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EASTERN WISDOM FOR YOUR SOUL
111 Meditations for Everyday Enlightenment
Richard A. Singer Jr.

FOR MORE INFORMATION
SCHEDULE AN INTERVIEW

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“Singer has taken the word ‘mindfulness’ to a new level and shows us how to apply it to every moment of our lives.”
--Sue Vogan, author and radio show host

Richard A. Singer doesn't claim to be a Guru or Sage. He doesn't profess to be an expert on Buddhism, Hinduism, Taoism, or any other structured religion. However, he has found a path to enlightenment, and gained immense peace and tranquility, through the personal study and daily practice of Eastern wisdom.

In **EASTERN WISDOM FOR YOUR SOUL (Dreamriver Press)**, Singer introduces Western spiritual seekers to this all-inclusive system of thinking and its life-transforming potential. Keeping his style down-to-earth and dogma-free, he presents a collection of diverse teachings on universal truths contained in the philosophies of the East. Without advocating any particular religious practice, Singer provides specific steps for attaining profound awareness—of everything and everyone, including yourself—and enjoying unprecedented fulfillment and bliss.

“The wisdom in this book is eternal and should be used throughout your lifetime,” he urges each reader. “If you do apply it to your life, you will develop and evolve further than you have ever imagined.”

A practical tool for personal growth and continuous source of inspiration, **EASTERN WISDOM FOR YOUR SOUL** offers 111 meditations for real-life application. Grouped together in 11 sections, each meditation reinforces a core principle of the Eastern perspective on and approach to life. Among them:

- *Mindfulness* is first, because it lays a strong foundation for everything that follows. Discover ways to recognize and live in the moment of being right here, right now. Learn how to put all your energy, vitality, and purpose into each task at hand.
- *Truth* is not strictly an objective fact, but something we feel. Begin to develop the skills to discern truth from society's prevailing opinions. Acknowledge truth's myriad teachers, including offensive strangers and ignorant colleagues.

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- *Change* is the greatest ally in any journey toward spiritual transformation. All change is vital; adversity and challenges are what sculpt us into the human beings we were created to be. Begin to reframe your view of trials and tribulations.
- *Compassion* in action means seizing every opportunity to care for and help others, to express and accept kindness. It is the reason for life on earth and the key to personal happiness. To be compassionate, focus on turning good intentions into good deeds.
- *Anger and Resentment* are the most violent weapons in the ego's arsenal. While feeling anger is natural, even healthy, holding onto anger is harmful, emotionally, mentally, physically, and spiritually. Work to resolve conflicts and animosities immediately.

Other principles for contemplation and action include *Our True Nature, Ego/Illusion, Unity/Oneness, Simplicity, Death, and Enlightenment*. Singer concludes the spiritual journey with his original take on the popular Twelve Steps of Recovery in Eastern terms. Filled with uplifting quotes and concrete action plans, **EASTERN WISDOM FOR YOUR SOUL** is an inviting guide to living the ideal life—a life without regrets, filled with fulfillment and lasting happiness.

ABOUT THE AUTHOR

Richard A. Singer Jr. is an award-winning author, trained psychotherapist, and seeker of truth. He has devoted years to studying eastern psychology, Buddhist healing, non-violence, and wisdom recorded throughout history, both in the classroom, from the undergraduate through doctoral levels, and independently. He has also helped many people suffering from addiction and mental health difficulties through his work at various rehabilitation centers. He now focuses on benefiting others through his books, including *Your Daily Walk with the Great Minds*, and speaking engagements. A native of Northeastern Pennsylvania, Richard recently decided to follow his dreams and make his home in the Cayman Islands with his wife Debbie and twin sons, Matthew and Alexander. He welcomes readers to visit his website, www.YourDailyWalk.org.

EASTERN WISDOM FOR YOUR SOUL

By Richard A. Singer Jr.

Foreword by Tom Butler-Bowdon

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