

A long wooden pier extends from the foreground into the ocean, leading the eye towards the horizon. The sky is a mix of deep blue and lighter, hazy tones, suggesting a sunset or sunrise. The water is calm and reflects the colors of the sky. The pier is made of dark wood and has several vertical posts along its length.

“This important new work uses nature to illuminate truths that can change our life: the poignancy and the opportunity of transience, the value of loving even that which we cannot control, the importance of opening beyond what we have been comfortably enclosed by.” —SHARON SALZBERG, author of *Faith*

AWAKE IN THE WILD

Mindfulness in Nature as a Path of Self Discovery

MARK COLEMAN

INTRODUCTION BY JACK KORNFIELD

Awake in the Wild: Mindfulness in Nature as a Path of Self-Discovery, Mark Coleman, New World Library, 2010, 1577317149, 9781577317142, 264 pages. Nature deficit disorder has become an increasingly challenging problem in our hypermodern world. In Awake in the Wild, Mark Coleman shows seekers how to remedy this widespread malady by reconnecting with nature through Buddhism. Each short (two to three pages) chapter includes a concrete nature meditation relating to such topics as Attuning to the Natural World, Reflecting the Rhythms of Nature, Walking with Compassion, Releasing the Inner Noise, Freeing the Animal Within, Coming into the Peace of Wild Things, Weathering the Storms of Life, and more. Incorporating anecdotes from the author's many nature retreats, Buddhist wisdom and teachings, important nature writings by others, and nature itself, the book invites readers to participate in, not just observe, nature; develop a loving connection with the earth as a form of environmental activism; decrease urban alienation through experiencing nature; embody nature's peaceful presence; and connect with ancient spiritual wisdom through nature meditations..

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Wildlife , Joyce Robins, Aug 1, 1995, , 80 pages. .

Living Fully Finding Joy in Every Breath, Shyalpa Tenzin Rinpoche, Dec 18, 2011, Religion, 296 pages. Buddhist teachings reveal guidance for proper breathing and realizing inner potential, in order to better approach financial, relationship, and career issues..

The water planet a celebration of the wonder of water, Lyall Watson, Jerry Derbyshire, Aug 5, 1988, Science, 206 pages. In this wide-ranging meditation on water, Watson dazzles readers with striking revelations about both the science of water and its impact on civilization. His graphic images

Earth's Echo Sacred Encounters With Nature, Robert M. Hamma, Feb 1, 2002, , 190 pages. "My profession is always to be alert, to find God in nature, " Henry David Thoreau wrote. Buddha said, "If you wish to know the divine, feel the wind on your face and the warm

Eastern Wisdom, Modern Life Collected Talks 1960-1980, Alan Watts, Feb 8, 2011, Philosophy, 256 pages. Alan Watts introduced millions of Western readers to Zen and other Eastern philosophies. But he is also recognized as a brilliant commentator on Judeo-Christian traditions, as

The Mindful Path to Self-Compassion Freeing Yourself from Destructive Thoughts and Emotions, Christopher K. Germer, Apr 28, 2009, Psychology, 306 pages. Buck up. Stop feeling sorry for yourself. Don't ruin everything. When you are anxious, sad, angry, or lonely, do you hear this self-critical voice? What would happen if

Seasons of the earth and heart becoming aware of nature, self, and spirit, William Fitzgerald, 1991, Body, Mind & Spirit, 199 pages. .

Will and Spirit , Gerald G. May, Mar 31, 2009, Religion, 368 pages. "A rich book covering many areas of human experience. . . . For the person looking for an intelligent and clear presentation of the relationship between psychological and

Tapping the Wisdom Within A Guide to Joyous Living, Stephanie Noble, Jan 1, 1994, , 229 pages. .

Nature and the Human Soul Cultivating Wholeness and Community in a Fragmented World, Bill Plotkin, Oct 4, 2010, Self-Help, 528 pages. Addressing the pervasive longing for meaning and fulfillment in this time of crisis, Nature and the Human Soul introduces a visionary ecopsychology of human development that

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