

# POLITICS OF THE HEART

NONVIOLENCE IN AN  
AGE OF ATROCITY

Psychedelic  
Activism  
to End War

ALAN CLEMENTS

WORLD DHARMA PUBLICATIONS

# FOR IMMEDIATE RELEASE

## ***POLITICS OF THE HEART***

### **Nonviolence in an Age of Atrocity — Psychedelic Activism to End War**

**by Alan Clements**

#### **A Manifesto for the Future of Freedom — Now**

January 2026—New York, NY—In an era defined by AI-amplified cruelty, algorithmic obedience, and normalized atrocity, a daring new book calls humanity—all of us—back to its moral, mindful, and imaginative center: the soul of conscience itself—love, empathy, and peaceful coexistence.

*Politics of the Heart*, by acclaimed author, spoken-word artist, and human rights activist Alan Clements, is both a literary declaration and a spiritual call to action—an urgent testament to the necessity of awakening amid the techno-fascist machinery of manipulation, distraction, and self-administered madness. Part memoir, part story, and part sacred satire, it unfolds as a *Dharma-infused*, existential mandala—a tapestry of interwoven vignettes tracing the pulse of freedom as the living *politics of the heart*.

Rooted in the timeless *Dhamma*, it reminds us that liberation begins not in protest but in perception—in the quiet revolution of seeing things as they are. Through the poetics of perception and the beautification of consciousness, Clements transforms awareness itself into rebellion—tenderness into uprising, empathy into the most radical intelligence of all.

Written with the precision of philosophy and the vulnerability of poetry, *Politics of the Heart* dismantles the empire of normalization—where atrocity is livestreamed, empathy anesthetized, and conscience quietly outsourced to code. It is a meditation—and a manifesto—on the politics of perception—the invisible architecture of control—where awareness itself becomes an act of resistance, and tenderness its most radical uprising of the heart. It is also part performance art—written with a wink, a prayer, and radical sincerity—standing at the edge of Clements’s own self-censorship and re-wilded sanity, offering readers a hybrid of revelation and revolt.

*“To remain lucid amid manufactured rage is a political statement. To feel deeply is a form of resistance. To tell the truth—without permission—is a revolution of the spirit.”*

— Alan Clements, *Politics of the Heart*

This is not a self-help book. It is a work of moral insurgency—a visionary fusion of philosophy, *Dhamma*, and art. Across its pages, Clements unearths the psychological

architecture of tyranny, the seductions of cynicism, and the sacred discipline of empathy. He writes like a truth-addict in recovery—armed with a conscience and a punchline—proving that awakening is rebellious, inconvenient, and hilariously human. Through his lens, nonviolence emerges not as restraint but as lucid defiance—the disciplined refusal to internalize domination and the audacity to remain awake in a world addicted to denial.

The chapter “*Deprogramming the Dominator Gene—Psychedelic Activism and The Six Planetary Pestilences*” is both prophetic and absurd—a *dharma-oriented exorcism* for the collective imagination, exposing with irreverent precision the forces eroding human sanity: greed, militarism, surveillance, propaganda, amnesia, and despair. Through satire and moral clarity, each pestilence becomes a symbolic mirror—not to condemn but to awaken—revealing how laughter, lucidity, and love together form the subversive antidote to global delusion. In Clements’s telling, humor is not escape—it is strategy, a scalpel disguised as a smile.

In the language of the *Dhamma*, such awakening is the highest form of resistance—a mindfulness that disarms delusion and turns awareness itself into the path of freedom.

### **A Moral Trilogy Completed**

*Politics of the Heart* stands as the culminating work in Clements’s trilogy, following *Conversation with a Dictator: A Challenge to the Authoritarian Assault* and *Unsilenced: Aung San Suu Kyi—Conversations from a Myanmar Prison*. If *Conversation with a Dictator* descends into the mind of power, and *Unsilenced* restores the voice of conscience, *Politics of the Heart* ascends—into the practice of awakened action and revolutionary love. Together, they trace the passage from delusion to discernment, from domination to creation, from silence to sacred defiance—forming a cartography of consciousness and the *revolution of the spirit*.

*“This book is not commentary—it is witness. A manual for the revolution of perception, a meditation on the sacred responsibility to stay awake.”*

Publisher’s Literary Critic

### **A Voice Forged Between Monasteries and Frontlines**

Alan Clements—a former Buddhist monk turned war journalist and spoken-word provocateur—has lived for decades at the fault line between spiritual awakening and political catastrophe. Trained in Burma under the renowned Mahāsi Sayadaw and Sayadaw U Pandita, and later expelled for documenting military atrocities, Clements brings to this work a synthesis of moral imagination and lived resistance—the courage to make art from the unbearable. Blending the moral lucidity of Hannah Arendt, the existential depth of Václav Havel, the contemplative precision of a monk who never quite left the monastery, and just enough George Carlin to keep enlightenment from getting

sanctimonious, he has forged a genre entirely his own—*lyrical journalism as spiritual insurrection*.

Through his writing, he transforms trauma into testimony, suffering into insight, and despair into disciplined hope. His words bridge the monastery and the battlefield—where attention itself becomes activism, and awareness, an ungovernable form of power. In Clements’s hands, perception becomes praxis.

### **A Global Invocation**

While rooted in Burma’s long struggle for freedom, *Politics of the Heart* expands its reach to every conscience and every country. It speaks to Gaza and Ukraine, to the invisible prisons of digital surveillance, and to the quiet wars fought within each of us—between awareness and amnesia, empathy and erasure. Clements’s prose is at once lyrical and lethal—an art form of defiance, devotion, and dangerous beauty. Yet beneath its humor and audacity lies an atmosphere of nonviolence—a quiet insistence that empathy is intelligence and reverence the new revolution.

*“To awaken is to participate. To feel is to resist. To love in an age of atrocity is the ultimate act of rebellion.”* Alan Clements

### **A Cry, a Compass, a Call to Action**

*Politics of the Heart* is not simply read—it is lived. It demands reflection, dialogue, and courage. Each chapter unfolds as a meditation on mindful intelligence—the fusion of awareness, ethics, and discernment—a field manual for inner and outer freedom.

At a time when propaganda wears the mask of truth and tyranny is streamed as entertainment, Clements’s work restores the most endangered capacity of all: the human ability to see clearly, feel deeply, and act with care—to choose conscience over compliance and compassion over convenience. In a world engineered for numbness, this book dares to reawaken the nerve endings of the soul.

*“Politics of the Heart is not a book — it is a mirror held to civilization. It is a vow to stay awake when the world sleeps, and to love what remains of our shared humanity.”*

Publisher’s Literary Critic

## BOOK INFORMATION

Title: ***Politics of the Heart: Nonviolence in an Age of Atrocity—Psychedelic Activism to End War*** | Available online booksellers worldwide

Author: Alan Clements

Publisher: World Dharma Publications

Genre: Political Philosophy / Literary Nonfiction / Spiritual Resistance

Release Date: January 1, 2026

Formats: Hardcover | Audiobook

ISBN: 9781953508362

Website: [WorldDharma.com](http://WorldDharma.com)

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Availability: Interviews • Podcasts • Keynote Talks • Review Copies • Global Events



## ABOUT THE AUTHOR

Alan Clements is an author, journalist, spoken-word artist, and former Buddhist monk who trained in Burma under the renowned meditation masters Mahāsi Sayadaw and Sayadaw U Pandita. After leaving the monastic life in 1984, he turned to journalism and began documenting the realities of life under Burma's military dictatorship—reporting that led to his expulsion from the country. He went on to become one of the first Westerners to bring Burma's spiritual and political struggle to global attention through his books, lectures, and human rights advocacy.

His works include *Burma: The Next Killing Fields?* (foreword by His Holiness the Dalai Lama), *The Voice of Hope* (with Aung San Suu Kyi), *A Future to Believe In*, *Instinct for Freedom*, *Conversation with a Dictator: A Challenge to the Authoritarian Assault*, and *Unsilenced: Aung San Suu Kyi – Conversations from a Myanmar Prison*.

Clements's writings have appeared in *The New York Times*, *Time*, *The Guardian*, *Newsweek*, and have been featured on BBC, CNN, CBC, and ABC Nightline. His spoken-word performances and books merge spirituality, politics, and conscience into one continuous act of artful defiance—what he calls “the revolution of the spirit.”

With *Politics of the Heart: Nonviolence in an Age of Atrocity*, Clements offers his most visionary work to date—a luminous fusion of literature and liberation, grounded in the conviction that awareness itself is the final frontier of freedom. *AlanClements.com*









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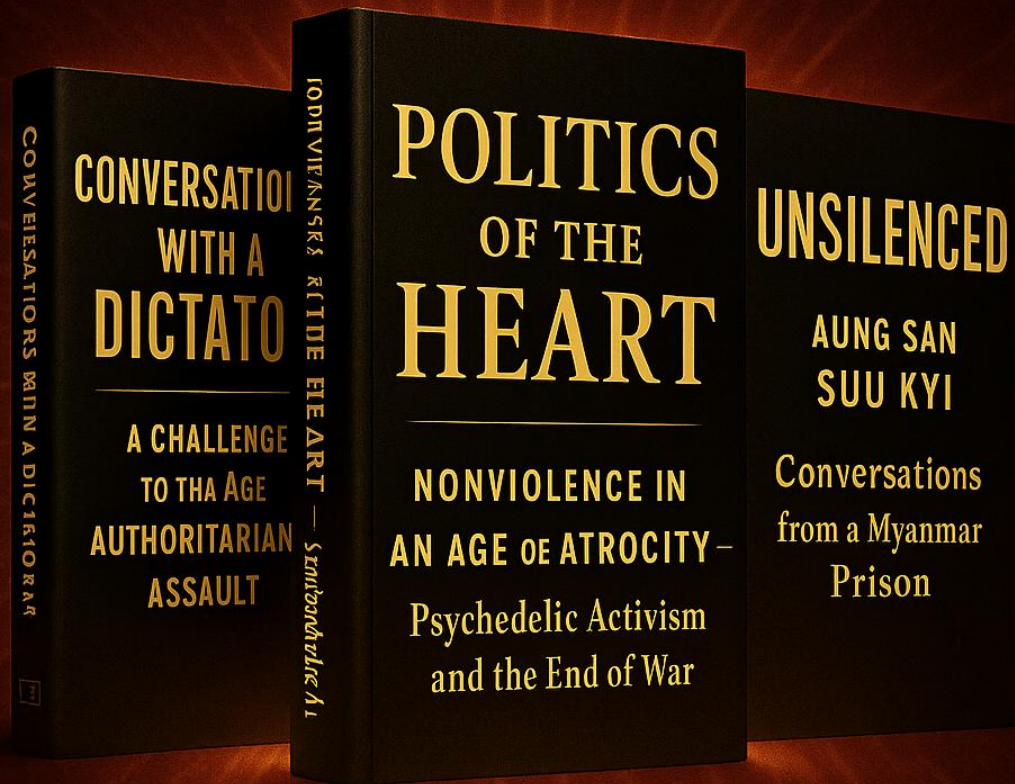
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FREE 22.000 POLITICAL PRISONERS**