

And Being Of Angel Living Fearlessness The Zen Williams Kyodo Art Grace With Black

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Embrace the spirit of angelic fearlessness, finding profound peace in a Zen approach to life. This unique blend, reminiscent of Kyodo Art's grace and depth, beautifully integrates the power of black, creating an aesthetic that inspires courage, calm, and a deep, artful understanding of being.

We encourage scholars to reference these dissertations responsibly and ethically.

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Being Black

"Honest, courageous... Williams has committed an act of love."—Alice Walker "A classic."—Jack Kornfield There truly is an art to being here in this world, and like any art, it can be mastered. In this elegant, practical book, Angel Kyodo Williams combines the universal wisdom of Buddhism with an inspirational call for self-acceptance and community empowerment. Written by a woman who grew up facing the challenges that confront African-Americans every day, *Being Black* teaches us how a "warrior spirit" of truth and responsibility can be developed into the foundation for real happiness and personal transformation. With her eloquent, hip, and honest perspective, Williams—a Zen priest, social activist, and entrepreneur—shares personal stories, time-tested teachings, and simple guidelines that invite readers of all faiths to step into the freedom of a life lived with fearlessness and grace.

Radical Dharma

Igniting a long-overdue dialogue about how the legacy of racial injustice and white supremacy plays out in society at large and Buddhist communities in particular, this urgent call to action outlines a new dharma that takes into account the ways that racism and privilege prevent our collective awakening. The authors traveled around the country to spark an open conversation that brings together the Black prophetic tradition and the wisdom of the Dharma. Bridging the world of spirit and activism, they urge a compassionate response to the systemic, state-sanctioned violence and oppression that has persisted against black people since the slave era. With national attention focused on the recent killings of unarmed black citizens and the response of the Black-centered liberation groups such as Black Lives Matter, *Radical Dharma* demonstrates how social transformation and personal, spiritual liberation must be articulated and inextricably linked. Rev. angel Kyodo williams, Lama Rod Owens, and Jasmine Syedullah represent a new voice in American Buddhism. Offering their own histories and experiences as illustrations of the types of challenges facing dharma practitioners and teachers who are different from those of the past five decades, they ask how teachings that transcend color, class, and caste are hindered by discrimination and the dynamics of power, shame, and ignorance. Their illuminating argument goes beyond a demand for the equality and inclusion of diverse populations to advancing a new dharma that deconstructs rather than amplifies systems of suffering and prepares us to weigh the shortcomings not only of our own minds but also of our communities. They forge a path toward reconciliation and self-liberation that rests on radical honesty, a common ground where we can drop our need for perfection and propriety and speak as souls. In a society where profit rules, people's value is determined by the color of their skin, and many voices—including queer voices—are silenced, *Radical Dharma* recasts the concepts of engaged spirituality, social transformation, inclusiveness, and healing.

Lifting as They Climb

The lives and writings of six leading Black Buddhist women—Jan Willis, bell hooks, Zenju Earthlyn Manuel, angel Kyodo williams, Spring Washam, and Faith Adiele—reveal new expressions of Buddhism rooted in ancestry, love, and collective liberation. *Lifting as They Climb* is a love letter of freedom and self-expression from six Black women Buddhist teachers, conveyed through the voice of author Toni Pressley-Sanon, one of the innumerable people who have benefitted from their wisdom. She explores their remarkable lives and undertakes deep readings of their work, weaving them into the broader tapestry of the African diaspora and the historical struggle for Black liberation. Black women in the U.S. have adapted Buddhist practice to meet challenges ranging from the injustices of the Jim Crow South to sexual violence, social discrimination, and bias within their Buddhist communities. Using their voices through the practice of memoir and other forms of writing, they have not only realized their own liberation but carried forward the Black tradition of leading others on the path toward collective awakening.

Preaching Black Lives (Matter)

Preaching Black Lives (Matter) is an anthology that asks, “What does it mean to be church where if Black lives matter?” Prophetic imagination would have us see a future in which all Christians would be free of the soul-warping belief and practice of racism. This collection of reflections is an incisive look into that future today. It explains why preaching about race is important in the elimination of racism in the church and society, and how preaching has the ability to transform hearts. While programs, protests, conferences, and laws are all important and necessary, less frequently discussed is the role of the church, specifically the Anglican Church and Episcopal Church, in ending systems of injustice. The ability to preach from the pulpit is mandatory for every person, clergy or lay, regardless of race, who has the responsibility to spread the gospel. For there’s a saying in the Black church, “If it isn’t preached from the pulpit, it isn’t important.”

Wisdom for the Soul of Black Folk

Another book of quotations? Indeed there are numerous excellent extant anthologies of quotations, but these tend to be very broad, with a bias toward classical and well-known authors; those works which document the contributions of Black authors have tended to focus on African-Americans, considerable as their output is. Undeniable recognition of this prevalence is reflected in the title of the present volume which pays homage to W. E. B. Du Bois’ classic work and in the preponderance of entries from American sources. Nevertheless, effort has been made to cast a wider net to capture under-represented and unfamiliar voices. Khemetic texts preserved in papyri and stelae are the earliest literature to have survived, followed by the writings of North African Romans and Ethiopian philosophers and clerics, and the lately recovered Timbuktu manuscripts from their repositories in the desert sands of Mali. The Transatlantic slave experience gave rise to the slave narratives and abolitionist literature from both sides of the Atlantic, which remained predominant right up to the 20th century. Post-Emancipation under colonial rule and white domination, Black poetry and prose emerged, adhering to prevailing standards, evidenced typically in the work of Phillis Wheatley and the sonnets of Claude McKay. With the Civil Rights and Black Power movements would come iconoclastic expressions of protest and identity. There is a sizeable body of literature by Black authors from Africa and the diaspora who speak to universal values and eternal verities. This anthology of their work focuses on the inner life, on personal development and self-actualization. 3000 quotations have been selected to inspire, enlighten and encourage; they have been arranged in 200 psycho-spiritual categories and in chronological order. The resulting timeline of thought in itself is useful and instructive as it demonstrates very clearly the evolution of consciousness evident in the contemporary thinking on particular subjects. Like its predecessor, *Wisdom for the Soul: Five Millennia of Prescriptions for Spiritual Healing*, this volume contains a full biographical index and bibliographical references. Much of the material is anthologized here for the first time.

Black Pain

A successful woman entrepreneur addresses the taboo of depression that pervades African-American culture, drawing on her own experiences of suffering and recovery while counseling readers from all walks of life on how to overcome cycles of denial and psychological pain. Reprint. 50,000 first printing.

Radical Mindfulness

Radical Mindfulness examines the root causes of injustice, asking why inequalities along the lines of race, class, gender, and species continue to exist. Specifically, James K. Rowe examines fear of death as a root cause of systemic inequalities and proposes a more embodied approach to social change as a solution. Collecting insights from powerful thinkers across multiple traditions—including Black radicals, Indigenous resurgence theorists, terror management theorists, and Buddhist feminists—Rowe argues for the political importance of seemingly apolitical practices such as meditation and ritual. On their own, these strategies are not enough, but integrated into social movements that are combating structural injustices, mind–body practices can begin transforming the embodied fears that feed endless fuel to supremacist ideologies and yet are not targeted by most political actors. Radical Mindfulness is for academics, activists, and individuals who want to overcome supremacy of all kinds but are struggling to understand and develop methods for attacking it at the roots.

Black Buddhists and the Black Radical Tradition

"This book illuminates distinct Buddhist practices amongst meditators of African descent. It includes interviews, dharma talks, and writings of more than sixty-five Black Buddhist teachers and long-term practitioners. In lifting up the distinctive voices and practices of Black Buddhists within American Buddhism, this book emphasizes the interpretations and practices of Black Buddhists. This book identifies specific causes and conditions for suffering, such as the transatlantic slave trade, the auction block, lynchings, migrations, and contemporary state violence, that have led Black Buddhist teachers to prioritize healing intergenerational trauma as a foundation for Black liberation. In pointing the horrific conditions manifested by patriarchy, misogyny, cisgender normativity, Black Buddhists assert that healing intergenerational trauma is foundational of psychological and spiritual liberation. Relatedly, this book delves into the importance that Black Buddhists place on honoring ancestors-biological and spiritual-as forebears who survived hostile and degrading conditions. Furthermore, this book illuminates the ways in which Black Buddhists privilege the body, even as it has been degraded, as a vehicle for liberation. Finally, this book argues that all of these distinct components of Black Buddhist practice fulfill the quest for psychological liberation evoked in the Black Radical Tradition"--

Charles Johnson

Essays by Herman Beavers, Gena Chandler, Marc C. Conner, William Gleason, William R. Nash, Linda Selzer, Gary Storhoff, and John Whalen-Bridge In Charles Johnson: The Novelist as Philosopher, leading scholars examine the African American author's literary corpus and major themes, ideas, and influences. The essays explore virtually all of Johnson's writings: each of his novels, his numerous short stories, the range of his nonfiction essays, his many book reviews, and even several unpublished works. These essays engage Johnson's work from a variety of critical perspectives, revealing the philosophical, cultural, and political implications of his writings. The authors seek especially to understand philosophical black fiction and to provide the multifocal, whole sight analysis Johnson's work demands. Johnson (b. 1948)--author of *Dreamer*, *Oxherding Tale*, and the National Book Award-winning *Middle Passage* draws upon influences as diverse as Richard Wright, Herman Melville, Thomas Aquinas, Franz Kafka, W. E. B. Du Bois, and Ralph Waldo Emerson. He combines rigorous training in western philosophy with a lifelong practice in eastern religious and philosophical traditions. He has repeatedly told interviewers that he became a writer specifically to strengthen the interplay between philosophy and fiction. Marc C. Conner is associate professor of English at Washington and Lee University. William R. Nash is associate professor of American studies and director of African American studies at Middlebury College.

The Oxford Handbook of Religion and Race in American History

"In *The Oxford Handbook of Religion and Race in American History*, thirty-six scholars investigate the complex interdependencies of religion and race through American history. The volume covers the religious experience, social realities, theologies, and sociologies of racialized groups in American religious history, as well as the ways that religion contributed to and challenged their racialization"--Source : éditeur

The Oxford Handbook of Buddhist Practice

"This Handbook provides a state-of-the-art exploration of several key dynamics in current studies of the Buddhist tradition with a focus on practice. Embodiment, materiality, emotion, and gender shape the

way most Buddhists engage with their traditions, in contrast to popular representations of Buddhism as spiritual, disembodied, and largely devoid of ritual. This volume highlights how practice often represents a fluid, dynamic, and strategic means of defining identity and negotiating the challenges of everyday life. Essays explore the transformational aims of practices that require practitioners to move, gesture, and emote in prescribed ways, including the ways that scholars' own embodied practices are integral to their research methodology. The chapters are written by acknowledged experts in their respective subject areas and taken together offer an overview of current thinking in the field. The volume is of particular value to scholars who seek an orientation to current perspectives on important conceptual, theoretical, and methodological concerns that are shaping the field in areas outside their primary expertise. The inclusion of substantial, up-to-date bibliographies also makes the volume an important guide to current scholarship"--

Journeys of Transformation

Compelling exploration of how journeys to a Buddhist culture changed 30 Western writers as they explored the meaning of 'no-self'.

Black and Buddhist

Gold Nautilus Book Award Winner Leading African American Buddhist teachers offer lessons on racism, resilience, spiritual freedom, and the possibility of a truly representative American Buddhism. With contributions by Acharya Gaylon Ferguson, Cheryl A. Giles, GyMzan Royce Andrew Johnson, Ruth King, Kamilah Majied, Lama Rod Owens, Lama Dawa Tarchin Phillips, Sebene Selassie, and Pamela Ayo Yetunde. What does it mean to be Black and Buddhist? In this powerful collection of writings, African American teachers from all the major Buddhist traditions tell their stories of how race and Buddhist practice have intersected in their lives. The resulting explorations display not only the promise of Buddhist teachings to empower those facing racial discrimination but also the way that Black Buddhist voices are enriching the Dharma for all practitioners. As the first anthology comprised solely of writings by African-descended Buddhist practitioners, this book is an important contribution to the development of the Dharma in the West.

Mindful America

Jeff Wilson explores the diverse ways in which the Buddhist-derived practice of mindfulness meditation has been applied in American culture.

Beacons of Dharma

Today's globalized society faces some of humanity's most unprecedented social and environmental challenges. Presenting new and insightful approaches to a range of these challenges, the timely volume before you draws upon individual cases of exemplary leadership from the world's Dharma traditions—Hinduism, Sikhism, Jainism, and Buddhism. The volume's authors refer to such exemplary leaders as "beacons of Dharma," highlighting the ways in which each figure, via their inspirational life work, provide us with illuminating perspectives as we continue to confront cases of grave injustice and needless suffering in the world. Taking on difficult contemporary issues such as climate change, racial and gender inequality, industrial agriculture and animal rights, fair access to healthcare and education, and other such pressing concerns, Beacons of Dharma offers a promising and much needed contribution to our global remedial discussions. Seeking to help solve and alleviate such social and environmental issues, each of the chapters in the volume invites contemplation, inspires action, and offers a freshly invigorating source of hope.

Buddhism and Whiteness

In this unprecedented book, contributors use Buddhist philosophical and contemplative traditions, both ancient and modern, and deploy critical philosophy of race, and critical whiteness studies, to address the proverbial elephant in the room – whiteness.

Tell Me Something about Buddhism

For anyone who is curious about the teachings of Buddha and modern Buddhist practice, Tell Me Something about Buddhism offers the perfect introduction. Organized in an easy-to-use Question and Answer format, Soto Zen priest Zenju Earthlyn Manuel answers the many common questions people

have about Buddhism, such as: Who Was Buddha? What are the Four Noble Truths? Do you have a holy book like the Bible or Koran? What do Buddhists believe? Are there core teachings? Do you believe in a god? Do some people have good karma and some bad? Why do the monks, nuns, and priests shave their heads? Can Buddhists eat meat? Manuel intertwines throughout the book her personal experiences as one of the first African-American Zen priests in the U.S., her life in the Sangha, and her travels around the world meeting other Buddhist practitioners. Included are about 20 illustrations by the author in her trademark charcoal-and-pencil style.

Hidden Fields

Author Charles Ford continues to examine the philosophy of choice in the spirit of poetry by existentialism. Many themes are included, such as alienation, God, death, love, and so on. Here the list of themes is not exhausted. The roots of these choices are grounded in the will of the individual rather than his/her reason. He/she confronts problems that are seen in the world, so by his/her actions disclose human nature and reflect his/her latent dispositions. This is where inner choices must arise, so external choices may be seen as actions per se. When these state-of-affairs are closely examined, they disclosed aspects of the human condition. Experiences that revealed that we are human beings touching various realms of reality. For our inner/external choices say something about our makeup, we are wonderfully composed, and dynamically active from moment-to-moment of our existence. In Hidden Fields Book 3, Charles has written lots of poems in a personal way. He invites the readers to come along, and experience reality both mentally and through their senses. Every reader will soon discover something about him/ her with respect to choices that were made that he/she is fleshly human and is real. Charles wants to share and invite the reader into his home now.

Arguments over Genocide

The politics of domination with which the United States oppresses and exploits the Native Nations, is a violation of the intentions of the framers of the Constitution, and the meaning of the text itself. The arguments of the advocates of the genocide of the 1830s and their appeasers have come to determine the law, policy, and conduct of the United States, while the arguments of the opponents of what came to be known as the Trail of Tears have largely been forgotten, at least among non-Native people. By recovering these arguments, and allowing readers to explore large questions of law, justice, genocide, and politics in a context closely tethered to empirical evidence and careful argument, this book should facilitate more widespread understanding of the Native Nations' rights to their treaty-guaranteed dominion over their own lands and perhaps help open communication between the American people and the peoples of the Native Nations; communication on which the emergence of what Martin Luther King, Jr. called "the beloved community" depends. Arguments over Genocide aims to reach a broad audience of college students, in courses on American History, Indigenous Studies, and the United States and the World, as well as in more specialized upper division courses on constitutional law, American/European imperialism, and resistance, independence, and decolonization movements. Individuals interested in the founding of the United States, in the Trail of Tears, and in 19th century American history should find the work compelling, as should legal practitioners in the field.

Taming the Ox

Buddhism-influenced essays, stories, and reviews by National Book Award winner Charles R. Johnson. This wide and varied collection of essays, reviews, and short stories by the renowned author Charles Johnson offers incisive views on politics, race, and Buddhism. Johnson notes that in his life the two activities that have anchored him and reinforce each other are creative production and spiritual practice. This book is a crystallization of what he has learned during his passage through American literature, the visual arts, and the Buddhadharma. Essays include: • "And if Peace Is Their Goal . . ." on the principles of enlightened politics • "The King We Need" on the deep and sophisticated moral philosophy of Dr. Martin Luther King Jr., and why King's teachings and example are important to all Americans • "Why Buddhists Should Vote"--Johnson posits that voting can be seen as a way to reduce suffering • "The Meaning of Barack Obama"--an appreciation of the man who became one of the most historic US presidents, even before his first 100 days were through • "Why Buddhism for Black America Now?"--what Buddhism can offer the African-American community in the post-MLK era

Familiar Echo's

This is a story of dysfunctional families and the effects encountered by one young woman who has been in a state of denial for decades. When the winds of change slowly blow in her direction-- this woman is reminded and convinced that her life has been a difficult one at best. She is forced to search her scattered and fragmented memories in an attempt to survive the unrelenting devastating blows of a difficult reality. The reality of her past begins to reveal it's haunting qualities early one morning after a disturbing dream and continues to grow while she survives one devastating blow after another. And through a persistent state of depression with a mutilated spirit and her amputated muse she begins therapy with a compassionate miracle worker. Her journey is a long one--as her therapist guides her through a maze of suppressed and repressed memories into recognition. And with recognition is a set of new eyes viewing and evaluating all of her choices while living in a life of denial that she created for existence. Surviving as a damaged person can dictate how a soul will evolve. An important component is the disposition of the person. A person's character dictates how the damaged person lives/survives and they usually know how to survive; it can be a negative or a positive life of survival. Survival depends strongly upon the individual, the boundaries and environment that they create to support his or her life. With the support of her family and friends she finds acceptance of her reality and purges her soul of a mistaken life style of fantasies.

From Mindfulness to Heartfulness

Explaining how mindfulness can be so much more than a practice for reducing stress, enhancing attention, and instilling tranquility, this book describes eight heartfulness principles that help us realize that the deepest expression of an enlightened mind is found in our relation to others. --

RAISING RACE CONSCIOUSNESS

What propelled me to write this book? In addition to being nudged by Spirit and my own Inner Guidance, I took a look around. What is this fixation on race, sex, gender, religion, class that preoccupies so many of our species? Where is our plentiful joy and wonder at the magnificence of Creation? More importantly, what can we do about any lack of wonder? Who are we, anyway, and why are we here? Personally, I am fascinated by the diversity and combinations in which we humans flourish — with our multitude of talents, looks and abilities. I love our creativity, our amazingly diverse yet similar energies and vibrations. To me, this variety is something to be honored and treasured, a reflection of the artistry and abundance of Creation. Despite the beauty that exists within diversity – racial, sexual, gender, and so on -- some of us appear to feel, believe and act as if our variety is an issue, going so far as to behave inimically toward others who outwardly "look or seem different." From where do these attitudes stem and where do these perceptions lead? Is separation along color/sex/gender/religious lines what anyone truly desires in the core of his/her being? It is indicative of a culture with distorted ideas about race that people can even figure out what looking alike and looking different mean. How are these differences of coloration interpreted? In a culture that loved our multiplicity of being, we would have a different conception of alike and different, as well as different feelings and vibrations within ourselves. We are in a new millennium. We have the time-space-place-resonance to be the enlightened beings that we are. The choice is open to each and every one of us.

Reading African American Autobiography

From the 1760s to Barack Obama, this collection offers fresh looks at classic African American life narratives; highlights neglected African American lives, texts, and genres; and discusses the diverse outpouring of twenty-first-century memoirs.

Venus

The Cultures of Italian Migration allows the adjective "Italian" to qualify people's movements along diverse trajectories and temporal dimensions. Discussions on migrations to and from Italy meet in that discursive space where critical concepts like "home," "identity," "subjectivity," and "otherness" eschew stereotyping. This volume demonstrates that interpretations of old migrations are necessary in order to talk about contemporary Italy. New migrations trace new non linear paths in the definition of a multicultural Italy whose roots are unmistakably present throughout the centuries. Some of these essays concentrate on topics that are historically long-term, such as emigration from Italy to the Americas and southern Pacific Ocean. Others focus on the more contemporary phenomena of immigration to Italy from other parts of the world, including Africa. This collection ultimately offers an invitation to seek out new and different modes of analyzing the migratory act.

The Cultures of Italian Migration

Fleshing the Spirit brings together established and new writers to explore the relationships between the physical body, the spirit and spirituality, and social justice activism. The anthology incorporates different genres of writing—such as poetry, testimonials, critical essays, and historical analysis—and stimulates the reader to engage spirituality in a critical, personal, and creative way.

Fleshing the Spirit

"An exceptional work challenging leaders to question their assumptions about how to achieve organizational excellence . . . a new narrative for leading." —Carol Pearson, author of *The Hero Within* If we are to disentangle the extraordinary challenges that we face today in organizations, communities, and nations we must transcend our divisions and develop solutions together. But what enables us to collectively make wise choices and sound judgments instead of splintering apart? When human beings gather together, a depth of awareness and insight, a transcendent knowing, becomes available. Based on nine years of research *The Power of Collective Wisdom* shows how we can tap into the extraordinary cocreative potential that exists in every group. Collective wisdom is elusive and unpredictable—it can't be willed into being, but the authors describe six commitments people can adopt that will increase the likelihood of its appearing. Stories and historical examples throughout serve to illuminate and illustrate how collective wisdom has emerged in a range of settings and through the lives and traditions of varied cultures. Equally important, the authors describe how to recognize the pitfalls of polarization or false agreement, either of which can lead to collective folly—a phenomenon with which recent history has made us all too familiar. And they offer a set of practices to help readers maintain the key lessons of the book. *The Power of Collective Wisdom* is a foundational book for an emerging field of study and practice relevant to everyone seeking more effective and satisfying ways of working with others. "This book takes knowledge about groups and elevates it to a field and a movement." —Peter Block, author of *Community and Stewardship*

The Power of Collective Wisdom

School Hazard Zone: Beyond the Silence/Finding a Voice explores the dynamics that help to perpetuate minority academic underachievement. Through five years of journal entries, epiphanies, and inspirations, Pamela Althea Joyce presents an honest glimpse of undemocratic practices at an urban/suburban high school. She identifies variables associated with minority achievement, examines experiences of the individuals involved, ultimately reframes the «achievement gap» problem, and invites the reader to take a stand on the matter. From the perspective of a teacher preoccupied with the daily challenges of minority students, Joyce identifies positive and negative influences originating from self, school, and society, which play a role in tilting the academic playing field to the disadvantage of underachieving students. She provides alternatives, offering «do now», low-cost suggestions and feasible long-term ideas for closing the «achievement gap». The book will be enlightening for the general public, administrators, teachers, student teachers, parents, and all individuals concerned about the future of the American educational system.

School Hazard Zone

Here two Western-born lamas of the Nyingma tradition of Vajrayana Buddhism explore what it means to be utterly emotionally alive. Written in contemporary, nonacademic language, this book is a radical challenge to the misconception that inner Vajrayana is primarily an esoteric system of ritual and liturgy.

The authors teach that emotions can be embraced as a rich and profound opportunity for realization. This fiercely compassionate battle cry rallies all who are audacious enough to appreciate emotions for their supreme potential as vehicles for awakening.

Spectrum of Ecstasy

Explores the prevalence of Buddhist ideas in American literature since the 1970s.

Writing as Enlightenment

Five Millennia of Prescriptions for Spiritual Healing

Wisdom for the Soul

Literary Nonfiction. Poetry. Fiction. African & African American Studies. Women's Studies. LGBTQIA Studies. A lyrical, genre-bending coming-of-age tale featuring a queer, Black, Guyanese American woman who, while seeking to define her own place in the world, negotiates a difficult relationship with her father.

Who's Your Daddy?

This handbook is currently in development, with individual articles publishing online in advance of print publication. At this time, we cannot add information about unpublished articles in this handbook, however the table of contents will continue to grow as additional articles pass through the review process and are added to the site. Please note that the online publication date for this handbook is the date that the first article in the title was published online.

The Oxford Handbook of Meditation

Cosmopolitan Dharma, through an analysis of the diverse voices of racial, sexual and gender minority Buddhists, explores how cultural politics from the ground up can offer a more inclusive philosophy and lived experience of spirituality for Western Buddhism.

Cosmopolitan Dharma

EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

Ebony

Being Prayer offers timeless guidance, a clear, simple, yet personal and challenging path for living fully, in harmony and integrity, with things just as they are. It also provides rich resources for further study based on individual needs and interests.

Being Prayer----Transforming Consciousness

A spiritual leader featured in The Secret challenges readers to search within themselves for the key to unlocking their future and changing their lives in amazing ways, in a book that teaches inner spiritual work, rather than religiosity or dogma, and is structured around the key themes of transformation, peace, abundance, and more. Original.

Shambhala Sun

Spiritual Liberation