

March 21, 2019
For Immediate Release
A NEW BOOK by

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World Dharma Publications
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WISDOM FOR THE WORLD

MINDFUL ADVICE FOR ALL NATIONS

THE REQUISITIES OF RECONCILLAITON

ALAN CLEMENTS IN CONVERSATION WITH
THE MINDFULNESS & MEDITATION MASTER
THE LATE VENERABLE SAYADAW U PANDITA OF BURMA

Vancouver, Canada: The Venerable Sayadaw U Pandita of Burma (also known as Myanmar) was one of the foremost authorities on *vipassana* (insight) meditation and a pioneer of the western mindfulness movement. With thousands of students in centres worldwide, Burma's most elder Buddhist monk also trained hundreds of the leading meditation teachers, both East and West. Yet despite this, and the numerous influential books compiled from his public talks, he rarely gave interviews. In *Wisdom for the World: The Requisites of Reconciliation*, he breaks his silence to reveal some of his most compelling insights, delivered as his final teaching for the people of the world and his native country, Burma.

Over nine consecutive nights before he passed away in April 2016 at the age of 95, the Venerable Sayadaw weighed in on some of the most critical issues facing Burma and the world today through these exceptionally rare and remarkable conversations with his first Western student, journalist, and friend of nearly 40 years, Alan Clements. Covering topics from religious extremism to systemic oppression, and the requisites for surmounting them, the Venerable Sayadaw deftly elaborates on the Mahasi Sayadaw system of mindfulness meditation and its application in our troubled world. "More important than victory of others is to be victorious over oneself", he says, illuminating the difference between right and wrong mindfulness and calling for a worldwide revolution in Spiritual Intelligence, or "SQ" (a key component of his teachings over the past 15 years).

As the principle spiritual advisor to many of the leading figures in Burma's decades long non-violent democratic revolution, *Wisdom for the World* speaks a final time to those leaders and fosters hope for a country still convulsing from decades of dictatorship. Here, this beloved teacher elucidates the role of reconciliation in calming the turmoil of conflict faced by so many in the world today. With forbearance, wisdom and compassion, the Venerable Sayadaw outlines the theory and practice of gaining mindful control of one's own mind that we may all move towards a more peaceful society. Essentially, *Wisdom for the World* provides the timeless psychological and spiritual guidance - the mindful intelligence - for anyone desiring to surmount intolerance, hatred, and discrimination, in whatever form they take.

BIO AND ENDORSEMENTS for Alan Clements

Clements was among the first Westerners to ordain as a Buddhist monk in Burma, where he lived in a monastery practicing mindfulness meditation for nearly five years, before being expelled from the country in 1984 by the dictatorship, with no reason given. Leaving the monastic life, Clements returned to the West, becoming a spiritual maverick, journalist, and human rights activist engaged in Burma's nonviolent struggle for freedom while speaking up for political prisoners worldwide.

Clements co-authored *The Voice of Hope* with Burma's Aung San Suu Kyi - the former political prisoner and Nobel Peace Laureate. In addition, his books include, *Burma: The Next Killing Fields*, and *Revolution of the Spirit*, both with forewords by the Dalai Lama and endorsed by 8 Noble Peace Laureates and former President Jimmy Carter. He's also written *Instinct for Freedom* and *A Future To Believe In: 108 Reflections on the Art and Activism of Freedom*.

“Distilling the essence of world religions, cultures, politics, and spiritual traditions, Alan Clements’ magnificent, timely book provides a courageous and intelligent compass personifying our aspirations for freedom and wisdom, and in so doing, offers insights on how to actively shape a future that gives life hope. With our planet in peril, it is imperative that we act now to provide a secure future for our children and future generations; make this book your guide, mentor and friend.” ~ Dr Helen Caldicott, Author of *Nuclear Power is Not the Answer* and *If you Love this Planet*; Founding President Physicians for Social Responsibility

“This culture is killing the planet. If we are to have any future at all, we must unlearn everything this culture has taught us and begin to listen to the planet, to listen to life — the core intelligence of nature and the human heart. This book not only helps us with that unlearning process — the greatest challenge humankind has every faced — it provides the essential wisdom, the spiritual intelligence, to open ourselves to finally start to hear.” ~ Derrick Jensen, Author of *Endgame* and *Deep Green Resistance*

“This book is the music of wisdom, a dance with the finest places of the human heart. You will want to keep this timeless treasure within reach, so you can open it to any page, and let a paragraph or a line ignite you again to the truth of your own being.” ~ Joanna Macy, Author of *World as Lover, World As Self* and *Pass it On: Five Stories that Can Change the World*

Clements has been interviewed on ABC National, Talk to America, CBC, VOA, BBC, the New York Times, Time and Newsweek magazines, the Sydney Morning Herald, Utne Reader, Yoga Journal, and scores of other media worldwide. He also delivered a keynote at Amnesty International's 30th Year Anniversary at the John Ford Theater in LA. Learn more about Alan's work on his web site at: www.AlanClements.com.

Fergus Harlow has collaborated closely with Alan Clements on numerous World Dharma projects since 2013, as writer, editor, and assistant.