Yoga Plate
Bring Your Practice into the Kitchen with 108 Simple & Nourishing Vegan Recipes
by Tamal Dodge and Victoria Dodge

Discover 108 nourishing and delicious vegan recipes in the first modern cookbook to marry yoga's principle of ahimsa with nutrition.

How we eat is perhaps the most impactful way we bring the ethics of yoga into our everyday lives. By bringing awareness to how we nourish ourselves through our food choices —physically and spiritually—we can cultivate greater well-being on and off the mat.

In The Yoga Plate, LA-based yoga power-couple Tamal and Victoria Dodge introduce readers to the yogic philosophy of ahimsa, or non-harm, along with 108 healthy, delicious recipes organized around a yoga practice: “Morning Meditations” includes smoothies and breakfasts to fuel and power you through the day; “A Plate Full of Prana” shares snacks, soups and salads to revitalize your system; “A Bowl Full of Yin” has recipes to help cultivate a peaceful state; and “Sweet Savasana” presents restorative and beneficial dessert options.

A well-rounded yoga practice includes a conscious approach to the things we eat. Filled with gorgeous photography and yoga bonuses—such as mantras and meditations to incorporate into your food preparation—The Yoga Plate makes each meal an opportunity to support both our practice and well-being.

Author Bio
Tamal Dodge is a renowned yoga teacher and co-founder of LA’s premiere yoga studio, Yoga Salt. He’s been featured in The New York Times, Time Magazine, and more. Victoria Dodge is co-founder of Yoga Salt, a professional photographer, and a cooking expert. She has worked with companies such as Apple and celebrity clients such as James Cameron. The Dodge’s live in North Carolina with their two children. https://www.yogasalt.com/ http://nourishmentnow.com/
Yin and Yang of Self-Compassion
Cultivating Kindness and Strength in the Face of Difficulty by Kristin Neff

In the face of a threatening or unjust situation, have you ever kept silent because you didn't want to rock the boat or make things worse? And then did you wonder: "Next time, how can I become stronger and more effective?"

That's the purpose of The Yin and Yang of Self-Compassion. Kristin Neff, PhD, created this inspiring audio program to help you understand and build the two complementary aspects of this crucial skill:

The receptive Yin side self-compassion—how to soothe and comfort yourself when you're in pain, and rest in loving, connected presence when alone or with those you care about.

The active Yang side self-compassion—how to see the truth of a situation with courage, protect yourself, and stand strong with others in the face of hostility or harm.

In the years since Kristin Neff first identified the trait of self-compassion, we now know that being kind to ourselves does not weaken us. In fact, just the opposite is true: it makes us more confident, grounded, and resilient amid crisis.

Through fascinating research, stories from Kristin's own experiences as a mother and scientist, and many guided practices, you'll learn how to cultivate the full spectrum of self-compassion—to support yourself and others when it matters the most.

Author Bio

Kristin Neff, PhD, is an associate professor of educational psychology at the University of Texas at Austin, and a cofounder of the Center for Mindful Self-Compassion. She is the author of Self-Compassion (William Morrow, 2011) and coauthor of The Mindful Self-Compassion Workbook (with Chris Germer, Guilford Press, 2018). Learn more at self-compassion.org.
Walking Through Anger
A New Design for Confronting Conflict in an Emotionally Charged World
by Christian Conte

Discover a compassion-based method for defusing conflict and creating better relationships in every area of your life.

How do you respond to anger—in yourself or others? Do you fight fire with fire, or run for cover? Dr. Christian Conte created “Yield Theory” as a way to meet conflict without aggression or submissiveness through the practice of compassionate listening, de-escalation, and genuine communication. With Walking Through Anger, he teaches you this revolutionary model for dealing with anger and inflamed emotions in an increasingly divisive world. Combining Buddhist wisdom, neuroscience, and Dr. Conte’s hands-on experience as one of today’s top anger management therapists, he offers powerful tools for resolving conflict in a way that promotes deeper connection and understanding.

Yield Theory is a form of radical self-compassion that lets you circumvent the brain’s fight-or-flight responses in yourself and the person you’re talking to. With an accessible style and practical guidance, Dr. Conte takes you through the seven steps of this potent method: acceptance, authenticity, conscious education, creativity, elimination of shame, mindfulness, and non-attachment. “Although Yield Theory has proven to be an effective tool for therapists and counselors,” says Dr. Conte, “it’s ultimately a way of life. In my experience, anyone from career criminals to parents can learn this approach to transform the way we understand each other—and our true Selves.

Author Bio

Christian Conte, PhD, is a licensed professional counselor, a certified Domestic Violence Counselor, and a Level V (highest level) Anger Management Specialist from the National Anger Management Association. He is co-host of USA Network’s The Secret Life of Kids and is a frequent guest on many national and local programs, including Good Day, ESPN Radio, and CBS’s KDKA. His Yield Theory training has generated successful results for violent criminals, family therapy, and professional athletes.
Thriving as an Empath
A Daily Guide to Empower Sensitive People
by Judith Orloff

365 days of inspiration, guidance, self-care strategies, and meditative practices created especially for empaths

Empaths have so much to offer as healers, creatives, friends, lovers, and caregivers—yet highly sensitive and empathic people often give too much at the expense of their own well-being. “To stay healthy and happy as an empath,” writes Judith Orloff, MD, “you must be ready with self-care practices that work.” With Thriving as an Empath, Dr. Orloff brings you an essential companion for daily self-care created to help you protect yourself from the stresses of an overwhelming world, embrace the “gift of being different”—and let your extraordinary gifts flourish.

Dr. Orloff offers a full year’s worth of meditations, reflections, and journaling prompts to help you grow and thrive as an empath. You’ll learn the art of keeping yourself balanced and centered by breaking the momentum of sensory overload, setting boundaries, and protecting your energy. As you progress, you’ll discover secrets for drawing on new and empowering resources—with practices to help you tap into the energy of each season, the four elements, sacred time, and much more.

“The practices I reveal have been life-saving for me and my patients,” writes Judith Orloff. “I feel so strongly about daily self-care because I want you to enjoy the extraordinary gifts of sensitivity—including an open heart, intuition, and an intimate connection with the natural world.

Author Bio

Judith Orloff, MD, is a leading voice in the fields of medicine, psychiatry, and intuitive development. An assistant clinical professor of psychiatry at UCLA, her bestselling books include Emotional Freedom, Positive Energy, Dr. Judith Orloff’s Guide to Intuitive Healing, and Second Sight. Find more inspiration at Dr. Orloff’s website drjudithorloff.com.
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Judith Orloff, MD, is a leading voice in the fields of medicine, psychiatry, and intuitive development. An assistant clinical professor of psychiatry at UCLA, her bestselling books include Emotional Freedom, Positive Energy, Dr. Judith Orloff’s Guide to Intuitive Healing, and Second Sight. Find more inspiration at Dr. Orloff’s website drjudithorloff.com.
Start Finishing
How to Go from Idea to Done
by Charlie Gilkey

A prominent productivity expert shows how to do more of the work that matters by converting ideas into finished projects.

Though we’ve created more productivity tools and strategies than ever, many people are frustrated that they’re not making progress on what’s most important to them. We’re to-do list ninjas, knocking off task after task but doing less of what really matters.

“The problem with most approaches to productivity is that they focus on superficial fixes without teaching you the deeper skills you need to succeed. To do meaningful work requires courage, setting good boundaries, being disciplined, and knowing what matters to you,” writes Charlie Gilkey. “The payoff is that you’re on the way to thriving and becoming the person you want to be in the world.”

With Start Finishing, Gilkey presents a systematic, root-cause approach for overcoming the real pitfalls to productivity and turning your ideas into finished projects. He outlines a powerful seven-step method for success—including identifying your genius, building a success pack of supporters, navigating multiple projects, and using each completed step to create momentum that propels you toward your larger goals. With deep insight and clarity—and contributions from Seth Godin, Susan Piver, Jonathan Fields, and more—Gilkey provides an invaluable set of tools to help you stop being bogged down with task lists and start finishing your best work.

Author Bio

Charlie Gilkey is the founder of Productive Flourishing, a company that helps professional creatives, leaders, and changemakers take meaningful action on work that matters. He is the author of The Small Business Life Cycle, and is widely cited in outlets such as Inc., Time, Forbes, the Guardian, Lifehacker, and more. He’s also an Army veteran and near-PhD in philosophy. He lives in Portland, Oregon. For more, visit productiveflourishing.com.
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Rewilding
Meditations, Practices, and Skills for Awakening in Nature
by Micah Mortali

A unique guide to personal rewilding through mindfulness, yoga, and outdoor skills

At your core lies a wild, untamed soul—one with impeccable intuition, the ability to navigate the landscapes of your inner and outer worlds, and an unbreakable connection to Source. In *Rewilding*, Kripalu director Micah Mortali combines elements from the yoga and Buddhist traditions with ancestral skills to create a unique guide for reconnecting with your primal energy—your undomesticated inner self—and awakening your innate bond with the natural world.

First used by conservation groups to refer to restoring natural environments, “rewilding” has important implications for human well-being. When we awaken our wild selves, we learn to listen to our bodies and often see our health improve. We trust our instincts and better manage our time, energy, and relationships. We cultivate the confidence to act on our heart’s deepest callings. And we gain an understanding of our place in the world, learning to see ourselves as both children and caretakers of the Earth.

Mortali’s *Rewilding* offers nature-based meditations, mindfulness practices, yoga flows, and outdoor skills such as tracking and fire-building to help you develop a sense of calm, clarity, connection, and confidence in both your daily life and the great outdoors.

Author Bio

Micah Mortali is Director of the Kripalu Schools, one of the most established centers for yoga-based education in the world, and founder of the Kripalu School of Mindful Outdoor Leadership. An avid outdoorsman, wilderness guide, 500-hour Kripalu yoga teacher, and popular meditation teacher, Mortali has been leading groups in wilderness and retreat settings for 20 years. He lives with his wife and children in the Berkshires. For more, https://kripalu.org/about/kripalu/faculty/micah-mortali.
Revolution of the Soul
Awaken to Love Through Raw Truth, Radical Healing, and Conscious Action
by Seane Corn

Celebrated yoga teacher and activist Seane Corn shares pivotal accounts of her life with raw honesty—enriched with in-depth spiritual teachings—to help us heal, evolve, and change the world.

“My first lessons in spirituality and yoga had nothing to do with a mat, but everything to do with waking up. They included angels, seeing God, and being in Heaven. But, believe me, not the way you might think.” So begins Revolution of the Soul.

What comes next reads like a riveting memoir filled with uncensored moments of joy, pain, wonder, and humor. Except, this book is so much more than that.

Seane's real purpose is to guide us into a deep, gut-level understanding of our highest Self through yoga philosophy and other tools for emotional healing—not just as abstract ideas but as embodied, fully-felt wisdom. Why? To spark a "revolution of the soul" in each of us, so we can awaken to our purpose and become true agents of change. Just a few of the stops along the way include:

The everyday "angels" Seane finds in the gritty corners of New York's 1980s East Village; her early struggles as a total yoga-class misfit; the profound shadow work and body-based practices that helped her to heal childhood trauma, OCD, unhealthy behaviors, and relationship wounding; hard-earned lessons from some of the most heartbreaking places on the planet; and many other unforgettable teaching stories.

Author Bio

Seane Corn is an internationally recognized yoga teacher who has been featured in more than 50 print and broadcast media channels including The Today Show, Yoga Journal, and Origin magazine. She is the national yoga ambassador for YouthAIDS and the cofounder of Off The Mat, Into The World®, a global humanitarian leadership training program. In addition to her many popular instructional DVDs, Seane teaches extensively at workshops, conferences, and retreats throughout the US and abroad. She resides in Southern California. Learn more at seanecorn.com and offthematintotheworld.org.
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Matrix Energetics Experience
Shift Your Consciousness with the Healing Energies and Hidden Frequencies of the Universe
by Richard Bartlett

Science has spent centuries trying to define the laws of the universe. But in this modern era of breakthroughs and quantum physics, what have we finally learned? “It turns out that the laws of the universe are just waiting for us to break them,” explains Richard Bartlett. With The Matrix Energetics Experience, this extraordinary teacher invites you to learn the art of rewriting any rule of your reality—about your health, your happiness, or even your understanding of what is physically possible.

What is Matrix Energetics? Born from a set of potent energetic treatments that Bartlett discovered in his chiropractic practice, Matrix Energetics has evolved into a “technology of consciousness” for insight, healing, spiritual growth—and living a life unbound by the limits we have been trained to believe in.

As quantum physics implies, we live in a universe made of consciousness and light, where what we think of as “real” can shift as quickly as our minds let it. Now Richard Bartlett takes you on a freewheeling, playful, and possibility-expanding journey that will shatter your preconceptions about the seemingly “solid” universe we live in—and how unlimited your potential to change it truly is.

Author Bio

Richard Bartlett, DC, ND, holds a doctorate in chiropractic and a degree in naturopathy from Bastyr University. After discovering his own extraordinary healing capabilities, Bartlett created Matrix Energetics as a system for helping others access their untapped potential. He is author of Matrix Energetics and The Physics of Miracles, and has helped thousands of people transform their lives through his national workshops and seminars. For more, visit matrixenergetics.com.
Mapping Cloud Nine
Neuroscience, Flow, and the Upper Possibility Space of Human Experience
by Steven Kotler

At the intersection of flow states, mystical experiences, peak performance, and psychedelics lies a mysterious space of possibility.

What are the upper limits of human potential? In Mapping Cloud Nine, bestselling author and award-winning journalist Steven Kotler takes listeners on a heady thrill ride through the history of human potential—from early inquiries into altered and mystical states; to the birth of positive psychology and research on peak performance; to pioneering studies on meditation and near death experiences; and into current explorations of psychedelics, flow states, and technological breakthroughs. In this fascinating audio program, Kotler shares what the science says about human possibility—and what must remain a mystery, outside the purview of any research.

A brilliant synthesizer, Kotler paints a compelling portrait of our deepest human potential, helping us understand how to leverage this growing body of research and step into a new field of possibility.

Author Bio

Steven Kotler is a New York Times bestselling author, award-winning journalist, and co-founder and director of research of the Flow Genome Project. His most recent work, Stealing Fire, was a national bestseller and nominated for a Pulitzer Prize. He is the co-founder alongside his wife, author Joy Nicholson, of Rancho de Chihuahua, a dog sanctuary in the mountains of Northern New Mexico. For more, visit stevenkotler.com.
Kintsugi
The Japanese Art of Embracing the Imperfect and Loving Your Flaws
by Tomás Navarro

Cultivate inner strength and rebuild your life with the ancient principles of kintsugi.

When we lose a person we love, a job, or our health, it can feel like a precious piece of ourselves falling to the ground and shattering. But in the Japanese art of kintsugi, that's where the creation of beauty begins—in the delicate rejoining and mending of shards with loving attention. Psychologist Tomás Navarro encourages us to approach our lives in the same way.

Everyone faces suffering, but how we engage with our troubles and heal our emotional wounds can make all the difference. Rather than conceal our repairs, what if we embraced them—and looked to them as proofs of our strength?

With Kintsugi, Navarro presents a sensitive and contemplative approach to the suffering that he's seen in his professional practice and in his own life. His reflections help us to engage with our tragedies and challenges—transmuting them into sources of strength. Through gentle stories, practices, and insights, readers gain deeper perspective and courage in the face of life's inevitable crises, heartbreaks, and losses.

Author Bio

Tomás Navarro is a psychologist who loves people and what they feel, think, and do. He is the founder of a consultancy practice and center for emotional well-being. He currently splits his time between technical writing, training, consultancy, conferences and advisory processes, and personal and professional coaching. He lives in Gerona and Barcelona, Spain.
Karma of Cats
Spiritual Wisdom from Our Feline Friends
by Various Authors

A collection of writings on the many lessons we can learn from cats—life, love, our spiritual nature, and more

Charles Dickens once said, “What greater gift than the love of a cat?” And cat lovers everywhere would agree—too often cats are seen as mysterious, independent, or aloof, yet they bring a wealth of love and wisdom to those who welcome them into their homes and hearts. In *The Karma of Cats*, spiritual teachers, writers, and animal experts share stories and reflections on lessons learned from their feline friends.

This collection of touching odes to our beloved kitty companions will at times make you laugh out loud and at others bring tears to your eyes. Join authors such as Alice Walker, Andrew Harvey, Sandra Ingerman, Joan Ranquet, and others to explore themes of love and loss, radical respect, fierce leadership, honoring your true self, and more. *The Karma of Cats* provides a beautiful compilation for anyone who loves cats and appreciates the unique ways they embody the core spiritual values we try to live by.

Author Bio

Various Authors

Sounds True strives to preserve the essential "living wisdom" of each author, artist, or spiritual teacher we publish.
Illuminated Hafiz
Love Poems for the Journey to Light
by Hafiz, illustrated by Michael Green

The immortal poetry of the great Persian master paired with beautiful illustrations

“Hold tight to the stem of the rose you’ve been given. Learn what such a friend is worth. Write that in the margin and memorize it.” —Hafiz (tr. Barks)

Rarely do we encounter poetry that ignites and intoxicates the soul. Few poets have ever done so as brilliantly as Hafiz of Shiraz. The Illuminated Hafiz is a celebration of how even now, seven centuries after his death, this Persian mystic remains one of the most beloved poets in the world.

The Illuminated Hafiz presents selections from the master’s alluring works as they’ve never been seen before—merging translations from Coleman Barks, Robert Bly, Omid Safi, and other mystics and scholars with evocative art by Michael and Saliha Green. Following in the tradition of The Illuminated Rumi, this inspiring collection also contains short commentaries on Hafiz and the significance of his work, as well as a glossary explaining his imagery and subtle use of language.

A contemporary take on classical illuminated manuscripts, The Illuminated Hafiz reveals why Hafiz’s verse endures as timeless spiritual guidance in the Middle East, and why his sublime words of light continue to grow in popularity in the West and throughout the world.

Author Bio

Hafiz of Shiraz (c.1315–1390) known as “The Tongue of the Hidden Mysteries,” was a Persian poet and mystic whose life and works reached the height of spiritual attainment. Hafiz has influenced generations of renowned writers and artists in the East and West with his verse devoted to revealing the mysteries of human and divine passion on the path to union with God.
Highly Sensitive Person’s Complete Learning Program

Essential Insights and Tools for Navigating Your Work, Relationships, and Life
by Elaine Aron

Are you sensitive to bright lights, loud noises, strong smells, or coarse fabrics?
Do other people’s moods and needs strongly affect you?
On busy days, do you seek quiet, private surroundings?
Are you deeply moved by the arts or music?
Do you have a rich inner life?

If so, you may be an HSP.

In her groundbreaking 1996 book *The Highly Sensitive Person*, Dr. Elaine Aron opened our eyes to the trait, validating the unique lives of one-fifth of the population.

With this in-depth audio learning program—taught by Elaine, an HSP herself—she invites us to learn the full scope of what is now known about high sensitivity, including many new research findings and life strategies. Listeners will join her to explore:

What high sensitivity is, how to assess if you’re an HSP, compelling research, the five key needs of HSPs, self-care essentials for thriving in our over-stimulating world, succeeding in intimate relationships and at work, supporting the highly sensitive child, and much more.

Author Bio

Elaine N. Aron, PhD, is the author of *The Highly Sensitive Person* (Citadel, 1996) and many other bestselling books for HSPs and those who know them. She pioneered the study of high sensitivity in 1991. She and her husband Arthur Aron, PhD, are two of the leading scientists researching the trait as well as the psychology of love and close relationships. She resides in Tiburon, California. For more information, visit hsperson.com.
When you step onto the mat, who is your teacher? “Each of us—no matter who we learn from or what style of yoga we practice—can become our own teacher and create a deeply personal and healing yoga practice,” writes Peter Sterios. “The key is to learn the language of the subtle body.”

As most practitioners come to realize, yoga works on much more than the physical body—it also works on the unseen, energetic forces of the subtle body that enliven our physical experience. With Gravity & Grace, Sterios provides a comprehensive guide for working with the subtle body through yoga. Known for his lighthearted and joyful approach, Sterios teaches readers how to create healing yoga practices that serve each person’s unique tapestry of personality, background, and body type.

Using hatha yoga as a starting point, Sterios shares lessons and practice principles that anyone with any level of health or experience can follow. Readers will gain a deeper understanding of subtle body anatomy, its physical and psychological effects on our health, and how to harness its energy for maximum healing.

Author Bio

Peter Sterios is an internationally recognized yoga teacher and trainer. He is founder of LEVITYoga and MANDUKA, and the creator of the yoga video series Gravity & Grace. He resides in San Luis Obispo, CA. For more, visit levityoga.com.
For Those Who Serve
Practical Guidance for Being of Benefit to Others
by Eckhart Tolle

A full-length audio retreat for anyone called to serve, teach, and give comfort to those in need

We can have intelligence, compassion, kindness, and good intention—but without our complete presence, our service to others will fall short. With For Those Who Serve, you’ll discover the keys to truly helping those in need—authentic connection, inner surrender, and aligning with the present moment as it is.

Created specifically for teachers, counselors, nurses, hospice workers, and caregivers in any field, this audio retreat applies the teachings of Eckhart Tolle and Kim Eng to the life of service. Here you will find a training for bringing your whole and undivided self to your life’s work—including skills of complete listening, recognizing the innate perfection of your clients, accepting the inevitability of change, and learning to rest in the spaces between thoughts. For Those Who Serve offers not only the opportunity to expand your expertise, but also a celebration of how selfless action can change the world.

Includes audience Q&A.

Author Bio

Eckhart Tolle is a world-renowned spiritual teacher and bestselling author in print and on audio. His published works include the Oprah’s Book Club selection A New Earth (Penguin Group, 2008) and The Power of Now (Namaste Publishing, 2004). He lives in Vancouver, BC, Canada. See eckharttolle.com for more.
Eckhart Tolle expands his horizons with this Spanish-language audio offering

What is Presence? Is it something we can define or describe? Or does it defy the limits of language entirely?

On *Eres la luz del mundo* ("You are the light of the world"), Eckhart Tolle offers his first audio program in Spanish, introducing audiences to the fundamentals of his teachings on transcending the mind-made sense of self to discover the deeper reality of who we are. Recorded at sold-out events in Mexico City and Buenos Aires, this program is a wonderful example of how Eckhart’s teachings surpass borders.

Presenting in fluent Spanish, Eckhart discusses both the foundations of his teachings and how to embody them in everyday life. Here you will find considerations of the innate stillness of the present moment, what it means to be conscious of consciousness, the limits of “good intentions” when they are rooted in the ego, and much more. Taken as a whole, *Eres la luz del mundo* is a powerful reminder that the most essential truths go beyond the words that convey them.

Author Bio

Empath’s Empowerment Journal
Your Self-Care Companion
by Judith Orloff

The premier authority on empaths presents a daily self-care journal created specifically for highly sensitive people

Dr. Judith Orloff has a life-saving message for all empaths: self-care is essential when you are highly empathic and sensitive. An empath herself, Dr. Orloff has emerged as the leading expert on the needs of people who feel and experience life with unusual intensity. Now with The Empath’s Empowerment Journal, she brings you an ideal resource for creating a daily self-care routine to support you in protecting your vital energy and developing the unique gifts of intuition, creativity, and compassion you bring to the world.

This paperback journal of personal exploration is beautifully designed to delight the senses of sensitive people. Inside you’ll find spacious pages for your own writing, punctuated with inspirational statements and prescriptive exercises to help you deal gracefully with in-the-moment sensory overload; tap into the power of seasonal changes and celestial cycles; and fine-tune your daily routine to nourish the greatest expression of your natural gifts.

Created as the perfect companion to Dr. Orloff’s new book Thriving as an Empath or as a stand-alone support for any sensitive person who wants to practice better self-care, The Empath’s Empowerment Journal provides invaluable tools and inspiration for helping you become more protected, effective, and empowered each day.

Author Bio

Judith Orloff, MD, is a leading voice in the fields of medicine, psychiatry, and intuitive development. An assistant clinical professor of psychiatry at UCLA, her bestselling books include The Empath’s Survival Guide, Emotional Freedom, Positive Energy, Dr. Judith Orloff’s Guide to Intuitive Healing, and Second Sight. Find more inspiration at Dr. Orloff’s website drjudithorloff.com.
Drinking from the River of Light
The Life of Expression
by Mark Nepo

A deeply heartfelt exploration of what it means to live the creative, expressive life

“Meaningful art, enduring art—and the transformative process it awakens—keeps us alive,” writes Mark Nepo. With Drinking from the River of Light, this bestselling poet and philosopher leads audiences on a journey to discover just how art and creative expression can bring our deepest truths to bear in the world.

In this collection of interconnected essays and poetry—covering subjects ranging from the importance of staying in conversation with other forms of life to a consideration of how innovators such as Matisse, Rodin, and Beethoven saw the world—Nepo presents a lyrical ode to the artistic urge that stirs in each of us. Including dozens of journaling prompts and personal exercises meant to enliven the reader’s creative instincts, Drinking from the River of Light traces the search for our most essential selves and the importance of art to bear witness to the sorrow, depth, and joy of life.

Author Bio

Mark Nepo is a poet and philosopher who has taught in the fields of poetry and spirituality for over 40 years. A New York Times #1 bestselling author, he has published 20 books and recorded 14 audio projects. Mark has been interviewed several times by Oprah Winfrey as part of her Super Soul Sunday TV show, and was interviewed by Robin Roberts on Good Morning America. His work has been translated into more than 20 languages. For more, see MarkNepo.com.
Deep Heart
Our Portal to Presence
by John J. Prendergast, foreword by Adyashanti

Tap into your inherent wisdom, love, and wholeness as you journey into the depths of the heart.

The great human quest is to discover who we really are—a discovery that changes our lives and the lives of those around us. With *The Deep Heart*, spiritual teacher and psychotherapist John J. Prendergast, PhD, invites us on a pilgrimage within, using the heart as a portal to our deepest psychological and spiritual nature.

The “deep heart” is Prendergast’s term for our heart center—the subtle center of emotional and energetic sensitivity, relational intimacy, profound inner knowing, and unconditional love. “The heart area is where we feel most deeply touched by kindness, gratitude, and appreciation, yet it is also where we feel most emotionally wounded,” writes Prendergast. “Whether we realize it or not, the heart is what we most carefully guard and most want to open.”

In *The Deep Heart*, Prendergast guides readers to safely open their hearts and discover their true nature. Through precise and potent meditative inquiries, insightful stories, and reflections drawn from his intimate work with students and clients, Prendergast explores the convergence of psychological healing and spiritual awakening that happens most clearly and powerfully in “the deep heart.” These short chapters, accompanied by guided meditations and inquiries, will invite and inspire you to ponder and discover the emotional, energetic, and spiritual depths of your heart.

Author Bio

John J. Prendergast, PhD, is a psychotherapist, retired professor of psychology, spiritual teacher, and founder and editor-in-chief of Undivided: The Online Journal of Nonduality and Psychology. For more, visit listeningfromsilence.com.
Creating a Culture of Tenderness
Embracing Our Kinship with All of Life
by Pema Chodron and Greg Boyle

Join two beloved spiritual luminaries for a conversation full of kinship, laughter, and joyful truths

What do a Jesuit priest and a Buddhist nun have in common? It may sound like the opening to a joke, but it’s actually the question that initiated an extraordinary spiritual collaboration.

Father Greg Boyle and Pema Chödrön came together in a night of interfaith conversation for a great cause: aiding Homeboy Industries, the world’s largest rehabilitation, re-entry, and job training program for former gang members. Originally founded by Father Greg in 1992, Homeboy Industries has helped thousands of people find renewed hope after leaving gang life.

Now, Father Greg and Pema present Creating a Culture of Tenderness, an audio program devoted to what it means to embody one’s principles in the world. Co-teaching for the first time, here they offer an inspiring dialogue on recognizing each other’s innate humanity, the power of second chances, the profound connections between the world’s faiths, and how in service to others we can discover the most vital spiritual truths.

Author Bio

Pema Chödrön, known as “Ani Pema” to her students, is the author of many spiritual classics, including When Things Fall Apart, Taking the Leap (Shambhala, 2002, 2008), and How to Meditate (Sounds True, 2013). She serves as resident teacher at Gampo Abbey Monastery in Nova Scotia. For more, see pemachodronfoundation.org.
Courage to Confront Evil
The Most Important Challenge of Our Time
by Caroline Myss

Caroline Myss offers a powerful response for our time—an invitation to know your light and to wield your true power.

If you don't understand the nature of evil, how can you be a force for good? As Caroline Myss teaches, “evil” and “good” are not simply abstract concepts—they are energies you can learn to feel in your body and soul. With The Courage to Confront Evil, Caroline Myss delivers one of her most powerful presentations yet: a sweeping training in the practice of standing in your own light and integrity, so every choice you make becomes an act of healing in this extraordinary and challenging period of human history.

“Our entire world functions on the same truths—or laws—as each of us does individually,” teaches Myss. In these seven audio training sessions, Myss boldly investigates the spiritual nature of evil, the many masks evil wears, the pitfalls we face as we choose to confront it, and the spiritual guideposts that will help us navigate through the darkness within and without to become “an instrument of holy power.”

“We have been spiritually preparing for this time of change for half a century,” Caroline Myss reveals. With The Courage to Confront Evil, she sounds the clarion call for you to discover your role in this great unfolding of human evolution.

Author Bio

Caroline Myss is the author of five New York Times bestsellers, including Anatomy of the Spirit, Sacred Contracts, and Why People Don't Heal and How They Can. A leading voice in the field of energy medicine and human consciousness, she holds degrees in journalism, theology, intuition, and energy medicine. She has appeared on two highly successful public television programs, and on The Oprah Show. For more, visit myss.com.