

Spiritual Practices for These Times

PCAR 1100

Required Texts:

CHOOSE ONE FROM EACH CATEGORY. Please choose 3 that truly excite you, and one that you may be afraid of, or hesitant about.

<u>Category</u>	<u>Book Choices</u>
<p>First Quarter - Embodiment & the Earth</p> <p><i>Feb 6 - Feb 24</i></p>	<ul style="list-style-type: none"> -Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice by: Lauren Artress, ISBN: 9781594481819, \$16. -Rooted: Life at the Crossroads of Science, Nature, and Spirit by: Lyanda Lynn Haupt, ISBN: 9780316426480, \$27. -Sky Above, Earth Below: Spiritual Practice in Nature by: John P. Milton, ISBN: 9781591810285, \$18.95. -Breathing as Spiritual Practice: Experiencing the Presence of God by: Will Johnson, ISBN: 9781620556870, \$14.99. -When The Drummers Were Women: A Spiritual History of Rhythm by: Layne Redmond, ISBN: 9781635617887, \$25.95 -The Ecstatic Experience: Healing Postures for Spirit Journeys by: Belinda Gore, ISBN: 9781591430964, \$20.00 -No Recipe: Cooking as Spiritual Practice by: Edward Especially Brown, ISBN: 9781683640547, \$17.95 -Awakening Somatic Intelligence: The Art and Practice of Embodied Mindfulness—Transform Pain, Stress, Trauma, and Aging by: Rosa F. Kaparo, PhD, ISBN: 9781583944172, \$21.95 -The Way of Rest: Finding the Courage to Hold Everything in Love by: Jeff Foster, ISBN: 9781622037926, \$12.89 -The Art & Practice of Spiritual Herbalism: Transform, Heal, & Remember with the Power of Plants and Ancestral Medicine by: Karen M. Rose, ISBN: 9780760371794, \$26.99 <i>(CAN ALSO BE USED FOR THIRD QUARTER)</i>

<p>Second Quarter - The Arts & Activism</p> <p><i>Feb 27 - March 17</i></p>	<p>-Sustaining Spirit: Self-Care for Social Justice by: Naomi Ortiz, ISBN: 9781947647138, \$16.95.</p> <p>-Hoe to Do Nothing: Resisting the Attention Economy by: Jenny Odell, ISBN: 9781612198552, \$17.95.</p> <p>-Writing the Sacred Journey: The Art and Practice of Spiritual Memoir by Elizabeth J. Andrew, ISBN: 9781558964709, \$16.00</p> <p>-Awakening Together: The Spiritual Practice of Inclusivity and Community by: Larry Yang, ISBN: 9781614293514, \$19.95.</p> <p>-Mystical Stitches: Embroidery for Personal Empowerment and Magical Embellishment by: Christi Johnson, ISBN: 978-1635863345, \$24.95</p> <p>-Praying in Color: Drawing a New Path to God by: Sybil MacBeth, ISBN: 9781612613536, \$14.99</p> <p>-Spirituality and Art Therapy: Living the Connection Edited by: Mimi Farrell-Hansen, ISBN: 1853029521, \$39.95</p> <p>-Awakening the Creative Spirit: Brining the Arts to Spiritual Direction by: Christine Valters Paintner and Betsey Beckman, ISBN: 9780819223715, \$26.95</p> <p>-Poetic Medicine: The Healing Art of Poem-Making by John Fox, ISBN: 9780874778823, \$17.95</p>
<p>Third Quarter - Indigenous & Pagan Traditions</p> <p><i>March 27 - April 14</i></p> <p>In this category, please be aware of appropriation. You may base a practice of your own creation on one presented, or seek out what those in your ancestral lineage may have done that is similar and create a practice based on that. Always use your own discretion and honor the source. Learning about other cultures is key here.</p>	<p>-Voices from the Ancestors: Xicanx and Latinx Spiritual Expression and Healing Practices edited by: Lara Medina and Martha R. Gonzales, ISBN: 9780816539567, \$29.95.</p> <p>-Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teaching of Plants by: Robin Wall Kimmerer, ISBN: 9781571313560, \$20.</p> <p>-Ancestor Paths: Honoring our Ancestors and Guardian Spirits Through Prayers, Rituals & Offerings by: Aladokun, ISBN: 9780615648637, \$18.95.</p> <p>-The Healing Wisdom of Africa: Finding Life Purpose Through Nature, Ritual and Community by: Malidoma Patrice Some, ISBN: 9780874779912, \$16.95</p> <p>-Practical Sigil Magic for Beginners: A Guide to Setting Intentions, Crafting Powerful Symbols and Applying Spells by: Shannon C. Clark, ISBN: 9781638070740, \$14.99</p> <p>-The Spirit Almanac: A Modern Guide to Ancient Self-Care by: Emma Loewe & Lindsay Kellner, ISBN: 9780143132714, \$25.00</p> <p>-Within the Sacred Circle: An Interfaith Guide to Shamanic Tools & Rituals of Transformation by: Pamela Dawn-deForest Hancock, PhD, ISBN: 978-1975753252, \$25.00</p>

**Fourth Quarter -
From Organized
Religions & Mystical
Traditions**

April 17 - May 5

-Eternal Heart: The Mystical Path to a Joyful Life by: Carl McColman, ISBN: 978-1506464619, \$24.99

-Bead by Bead: The Ancient Way of Praying Made New by: Suzanne Henley, ISBN: 978-1612619187, \$18.99

-Buddhism for Healing: Practical Meditations, Mantras, and Rituals for Balance and Harmony by Terry Cortés-Vega, ISBN: 978-1647397272, \$14.99

-You Are Here: Discovering the Magic of the Present Moment by Thich Nhat Hanh, ISBN: 978-1590308387, \$14.95

-Spiritual Gems of Islam: Insights & Practices from the Qur'an, Hadith, Rumi & Muslim Teaching Stories to Enlighten the Heart & Mind by Imam Jamal Rahman, ISBN: 978-1594734304, \$21.99

-The Mad Monk Manifesto: A Prescription for Evolution, Revolution, and Global Awakening by Yun Rou, ISBN: 978-1633538641, \$18.99

-Broken Body, Healing Spirit: Lectio Divina and Living with Illness by: Mary C. Earle, ISBN: 9780819219282, \$15.95

-God is a Verb: Kabbalah and the Practice of Mystical Judaism by: Rabbi David A. Cooper, ISBN: 1573226947, \$15.00

-The Kabbalah of Writing: Mystical Practices for Inspiration and Creativity by: Sherri Mandell, ISBN: 978-1644116104, \$18.99

-Sufism: An Introduction to the Mystical Tradition of Islam by: Carl W. Ernst Ph.D., ISBN: 978-1590308844, \$29.95

-The Hebrew Priestess: Ancient and New Visions of Jewish Women's Spiritual Leadership by: Jill Hammer and Taya Shere, ISBN: 9781934730461, \$24.95

-Pathways to Joy: Vivekananda on the Four Yoga Paths to God by: Swami Vivekananda, ISBN: Swami Vivekananda, \$18.95

-Rituals and Prayers for Spiritual Realization: Practicing the Hindu Traditions with full understanding by: Bala Aiyer, ISBN: 978-1791658625, \$15.99