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***Spiritual Ecology: 10 Practices to Reawaken the Sacred in Everyday Life***

**Third book in *Spiritual Ecology* series  
grounds environmental activism in the sacred.**

Pt. Reyes Station, CA, May 2017 – *Spiritual Ecology: 10 Practices to Reawaken the Sacred in Everyday Life* offers a response to the current environmental crisis and the growing awareness of climate change — and the worldwide urgent question of our time: “What can each of us do?”

Faced with this question, Vaughan-Lee answers here with practical and inspiring guidance for connecting to the sacred and responding to the ecological challenges of our age with wisdom, love, and spiritual responsibility. Simple daily activities such as Walking, Breathing, Gardening, Cooking with Love, and Prayer, are explored as the ground for inner and outer transformation, empowering readers to know the sacred in their lives and in relation to our Earth.

***This small book, exquisite in its luminous simplicity, brings me home to my life. Even in a dark time, its practices center me in a sense of the sacred, our birthright.*** —  
**Joanna Macy**, Environmental Activist, Buddhist, teacher, and author

The third book in groundbreaking *Spiritual Ecology* series by Sufi teacher Llewellyn Vaughan-Lee, which have sold over 16,000 copies since first released in 2013, *Spiritual Ecology: 10 Practices to Reawaken the Sacred in Everyday Life* unites activism and contemplation through Vaughan-Lee’s evocative narrative and step-by-step practices drawn from numerous spiritual traditions.

Accessible to readers of all walks of life, *Spiritual Ecology: 10 Practices to Reawaken to the Sacred in Everyday Life*, supports profound changes in how we think about and respond to the ecological crisis of our times.

***Llewellyn Vaughan-Lee's book on practices for Spiritual Ecology in everyday life awakens us to the potential to take small steps towards big transformation. It overcomes the artificial divide between nature and humans, and spirituality and action. No matter who we are, where we live, these are steps each of us can take.*** —**Vandana Shiva**, activist and author

*I used to think that top environmental problems were biodiversity loss, ecosystem collapse and climate change...I was wrong. The top environmental problems are selfishness, greed and apathy, and to deal with these we need a cultural and spiritual transformation.* — James Gustave Speth, former U.S. Advisor on climate change

### **About the Book**

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**About the Authors:** Llewellyn Vaughan-Lee, Ph.D., is a Sufi teacher. He edited the anthology *Spiritual Ecology: The Cry of the Earth*, and is author of more than 20 books on Sufism, mysticism, and spiritual ecology. In recent years, the focus of his writing and teaching has been on spiritual responsibility at this time of global ecological crisis ([www.spiritualecology.org](http://www.spiritualecology.org)), and the emerging global consciousness of oneness ([www.workingwithoneness.org](http://www.workingwithoneness.org)). He was interviewed by Oprah Winfrey for her Super Soul Sunday series. Founder of The Golden Sufi Center ([www.goldensufi.org](http://www.goldensufi.org)), he lives in California. Hilary Hart lives in Taos, New Mexico, and is the author of four books on mysticism.

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