

The Lotus Seed

Yellow Lotus Flower is a sing-a-long book for the soul. The story is told by the flower herself, reminiscing about a time when she was a scared little seed, stuck in the murky bottoms of the pond, unsure of herself and if life would ever be different. She encounters guides along the way, like a magical rainbow fish, trumpet-playing frogs and the benevolent sun. Ultimately, Yellow Lotus has to cultivate her own courage to send her roots down into the muck in order to transform into the beautiful flower she is meant to be.

The instant New York Times bestseller “Expert storytelling . . . [Pollan] masterfully elevates a series of big questions about drugs, plants and humans that are likely to leave readers thinking in new ways.”—New York Times Book Review From #1 New York Times bestselling author Michael Pollan, a radical challenge to how we think about drugs, and an exploration into the powerful human attraction to psychoactive plants—and the equally powerful taboos. Of all the things humans rely on plants for—sustenance, beauty, medicine, fragrance, flavor, fiber—surely the most curious is our use of them to change consciousness: to stimulate or calm, fiddle with or completely alter, the qualities of our mental experience. Take coffee and tea: People around the world rely on caffeine to sharpen their minds. But we do not usually think of caffeine as a drug, or our daily use as an addiction, because it is legal and socially acceptable. So, then, what is a “drug”? And why, for example, is making tea from the leaves of a tea plant acceptable, but making tea from a seed head of an opium poppy a federal crime? In *This Is Your Mind on Plants*, Michael Pollan dives deep into three plant drugs—opium, caffeine, and mescaline—and throws the fundamental strangeness, and arbitrariness, of our thinking about them into sharp relief. Exploring and participating in the cultures that have grown up around these drugs while consuming (or, in the case of caffeine, trying not to consume) them, Pollan reckons with the powerful human attraction to psychoactive plants. Why do we go to such great lengths to seek these shifts in consciousness, and then why do we fence that universal desire with laws and customs and fraught feelings? In this unique blend of history, science, and memoir, as well as participatory journalism, Pollan examines and experiences these plants from several very different angles and contexts, and shines a fresh light on a subject that is all too often treated reductively—as a drug, whether licit or illicit. But that is one of the least interesting things you can say about these plants, Pollan shows, for when we take them into our bodies and let them change our minds, we are engaging with nature in one of the most profound ways we can. Based in part on an essay published almost twenty-five years ago, this groundbreaking and singular consideration of psychoactive plants, and our attraction to them through time, holds up a mirror to our fundamental human needs and aspirations, the operations of our minds, and our entanglement with the natural world.

This new masterwork of Chinese cuisine showcases acclaimed chef Eileen Yin-Fei Lo's decades of culinary virtuosity. A series of lessons build skill, knowledge, and confidence as Lo guides the home cook step by step through the techniques, ingredients, and equipment that define Chinese cuisine. With more than 100 classic recipes and technique illustrations throughout, *Mastering the Art of Chinese Cooking* makes the glories of this ancient cuisine utterly accessible. Stunning color photography reveals the treasures of old and new China, from the zigzagging alleys of historical Guangzhou to the bustle of city centers and faraway Chinatowns, as well as wonderful ingredients and gorgeous finished dishes. Step-by-step brush drawings illustrate Chinese cooking techniques. This lavish volume takes its place as the Chinese cookbook of choice in the cook's library.

A Vietnamese-American boy spends a day with his father on his shrimp boat, listening as he describes how his own father fishes on the South China Sea.

When she is forced to leave Vietnam, a young girl brings a lotus seed with her to America in remembrance of her homeland. “Exquisite artwork fuses with a compelling narrative--a concise endnote places the story effectively within a historical context--to produce a moving and polished offering.”--Publishers Weekly

Long ago, a Chinese boy-emperor named Ping challenges the children of his kingdom to show him the greatest power in the world, and all are surprised at what is discovered.

For thousands of years the Lotus has been the symbol of spiritual purity in both Khemet (Egypt) and India. Similarly, the Lotus can be seen as the perfect example of spiritual growth and development in Western society. It is said that the life cycle of the Lotus plant begins when a Lotus seed finds its way into the sediments at the bottom of some warm little pond. In a like manner, many with the 'Lotus Nature' are found at the 'bottom' of society's social ladder i.e., the outcast, women, and so-called minorities; also those who have experienced the dark side of life. The lotus seed is planted in the bottom of the pond in darkness, veiled by the distractions that live in the murky water. A wonderful thing about the Lotus is that during its development, the plants filter and purify the body of water in which they find themselves; making the water transparent. Such is the same with those of the 'Lotus nature'. As they develop and seek the light of truth, they too filter and purify the body of murky water they find themselves in. One of the most important and fascinating things about the 'Lotus' is that even after growing in murky water it is untouched by the water's impurity. The fact that the 'Lotus' is untouched by the muddy waters in which it grows, points those of the 'Lotus nature' to the concept of detachment. Not only must we not be attached to outcomes in our work, but we must not be attached to the world even while continuing to live and work in it. We must be in the world but not of the world. We must continue to seek the light of truth. Just as the Lotus flower spreads its fragrance throughout the pond in which it grows, those of the 'Lotus nature' must strive to spread the fragrance of God to all of humanity.

An in-depth guide to blending the practice of yoga with cannabis • Examines the physical, mental, spiritual, and energetic effects of cannabis and yoga, including their effects on the nervous system and chakras • Explains how yoga practice offers a way to tune the human nervous system and how, through the endocannabinoid system, cannabis harmonizes a multitude of functions, from respiration to pain control, in ways that enhance yoga • Offers an illustrated sequence of cannabis-yoga asanas (postures) developed to awaken kundalini, open energy channels, accelerate healing, and unlock access to unbounded states of consciousness In India, both yoga and cannabis are considered gifts from the Hindu god Shiva. They are seen as twin currents of wisdom and enlightenment, allies for healing and consciousness expansion. As ethnobotanist and yogi Chris Kilham explains, when wisely and thoughtfully combined, cannabis and yoga offer profound benefits for body, mind, and spirit. Kilham examines the history and lore of both cannabis and yoga, with a special focus on the role of cannabis in Indian and Himalayan yoga traditions where it has been used for thousands of years. He investigates cannabis and yoga's effects on the chakras and energy body and how they assist in opening energy channels and awakening kundalini energy. He explains how yoga practice offers a way to tune the human nervous system and how, through the endocannabinoid system, cannabis harmonizes a multitude of functions, from respiration to pain control, in ways that enhance yoga. He looks at the effects of both THC and CBD as well as the different methods of consuming cannabis, with advice on selecting the right method for your yoga practice. In addition to instructions for breathwork and cannabis meditation practices, Kilham offers an illustrated guide to his own system of cannabis yoga, a sequence of asanas (postures) developed to arouse the kundalini, open up energy channels throughout your body, and unlock access to unbounded states of consciousness. Sharing his experiences combining yoga and cannabis around the world, the author shows that the fusion of cannabis and yoga dissolves the boundaries of the mind, accelerates healing, and imparts a greater understanding of the intrinsic unity of all things.

Struggles to Snuggles is a collection of 24 real-life stories submitted by people who have worked with Lotus Seed Life over the years. It is a series of feel-good stories about real people who have overcome life's obstacles and found peace in their own journey. It is intended that the reader should come away with a sense of well being and a knowing that if these other people can do it, there is hope for everyone.

Readers will meet people who have overcome deaths in the family, assaults, financial catastrophe, business challenges, blindness, divorces, infidelity, abuse, severely dysfunctional families, and more. This is a sample of the many obstacles we all face. The common theme is that these moments don't have to define us. We can all move beyond what has happened in the past. We all have the potential to let the challenges shape our lives or to learn from the challenges and move on. Each of us lives in a world with infinite potential for evil and infinite potential for good. Everything imaginable is right under our noses. These are stories of people who have looked life right in the eyes and said -come at me!- Most importantly, this is about people who have found their voices and personal power within their own lives. They don't live at the whim of the world but, instead, see the world for what it is and find ways to find happiness and fulfillment no matter their circumstances. Each one of them explains how they accomplished what they did and how the Lotus Seed Life helped them get where they are today. Their words of praise are sincere and their own in hopes that they can inspire others to experience what they have.

A captivating history of one of the world's most iconic and mysterious flowers Bewitched by a lotus which flowered from three-thousand-year-old seeds in his English garden, Mark Griffiths set out to track the origins and significance of this sublime plant in this beautifully-illustrated book. The Lotus Quest takes Griffiths from the headquarters of the Linnaean Society in London to a mountain top in northern Japan. As he travels in search of this ancient flower, Griffiths looks at the lotus's significance in ancient Egypt and India, the plant's medicinal uses and the inspiration it has provided to Western artists. As he tracks the plant, its story unveils a stunning vision of Japan's feudal era with visits to shrines, ruins, gardens and wild landscapes as well as meetings with priests and archaeologists, philosophers and anthropologists, gardeners and botanists, poets and artists. He even dines on the lotus in a Tokyo cafe. By the end of Griffiths' journey, when he reaches the hauntingly beautiful Japanese temple of Chuson-ji, readers will finally understand why the lotus has obsessed people throughout the ages.

Susan Sullins developed a Teacher CyberGuide based on "The Lotus Seed," by American writer Sherry Garland. The San Diego County Office of Education provides the CyberGuide, which is an online supplementary instructional unit centered on a core work of literature, created as part of the Schools of California Online Resources for Education (SCORE) program. Each unit includes the objectives, student activities, and teacher-selected Web sites. This unit is intended for use with elementary school students and focuses on the students' family heritages, as well as the customs and culture of Vietnam.

The secret to happiness is to acknowledge and transform suffering, not to run away from it. In No Mud, No Lotus, Thich Nhat Hanh offers practices and inspiration transforming suffering and finding true joy. Thich Nhat Hanh acknowledges that because suffering can feel so bad, we try to run away from it or cover it up by consuming. We find something to eat or turn on the television. But unless we're able to face our suffering, we can't be present and available to life, and happiness will continue to elude us. Nhat Hanh shares how the practices of stopping, mindful breathing, and deep concentration can generate the energy of mindfulness within our daily lives. With that energy, we can embrace pain and calm it down, instantly bringing a measure of freedom and a clearer mind. No Mud, No Lotus introduces ways to be in touch with suffering without being overwhelmed by it. "When we know how to suffer," Nhat Hanh says, "we suffer much, much less." With his signature clarity and sense of joy, Thich Nhat Hanh helps us recognize the wonders inside us and around us that we tend to take for granted and teaches us the art of happiness.

By the author of A Wrinkle in Time, the conclusion to the Polly O'Keefe stories finds Polly taking an unforgettable trip to Europe, all by herself. Sixteen-year-old Polly is on her way to the island of Cyprus, where she will work as a gofer. The trip was arranged by Maximiliana Horne, a rich, brilliant artist who, with her longtime companion, Dr. Ursula Heschel, recently became the O'Keefe family's neighbor on Benne Seed Island. Max and Polly formed an instant friendship and Max took over Polly's education, giving her the encouragement and confidence that her isolated upbringing had not. Polly adored Max, even idolized her, until Max betrayed her. In Greece, Polly finds romance, danger, and unique friendships. But can she ever forgive Max? Books by Madeleine L'Engle A Wrinkle in Time Quintet A Wrinkle in Time A Wind in the Door A Swiftly Tilting Planet Many Waters An Acceptable Time A Wrinkle in Time: The Graphic Novel by Madeleine L'Engle; adapted & illustrated by Hope Larson Intergalactic P.S. 3 by Madeleine L'Engle; illustrated by Hope Larson: A standalone story set in the world of A Wrinkle in Time. The Austin Family Chronicles Meet the Austins (Volume 1) The Moon by Night (Volume 2) The Young Unicorns (Volume 3) A Ring of Endless Light (Volume 4) A Newbery Honor book! Troubling a Star (Volume 5) The Polly O'Keefe books The Arm of the Starfish Dragons in the Waters A House Like a Lotus And Both Were Young Camilla The Joys of Love

Shunned and mistreated because of her mixed heritage, and determined to avoid an arranged marriage, seventeen-year-old Loi runs away to Ho Chi Minh City with the hope that she and the boy she loves will be able to go to the United States to find her American father.

A small boy, not allowed to have a dog because times are tight, finds a starving kitten in a trash can on the same day his father loses his job.

For thousands of years lotuses have fascinated people in their religion, philosophy, food, research, and ornamental horticulture. This colorful volume explains everything needed to grow lotus (Nelumbo). The book also covers all the other intriguing aspects about the lotus and provides a complete portrait of an amazing aquatic plant. "The Lotus" is packed with beautiful full-color photographs and is compelling to read. Chapters include: botanical background, cultivation, landscape uses, lotus timeline, cultural traditions, lore, resources, and quick guide for gardeners. The book is suitable for pond owners, first time lotus growers, seasoned Nelumbo experts, and those wanting to learn more about the remarkable plant that has impacted the lives of so many around the world.

An exciting and refreshing call to arms, The Planthunter is a new generation of gardening book for a new generation of gardener that encourages readers to fall in love with the natural world by falling in love with plants.

This book shows how to prepare traditional Chinese food with ease and is perfect for beginners. Seasoned cooks will likewise find joy in perusing these recipes, which are accompanied by informative descriptions and explanations. This book is truly a collector's item for anyone who enjoys immersing in the classic flavours of Chinese cuisine. It brims with historical and cultural significance, which will not only engage, inform and enlighten, but readers will also be awed and be inspired to delve into the joy of recreating wonderful meals from these treasured recipes

Nuts and Seeds in Health and Disease Prevention, Second Edition investigates the benefits of nuts and seeds in health and disease prevention using an organizational style that will provide easy-access to information that supports identifying treatment options and the development of symptom-specific functional foods. This book examines seeds and nuts as agents that affect metabolism and other health-related conditions and explores the impact of compositional differences between various seeds and nuts, including differences based on country of origin and processing technique. Finally, the book includes methods for the analysis of seed and nut-related compounds. Written for nutrition researchers, nutritionists, food scientists, government regulators of food, and students of agriculture, oils and feeds, nutrition and life sciences, this book is sure to be a welcomed resource.

Harry the horse excels at calming skittish equines in the Adams and Son's show-horse barn, but he faces a different challenge when mischievous 6-year-old Algernon Adams the Third arrives to scare the show horses.

Orantine is the best spy in her faction, the one they go to for impossible missions. But her next target is like nothing she has faced before, a high ranking official in a faction whose members can see the future. Orantine has never failed before, but this time, she isn't sure success is possible. Armed with her faction's genetic mutation, and the latest technology the world has to offer. Orantine believes she has

found the perfect plan. Nothing comes without a price, however, and this mission will push her to the edge, and further. How far will she go to ensure success? And how far is she willing to go to prove she is the greatest in her world?

Brian has always felt invisible at school, but when a new student, Justin, arrives, everything changes.

There is magic in every tiny seed. The seeds that come in little paper packets and those that fall from flowers and plants. In every garden and every flowerpot, magic can grow. With a little sunlight, a little water, and a little help from birds and worms and bees, a tiny seed sprouts, a plant grows, and a beautiful flower blooms. There is magic in every tiny seed. And in this book, you become the magician. How? Press the seed into the ground, wiggle your fingers to add water, clap to bring the sun. And then . . . turn the page. What can grow from one tiny seed? Press, tap, wiggle, and jiggle to start the magic! Press the seed—don't be shy! Wiggle your fingers to add some water. Clap your hands to bring the sun. Wow! A beautiful flower!

A lyrical novel of love and betrayal in the aftermath of the fall of Saigon—from the author of *Monkey Bridge* A singular work of witness, inspiration, and courage, *The Lotus and the Storm* marks the welcome return of Lan Cao's pitch-perfect voice, telling the story only she can tell. Four decades after the war, Vietnam's flavors of clove and cinnamon have been re-created by a close-knit refugee community in a Virginia suburb. But the lives of Minh and Mai, father and daughter, are haunted by ghosts, secrets, and the loss of their country. During the disastrous last days in Saigon, in a whirl of military signals and helicopter evacuations, Mai never had a chance to say goodbye to so many people who meant so much to her. What happened to them? How will Mai cope with the trauma of war—and will the *thay phap*, a Vietnamese spirit exorcist, be able to heal her?

Lorena Junco Margain is a passionate art collector and devoted wife and mother who is already shaken after abruptly fleeing Mexico and relocating in the USA with her family while pregnant due to safety concerns. Then, she learns she has a tumor on her adrenal gland. Having long experienced unexplained symptoms of dizziness and lethargy that neither medications nor holistic or Ayurvedic treatments have helped, she embraces the news with tears of relief: with a simple surgery, she can regain her strength and joyful spirit. But fate can be mischievous, and to err is human—even for surgeons. Rather than improve after surgery, her condition worsens. On the Way to Casa Lotus is the gripping true story of Junco Margain's journey coming to terms with the permanent consequences of a surgeon's devastating mistake. Mindful that even good people make errors and that vengeance would not mend her broken body or soul, she chooses instead to embark on a quest for peace and healing—beginning by seeking space in her heart to forgive.

A young Vietnamese girl saves a lotus seed and carries it with her everywhere to remember a brave emperor and the homeland that she has to flee.

Join our little plant as she goes on a journey of discovery. With a little help from some new friends she will find out she knows quite a lot.

Japanese colonial rule in Korea (1905–1945) ushered in natural resource management programs that profoundly altered access to and ownership of the peninsula's extensive mountains and forests. Under the banner of "forest love," the colonial government set out to restructure the rhythms and routines of agrarian life, targeting everything from home heating to food preparation. Timber industrialists, meanwhile, channeled Korea's forest resources into supply chains that grew in tandem with Japan's imperial sphere. These mechanisms of resource control were only fortified after 1937, when the peninsula and its forests were mobilized for total war. In this wide-ranging study David Fedman explores Japanese imperialism through the lens of forest conservation in colonial Korea—a project of environmental rule that outlived the empire itself. Holding up for scrutiny the notion of conservation, *Seeds of Control* examines the roots of Japanese ideas about the Korean landscape, as well as the consequences and aftermath of Japanese approaches to Korea's "greenification." Drawing from sources in Japanese and Korean, Fedman writes colonized lands into Japanese environmental history, revealing a largely untold story of green imperialism in Asia.

To author Stephanie Morton, nature's powerful forces are a metaphor for the hardships faced by displaced children. Kids, like seeds, thrive when given a chance. Each of the three seeds in this story—a cherry seed in the Middle East, an acacia seed in Australia, and a lotus seed in Asia—survives a difficult journey through flood, fire, or drought, then sprouts (in the case of the lotus seed, a hundred years later) and flourishes. Stephanie's verses and Nicole Wong's art make a picture book to treasure.

How does an old woman who has outlived all her friends keep from being lonely? By naming the things in her life she knows she will never outlive—like her house, Franklin, and her bed, Roxanne. When a shy brown puppy appears at her front gate, the old woman won't name it, because it might not outlive her. Tender watercolors capture the charm of this heartwarming story of an old woman who doesn't know she's lonely until she meets a plucky puppy who needs a name—and someone to love. "Rylant and Brown together create with affection and lovingly humorous touches a glimpse of old age lived with relish." —Booklist

Yellow Lotus Flower is a children's sing-a-long book for the soul. The story is told by the lotus herself, reminiscing on a time when she was a scared little seed, stuck in the murky depths of the pond, unsure of herself and if life would ever be different. Luckily, she encounters guides along the way, like the benevolent sun and a wise golden fish who proclaims, "there's light at the top, you've got to believe me! So grow up and up and send your roots down deep". The lotus flower lives a parallel and intertwined life with a grieving young girl. Through fear and uncertainty, they have to muster their own courage to send their roots down into the muck in order to transform into the beautiful flower and human they are meant to be. As *Yellow Lotus Flower* sings her song, she is joined by a symphony at the pond: a frog on guitar, singing dragonflies, turtles on drums and piano-playing newts. To conclude the epic song of her life, *Yellow Lotus* encourages the next generation of seeds to have faith that they too will find their way through the muck and bloom. *Yellow Lotus Flower* follows the simple life cycle of a flower, yet carries a deep personal and cultural message about transformation and finding our way through dark times. Author, scholar and elder, Joanna Macy, praises it as "a story for our times". *Yellow Lotus Flower* draws wisdom directly from the natural world and is also inspired by Buddhist teachings, offering a beacon of hope for children and parents grappling with life's inevitable challenges and transitions. "Yellow Lotus Flower, like the sun, you rise up from the darkness When tears come, your heart grows stronger, like the sun we rise up from the darkness" *Yellow Lotus Flower* offers an innovative multi-media experience, in which children and parents can sing along to the words of the book by downloading or streaming the *Yellow Lotus Flower* song, or scanning a QR code in the book. Children and parents can also find guitar chords in the back of the book, and learn how to play the song! To see the *Yellow Lotus Flower* music video, listen to the song, and check out the online shop, visit: www.jenmyzel.net/yellowlotusflower or bit.ly/yellowlotus

Seeking adventure in faraway places, Miss Rumphius fulfills her dream and then sets out to make the world more beautiful.

National Bestseller Winner of the National Book Critics Circle Award for Autobiography A New York Times Notable Book Geobiologist Hope Jahren has spent her life studying trees, flowers, seeds, and soil. Lab Girl is her revelatory treatise on plant life—but it is also a celebration of the lifelong curiosity, humility, and passion that drive every scientist. In these pages, Hope takes us back to her Minnesota childhood, where she spent hours in unfettered play in her father’s college laboratory. She tells us how she found a sanctuary in science, learning to perform lab work “with both the heart and the hands.” She introduces us to Bill, her brilliant, eccentric lab manager. And she extends the mantle of scientist to each one of her readers, inviting us to join her in observing and protecting our environment. Warm, luminous, compulsively readable, Lab Girl vividly demonstrates the mountains that we can move when love and work come together. Winner of the American Association for the Advancement of Science/Subaru Science Books & Film Prize for Excellence in Science Books Finalist for the PEN/E.O. Wilson Literary Science Writing Award One of the Best Books of the Year: The Washington Post, TIME.com, NPR, Slate, Entertainment Weekly, Newsday, Minneapolis Star Tribune, Kirkus Reviews

Sixteen-year-old Danny Vo is enmeshed in two worlds—his Houston high school and his Vietnamese home life. He’s finally caught the eye of beautiful blond Tiffany Marie, only to find out that her brother is a white supremacist. And his life gets even more complicated when his cousin Sang Le comes to live with Danny’s family after spending years in a reeducation camp in Vietnam. Failing school and unable to get a job, Sang Le joins a Vietnamese gang—and Danny is determined to help his cousin escape before it’s too late.

"The genius of Hanson's fascinating, inspiring, and entertaining book stems from the fact that it is not about how all kinds of things grow from seeds; it is about the seeds themselves." --Mark Kurlansky, New York Times Book Review We live in a world of seeds. From our morning toast to the cotton in our clothes, they are quite literally the stuff and staff of life: supporting diets, economies, and civilizations around the globe. Just as the search for nutmeg and pepper drove the Age of Discovery, coffee beans fueled the Enlightenment and cottonseed sparked the Industrial Revolution. Seeds are fundamental objects of beauty, evolutionary wonders, and simple fascinations. Yet, despite their importance, seeds are often seen as commonplace, their extraordinary natural and human histories overlooked. Thanks to this stunning new book, they can be overlooked no more. This is a book of knowledge, adventure, and wonder, spun by an award-winning writer with both the charm of a fireside story-teller and the hard-won expertise of a field biologist. A fascinating scientific adventure, it is essential reading for anyone who loves to see a plant grow.

From the author of If You Happen to Have a Dinosaur comes a funny and sweet cross-country roadtrip adventure with a sassy septuagenarian and her quirky canine. Feisty Annie Magruder and her dog, Carson, live in British Columbia, Canada, and they're setting out to visit her sister, Elsie, in Newfoundland. In their little rattlebang car, packed with Carson's favorite toy, Squeaky Chicken, and plenty of baloney sandwiches, Annie and Carson hit the road! They travel province by province, taking in each unique landscape and experiencing something special to that particular part of this vast, grand country. For example, they marvel at the beauty of the big, open sky -- and grasshoppers! -- in Saskatchewan and discover the gorgeous red earth and delicious lobster rolls in PEI, before finally being greeted by Elsie -- and a surprise for Carson!

Grandmother Ba has come all the way from Vietnam with only one memento from home, a lotus seed. This poignant story of war, loss of homeland, and life in a new country ends with a ray of hope. --Valerie & Walter's Best Books for Children

Poetic prose describes dusk and dawn and some of the activities that take place at those special times.

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