

new edition of the underground classic

The Essential Crazy Wisdom



WES "SCOOP" NISKER



The Essential Crazy Wisdom

Leo Tolstoy



The Essential Crazy Wisdom:

The Essential Crazy Wisdom Wes Nisker, 2012-09-12 Take a wild and rickety ride through the philosophies of the East and West to discover the madmen dreamers and unconventional wisdom seekers in the abridged better than ever version of our best selling cult classic THE ESSENTIAL CRAZY WISDOM delivers the most significant most lunatic and most compelling insights of the ages Scoop Nisker patches together the unorthodox teachings that have bubbled up through the words of such crazy visionaries as Rumi Gautama the Buddha Mark Twain Lao Tzu Albert Einstein Mahatma Gandhi Allen Ginsberg and Lily Tomlin Discover the common thread in these multiple perspectives and travel on this comedic course to enlightenment

Original edition sold over 40 000 copies **Crazy Wisdom Save the World Again!** Wes Nisker, 2010-07-13 Anyone who s been searching for crazy wisdom to help cope with today s world has come to the right place This seriously funny investigation of religion evolution cosmology and Buddhism is a self help book for people interested in helping more than just themselves In sections such as the Evolution Sutra and Be Here Wow best selling author Wes Scoop Nisker updates the metaphysics of his cult classic The Essential Crazy Wisdom and calls for a new spirituality one that fits our modern scientific worldview but remains full of wonder and joy For Nisker it s all about recognizing that your mind has a thinking problem

The Essential Chogyam Trungpa Carolyn Rose Gimian, 1999-08-31 Ch gyam Trungpa wrote more than two dozen books on Buddhism and the Shambhala path of warriorship The Essential Ch gyam Trungpa blends excerpts from bestsellers like Shambhala The Sacred Path of the Warrior Cutting Through Spiritual Materialism Meditation in Action and other titles into a concise overview of Trungpa s teachings Forty selections from fourteen different books articulate the secular path of the Shambhala warrior as well as the Buddhist path of meditation and awakening This new classic vividly demonstrates Trungpa s great appreciation of Western culture which combined with his deep understanding of the Tibetan tradition makes these teachings uniquely accessible to contemporary readers It will appeal to beginning students of meditation as well as seasoned readers of Eastern religion Idiot's Guides: Buddhism, 3rd Edition Gary Gach, 2009-06-02 Reach Your Zen Moment The

latest edition of The Complete Idiot s Guide to Buddhism updates one of Alpha Books s most successful books in the religion spirituality category providing extensive information on both understanding the teachings and schools of Buddhism and incorporating the tenets of Buddhism into everyday life It also includes additional information on Buddhism s effect on popular arts and sciences the continuing relevance of the Dalai Lama and an annotated bibliography With Buddhism as one of America s fastest growing religions the audience continues to renew itself Covers all four schools of Buddhism Zen Tibetan Pure Land and Insight Meditation which are not in competitors books For thousands of years Buddhism has been a source of inner peace and security for millions **You Are Not Your Fault and Other Revelations** Wes Scoop Nisker, 2016-03-01 Wes Scoop Nisker is an award winning broadcast journalist and commentator a renowned Buddhist meditation teacher a best selling author and a captivating performer In How to be an Earthling Wes draws on his diverse experiences delivering a

collection that brims with the insight humor and wisdom he is famous for Compiling for the first time Wes best known essays as well as a selection of recent and never before published work Wes takes readers on both a cultural journey a tour through the sixties through the modern environmental movement the surge of Buddhism to the West and a more personal one exploring the motivation behind humanity s search for spiritual enlightenment *Ivan the Fool and Three Shorter Tales for Living Peaceably* Leo Tolstoy,2018-06-12 The four classic tales in this volume illuminate Leo Tolstoy s radical orientation toward war and commerce revealing his vision for a sustainable peaceable world The feature story Ivan the Fool presents an archetypal fool who works hard cooperates with everyone and manages to foil every attempt to cause his downfall In the end peasant life comes out on top while the pillars of imperial Russian society topple down Esarhaddon King of Assyria explores a king s empathy based revelation to end all violence and A Grain as Big as a Hen s Egg playfully looks at the relationship between health soil labor and food economies Three Questions sums up Tolstoy s highest ideal of serving others in the present moment Some may critique these stories as being too simplistic or too moralistic But these tales have stood the test of time precisely because they entertain well while evoking universal truths that lift us above humanity s self serving impulses Never Be Lonely Again Pat Love,Patricia Love,Jon Carlson,2011-02 Love and Carlson lift the veil on the subject of loneliness and offer an approach that breaks through isolation and loneliness and puts readers on a path to true happiness

The Trickster Brain David Williams,2012-05-29 Until recently scientific and literary cultures have existed side by side but most often in parallel universes without connection The Trickster Brain Neuroscience Evolution and Nature by David Williams addresses the premise that humans are a biological species stemming from the long process of evolution and that we do exhibit a universal human nature given to us through our genes From this perspective literature is shown to be a product of our biological selves By exploring central ideas in neuroscience evolutionary biology linguistics music philosophy ethics religion and history Williams shows that it is the circuitry of the brain s hard wired dispositions that continually create similar tales around the world archetypal stories reflecting ancient tensions that arose from our evolutionary past and the very construction of our brains The book asserts that to truly understand literature one must look at the biological creature creating it By using the lens of science to examine literature we can see how stories reveal universal aspects of the biological mind The Trickster character is particularly instructive as an archetypal character who embodies a raft of human traits and concerns for Trickster is often god devil musical sexual silver tongued animal and human at once treading upon the moral dictates of culture Williams brings together science and the humanities demonstrating a critical way of approaching literature that incorporates scientific thought **The Jive 95** Hank Rosenfeld,2023-08-15 The Jive 95 An Oral History of America s Greatest Underground Rock Radio Station KSAN San Francisco is an oral history of America s first hippie underground FM station which broadcast the countercultural consciousness of the 60s and 70s to a new generation A communal radio band of intrepid hellraisers pranksters and drug enlightened geniuses defined this psychedelic era from the

Summer of Love in Golden Gate Park to the rebellion and bitter end of the late 1970s which launched the Reagan Revolution Founded in San Francisco by Tom Donahue a 1996 inductee into the Rock Roll Hall of Fame an entire generation of Americans discovered a new musical universe among dance clubs light shows and street fests the original pop ups Almost overnight KSAN became an audio clubhouse where anyone could belong with friends and the cool cats and hipsters they just met Rock gods political stars and literary celebrities including Jerry Garcia Ken Kesey Sly Stone and John Lennon were all interviewed by founder Tom Donahue and his cohorts whose listeners tuned in and turned on to bands like Jefferson Airplane The Grateful Dead Janis Joplin Quicksilver Country Joe and the Fish Hot Tuna The Beatles and Santana among others Folk journalist Hank Rosenfeld was there during those final years writing producing and announcing His warm funny voice presents a behind the mic experience at KSAN the beloved Jive 95 whose delicious dose of enlightened sunshine and 33 rpm LP dreamscapes ignited a radio explosion from coast to coast So how did KSAN go from a liberating voice to a corporate cliché It's all here in Rosenfeld's insightful hilarious account which includes countless exclusive interviews with iconic performers and never before available in print or audio form

Developing Ecological Consciousness Christopher Uhl, 2020-01-09 Developing Ecological Consciousness is a unique environmental studies textbook Rather than working through a list of environmental problems it aims to help students become aware of the awe and wonder of our planet understand some of the challenges facing it and explore possibilities for action and change This text is invaluable for courses in a variety of disciplines including environmental studies biology sociology and political science

Holotropic Breathwork, Second Edition Stanislav Grof, Christina Grof, 2023-09-01 In the second edition of this classic text Stanislav Grof and Christina Grof describe their groundbreaking form of self exploration and psychotherapy holotropic breathwork Holotropic means moving toward wholeness from the Greek holos whole and trepein moving in the direction of The breathwork utilizes the remarkable healing and transformative potential of nonordinary states of consciousness These states engender a rich array of experiences with unique healing potential reliving childhood memories infancy birth and prenatal life and elements from the historical and archetypal realms of the collective unconscious Induced by very simple means a combination of accelerated breathing evocative music and bodywork in a safe and supportive setting holotropic breathwork integrates the insights from modern consciousness research depth psychology transpersonal psychology anthropology Eastern spiritual practices and mystical traditions The Grofs work with holotropic states of consciousness has introduced revolutionary changes to psychiatry psychology and psychotherapy Written in a clear easily understandable style this indispensable book summarizes their remarkable insights The second edition includes an expanded section on the history of holotropic breathwork as well as information on Grof Legacy Training

When the Impossible Happens Stanislav Grof, 2009-12-21 Feelings of oneness with others nature and the universe Encounters with extraterrestrials deities and demons Out of body experiences and past life memories Science casts a skeptical eye But Dr Stanislav Grof the psychiatric researcher who co founded transpersonal

psychology believes otherwise When the Impossible Happens presents Dr Grof s mesmerizing firsthand account of his fifty year inquiry into waters uncharted by conventional psychology an odyssey that will leave you questioning the very fabric of your existence From the first LSD session that gave Dr Grof a glimpse of cosmic consciousness to his latest work with Holotropic Breathwork When the Impossible Happens explores fascinating experiments in astral projection remarkable tales of synchronicity memories of birth and prenatal life the survival of consciousness after death and much more Here is an incredible opportunity to journey beyond ordinary consciousness guaranteed to shake the foundations of what we assume to be reality and sure to offer a new vision of our human potential as we contemplate When the Impossible Happens

STANISLAV GROF M D PH D One of the founders and chief theoreticians of transpersonal psychology Dr Grof is the president of the International Transpersonal Association and a professor of psychology at the California Institute of Integral Studies and the Pacifica Graduate Institute His numerous books include Beyond the Brain and Psychology of the Future

The Creative Contrarian Roger von Oech,2021-10-12 Tackle your thorniest problems using the Wise Fool s savvy Strategies The Wise Fool is the archetypal contrarian known for his creativity irreverence and humor He looks at life in unorthodox ways and pushes back against the status quo Throughout history powerful decision makers Egyptian pharaohs Chinese emperors Persian sultans and European kings consulted Wise Fools to question the assumptions that kept them mired in stale and obsolete solutions In The Creative Contrarian best selling author A Whack on the Side of the Head speaker and toy designer Ball of Whacks Dr Roger von Oech provides readers with a fully illustrated Wise Fool Guide to challenge established procedures and engage in creative thinking Roger shows how to gain the confidence to speak up in groupthink situations and boldly present a different perspective From laughing at your most beloved ideas to test their validity to adding constraints to problems to reveal new solutions he offers a framework for creativity that works in business design education and anywhere new ideas are required and appreciated Employing a wealth of stories and examples The Creative Contrarian presents 20 Wise Fool Strategies Some offer ideas to enhance your creativity Reverse Your Perspective Look for Ambiguity and Kiss a Favorite Idea Goodbye Some provide tips on how to break away from the herd Buck the Crowd Flex Your Risk Muscle and Seek Other Right Answers And still others convey prudent warnings in an unpredictable world Exercise Humility Imagine Unintended Outcomes and Develop a Thick Skin Together these jewels of insight will help you see things from the Wise Fool s perspective As the Wise Fool puts it Nothing is more dangerous than an idea when it s the only one you have and Every right idea eventually becomes the wrong one The Creative Contrarian 20 Wise Fool Strategies to Boost Creativity and Curb Group think is an indispensable resource for anyone seeking fresh solutions to common problems at the office in the classroom or at home

Being Nature Wes Nisker,2022-11-29 How to tune in to our own biology in pursuit of spiritual awakening Provides a practical program complete with enjoyable even playful meditations for realizing greater self awareness increased wisdom and happiness Shows how recent discoveries in physics evolutionary biology and psychology

express in scientific terms the same insights the Buddha discovered more than 2 500 years ago Reveals the origins of attachments desires emotions and thoughts in our own bodies Taking us on an evolutionary journey to find the origins of emotions desires and thoughts in our own bodies Wes Scoop Nisker shows not only how cutting edge science is proving the tenets of the Buddha but also how we can interpret the traditional practices of Buddhism through this scientific lens for more personal freedom and peace of mind Using the traditional Buddhist meditation series of the Four Foundations of Mindfulness as a framework Nisker offers a witty narrative along with practical meditations and exercises to train the mind to overcome painful conditioning and gain greater self awareness increased wisdom and happiness He shows how recent discoveries in physics evolutionary biology and psychology express in scientific terms the same insights the Buddha discovered more than 2 500 years ago such as the impermanence of the body where thoughts come from and how the body communicates within itself Presenting a variety of new ways to harness the power of mindfulness to transform our understanding of both ourselves and the world Nisker teaches us how to put our understanding of evolution in the service of spiritual awakening **Writing**

as a Sacred Path Jill Jepson,2008-12-01 A supportive guide to approaching writing as a sacred art and to discovering spirituality through the process of writing In this inspiring guide writing teacher and anthropologist Jepson draws on her worldwide travels and studies of spiritual traditions to present a refreshing approach to the art of writing Through rituals exercises dream analysis and more writers will find fresh techniques for honing their skills overcoming creative blocks and finding their authentic voices while writing bravely honestly and with true vision **The Laughing Buddha Book** Fran London,2012-06-01 He may not be wealthy or svelte but the Laughing Buddha is happy and says that you can be too Layering your life with lucky objects and images such as the Laughing Buddha increases your chances for happiness and prosperity This illustrated book contains the story of the Laughing Buddha so prepare yourself for a life full of joy luck and prosperity

Bringing Peace Into the Room Daniel Bowling,David Hoffman,2003-09-30 Bringing Peace Into the Room examines the personal qualities that make a mediator effective The eminent authors of this volume go beyond traditional descriptions of academic training theoretical orientation and refinement of technique to confront issues related to personal temperament and the crucial psychological intellectual and spiritual qualities of the mediation professional qualities that are often the most potent elements of successful mediation In this comprehensive resource Daniel Bowling and David Hoffman bring together a stellar panel of practitioners academics teachers and trainers in the field Michele LeBaron Kenneth Cloke Robert Benjamin Don Saposnek Sara Cobb Peter Adler Jonathan Reitman Lois Gold Marvin Johnson and others 3 4who share their personal experiences as mediators Each contributor demonstrates that at the very heart of conflict resolution is the subtle interaction between the parties and the mediator s personal and authentic style **Crows and Ravens** Rick de Yampert,2024-03-08 Exploring history folklore mythology and science this book gives you a unique look at two of the most popular magical creatures of all time The crow and his cousin the raven are featured players in many cultures throughout the world including

Norse Celtic Jewish and Indigenous traditions This guide teaches you how to welcome these highly intelligent birds into your own spiritual practice whether you follow Wicca Heathenry Druidry or any other path Crows and Ravens presents rituals meditations and exercises that help you discover the magic and mystery of corvids Learn about crow and raven divination create your own crow raven talisman uncover the shadowy side of corvids and more Found in nearly all urban and wild environments these birds present you with magical opportunities and life lessons wherever you go *Travel Art & Travel Writing: A Curious Heart's Wanderlust in China* Dave Alber, 2019-08-12 Travel Art Travel Writing A Curious Heart's Wanderlust in China brings to life a curious traveler's experiences in China You'll taste the food and enjoy the outdoor social life of China You'll know how to identify the different temple types by their names and architectural features You'll learn about Chinese structures both traditional and contemporary And you'll dive deep into the mythology and folklore of China exploring the layers of history ritual and myth that underlie the customs and folk traditions of China Travel with me through China and explore its culture Chinese travel sites Chasing an Elusive Ideal in Modern Day Shangri-la Chinese customs Getting Social in Suzhou's Night Markets Chinese holidays and festivals Ancestors and Immortals a Foreigner's Introduction to Ching Ming Festival Chinese temples and religious life A Brief Introduction to Chinese Temples Chinese mythology The Story of the Nian Myth and Mooncakes The Cosmological Symbolism of the Zhou Revolution Chinese cooking The Floral Mandarin Fish Snow Fish Chinese contemporary architecture Post Modern Architectural Irony in Suzhou's The Gate To the East Dave Alber creates Hybrid VR Paintings Travel Art and Travel Writing His Travel Art shares an experience of wonder at our cultural continuity and universal humanity Dave Alber is the inventor of Hybrid VR Paintings which are physical virtual hybrid paintings that occupy a physical space in the gallery while simultaneously manifesting within the virtual world of 360 panoramic technology Books by Dave Alber include Travel Art Intimations The Heart of Myth Wisdom Stories of Endangered People The Taotie in Chinese Art Culture and Cosmology You can receive Dave Alber's art book for free at <http://DaveAlber.com> **Re-discovering Age(ing)** Núria Casado-Gual, Emma Domínguez Rué, Maricel Oró-Piqueras, 2019-06-13 Since Mentor Telemachus advisor in Homer's Odyssey gave name to the figure of the wise teacher fictional representations of mentoring have permeated classic and contemporary cultural texts of different literary genres such as fiction poetry and life writing The contributions of this volume explore wisdom in old age through a series of narratives of mentorship which either from a critical or a personal perspective undermine ageist views of later life

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