

## Zig Zag Zen Buddhism And Psychedelics New

This book is based on two historic seminars of the 1970s, in which Chögyam Trungpa introduced the tantric teachings of Tibetan Buddhism to his Western students for the first time. Each seminar bore the title "The Nine Yanas." Yana, a Sanskrit word meaning "vehicle," refers to a body of doctrine and practical instruction that enables students to advance spiritually on the path of Buddha-dharma. Nine vehicles, arranged in successive levels, make up the whole path of Buddhist practice. Teaching all nine means giving a total picture of the spiritual journey. The author's nontheoretical, experiential approach opens up a world of fundamental psychological insights and subtleties. He speaks directly to a contemporary Western audience, using earthly analogies that place the ancient teachings in the midst of ordinary life.

How can we respond urgently and effectively to the ecological crisis—and stay sane doing it? This landmark work is simultaneously a manifesto, a blueprint, a call to action, and a deep comfort for troubling times. David R. Loy masterfully lays out the principles and perspectives of Ecodharma—a Buddhist response to our ecological predicament, introducing a new term for a new development of the Buddhist tradition. This book emphasizes the three aspects of Ecodharma: practicing in the natural world, exploring the ecological implications of Buddhist teachings, and embodying that understanding in the eco-activism that is needed today. Within these pages, you'll discover the powerful ways Buddhism can inspire us to heal the world we share. Offering a compelling framework and practical spiritual resources, Loy outlines the Ecosattva Path, a path of liberation and salvation for all beings and the world itself.

The bestselling author of *Going to Pieces Without Falling Apart* combines a memoir of his own journey as a student of Buddhism and psychology with a powerful message about how cultivating true self-awareness and adopting a Buddhist understanding of change can free the mind. "Meditation was the vehicle that opened me up to myself, but psychotherapy, in the right hands, has similar potential. It was actually through my own therapy and my own studies of Western psychoanalytic thought that I began to understand what meditation made possible. As compelling as the language of Buddhism was for me, I needed to figure things out in Western concepts as well. Psychotherapy came after meditation in my life, but it reinforced what meditation had shown me." Before Mark Epstein became a medical student at Harvard and began training as a psychiatrist, he immersed himself in Buddhism through experiences with such influential Buddhist teachers as Ram Dass, Joseph Goldstein, and Jack Kornfield. The positive outlook of Buddhism and the meditative principle of living in the moment came to influence his study and practice of psychotherapy profoundly. *Going on Being* is Epstein's memoir of his early years as a student of Buddhism and of how Buddhism shaped his approach to therapy. It is also a practical guide to how a Buddhist understanding of psychological problems makes change for the better possible. In psychotherapy, Epstein discovered a vital interpersonal parallel to meditation, but he also recognized Western psychology's tendency to focus on problems, either by attempting to eliminate them or by going into them more deeply, and how this too often results in a frustrating "paralysis of analysis." Buddhism opened his eyes to another way of change. Drawing on his own life and stories of his patients, he illuminates the concept of "going on being," the capacity we all have to live in a fully aware and creative state unimpeded by constraints or expectations. By chronicling how Buddhism and psychotherapy shaped his own growth, Mark Epstein has written an intimate chronicle of the evolution of spirit and psyche, and a highly inviting guide for anyone seeking a new path and a new outlook on life. From the Hardcover edition.

Inspired by the Tibetan Buddhist teachings known as Dzogchen, this book talks about Alex Grey's artwork, a seven-panelled altarpiece honouring artists and masters of Tibet. A poem accompanies the seven panels, describing the meaning of each sequential image in the altarpiece.

A dazzling work of personal travelogue and cultural criticism that ranges from the primitive to the postmodern in a quest for the promise and meaning of the psychedelic experience. While psychedelics of all sorts are demonized in America today, the visionary compounds found in plants are the spiritual sacraments of tribal cultures around the world. From the iboga of the Bwiti in Gabon, to the Mazatecs of Mexico, these plants are sacred because they awaken the mind to other levels of awareness--to a holographic vision of the universe. *Breaking Open the Head* is a passionate, multilayered, and sometimes rashly personal inquiry into this deep division. On one level, Daniel Pinchbeck tells the story of the encounters between the modern consciousness of the West and these sacramental substances, including such thinkers as Allen Ginsberg, Antonin Artaud, Walter Benjamin, and Terence McKenna, and a new underground of present-day ethnobotanists, chemists, psychonauts, and philosophers. It is also a scrupulous recording of the author's wide-ranging investigation with these outlaw compounds, including a thirty-hour tribal initiation in West Africa; an all-night encounter with the master shamans of the South American rain forest; and a report from a psychedelic utopia in the Black Rock Desert that is the Burning Man Festival. *Breaking Open the Head* is brave participatory journalism at its best, a vivid account of psychic and intellectual experiences that opened doors in the wall of Western rationalism and completed Daniel Pinchbeck's personal transformation from a jaded Manhattan journalist to shamanic initiate and grateful citizen of the cosmos.

*Daily Doses of Wisdom* draws on the richness of Buddhist writings to offer a spiritual cornucopia that will illuminate and inspire day after day, year after year. Sources span a spectrum from ancient sages to modern teachers, from monks to laypeople, from East to West, from poetry to prose. Each page, and each new day, reveals another gem carefully selected from the entire list of titles published by Wisdom.

An exploration of "mind design" technologies and practices--mindapps--that boost intellectual capacity and enable new ways of thought and action • Reveals how mindapps transform the patterns of our mind-body complex and help generate new ideas by enabling access to new mind states • Examines the singlestate fallacy--the myth that useful thinking only occurs in our ordinary awake mental state • Explores a wealth of mindapp practices and techniques, including microdosing with psychedelics, yoga and martial arts, hypnosis, breathing techniques, lucid dreaming, rites of passage, biofeedback and neurofeedback, and transcranial brain stimulation Just as we can write and install apps in our electronic devices, we can construct "mindapps" and install them in our brain-mind complex, and as just as digital apps add capabilities to our devices, mindapps can expand our mental powers and creative abilities, allowing us to intentionally redesign our minds. Using psychedelics as the prime example, Thomas B. Roberts explores the many different kinds of mindapps, including meditation, other psychoactive plants and chemicals, sensory overload and deprivation, biofeedback and neurofeedback, hypnosis and suggestion, sleep and lucid dreaming, creative imagery, transcranial brain stimulation and optical brain stimulation, rites of passage, martial arts and exercise routines, yoga, breathing techniques, and contemplative prayer. He also looks at the future of mindapps, the potential for new mindapps yet to be invented, and how installing multiple mindapps can produce new, yet to be explored mind states. Drawing on decades of research, he shows how psychedelics in particular are "ideagens"--powerful tools for generating new ideas and new ways of thinking. Uniting the many forms of mindapps into one overall Multistate Mind Theory, Roberts examines the singlestate fallacy--the myth that useful thinking only occurs in our ordinary awake mental state--and demonstrates the many mind-body states we are capable of. He shows how mindapps not only allow us to design and redesign our own minds but also offer benefits for artistic performance, mystical and spiritual experience, and scientific research by improving creativity, open-mindedness, problem solving, and inner-brain connections. Reformulating how we think about the human mind, Mindapps

unveils the new multistate landscape of the mind and how we can each enter the world of mind design.

A selection of tales from Rootabaga Country peopled with such characters as the Potato Face Blind Man, the Blue Wind Boy, and many others.

Secret Drugs of Buddhism explores the historical evidence for the use of entheogenic plants within the Buddhist tradition and calls attention to the central role which psychedelics played in Indian religions.

"Throughout his various stages, Dylan's work reveals an affinity with the Zen worldview, where enlightenment can be attained through self-contemplation and intuition rather than through faith and devotion. Much has been made of Dylan's Christian periods, but never before has a book engaged Dylan's deep and rich oeuvre through a Buddhist lens."--Back cover.

Throughout his eventful life as a monk, poet, novelist, political dissident, husband, and father, Ko Un has remained a traveler on the Way. The poems in this collection, though strictly within the true Zen tradition, are as witty and down-to-earth as they are contemplative. Described by Allen Ginsberg as "thought-stopping Koan-like mental firecrackers," the poems reflect both writer and reader. First published in 1997, the new edition features a more sympathetic translation and 11 original brush paintings by the author.

Mindfulness in the Marketplace suggests a reorientation of consumers from passive purchasers to aware, responsible citizens who see the dynamic connection between their purchases and their values. The Middle Path of Buddhism is not to avoid all consumption, but to consume mindfully in a manner that protects ourselves and all living systems. This anthology outlines a path of compassionate resistance to global corporatization, and offers a view of getting into right relationship with the Earth.

Includes the Dalai Lama, Thich Nhat Hanh, Stephen Batchelor, and Joanna Macy. How does our fascination with technology intersect with the religious imagination? In TechGnosis—a cult classic now updated and reissued with a new afterword—Erik Davis argues that while the realms of the digital and the spiritual may seem worlds apart, esoteric and religious impulses have in fact always permeated (and sometimes inspired) technological communication. Davis uncovers startling connections between such seemingly disparate topics as electricity and alchemy; online roleplaying games and religious and occult practices; virtual reality and gnostic mythology; programming languages and Kabbalah. The final chapters address the apocalyptic dreams that haunt technology, providing vital historical context as well as new ways to think about a future defined by the mutant intermingling of mind and machine, nightmare and fantasy.

A 20th anniversary edition of the art classic that celebrates the intersection of creative expression and spirituality—from one of the greatest living artists of our time Twenty years after the original publication of *The Mission of Art*, Alex Grey's inspirational message affirming art's power for personal catharsis and spiritual awakening is stronger than ever. In this special anniversary edition, Grey—visionary painter, spiritual leader, and best-selling author—combines his extensive knowledge of art history with his own experiences in creating art at the boundaries of consciousness. Grey examines the roles of conscience and intention in the creative process, including practical techniques and exercises useful in exploring the spiritual dimensions of art. Challenging and thought-provoking, *The Mission of Art* will be appreciated by everyone who has ever

contemplated the deeper purpose of creative expression.

Sacred Knowledge is the first well-documented, sophisticated account of the effect of psychedelics on biological processes, human consciousness, and revelatory religious experiences. Based on nearly three decades of legal research with volunteers, William A. Richards argues that, if used responsibly and legally, psychedelics have the potential to assuage suffering and constructively affect the quality of human life. Richards's analysis contributes to social and political debates over the responsible integration of psychedelic substances into modern society. His book serves as an invaluable resource for readers who, whether spontaneously or with the facilitation of psychedelics, have encountered meaningful, inspiring, or even disturbing states of consciousness and seek clarity about their experiences. Testing the limits of language and conceptual frameworks, Richards makes the most of experiential phenomena that stretch our understanding of reality, advancing new frontiers in the study of belief, spiritual awakening, psychiatric treatment, and social well-being. His findings enrich humanities and scientific scholarship, expanding work in philosophy, anthropology, theology, and religious studies and bringing depth to research in mental health, psychotherapy, and psychopharmacology.

How Alex Grey's visionary art is evolving the cultural body through icons of interconnectedness • Includes over 200 reproductions of Grey's artwork • Contains spectacular photos of Grey's collaboration with the cult band TOOL plus his worldwide live-painting performances • Offers Grey's reflections on how art evolves consciousness with a new symbology of the Networked Self • Winner of the 2013 Nautilus Silver Book Award in Photography and Art Revealing the interwoven energies of body and soul, love and spirit that illuminate the core of each being, Alex Grey's mystic paintings articulate the realms of consciousness encountered during visits to entheogenic heaven worlds. His painting Net of Being--inspired by a blazing vision of an infinite grid of Godheads during an ayahuasca journey--has reached millions as the cover and interior of the band TOOL's Grammy award-winning triple-platinum album, 10,000 Days. Net of Being is one of many images Grey has created that have resulted in a chain reaction of uses--from apparel and jewelry to tattoos and music videos--embedding these iconic works into our culture's living Net of Being. The book explores how the mystical experience expressed in Alex Grey's work opens a new understanding of our shared consciousness and unveils the deep influence art can have on cultural evolution. The narrative progresses through a successive expansion of identity--from the self, to self and beloved, to self and community, world spirit, and cosmic consciousness, where bodies are transparent to galactic energies. Presenting over 200 images, including many never-before-reproduced paintings as well as masterworks such as St. Albert and the LSD Revelation Revolution and Godself, the book also documents performance art, live-painting on stage throughout the world, and the "social sculpture" called CoSM, Chapel of Sacred Mirrors, that Grey cofounded with his wife and creative collaborator, artist Allyson Grey.

This unique series of paintings takes the viewer on a graphic, visionary journey through the physical, metaphysical, and spiritual anatomy of the self. From anatomically correct rendering of the body systems, Grey moves to the spiritual/energetic systems with such images as "Universal Mind Lattice," envisioning the sacred and esoteric symbolism of the body and the forces that define its living field of energy. Includes essays on the significance of Grey's work by Ken Wilber, the eminent transpersonal psychologist, and by the noted New York art critic,

Carlo McCormick.

A collection of transformational, awe-provoking psychedelic experiences. In *Tripping*, Charles Hayes has gathered fifty narratives about unforgettable psychedelic experiences from an international array of subjects representing all walks of life--respectable Baby Boomers, aging hippies, young ravers, and accomplished writers such as John Perry Barlow, Anne Waldman, Robert Charles Wilson, Paul Devereux, and Tim Page. Taking a balanced, objective approach, the book depicts a broad spectrum of altered states, from the sublime to the terrifying. Hayes's supplemental essays provide a synopsis of the history and culture of psychedelics and a discussion of the kinetics of tripping. Specially featured is an interview with the late Terence McKenna, who was perhaps the preeminent psychedelic spokesperson of our time. A storehouse of astonishing, often otherworldly tales, *Tripping* is a compendium of forbidden memories that enables readers to trip vicariously or compare notes on their own experiences. An illustrated, deep dive into Albert Hofmann's infamous "Bicycle Day" from Brian Blomerth. Presents a serious inquiry into the moral, ethical, doctrinal, and transcendental considerations created by the intersection of Buddhism and psychedelics, presenting essays and interviews that explore altered states of consciousness and the potential for transformation.

A fascinating exploration of the role that magic has played in the history of Buddhism As far back as we can see in the historical record, Buddhist monks and nuns have offered services including healing, divination, rain making, aggressive magic, and love magic to local clients. Studying this history, scholar Sam van Schaik concludes that magic and healing have played a key role in Buddhism's flourishing, yet they have rarely been studied in academic circles or by Western practitioners. The exclusion of magical practices and powers from most discussions of Buddhism in the modern era can be seen as part of the appropriation of Buddhism by Westerners, as well as an effect of modernization movements within Asian Buddhism. However, if we are to understand the way Buddhism has worked in the past, the way it still works now in many societies, and the way it can work in the future, we need to examine these overlooked aspects of Buddhist practice. In *Buddhist Magic*, van Schaik takes a book of spells and rituals--one of the earliest that has survived--from the Silk Road site of Dunhuang as the key reference point for discussing Buddhist magic in Tibet and beyond. After situating Buddhist magic within a cross-cultural history of world magic, he discusses sources of magic in Buddhist scripture, early Buddhist rituals of protection, medicine and the spread of Buddhism, and magic users. Including material from across the vast array of Buddhist traditions, van Schaik offers readers a fascinating, nuanced view of a topic that has too long been ignored.

Inside the intriguing world of poker lies a fascinating exercise in strategy and extreme concentration--many of the same principles that underpin the one-thousand-year-old philosophy of Zen spirituality. *Zen and the Art of Poker* is the first book to apply Zen theories to America's most popular card game, presenting tips that readers can use to enhance their game. Among the more than one hundred rules that comprise this book, readers will learn to:\* Make peace with folding\* Use inaction as a weapon\* Make patience a central pillar of their strategy\* Pick their times of confrontationUsing a concise and spare style, in the tradition of Zen practices and rituals, *Zen and the Art of Poker* traces a parallel track connecting the two disciplines by giving comments and inspirational examples from the ancient Zen masters to the poker masters of today.

A new book by the author of "Zen Mind, Beginner's Mind" offers a posthumous sequel to Shunryu Suzuki's seminal work on Buddhism, collecting his insights on the famous eighth-century Zen poem Sandokai. Illustrations.

Dharma Gaia explores the ground where Buddhism and ecology meet through writings by the Dalai Lama, Gary Snyder, Thich Nhat Hanh, Allen Ginsberg, Joanna Macy, Robert Aitken, and 25 other Buddhists and ecologists. "Beautifully edited, well-written, and a pleasure to read."?Whole Life Times "Dharma Gaia helps to bring about a renewed stirring of love for the

Earth" ?David Brower "Source documents for the emerging environmental era..." ?Eric Utne "Dharma Gaia provides rich fare for those of us who hunger to know place." ?Ram Dass "I recommend this book to all those with an open heart who struggle for more compassion and the greening of the self. If we are to survive, as the message of this book declares, we must develop a peaceful heart." ?Petra Kelly

Zoe Browne is on top of the world. She is her own boss, has a business partner who doubles as her best friend, and enjoys the security of a loving, supportive family. All that's missing is her Prince Charming--someone to save her from her happy but loveless life, just like in the pages of her beloved romance novels. When a knock on the door brings her face to face with her would-be hero, Humphrey Pearson, an arrogant but attractive curator with a chip on his shoulder, Zoe soon learns that love isn't always meant to save the day; sometimes love is meant to change your life.

Changing Our Minds is an experiential tour through a social, spiritual and scientific revolution that is redefining our culture's often-confusing relationship with psychoactive substances. Veteran journalist Don Lattin chronicles the inspiring stories of pioneering neuroscientists, psychotherapists, spiritual guides and ordinary people seeking to live healthier lives by combining psychedelic drugs, psychotherapy, and the wise use of ancient plant medicines. In ground-breaking clinical trials, specially trained therapists employ Ecstasy (MDMA) to help U.S. veterans struggling with the psychological aftermath of war. Other psychiatrists in government-approved research offer psilocybin to alcoholics trying to get sober and cancer patients struggling with the existential distress of a life-threatening illness. Meanwhile, new imaging technology has enabled neuroscientists to map the psychedelic brain in real time, deepening our understanding of human consciousness. the essential primer for understanding and navigating this new consciousness-raising territory.

In the 1960s, Americans combined psychedelics with Buddhist meditation to achieve direct experience through altered states of consciousness. As some practitioners became more committed to Buddhism, they abandoned the use of psychedelics in favor of stricter mental discipline, but others carried on with the experiment, advancing a fascinating alchemy called psychedelic Buddhism. Many think exploration with psychedelics in Buddhism faded with the revolutionary spirit of the sixties, but the underground practice has evolved into a brand of religiosity as eclectic and challenging as the era that created it. *Altered States* combines interviews with well-known figures in American Buddhism and psychedelic spirituality—including Lama Surya Das, Erik Davis, Geoffrey Shugen Arnold Sensei, Rick Strassman, and Charles Tart—and personal stories of everyday practitioners to define a distinctly American religious phenomenon. The nuanced perspective that emerges, grounded in a detailed history of psychedelic religious experience, adds critical depth to debates over the controlled use of psychedelics and drug-induced mysticism. The book also opens new paths of inquiry into such issues as re-enchantment, the limits of rationality, the biochemical and psychosocial basis of altered states of consciousness, and the nature of subjectivity. From beloved writing teacher and author of the best-selling *Writing Down the Bones*: a treasury of personal stories reflecting a life filled with journeys—inner and outer—zigzagging around the world and home again. Here, Natalie Goldberg, "a writer both energized and enlightened" (Julia Cameron), shares those vivid moments that have wakened her to new ways of being. We follow alongside her mapless

meanderings in the New Mexican desert and her pilgrimages to Bob Dylan's birthplace and to Larry McMurtry's dusty Texas ghost town of rare books. We feel her deep hunger while she sits zazen in a monastery in Japan, and her profound loss when she hears of the passing of a dear friend while teaching in the French countryside. Through it all, she remains grounded in a life informed by two constants: the practices of writing and of Zen. With humor and insight, Natalie encircles around the essential questions these paths compel her toward: Where does this life lead? Who are we? This is a book to be relished one awakening at a time. Each story is a reminder that no matter how hard the situation or desolate you may feel, spring will come again, breaking through a cold winter, bringing early yellow forsythia flowers. And the Great Spring of enlightenment—that sudden rush of acceptance, pain cracking open, obstructions shattering—will also burst forth.

Death is not waiting for us at the end of a long road. Death is always with us, in the marrow of every passing moment. She is the secret teacher hiding in plain sight, helping us to discover what matters most. Life and death are a package deal. They cannot be pulled apart and we cannot truly live unless we are aware of death. The Five Invitations is an exhilarating meditation on the meaning of life and how maintaining an ever-present consciousness of death can bring us closer to our truest selves. As a renowned teacher of compassionate caregiving and the cofounder of the Zen Hospice Project, Frank Ostaseski has sat on the precipice of death with more than a thousand people. In *The Five Invitations*, he distills the lessons gleaned over the course of his career, offering an evocative and stirring guide that points to a radical path to transformation. The Five Invitations: -Don't Wait -Welcome Everything, Push Away Nothing -Bring Your Whole Self to the Experience -Find a Place of Rest in the Middle of Things -Cultivate Don't Know Mind These Five Invitations show us how to wake up fully to our lives. They can be understood as best practices for anyone coping with loss or navigating any sort of transition or crisis; they guide us toward appreciating life's preciousness. Awareness of death can be a valuable companion on the road to living well, forging a rich and meaningful life, and letting go of regret. *The Five Invitations* is a powerful and inspiring exploration of the essential wisdom dying has to impart to all of us.

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.

Discover hidden practices, secretly transmitted in authentic Zen lineages, of using body, speech, and mind to remove obstructions to awakening. Though Zen is best known for the practices of koan introspection and "just sitting" or shikantaza, there are in fact many other practices transmitted in Zen lineages. In modern practice settings, students will find that Bodhidharma's words "direct pointing at the human mind" are little mentioned, or else taken to be simply a general descriptor of Zen rather than a crucial activity within Zen practice. Reversing this trend toward homogeneous and superficial understandings of Zen technique, *Hidden Zen* presents a diverse collection of practice

instructions that are transmitted orally from teacher to student, unlocking a comprehensive path of awakening. This book reveals and details, for the first time, a treasury of "direct pointing" and internal energy cultivation practices preserved in the Rinzai Zen tradition. The twenty-eight practices of direct pointing offered here illuminate one's innate clarity and, ultimately, the nature of mind itself. Over a dozen practices of internal energetic cultivation galvanize dramatic effects on the depth of one's meditative attainment. Hidden Zen affords a small taste of the richness of authentic Zen, helping readers grow beyond the bounds of introspection and sitting to find awakening itself. Zen, plain and simple, with no BS. This is not your typical Zen book. Brad Warner, a young punk who grew up to be a Zen master, spares no one. This bold new approach to the "Why?" of Zen Buddhism is as strongly grounded in the tradition of Zen as it is utterly revolutionary. Warner's voice is hilarious, and he calls on the wisdom of everyone from punk and pop culture icons to the Buddha himself to make sure his points come through loud and clear. As it prods readers to question everything, Hardcore Zen is both an approach and a departure, leaving behind the soft and lyrical for the gritty and stark perspective of a new generation. This new edition will feature an afterword from the author.

Contains essays by many of the most important twentieth century Japanese philosophers, offering challenging and illumination insights into the nature of Reality as understood by the school of Zen.

More than ever, people are in pursuit of greater fulfillment in their lives, seeking a deeper spiritual truth and strategies for liberation from suffering. Both Buddhism and psychedelics are subjects that one encounters in such spiritual pursuit.

Edited by Tricycle contributing editor Allan Badiner and art edited by renowned visionary artist Alex Grey, Zig Zag Zen features a foreword by Buddhist scholar Stephen Batchelor, a preface by historian of religion Huston Smith and numerous essays, interviews, and art that lie outside the scope of mainstream anthologies. This new edition of the classic work on Buddhism and psychedelics includes a recent interview with Rick Doblin, founder of MAPS, contributions from Ralph Metzner, James Fadiman and Kokyo Henkel, and a discussion of ayahuasca's unique influence on Zen Buddhism. Packed with enlightening entries offering eye-opening insights into alternate methods of inner exploration.

As children, we learned to get approval by creating facades to help us get our emotional and psychological needs met, but we also rebelled against authority as a way of individuating. As adults, these conflicting desires leave many of us feeling anxious or depressed because our authentic selves are buried deep beneath glitzy or rebellious exteriors or some combination thereof. In this provocative book, eclectic teacher and therapist Ira Israel offers a powerful, comprehensive, step-by-step path to recognizing the ways of being that we created as children and transcending them with compassion and acceptance. By doing so, we discover our true callings and cultivate the authentic love we were born deserving.

A revolutionary reexamination of trauma's role in the life journey, opening the door to growth and healing Trauma does not just happen to a few unlucky

people; it is the bedrock of our psychology. Death and illness touch us all, but even the everyday sufferings of loneliness and fear are traumatic. In *The Trauma of Everyday Life* renowned psychiatrist and author of *Thoughts Without a Thinker* Mark Epstein uncovers the transformational potential of trauma, revealing how it can be used for the mind's own development. Western psychology teaches that if we understand the cause of trauma, we might move past it while many drawn to Eastern practices see meditation as a means of rising above, or distancing themselves from, their most difficult emotions. Both, Epstein argues, fail to recognize that trauma is an indivisible part of life and can be used as a lever for growth and an ever deeper understanding of change. When we regard trauma with this perspective, understanding that suffering is universal and without logic, our pain connects us to the world on a more fundamental level. The way out of pain is through it. Epstein's discovery begins in his analysis of the life of Buddha, looking to how the death of his mother informed his path and teachings. The Buddha's spiritual journey can be read as an expression of primitive agony grounded in childhood trauma. Yet the Buddha's story is only one of many in *The Trauma of Everyday Life*. Here, Epstein looks to his own experience, that of his patients, and of the many fellow sojourners and teachers he encounters as a psychiatrist and Buddhist. They are alike only in that they share in trauma, large and small, as all of us do. Epstein finds throughout that trauma, if it doesn't destroy us, wakes us up to both our minds' own capacity and to the suffering of others. It makes us more human, caring, and wise. It can be our greatest teacher, our freedom itself, and it is available to all of us. Check out Epstein's latest book, *Advice Not Given: A Guide to Getting Over Yourself*.

An intimate guide to self-acceptance and discovery that offers a Buddhist perspective on wholeness within the framework of a Western understanding of self. For decades, Western psychology has promised fulfillment through building and strengthening the ego. We are taught that the ideal is a strong, individuated self, constructed and reinforced over a lifetime. But Buddhist psychiatrist Mark Epstein has found a different way. *Going to Pieces Without Falling Apart* shows us that happiness doesn't come from any kind of acquisitiveness, be it material or psychological. Happiness comes from letting go. Weaving together the accumulated wisdom of his two worlds--Buddhism and Western psychotherapy—Epstein shows how "the happiness that we seek depends on our ability to balance the ego's need to do with our inherent capacity to be." He encourages us to relax the ever-vigilant mind in order to experience the freedom that comes only from relinquishing control. Drawing on events in his own life and stories from his patients, *Going to Pieces Without Falling Apart* teaches us that only by letting go can we start on the path to a more peaceful and spiritually satisfying life.

Blending the lessons of psychotherapy with Buddhist teachings, Mark Epstein offers a revolutionary understanding of what constitutes a healthy emotional life. The line between psychology and spirituality has blurred, as clinicians, their

patients, and religious seekers explore new perspectives on the self. A landmark contribution to the field of psychoanalysis, *Thoughts Without a Thinker* describes the unique psychological contributions offered by the teachings of Buddhism. Drawing upon his own experiences as a psychotherapist and meditator, New York-based psychiatrist Mark Epstein lays out the path to meditation-inspired healing, and offers a revolutionary new understanding of what constitutes a healthy emotional life.

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