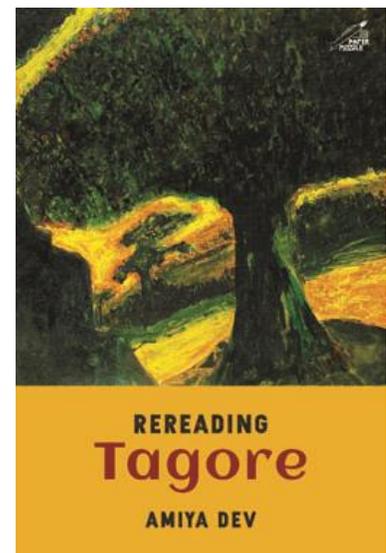
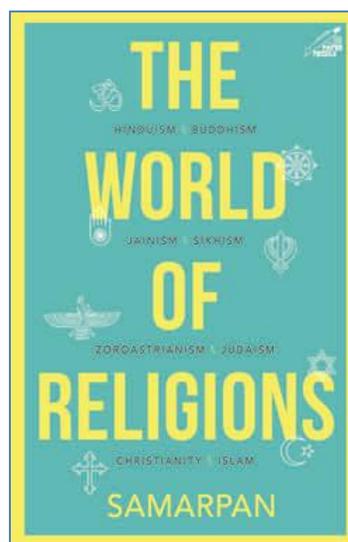
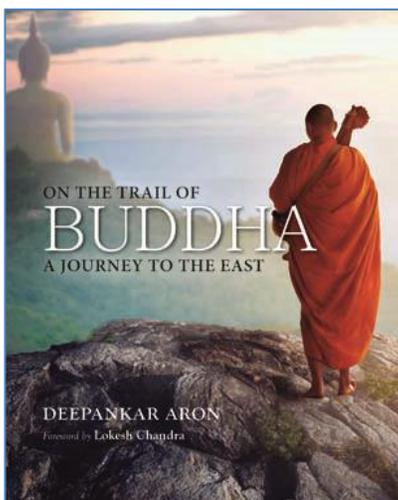
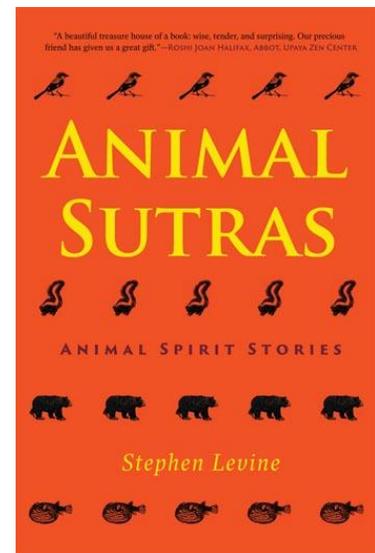
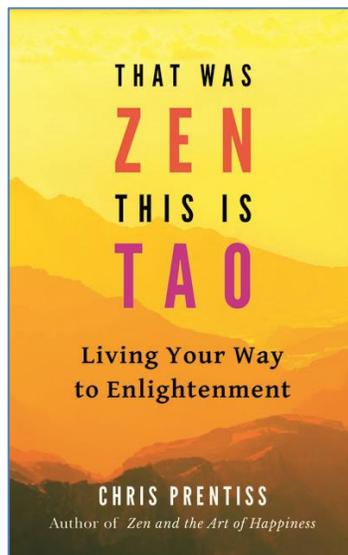
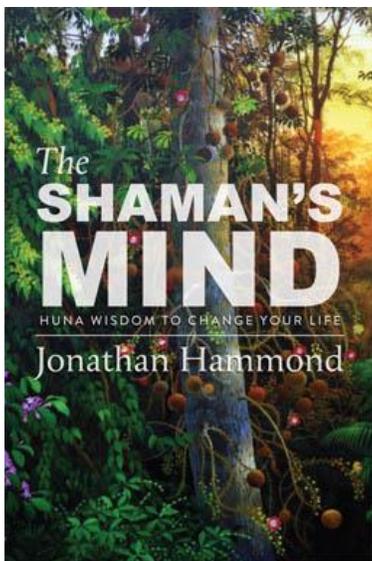
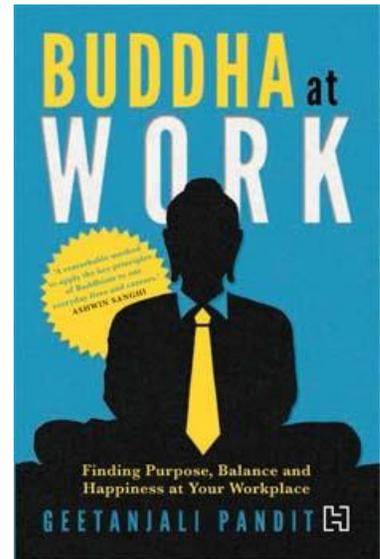
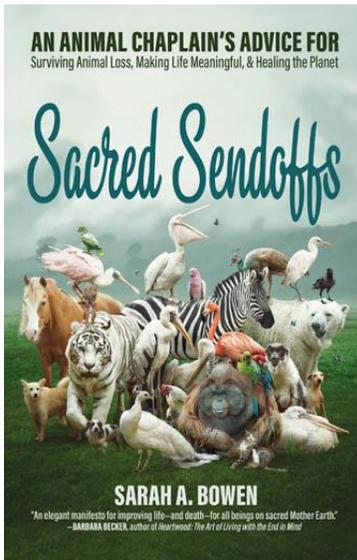
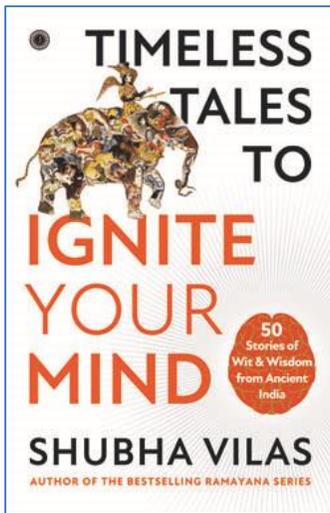
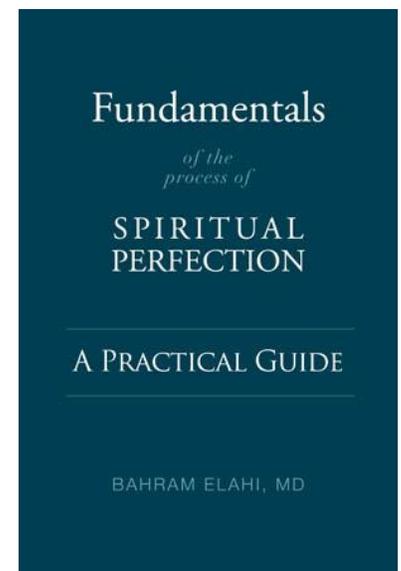
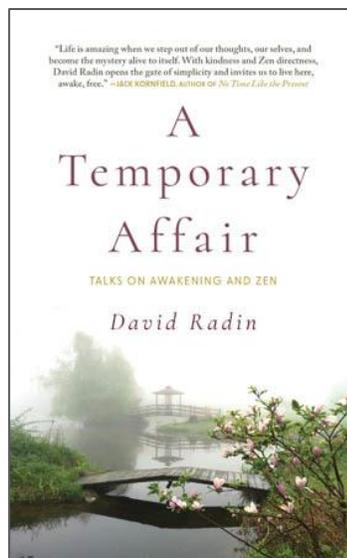
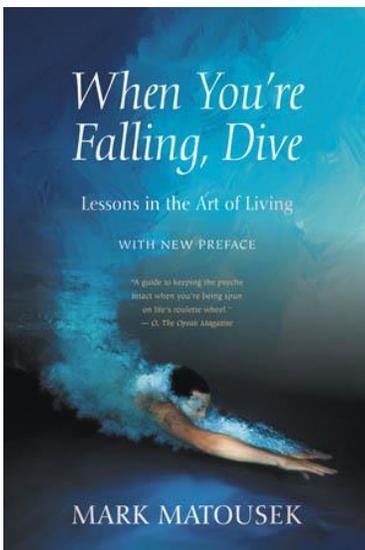
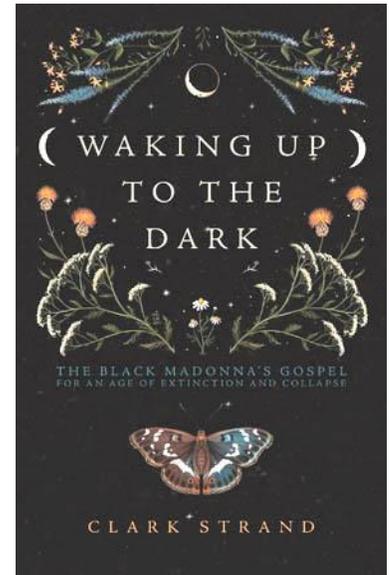
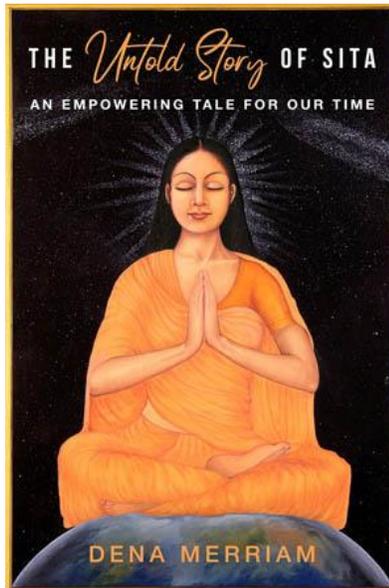
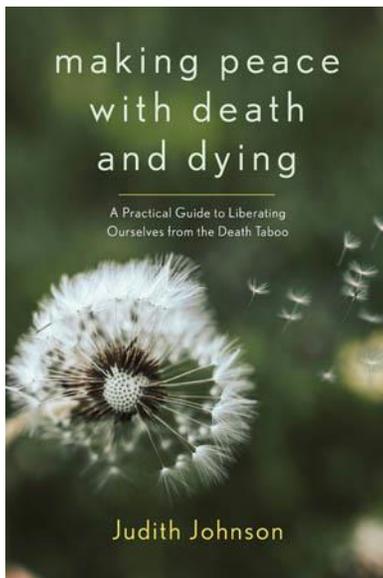
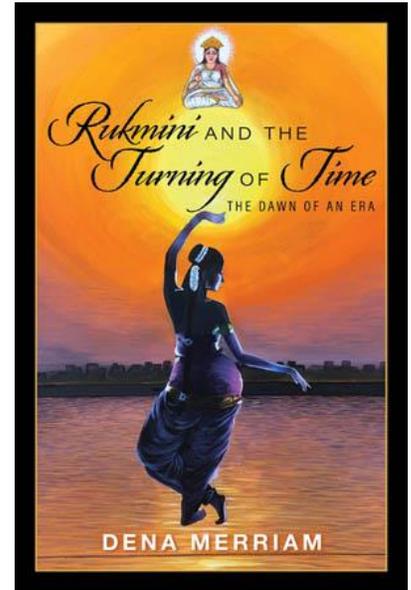
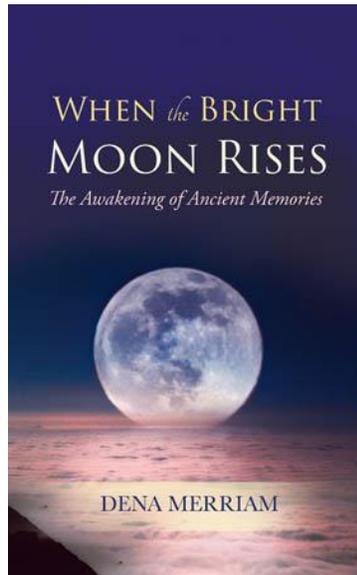
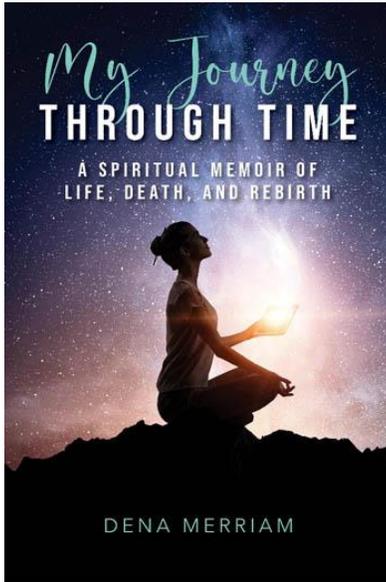
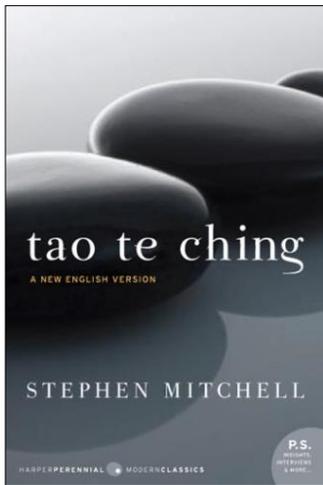


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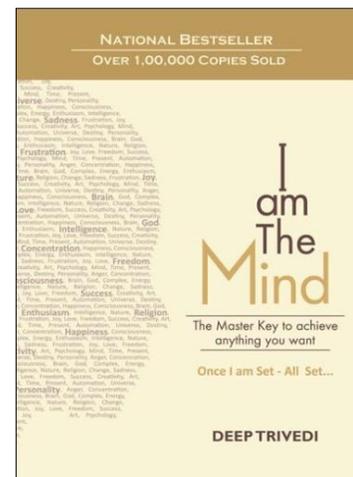
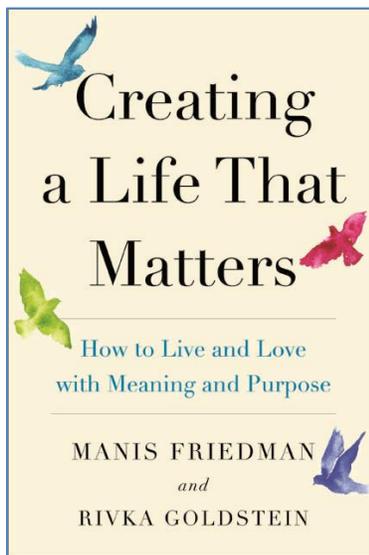
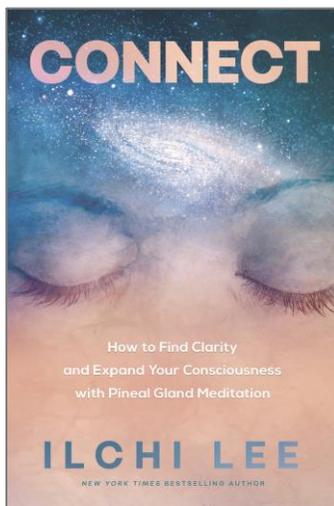
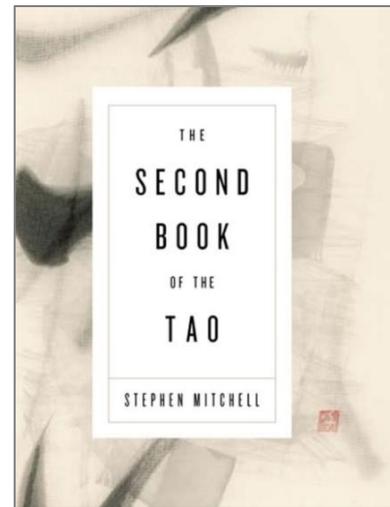
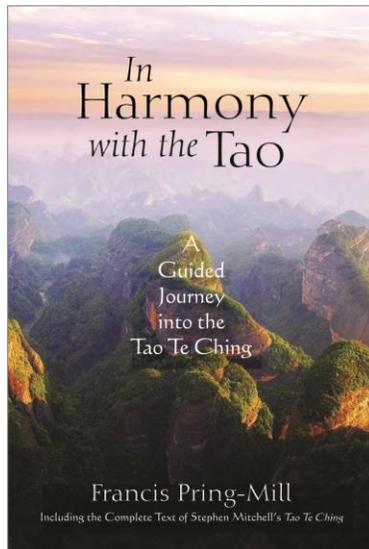
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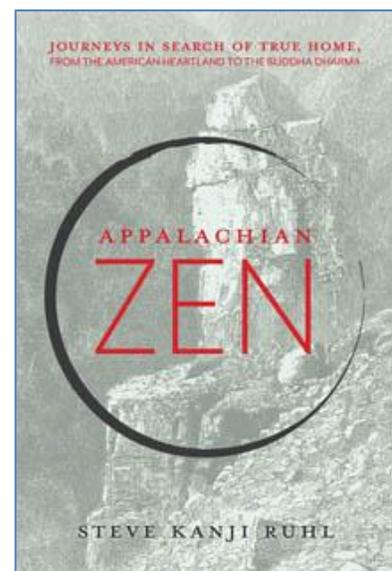
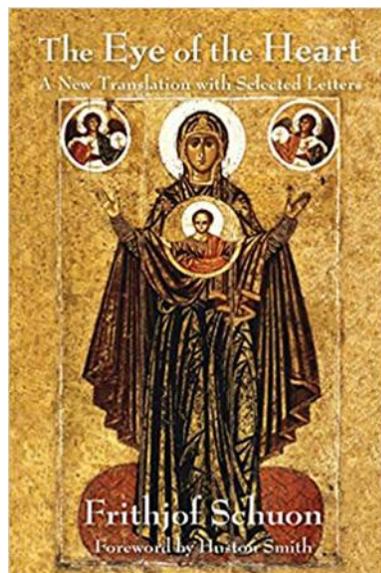
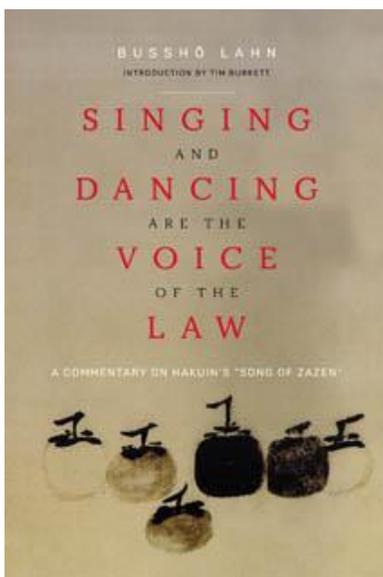


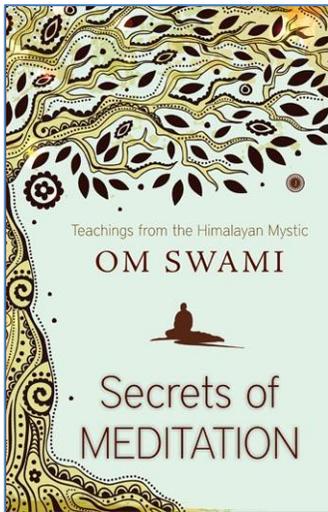


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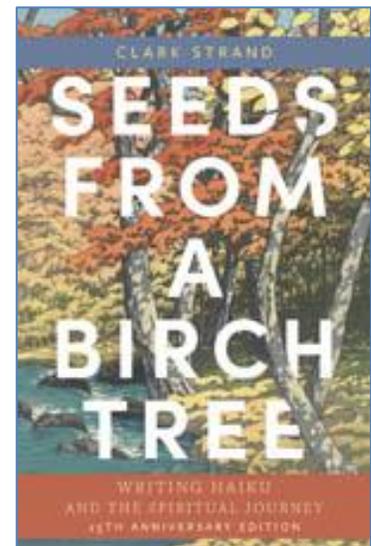
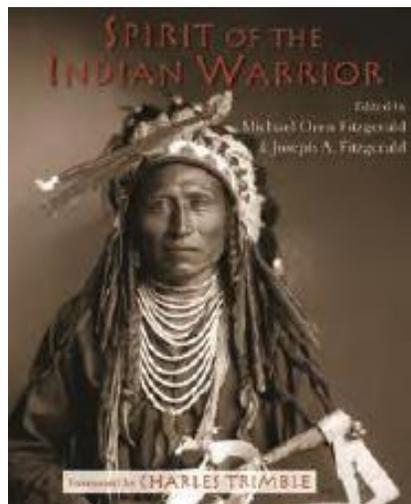
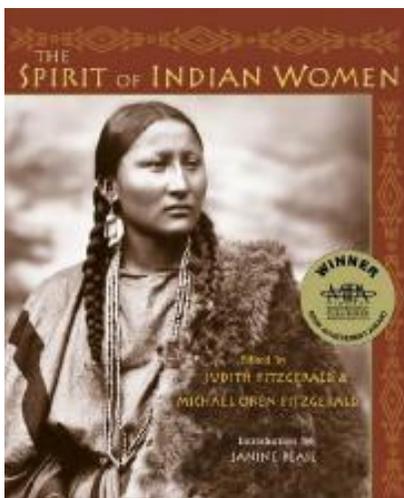
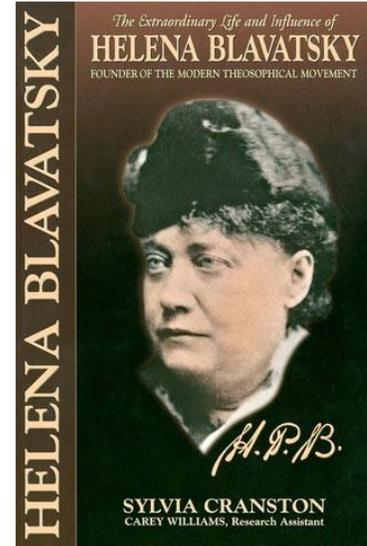
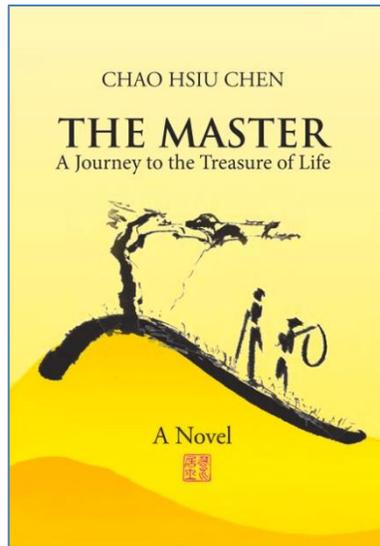
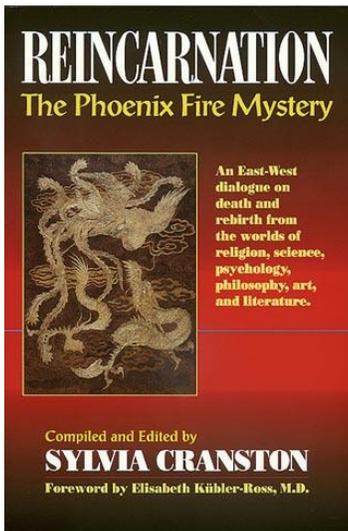
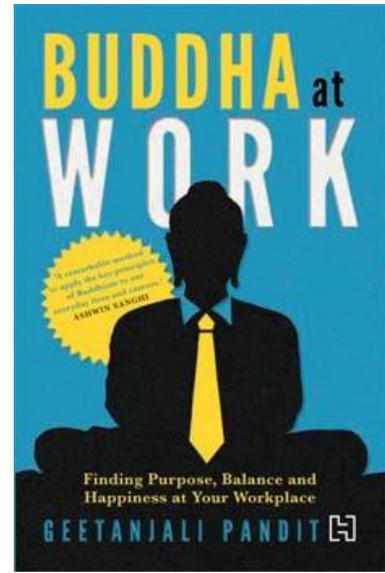
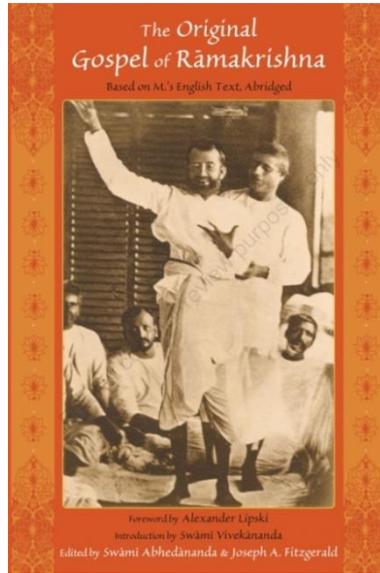


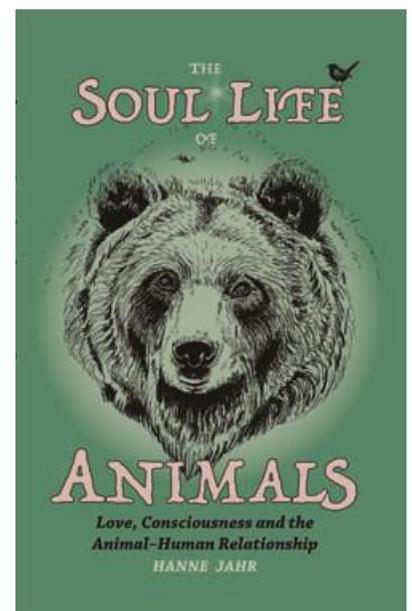
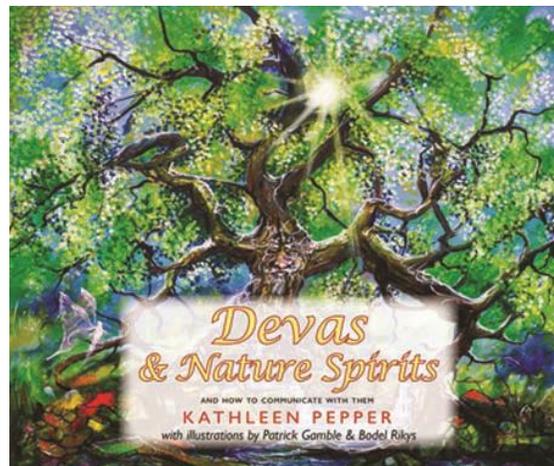
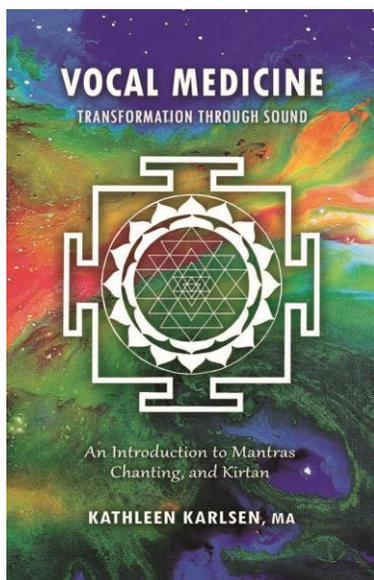
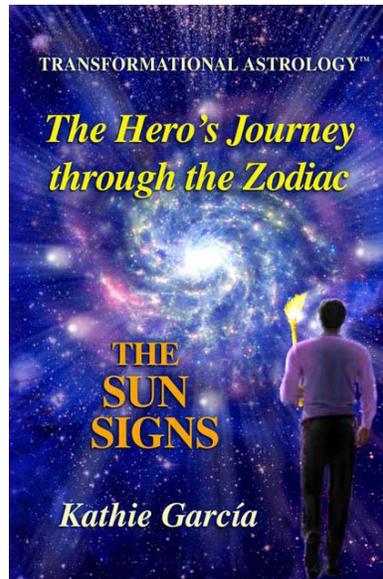
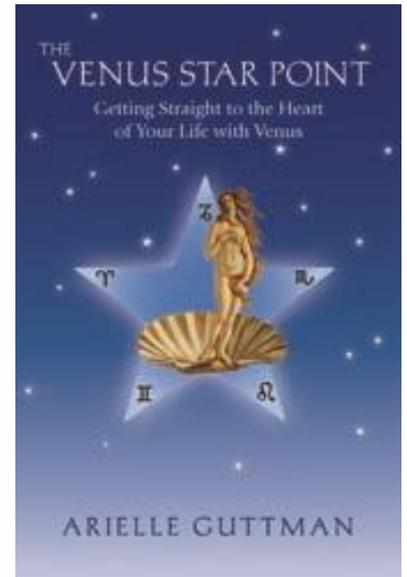
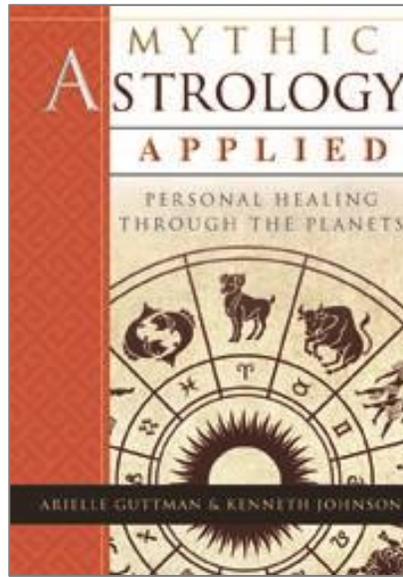
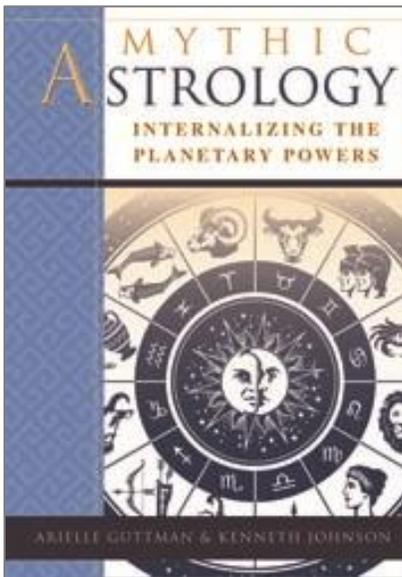
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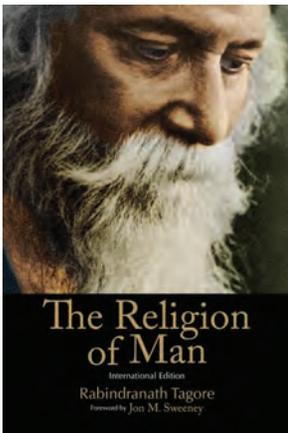




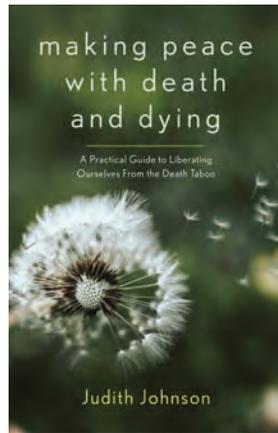
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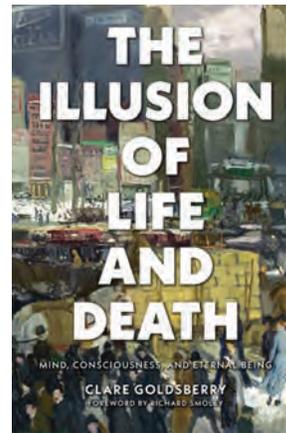




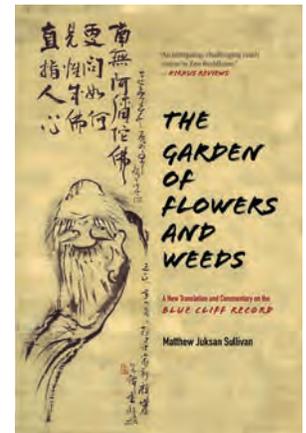
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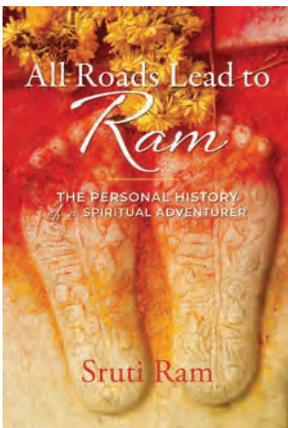
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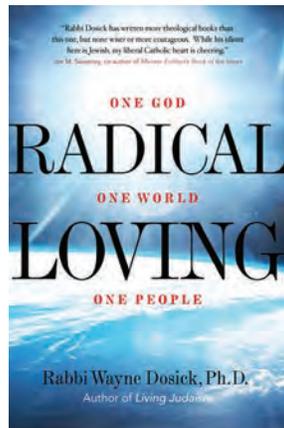
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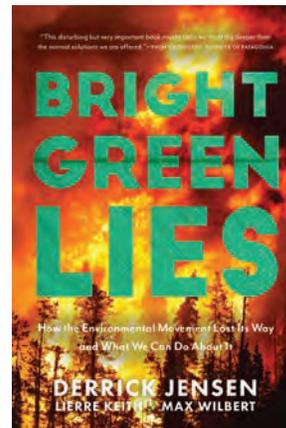
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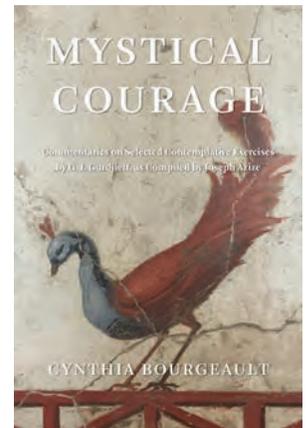
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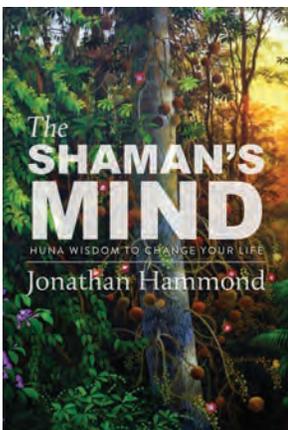
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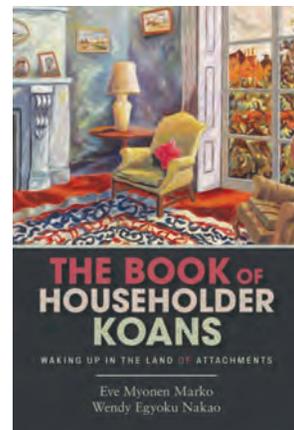
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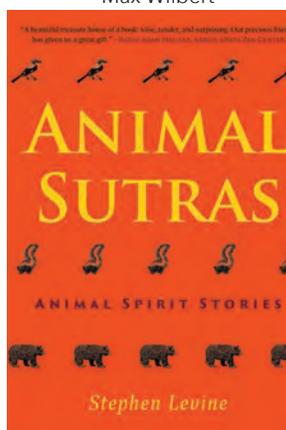
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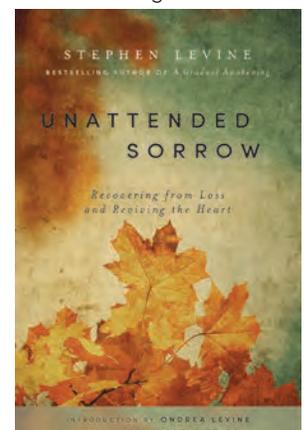
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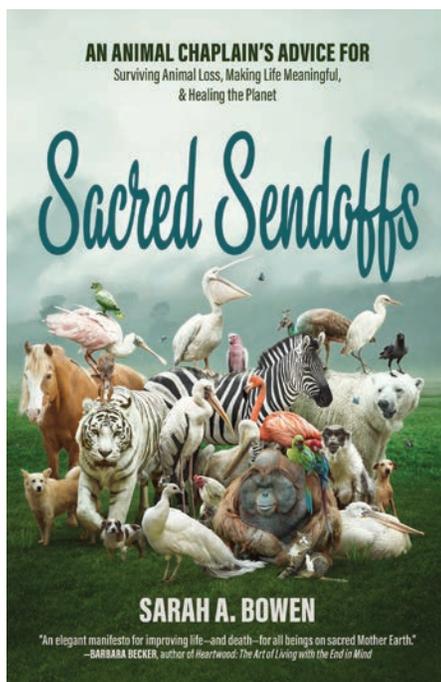
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An elegant manifesto for improving life—and death—for all beings on sacred Mother Earth

Sacred Sendoffs

An Animal Chaplain's Advice for Surviving Animal Loss, Making Life Meaningful, and Healing the Planet

Sarah A. Bowen

Combining humorous anecdotes and thought-provoking research, *Sacred Sendoffs* explores human relationships with beloved pets, wild creatures, animal astronauts, marine life, farmed animals, and other sentient beings. Along the way, animal chaplain Sarah Bowen shares insights for sustaining their lives, honoring deaths, and managing the emotions that arise when we lose an animal we love. While many books focus exclusively on pet loss, animal welfare, or environmental issues, Bowen's ever curious and playful style takes on all three, revealing their unavoidable entanglement. *Sacred Sendoffs* helps animal lovers uncover practical actions and everyday opportunities for helping the more-than-human world thrive.

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"After reading *Sacred Sendoffs*, I find myself living in a more amazing world, populated by a diverse array of unique individuals, each deserving of respect and care."

—Victoria Moran, author of *Creating a Charmed Life* and *The Good Karma Diet*

About the Author

Sarah Bowen is an animal chaplain and advocate for all creatures. She offers workshops on interspecies mindfulness practices, works with humans around animal grief/loss, and advocates for exploited and endangered species within both religious and secular contexts. You can often find her huddled over wildlife struck by cars, giving them a sacred sendoff. Bowen is also a cofounder of Compassion Consortium, the first interfaith, interspiritual, and interspecies faith community; an academic dean at One Spirit Interfaith Seminary; a columnist on animal/human relationships for *Spirituality & Health* magazine; and the author of two award-winning books on modern spirituality, including *Spiritual Rebel*. Her work has also appeared in *Tricycle: The Buddhist Review*, *Elephant Journal*, *mindbodygreen*, and on a wide range of podcasts. She holds a BA in Human Ecology, MA in Religious Studies, and is joyfully engaged in postgraduate research in Humane Religious Studies and Anthrozoology.

"Sarah Bowen's magnificent manifesto *Sacred Sendoffs* is a call to acknowledge the divine Aliveness manifesting as our animal companions. If you befriend animals, read this book. If you don't, read this book anyway and you will."

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A Temporary Affair

TALKS ON AWAKENING AND ZEN

David Radin



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"These short discourses by an old Zen priest facing his possible imminent death speak directly to the heart of human suffering. It is a book I keep on my bedside table, at close hand when I need a dose of encouragement." —Sylvia Boorstein

A Temporary Affair *Talks on Awakening and Zen*

David Radin

A Temporary Affair is a collection of thirty-one dharma talks given at Sunday morning sittings at the Ithaca Zen Center by David Radin, the center's abbot and founder. These talks were given at a time when Radin's health was severely compromised by end-stage renal failure. In February 2019, he received a kidney transplant from a member of Ithaca Zen Center, to whom the publication is dedicated.

These dharma talks continue right up until Radin's admission to the hospital, and **contain insights as well as the personal story of how the dharma teachings comforted him and guided him to cope with and even thrive throughout his ordeal.** In Radin's own words, "How extraordinary, how blessed, how wonderful, to have met the teachings that free us from suffering when in diffi cult places." Through these talks, readers can clearly see how Radin put dharma wisdom to use in his own life situation—and be inspired to do so for themselves.

About the Author

David Radin is the abbot and founder of the Ithaca Zen Center, where he has taught for the past forty years. He began Zen practice in 1976 with Joshu Sasaki Roshi and was ordained a monk in 1983 and an Oshō in 1989. His writings have been turned into songs and spoken poems that have been released in four collections, including *Love Songs of a Zen Monk*. He is the editor of two books about Joshu Sasaki, including *The Great Celebration*, and his own writings have been published in *Tricycle* magazine. He lives in Spencer, NY.

"These short discourses by an old Zen priest facing his possible imminent death are relaxed and friendly in tone, but not really casual. They speak directly to the heart of human suffering, the confusion that comes from not understanding what is clearly available for us to feel directly and be liberated. It is a book I keep on my bedside table, at close hand when I need a dose of encouragement." **–Sylvia Boorstein, cofounding teacher of Spirit Rock Meditation Center and author of *Happiness Is an Inside Job***

"Life is amazing when we step out of our thoughts, our selves, and become the mystery alive to itself. With kindness and Zen directness, Yoshin David Rabin opens the gate of simplicity and invites us to live here, awake, free." **–Jack Kornfield, author of *No Time Like the Present***

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