



SPIRITUAL PRACTICES IN THESE TIMES

PCAR-1100

3 credits

Required Texts

FIRST QUARTER: EMBODIMENT & THE EARTH JAN 27 - FEB 24

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 (MAY ALSO BE USED FOR THIRD QUARTER)

SECOND QUARTER: THE ARTS & ACTIVISM FEB 25 - MARCH 17

Sustaining Spirit: Self-Care for Social Justice by: Naomi Ortiz, ISBN: 9781947647138, \$16.95.

How to Do Nothing: Resisting the Attention Economy by: Jenny Odell, ISBN: 9781612198552, \$17.95.

Writing the Sacred Journey: The Art and Practice of Spiritual Memoir by Elizabeth J. Andrew, ISBN: 9781558964709, \$16.00.

Awakening Together: The Spiritual Practice of Inclusivity and Community by: Larry Yang, ISBN: 9781614293514, \$19.95.

Mystical Stitches: Embroidery for Personal Empowerment and Magical Embellishment by: Christi Johnson, ISBN: 978-1635863345, \$24.95.

Praying in Color: Drawing a New Path to God by: Sybil MacBeth, ISBN:

9781612613536, \$14.99.

Spirituality and Art Therapy: Living the Connection Edited by: Mimi Farrell Hansen, ISBN: 1853029521, \$39.95.

Awakening the Creative Spirit: Brining the Arts to Spiritual Direction by: Christine Valters Paintner and Betsey Beckman, ISBN: 9780819223715, \$26.95

Poetic Medicine: The Healing Art of Poem-Making by John Fox, ISBN: 9780874778823, \$17.95.

THIRD QUARTER: INDIGENOUS & PAGAN TRADITIONS

MARCH 17- APRIL 14

- *Voices from the Ancestors: Xicanx and Latinx Spiritual Expression and Healing Practices* edited by: Lara Medina and Martha R. Gonzales, ISBN: 9780816539567, \$29.95.
- *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teaching of Plants* by: Robin Wall Kimmerer, ISBN: 9781571313560, \$20.
- *Ancestor Paths: Honoring our Ancestors and Guardian Spirits Through Prayers, Rituals & Offerings* by: Aladokun, ISBN: 9780615648637, \$18.95.
- *The Healing Wisdom of Africa: Finding Life Purpose Through Nature, Ritual and Community* by: Malidoma Patrice Some, ISBN: 9780874779912, \$16.95
- *Practical Sigil Magic for Beginners: A Guide to Setting Intentions, Crafting Powerful Symbols and Applying Spells* by: Shannon C. Clark, ISBN: 9781638070740, \$14.99
- *The Spirit Almanac: A Modern Guide to Ancient Self-Care* by: Emma Loewe & Lindsay Kellner, ISBN: 9780143132714, \$25.00
- *Arriadne's Thread: A Workbook of Goddess Magic* by: Shkhinah Mountainwater ISBN: 9781635617733, \$39.83
- *Lifting the Veil: A Witches' Guide to Trance-Prophecy, Drawing Down the Moon & Ecstatic Ritual* by Janet Farrah & Gavin Bone ISBN: 9781936863853, \$19.95

FOURTH QUARTER: ORGANIZED RELIGIONS & MYSTICAL TRADITIONS

APRIL 15 - MAY 5

- *Eternal Heart: The Mystical Path to a Joyful Life* by: Carl McColman, ISBN: 978-1506464619, \$24.99
- *The Way of the Rose: The Radical Path of the Divine Feminine Hidden in the Rosary* by: Clark Strand & Perdita Finn, ISBN: 9780812988956, \$27.00
- *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