



Waking To Ordinary Life

Lalitha Thomas

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Spiritual practice is never something mysterious or alien to ordinary existence. Neither is it defined by difficult exercises or maintained by perfect tranquility. *Waking To Ordinary Life* speaks directly to the false presumption that our relationship to the Divine, to Spirit, somehow precludes a simple life based in human maturity, dignity and kindness toward others. It casts unrelenting light on how clear-cut spiritual practice actually is, if only we have the courage to choose it. Lalitha is a spiritual teacher living in Washington state and Canada. *Waking to Ordinary Life* is derived from her recent talks and conversations with friends and students making its message fresh, accessible and real. Her many examples bypass heady concepts and pretty words, and bring the reader down to earth where messy relationships, greed and cancer must be handled. She speaks with compassion, yet is categorically unwilling to compromise the demands of committed, unsentimental work on self. Topics include: the necessity for articulating an aim, which may then be applied as a guiding principle in all one's endeavors; the power of genuine forgiveness; the urgency inspired in the face of death, and the experience of delight in ordinary life. *A Handbook for Sustainable Spiritual Practice*. Fresh, wise female voice on the spiritual scene. Grounded and practical help for any serious practitioner.

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