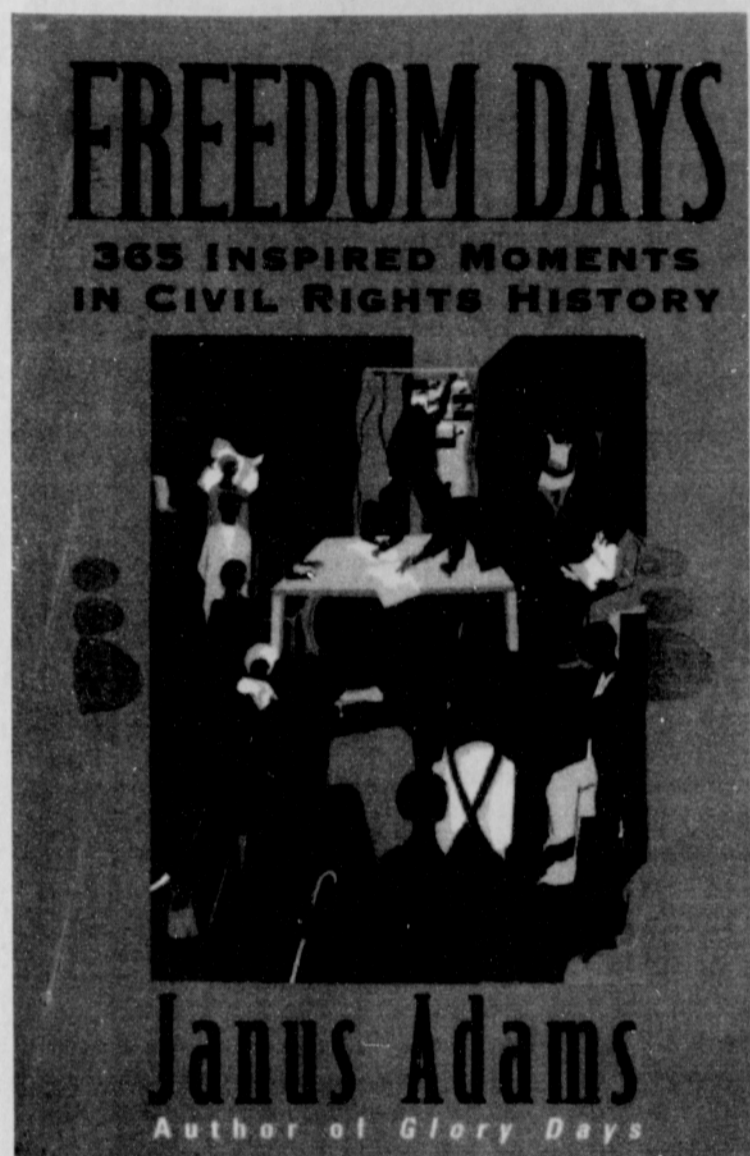




Recommended Reading



Freedom Days
365 Inspired Moments in Civil Rights History
by Janus Adams
Tom Wiley & Sons, Inc.; 1998

"Freedom Days: 365 Inspired Moments in Civil Rights History" - 365 markers along the road from 1936 to 1976 (plus a leap year's lagniappe for a total of 366); 366 days of challenge and choice, the choice to wind a trail of freedom. And what a journey it has been.

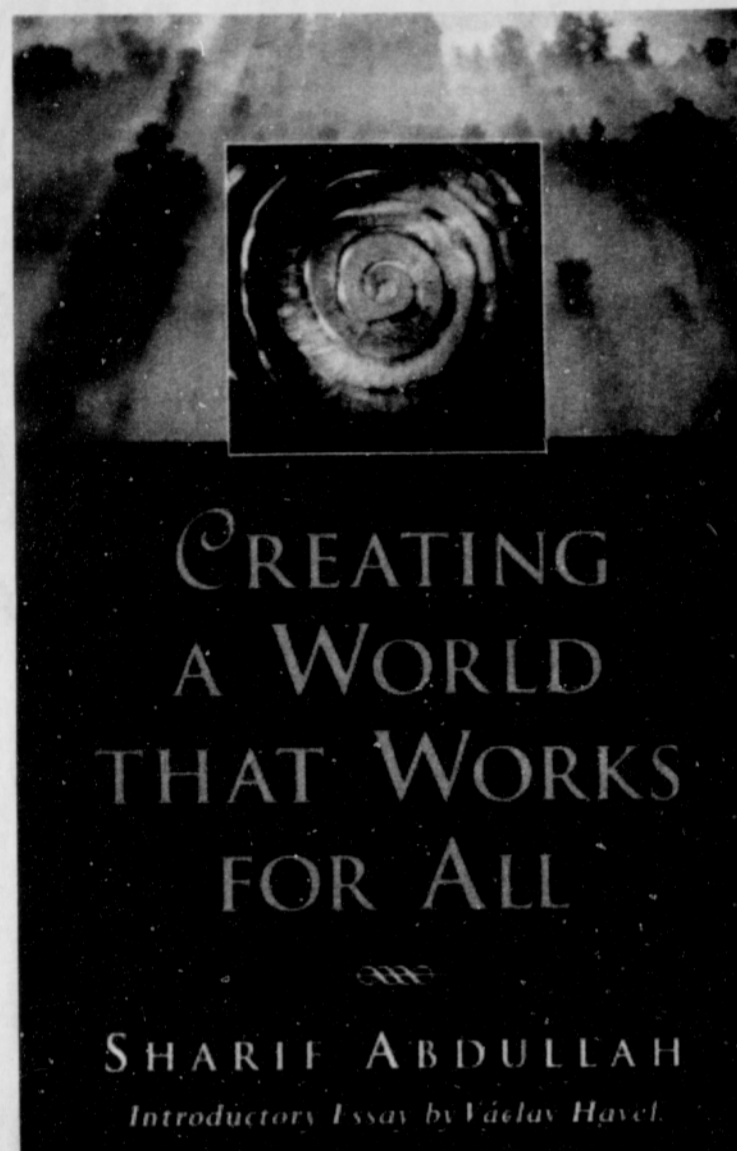
Freedom Days is a book about love and remembrance - a celebration of life.

To go down to the bridge is to know how our ancestors - and those still with us who walk in that noble tradition - loved life hard enough to make a way out of no way for us. No matter the winds and the tides, they knew, as my grandfather would say, to "let no one contaminate your mind." That is the knowledge that is ours to treasure. "Praise the bridge that carries you over," we have been told. Come down to the bridge. Let us celebrate our Freedom Days!"
- by Janus Adams

Creating A World That Works For All
By Sharif Abdullah
Berrett-Koehler Publishers, Inc.; 1999

In Creating a World That Works for All, Abdullah shows how we can change our world by changing our consciousness. We can actually put an end to these complex problems by embracing inclusivity - the realization that all of our lives are inextricably linked. With a practical blueprint for this positive approach to change, he reveals how to turn from a mentality that disconnects us to one that embraces the goals of restoring balance to the Earth and building community with all others. Abdullah shows how the transformation to inclusivity lies at the heart of all the world's spiritual traditions.

Sharif Abdullah writes, "We live in a world that works for only a few." The problem, he asserts, is exclusivity: the fundamental belief that we are separate from one another. By practicing exclusivity, we have created a soul-starved society. We suffer, both personally and as a society, from complex, interlocking problems so intense that they create a deep sense of emptiness in all of us.

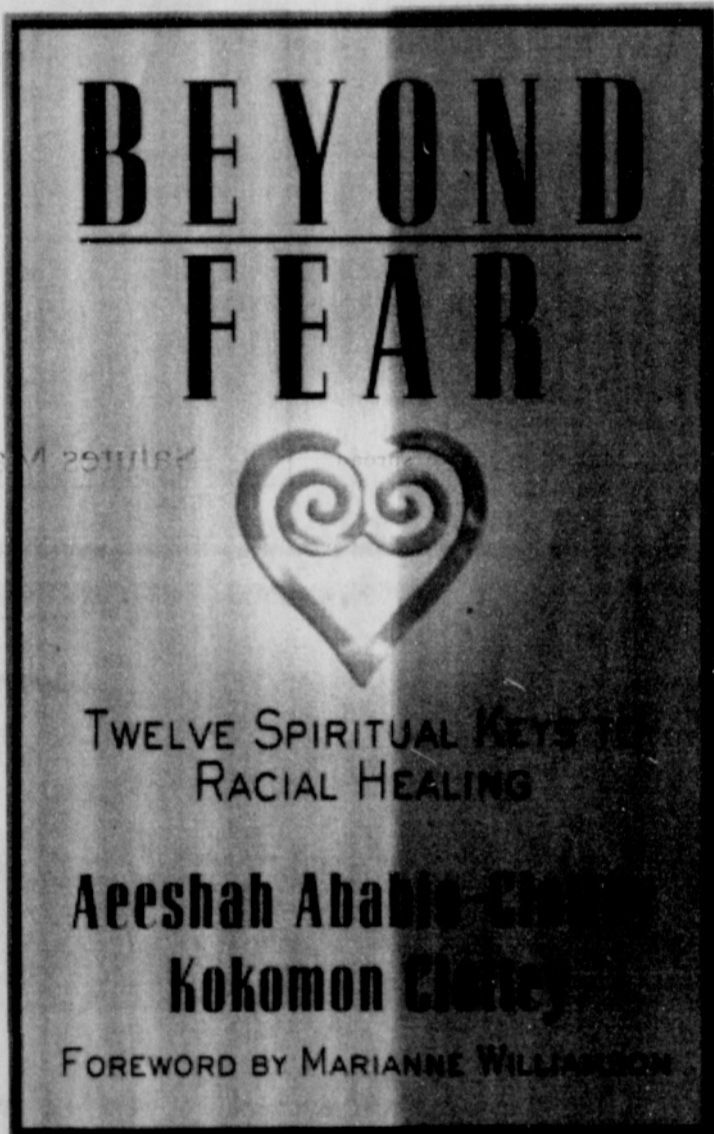


Beyond Fear
Twelve Spiritual Keys to Racial Healing
By Aeshah Ababio-Clotney and Kokomon Clotney
HJ Kramer; 1998

According to the American Anthropological Association, "The concept of 'race' has no validity...in the human species." While most of us might agree that on a biological, scientific level races do not exist, exploring ideas and feelings about racism can be difficult.

Unique in its spiritual approach, Beyond Fear presents a refreshing vision of the internal peace possible for each individual as we release our social and cultural beliefs about race. Using personal stories, Aeshah and Kokomon Clotney give us tools to help us clarify our intent as we progress through the twelve spiritual keys to racial healing.

Recipients of the Jampolsky Award for Exemplary Work in Attitudinal Healing for the Racial Healing Project and the Ghana Project, Aeshah Ababio-Clotney and Kokomon Clotney are internationally recognized for their workshops on racial healing. Together they founded the Attitudinal Healing Connection in Oakland, California, and Ghana, West Africa.



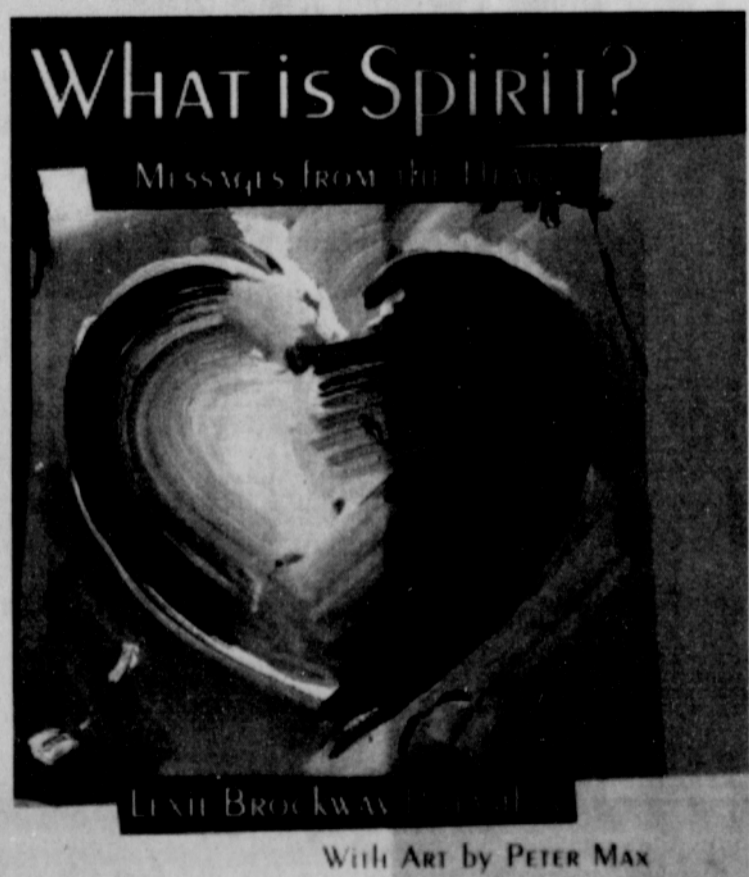
What is Spirit?
Messages from the Heart
By Lexie Brockway Potamkin
Hay House Inc.; 1999

Spirit is something that we all have in common yet the way we each see Spirit is as individual as a finger print. What Is Spirit?: Messages from the Heart is a unique inquiry into how people of all faiths, backgrounds and walks of life experience the presence of Spirit in their lives. From a Priest, a Rabbi, nine Tibetan Monks, a United States President, a Disco Diva and an Astronaut, the book brings together great minds and hearts who express feelings about Spirit.

These people have graciously shared their stories of ways in which Spirit has touched their lives - inspirational tales from extraordinary life experiences - along with many diverse quotes. These quotes and stories come alive with colorful art work by Peter Max.

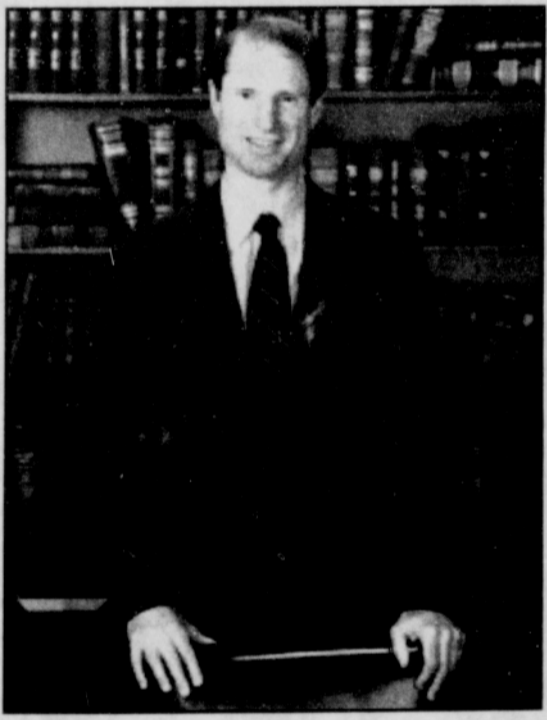
A few of the public figures included in these pages are: President Jimmy Carter; Robert Wagner; Gloria Steinman; Donald Trump; Tommy Lasorda; Astronaut Kenneth Reightler; Maestro Gerard Schwartz; Sir John Templeton; and Mother Teresa. What Is Spirit? is a labor of love that Lexie Brockway Potamkin has been working on for several years.

LEXIE BROCKWAY POTAMKIN is a counselor and human rights activist who comes to her Spirit work with years of experience in the worlds of entertainment, fashion, public relations and corporate management consulting.



Celebrate the life of Martin Luther King Jr. everyday.

Best Wishes from Senator Ron Wyden




"Let us rise up tonight with a greater readiness. Let us stand with a greater determination. And let us move on in these powerful days, these days of challenge, to make America a better nation..."
-- Rev. Martin Luther King Jr.

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