, spanning eight decades, show us a twentieth-century life in all its richness and complexity. Friends, lovers, wives, colleagues, and fans all cross these pages. Some of the finest letters are to Bellow's fellow writers-William Faulkner, John Cheever, Philip Roth, Martin Amis, Ralph Ellison, Cynthia Ozick, and Wright Morris. Intimate, ironical, richly observant, and funny, these letters reveal the influences at work in the man, and illuminate his enduring legacy-the novels that earned him a Nobel Prize and the admiration of the world over. Saul Bellow: Letters is a major literary event and an important edition to Bellow's incomparable body of work.

Swami Premeshananda was a venerable monk of the Ramakrishna Order who was greatly respected by one and all for his life of spirituality and service. We find in the pages of this book the basic questions of life placed on the firm foundation of the philosophy of Vedanta. We learn how abstract spiritual ideas took concrete form in Sri Ramakrishna's religious practices and how by clinging to the ideal of Sri Ramakrishna we can solve all the problems of our life. And we find all this presented in a manner which is intelligible, rational, scientific, scripturally sound, and at the same time full of sweet humor. This is a revised single volume edition of the original in bengali translated by Swamis Swahananda and Sarvadevananda.

Divine Love is an inspirational collection of spiritual musings from the pen of Irish writer, Dylan Morrison. The fruit of a life-long, roller-coaster journey, it encapsulates Morrison's personal take on all things God, Self and Religious. Each pithy reflection aims to release us from our propensity for self-deception, by leading us to the Mystery of Source and its healing offspring, Self-compassion. Morrison's literary tools are humour, mixed with a disarming, Irish honesty as he examines what really makes us tick. The favoured Linus blankets of both organised religion and New Age philosophies come under his razor-sharp scrutiny, opening up liberating, new areas of exploration for the sincere, spiritual seeker. If you're asking life's big questions, then Divine Love is surely the book for you.

An Essential Guide To Sanskrit Provides A Two-Level Introduction To The Sanskrit Language. Level One Introduces The Transliterated (Anglicised) Alphabets Used By Books And The Internet For Reproducing Sanskrit. Level Two Teachers The Devanagari Script Used For The True Language And Describes The Main Rules For Combining Letters And Words. Correct Pronunciation And Writing Are Explained. A Number Of Examples From Hindu Scriptures Are Used To Illustrate Simple Translation. There Is A Comprehensive Glossary Of Commonly Encountered Spiritual Words.

In seven letters to a fictional correspondent, Steve Chase describes his spiritual journey among Quakers. The writer introduces the Quaker way to a newcomer in language that is personal and gentle, while offering powerful inspiration through stories.

'?'Bases Of Yoga'?' by Sri Aurobindo. Excellent introduction to the practice of Integral Yoga. In this collection of 156 extracts from letters to disciples, Sri Aurobindo explains the central principles and practices of his integral Yoga and sheds light on problems that confront the spiritual seeker. The extracts are organised under headings such as calm, peace, and equality; faith, aspiration, and surrender; desire, food, and sex; and the physical consciousness, the subconscious, sleep and dreams, and illness.

"Philip Gulley invites us into a bracing encounter with the rich truths of Quakerism-- a centuries-old spiritual tradition that provides not only a foundation of faith but also vision for making the world more just, loving, and peacable by or presence. In Living the Quaker Way, Gulley shows how Quaker values provide real solutions to many of our most pressing contemporary challenges. We not only come to a deeper appreciation of simplicity, peace, integrity, community, and equality, we see how embracing these virtues will radically transform us and our world."--P.[4] of cover.

The author of the Anna Pigeon mystery series recounts her spiritual quest for meaning in her life, describing her experiences as an actor, writer, and adventure-seeker, and sharing her transition from atheism toward a sense of being part of something greater than herself. Reprint.

Blind since childhood, Mary Blount White was limited in what she could write. Yet after her brother and sister had died, she asked her father for a pencil and began to transcribe messages by automatic handwriting. She said, I felt as if I held a galvanic battery in my hand. Between 1913 and 1917 she received scores of letters from Harry and Helen, describing life after death. Their straight talk about the need for peace, tolerance of others, individual responsibility, and existence on other planes has impressed many and is still relevant today. This was one of the first books we published, and we've kept it in print because new people keep discovering it and thanking us for making it available. Note: The original publication date was 1987, although that date does not work on this Web form.

To coincide with the bicentennial of Thoreau's birth in 2017, this thrilling, meticulous biography by naturalist and historian Kevin Dann fills a gap in our understanding of one modern history's most important spiritual visionaries by capturing the full arc of Thoreau's life as a mystic, spiritual seeker, and explorer in transcendental realms. This sweeping, epic biography of Henry David Thoreau sees Thoreau's world as the mystic himself saw it: filled with wonder and mystery; Native American myths and lore; wood sylphs, nature spirits, and fairies; battles between good and evil; and heroic struggles to live as a natural being in an increasingly synthetic world. Above all, Expect Great Things critically and authoritatively captures Thoreau's simultaneously wild and intellectually keen sense of the mystical, mythical, and supernatural. Other historians have skipped past or undervalued these aspects of Thoreau's life. In this groundbreaking work, historian and naturalist Kevin Dann restores Thoreau's esoteric visions and explorations to their rightful place as keystones of the man himself.

In the incomparable manner of his award-winning "The Book of Letters: A Mystical Alphabet", Kushner now lifts up and shakes the dust off 30 primary religious words used to describe the

spiritual dimension of our lives.

Who was Lucette Furman? Was she the melancholy daughter of her French Algerian Sephardi parents? Was she the existential philosophy professor whose life was filled with doubt or was she the spiritual seeker who yearned to live and move in closeness to God? Was she the quiet French lady everyone called friend, the fearful introvert saddened at life's swift passage or was she the bold and fearless woman who had once worked for the American Army by day and the French Résistance by night? A woman of valor whose 98 years were witness to history, her uncommon life spanned three continents and almost a century in a relentless search to learn life's meaning and elude death's grasp. At her death, she left notebooks and letters making us part of her race against time. Taken from one of her letters, you can feel her sense of urgency, "I am insatiable. Not only do I want to see more, but I pray for time to know about the meaning of life. I have been drawn to the search of what could lie under it all. I know that a few more years will not bring me real answers, but the perpetual amazement and the quest itself are fulfillment and one wants it to last forever." Come along on a spiritual journey you won't soon forget and may even start you on your own inspired search.

The second part of a three-part series of Light, The Light: A Book of Knowing takes readers even further along the path to enlightenment on the continuing journey of Light... featuring teachings by His Holiness the Dalai Lama, Dada Vaswani, Bruce Lipton, Anita Moorjani, Jeff Foster, Deva Premal and Miten, and more...

Most people around the world know Mahatma Gandhi, but only a few know about "Shrimad Rajchandra"--the key faith-figure behind the "making of the Mahatma." This book introduces and explores the teachings of the figure Gandhi himself acknowledged as his foremost spiritual mentor, exemplary guide, and refuge in spiritual crisis. --Sulekh C. Jain, author of An Ahimsa Crisis You Decide

Learn the rudiments of Sanskrit to enable you to read the script, pronounce words and look them up in a dictionary. Sanskrit for Seekers utilizes the ITRANS transliteration scheme commonly found on the Internet.

Vincent Van Gogh (1853-1890) is arguably the most beloved artist in the world. He was also an artist motivated by a deep spiritual vision - expressed first in his efforts to become a missionary and minister, and later, after his decisive break with organized religion, through his art. Through art he found a new way to express his solidarity and compassion for humanity, and to awaken people to the sacred depths of reality. Though virtually nobody in his own lifetime understood his intentions or appreciated his work, Van Gogh poured out his convictions in letters to his brother Theo. Drawing largely on these letters along with her own reflections on the interplay between his life, his spiritual vision, and his art, Carol Berry draws a moving portrait of Van Gogh as a spiritual seeker and teacher for our time.

God shows His signs in the farthest horizons and in the inner heart of the individual. Every human achievement or external knowledge is a blessing from Him. True knowledge lies where the internal ocean meets the external ocean; where the esoteric meets the exoteric. A blessing is turned evil where one fails to see human achievements in the light of inner knowledge. It is natural that the forces that extinguish the inner light are at work by severing it from its source. You will find this central idea while unfolding the scrolls of this Timeline.

This book is enhanced with content such as audio or video, resulting in a large file that may take longer to download than expected. The Deluxe Illustrated Edition of a Timeless Classic Now with this enhanced edition, readers can gain additional insight through video interviews, audio excerpts and letters from C. S. Lewis. First published in 1942, The Screwtape Letters has sold millions of copies world-wide and is recognized as a milestone in the history of popular theology. A masterpiece of satire, it entertains readers with its sly and ironic portrayal of human life and foibles from the vantage point of Screwtape, a highly placed assistant to "Our Father Below." At once wildly comic, deadly serious, and strikingly original, The Screwtape Letters is the most engaging account of temptation—and triumph over it—ever written.

In The Subtle Body, Stefanie Syman tells the surprising story of yoga's transformation from a centuries-old spiritual discipline to a multibillion-dollar American industry. Yoga's history in America is longer and richer than even its most devoted practitioners realize. It was present in Emerson's New England, and by the turn of the twentieth century it was fashionable among the leisure class. And yet when Americans first learned about yoga, what they learned was that it was a dangerous, alien practice that would corrupt body and soul. A century later, you can find yoga in gyms, malls, and even hospitals, and the arrival of a yoga studio in a neighborhood is a signal of cosmopolitanism. How did it happen? It did so, Stefanie Syman explains, through a succession of charismatic yoga teachers, who risked charges of charlatanry as they promoted yoga in America, and through generations of yoga students, who were deemed unbalanced or even insane for their efforts. The Subtle Body tells the stories of these people, including Henry David Thoreau, Pierre A. Bernard, Margaret Woodrow Wilson, Christopher Isherwood, Sally Kempton, and Indra Devi. From New England, the book moves to New York City and its new suburbs between the wars, to colonial India, to postwar Los Angeles, to Haight-Ashbury in its heyday, and back to New York City post-9/11. In vivid chapters, it takes in celebrities from Gloria Swanson and George Harrison to Christy Turlington and Madonna. And it offers a fresh view of American society, showing how a seemingly arcane and foreign practice is as deeply rooted here as baseball or ballet. This epic account of yoga's rise is absorbing and often inspiring—a major contribution to our understanding of our society.

Spirituality: An Art of Living was born out of a generous impulse: to pass on lessons from the monastic tradition to lay people so as to help them achieve a more ardent and fulfilling spiritual life. In this book, Benedictine monk, teacher, and scholar Benoît Standaert provides ninety-nine entries covering topics like abba, humility, listening and time. The entries are divided in twenty-six chapters according to the letters of the alphabet. A perfect book for all spiritual seekers to sit with and enjoy again and again.

The story of the extraordinary spiritual friendship between Francis de Sales and Jane de Chantal is recounted in this welcome addition to the Saints by Our Side series. Francis de Sales (1567-1622) was a priest, bishop, founder of Salesian spirituality, and a renowned spiritual director. Jane de Chantal (1572-1641) was a wife, a mother, a nun, and the founder of a religious community.

Beloved, profoundly moving account of the author's marriage, the couple's search for faith and friendship with C. S. Lewis, and a spiritual strength that sustained Vanauken after his wife's untimely death.

"A wondrous, sparkling fusion of wisdom and insight." - Patricia Santhuff What do the wonderful myths of ancient Greece, the beautiful stories in the Bible and Qur'an, and all the sacred stories from traditions around the world, have in common? They open our hearts to wonder, mystery, passion, and joy. I know, on the outside these stories seem very different, confusing, conflicting, and often violent and divisive. But when read symbolically and internally, they are all telling the same story. They show us the path of spiritual awakening and enlightenment. Sometimes the story is called "Returning to the Promised Land." Sometimes it's called "Seeking the Holy Grail." Sometimes it's called "Persephone's Return to Olympus." But whatever it's called, the inner meaning and purpose is always the same. The stories are all a call to awaken, to live passionately and consciously, and to enter the door that leads to enlightenment and communion with the divine. The door is always open. The light is always ready to receive us. But we have to learn how to tread the path! Fortunately, that's what all the sacred stories are really about. THE DOOR IS OPEN uncovers the 7 Universal Steps that are found within the symbols and allegories of all great mythology and scripture. Each chapter ends with a series of practical and enjoyable spiritual exercises and activities. You can do this work on your own, or together with a group. It could be a church or synagogue group, a book club, a classroom, or any group of friends who want to get together and expand their spiritual horizons. Letters to a Spiritual Seeker W. W. Norton & Company

Is perfectionism, and the shame of never being or doing enough, running your life? Are you beating yourself up for being less than perfect? It's time to take our understanding of perfectionism to an entirely new level. Over the course of 22 letters the author guides the reader on a journey of self-discovery, sharing his experience and offering a holistic solution to the pain of perfectionism. Find out how to replace shame with love as the primary motivating force for your life. Is perfectionism, and the shame of never being or doing enough, running your life? Are you beating yourself up for being less than perfect? It's time to take our understanding of perfectionism to an entirely new level. That's what Letters to a Perfectionist: On Shame, Fear, Love, and the Surprising Spiritual Nature of Perfectionism is all about. Author Tad Frizzell took the perfectionistic tendencies which began to drive him in the early years of childhood and applied them to every aspect of his life. He didn't realize how much it would cost him. The crisis of burnout which ensued after 16 years in a monastery driving himself to this elusive perfection raised the stakes to the level of life or death. This book is a product of one man's deep exploration of the self, and what it means to refuse to love and accept yourself in a state of imperfection. There's a revolution happening in the understanding of perfectionism. At its worst, it's not just a way of thinking or a way of achieving more. It's a way of being in the world. Perfectionism is a spiritual problem which transcends religious creeds and culture. The refusal to love and accept oneself in a state of imperfection can lead a person into depression, anxiety, obsessive and compulsive behavior, eating disorders, self-harm, and substance abuse. It can even lead to suicide. Letters to a Perfectionist is a collection of 22 letters which exposes the roots of perfectionism and the way it manifests in our lives and relationships. The author writes from his own experience, and raises questions about perfectionism you won't find other people asking. From the first letter to the last, Tad Frizzell takes the reader on a journey of self-discovery. The final destination is a place of unconditional love and gratitude. Tad Frizzell's book makes the reader feel cherished, while giving a clear path to self understanding. There's never been a book quite like this before. In this book you will learn: - Why perfectionism is best viewed as a spiritual problem - The pervasive nature of perfectionism - The neuroscience behind - The impact of perfectionism on our relationships - What motivates perfectionists - How perfectionism can cause a crisis of identity - About the need for security and the strategy of control - The dangers of spiritual perfectionism - How a perfectionist eventually "burns out" - How we can choose to transform the burnout from darkness into light - The power of observation and self-empathy - What a new way of being looks like - The power of connecting the mind and the heart - How to transform self-hatred into self-compassion - The beauty of a life marked by forgiveness, love, and gratitude - The surprising treasures hidden inside the perfectionist...and how to uncover them Are you concerned that you are suffering from perfectionism, that refusal to love and accept yourself in a state of imperfection? Do you see someone you love suffering, believing they will never measure up to the unrealistic expectations they have set or adopted for themselves? Then you need to understand the problem. One early reader of Letters to a Perfectionist told the author: "There are so many poignant phrases throughout the book that I can open up to any page and find something to inspire me - and also inform my work as a therapist." Don't wait until it's too late! Buy Letters to a Perfectionist and begin your journey from perfectionistic pain to healing and wholeness t **NEW YORK TIMES BESTSELLER** • The bestselling author of Zealot and host of Believer explores humanity's quest to make sense of the divine in this concise and fascinating history of our understanding of God. In Zealot, Reza Aslan replaced the staid, well-worn portrayal of Jesus of Nazareth with a startling new image of the man in all his contradictions. In his new book, Aslan takes on a subject even more immense: God, writ large. In layered prose and with thoughtful, accessible scholarship, Aslan narrates the history of religion as a remarkably cohesive attempt to understand the divine by giving it human traits and emotions. According to Aslan, this innate desire to humanize God is hardwired in our brains, making it a central feature of nearly every religious tradition. As Aslan writes, "Whether we are aware of it or not, and regardless of whether we're believers or not, what the vast majority of us think about when we think about God is a divine version of ourselves." But this projection is not without consequences. We bestow upon God not just all that is good in human nature—our compassion, our thirst for justice—but all that is bad in it: our greed, our bigotry, our penchant for violence. All these qualities inform our religions, cultures, and governments. More than just a history of our understanding of God, this book is an attempt to get to the root of this humanizing impulse in order to develop a more universal spirituality. Whether you believe in one God, many gods, or no god at all, God: A Human History will challenge the way you think

about the divine and its role in our everyday lives. Praise for God “Timely, riveting, enlightening and necessary.”—HuffPost “Tantalizing . . . Driven by [Reza] Aslan’s grace and curiosity, God . . . helps us pan out from our troubled times, while asking us to consider a more expansive view of the divine in contemporary life.”—The Seattle Times “A fascinating exploration of the interaction of our humanity and God.”—Pittsburgh Post-Gazette “[Aslan’s] slim, yet ambitious book [is] the story of how humans have created God with a capital G, and it’s thoroughly mind-blowing.”—Los Angeles Review of Books “Aslan is a born storyteller, and there is much to enjoy in this intelligent survey.”—San Francisco Chronicle

Fifty letters, comprising a correspondence of some fifteen years between the literary master and his friend, Harrison Blake, convey the writer's thoughts on God and spirituality, offering insight into such topics as the possibilities and limitations of human spirituality, the role of vocation in developing a spiritual life, and the importance of a direct relationship with God. 20,000 first printing.

Millions have discovered the spiritual benefits of coloring. In this meditative coloring book, words of healing, prayer, and comfort are paired with Scriptures and a letter to color. For anyone seeking encouragement and strength, and for those needing spiritual, emotional, or physical healing, these words will lift your spirit. The coloring books for adults from Paraclete offer a simple path to making something beautiful with a spiritual element. For any religious or spiritual seeker, coloring these letters, each paired with an uplifting word of healing and a simple verse, will relax the mind and bless the heart.

“. . . 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* “[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* “Open Secrets is my favorite way to introduce readers to the essence and depth of Judaism.”—Bo Lozoff, author and founder of the Human Kindness Foundation “A master teacher.”—Thomas Keating “A prophetic voice for a 21st-century Judaism” —Reb Zalman Schachter-Shalomi 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.” 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*.

S. is the story of Sarah P. Worth, a thoroughly modern spiritual seeker who has become enamored of a Hindu mystic called the Arhat. A native New Englander, she goes west to join his ashram in Arizona, and there struggles alongside fellow sannyasins (pilgrims) in the difficult attempt to subdue ego and achieve moksha (salvation, release from illusion). “S.” details her adventures in letters and tapes dispatched to her husband, her daughter, her brother, her dentist, her hairdresser, and her psychiatrist—messages cleverly designed to keep her old world in order while she is creating for herself a new one. This is Hester Prynne’s side of the triangle described by Hawthorne’s *Scarlet Letter*; it is also a burlesque of the quest for enlightenment, and an affectionate meditation on American womanhood.

Readings in 'Letters from your soul' are filled with sparks to ignite a flame of self-renewal, but the readiness to burn and be new, needs to come from within you.

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