

Endorsements for Alan Clements

“During an era when a spate of shallow, narcissistic fiction has found a niche as ‘sacred literature,’ Alan’s work is a wonderful relief and reminder that the heart of spirituality still is, and will always be, compassion. I am thrilled to see his rich and productive search being shared with wider and wider audiences.”

~ Bo Lozoff, Human Kindness Foundation author of *We’re All Doing Time*

“Courageous and compelling, *Instinct for Freedom* is a vivid account of how one man’s renunciation gave way to his own love and desire. This is a haunting and beautiful story, one full of teachings for seekers of all persuasions.”

~Mark Epstein, M.D., author of *Going to Pieces without Falling Apart*

“Alan’s life is material for a legend. An intellectual artist, freedom fighter, former Buddhist monk, he shares his insights and experiences with a passion rarely seen and even more rarely lived. He’ll make you think and feel in ways that challenge your entire way of being.”

~ Catherine Ingram, author of *In the Footsteps of Gandhi* and *Passionate Presence*

“Alan Clements is a refreshing underground alternative to mainstream spirituality. Both direct and daring, he invites challenge to all forms of compromise and blind allegiance to dogma or authority. As one of the West’s senior-most dharma teachers, he speaks on the nature of consciousness and freedom in ways rarely heard, translating ancient and complex Eastern truths into modern and practical Western realities.”

~ Marcia Jacobs, A psychotherapist specializing in victims of war, rape and trauma. And a senior U.N. representative for Refugees in Bosnia and Croatia from 1993 - 1997.

“Alan Clements is a riveting communicator - challenging and inspiring. He articulates the essentials of courage and leadership in a way that can stir people from all sectors of society into action; his voice is not only a great contribution during these changeful times, it is a needed one.”

~ Jack Healy, former director of Amnesty International

“Rarely has a book touched me as deeply and personally as [Alan’s book] *Instinct for Freedom*. This profound work is a call to action, a spiritual force for change. May the beauty of Alan’s writing and the power of his personal journey compel you to be true to your own heart so that

we may all experience the gift of freedom in its purest form.”

~Cheryl Richardson, author of Stand Up for Your Life

“This superbly written, profound, and moving work addresses head-on the central question of our time — how to put meditation into action and so transform the real conditions of the real world. Its honesty and passion are liberating, and its message both timeless and acutely timely.”

~ Andrew Harvey, author of The Direct Path

“Alan is uniquely qualified to widen our perspectives, both of ourselves and of meaningful action in the world. His eloquence and sincerity calls us closer to our fullest potentials.”

~Joseph Goldstein, author of One Dharma: The Emerging Western Buddhism

“I have known Alan for over a decade. He is my first call when I seek insight and candor concerning personal and professional advice. As a teacher, his eloquence moves audiences to ask the questions behind questions about how we live, why we work, and how it fits together.”

~ Robert Chartoff, Chartoff productions. Producer of Rocky, The Right Stuff, and Raging Bull.

“Vision and the name Alan Clements are synonymous terms. His experience as a human rights activist, coupled with his penetrating knowledge of contemplative traditions, inspires us to recognize the depths of our unlimited nature. In hearing him speak, ones mind and heart can only expand; in direct communication with him, one reveals truths normally confined to dreams.”

~Julia Zarudzka, former chair AIDS Vancouver and the Seva Service Society.

Artist, activist and spiritual teacher, Alan Clements trained as a Buddhist monk in Burma for the better part of a decade. Instrumental in bringing a nonsectarian Dharma to the West, Clements has lectured and taught hundreds of retreats in north America and Australia. Since disrobing in 1983 Clements has become a evocative voice for freedom and dignity, exploring their essential place in contemporary spirituality. Since 1988 Clements has played a prominent role in bringing Burma “revolution of the spirit” to the world. In 1995, he coauthor The Voice of Hope, the internationally acclaimed book of conversations with Aung San Suu Kyi, 1991's Nobel Peace laureate and leader of her country's nonviolent struggle for freedom. Presently he teaches retreats and speaks to audience on the fundamental importance of trusting one's own deepest experience. His website is www.WorldDharma.com.

To excerpt “Instinct for Freedom” interview the author, or foreign rights contact:

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Additional books by Alan Clements

The Voice of Hope - Conversations with Aung San Suu Kyi,
Burma’s imprisoned Nobel peace laureate (Seven Stories, NY).