

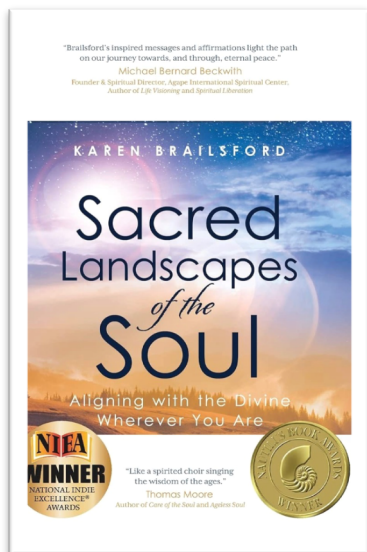
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"Sacred Landscapes of the Soul is like a spirited choir singing the wisdom of the ages. It is grounded in intelligent thought from the great spiritual writers and song-makers and offers transformative guidance. Read it to have your mind and heart open up.

Use it as contemporary, unaffiliated prayer book or meditation guide."

*—Thomas Moore, author of *Care of the Soul* and *Ageless Soul**

Nautilus Book Awards Gold Winner
National Indie Excellence Award Winner



As the world continues to spiral out of control, the desire to soothe our souls has never been greater. A recent American Psychological Association study found that 83 percent of Americans consider worry about the nation's future a significant source of stress. Rather than succumb to the anxiety, it's time to ask ourselves: *Why am I here and how can I help?* This is a period of tremendous possibility and transformation. But we can't help bring about much-needed change in the world if we aren't engaged in some form of radical self-healing.

With her award-winning book **SACRED LANDSCAPES OF THE SOUL: *Aligning with the Divine Wherever You Are*** (Wyatt-MacKenzie), beloved spiritual guide and former Hollywood journalist Karen Brailsford guides the reader over three emotional terrains—confinement, gestation and expansion—and through nine distinct metaphorical landscapes, such as forest, plateau, riverbank and mountaintop, on a journey toward peace and transcendence.

"We are being brutally assaulted by news of coronavirus, economic turmoil, police brutality, political upheaval, it just goes on and on," says Brailsford. "I want *Sacred Landscapes* to provide a respite, a string of quiet moments to catch your breath."

SACRED LANDSCAPES OF THE SOUL: *Aligning with the Divine Wherever You Are* by Karen Brailsford
Wyatt-MacKenzie Publishing | Hardcover - 251 pages, Sept 2020 | US \$37 ISBN 978-1-948018-81-4
Softcover - 251 pages, April 2021 | US \$27 ISBN 978-1-948018-84-5 | E-book \$10

Each of the collection's 111 lyrical meditations is anchored by an epigraph spanning diverse faiths over the course of three millennia, and a "PeakSpeak" or affirmation. Gorgeous color photographs immerse the reader within each landscape of the artfully designed hardcover gift book. Blessings, poetry and an introduction chronicling Brailsford's spiritual journey help frame it.

This is the spiritual balm we desperately need right now, as attested by some of the world's top spiritual leaders and writers. **Rev. Matthew Fox**, author of *Original Blessing*, says *Sacred Landscapes* "offers a rich banquet of meditations and images to awaken, calm, challenge and excite soul, mind, heart and body. Plentiful food for all the hungry—indeed starving—souls in our chaotic world today!" **Robert Thurman**, co-founder of Tibet House US, the Dalai Lama's Cultural Center in America, calls the book "brave" and "beautiful" and keeps it "by [his] side for comfort and inspiration." *New York Times* bestselling writer **Laurie Halse Anderson** declares, "This healing, strengthening, empowering collection of wisdom is exactly what my spirit has hungered for."

Says Brailsford, "When we consciously choose to align with the Divine within, we tap into wellsprings of faith, hope and connection." *Sacred Landscapes'* comforting, encouraging message rings out from every page and will resonate with readers wherever they are on life's journey.

About the Author

Karen Brailsford has worked on staff at *Newsweek*, *Elle*, *People*, *In Touch*, and *E!* Entertainment. Her writing has also appeared in *The New York Times Book Review*,



Black Enterprise, *Interview* and other publications. The mother of actress Amandla Stenberg, she acted as her de facto manager for years, employing the expertise she gleaned from interviewing Hollywood celebrities, covering Fashion Week and negotiating with publicists. Brailsford is a licensed spiritual practitioner at the Agape International Spiritual Center in Los Angeles. Bucket list item check: During events leading up to President Obama's first inauguration, she sang with the choir backing up John Legend. Her paintings have been exhibited in Los Angeles and New York. The native New Yorker is a graduate of The Brearley School and Yale. She resides in Los Angeles, the City of Angels, and cites Paris,

the City of Light, as her go-to landscape. Visit her at karenbrailsford.com.

More praise for *Sacred Landscapes of the Soul*

“A marvelous book—a journey into selfhood and spirituality and all the challenging and beautiful minutiae our experiences in this plane have to offer.” —**Amandla Stenberg**, actress and activist

“*Sacred Landscapes* asserts itself among the proverbial books for the ages. Filled with spiritual insight and wisdom, it beautifully evokes the peace and comfort readily available to us just by our mere acknowledgment. Master Agape Licensed Spiritual Practitioner Karen Brailsford’s inspired messages and affirmations light the path on our journey towards, and through, eternal peace” —**Michael Bernard Beckwith**, founder and spiritual director, Agape International Spiritual Center

“The timing is perfect for this uplifting set of instructions on how to align and realign with the Divine no matter the circumstances of the world.” —**Midwest Book Review**

“This is inspired writing! Lyrical, mystical, and beautiful—and apt to transform our lives while traversing any page unawares.” —**Rev. Greta Sesheta**, 7-Pointed Star Ministries, author of *Poems to Wake Up To*

“*Sacred Landscapes of the Soul* is a luscious deep dive into self-care, self-love and soul expansion. Gentle yet unwavering, this little treasure is a perfect guide to help you set and re-set your course for full healing and brilliant illumination.” —**Rev. Julie Moret**, minister, Agape International Spiritual Center, author of *What’s Your What?: How to Ignite Your Unique Brand*

“Whoever and wherever you are on the journey, this book brings forth Divine information to grow, expand and align with vibrational energy that’s of benefit to all of humanity.” —**Spring Washam**, author of *A Fierce Heart*, founder of Lotus Vine Journeys

“Expect to encounter refreshing bursts of hope, life, and joy, as well as affirmations of the good in the world and our place in it. When I read it, my soul sighed, ‘Thank you!’ ” —**Crystal Chan**, compassion activist, author of *Bird* and *All That I Can Fix*

“Karen Brailsford is an alchemist of personal insight and this book is a spiritual breviary of sorts, filled with hard-earned wisdom and written in a key of deep, abiding devotion. She and her sentences cast a light.” —**Eli Gottlieb**, author of *The Boy Who Went Away*, winner of the Rome Prize