

# Praise for **TONIGHT I MET A DEVA, AN ANGEL OF LOVE**

a children's book by Alan Clements with a forward by H.H. 14<sup>th</sup> Dalai Lama.

Available on Amazon, Barnes & Noble and online booksellers worldwide,  
and in bookstores if you ask your local bookstores to kindly carry it.

“This book by Alan Clements inspires people, young and old. He addresses that the reality of life can be fraught with difficulties and yet full of joy. If you have the compassion and wisdom, it's always possible to overcome whatever challenges you face. I admire Alan's determination to pass this important message onto the next generation – keeping his daughter especially in mind.”

With my prayers,  
The Dalai Lama

“Alan Clements' lovely book is pure and straight from the heart. I recommend it to every living child, to give them a true appreciation of what real life can be if the search for purity and meaning prevails.”

— Dr Helen Caldicott, pediatrician; founder of Physicians for Social Responsibility (Recipient of the 1985 Nobel Peace Prize)

“The Buddha's Four Noble Truths are challenging to understand at a young age. But in Alan Clements' magnificent book, ‘Tonight I Met A Deva, An Angel Of Love’, he presents these timeless teachings to the youth in accessible poetic rhyming verses -- a trans-religious prayer, really, or an incantation of mythical love igniting that spark of mythical adventure and supporting a new generation in finding ways to integrate that knowledge throughout their lives.

May this essential book, from a man who spent many years in my native country of Burma helping my people, find its way into every household worldwide. This book is a gift to humanity meant to make our world a better place and to keep the future of freedom alive for generations to come. Thank you, Alan Clements, thank you from the bottom of my heart.”

— Ma Thida, human rights activist, surgeon, writer, and former prisoner of conscience, is the recipient of the PEN Freedom to Write Award and the ‘Disturbing the Peace’ Award presented by the Vaclav Havel Foundation.

“Alan's book is a heart treasure. A cascade of loving radiance, rippling blessings straight into the spirit of the future, through offering a lyrical guiding Light of hope for children.

May his mystical song of love invoke what it is intended to do;  
to serve the highest awakening of joy and beauty in us all.”

— Jeannine Davies, PhD, psychologist, author, Relational Dharma

“An astonishing tale from an astonishing human being; a profound poetic utterance of the spirit; a sacred offering to the vast wonders of love and beauty. Thank you, Alan Clements, for this blessing, this Dharma delight; and may the whole world bathe in its exquisite wisdom.”

— Lanny Cordova, musical artist-activist in Afghanistan for six years and Founder and Director, The Miraculous Love Kids: Girls' Empowerment Through Music

“This beautiful little book turns out to be a big book. Written for children—and for the inner child within all of us—this enchanting story will come as a heart-warming, soul-stirring balm for anyone who encounters it. Only a master like Clements could distill the main teachings of Buddhism into a state of such melodious, artful, poetic simplicity...And yet the book doubles as a delightfully accessible universal wisdom teaching... peering playfully into the invisible... dancing gamely with the mystical... normalizing doing so... allowing certain spiritual truths to vie for their rightful place as ‘common sense’.”

— Naomi Aeon, PhD Yale Professor turned writer,  
healer, and transformational teacher

“This beautiful book, lovingly crafted, embeds the precious jewel of the four noble truths and eightfold path in the setting of a “fairy tale” (or Deva tale) specifically designed for children. Its practical wisdom, expressed in words both simple and profound, can guide the younger generation away from the bleak cliff of existential nihilism, down which so many youngsters fall today, and lead them toward a life rich in meaning, goodness, and deep fulfillment.”

— Ven. Bhikkhu Bodhi, Buddhist scholar and translator

“Alan Clements has been a global bridge of wisdom and love. In this extraordinary and magical gift for children, he holds the hands of their hearts while walking them across to the ancient teachings of the Buddha. As a deeply devoted father, he finds the language that can awaken their precious curiosity. It is my honor to encourage all parents to bring their children to the endearment of Alan’s wise soul shared in this book.”

— Mitch Davidowitz, M.S.W., M.Ed., Psychotherapist, Global Writer and Educator

“Hold on to this precious book. Read it slowly and then read it again and again and again. Keep it close. Everything you need to know is here.”

— V (formerly Eve Ensler), American playwright, performer, feminist, and activist

“In Alan Clements’ mythical children’s book, we find a radical departure from his deft stage work as a mad satirical comedic “Spiritually Incorrect” genius, although I personally hope he returns to the stage in his next incarnation of creative magic. By way of saying, and I mean no offense to anyone, but with Alan’s book, “Tonight I Met A Deva, An Angel Of Love,” he seems to have channeled his inner Buddha. With this masterpiece, he has brought forth a short modern-day version the Ram Dass classic, “Be Here Now,” not for adults but for children, and without references to drugs, Gurus or Hindu-speak. But be forewarned, this gift of a book is filled with mystical adventure, Bible-like. If my parents had read this book to me when I was growing up, it might well have saved me from psychotherapy, charlatans, and drugs too. The amount of money and energy I could have saved thus still rankles... Parents, give your kids the gift of love and wisdom and bring this spiritual treasure home.”

— Chin Meyer, satirist, entertainer, financial-comedy-guru, husband, Dharma rebel

“‘Tonight I Met A Deva, An Angel of Love’ is a truly exquisite and luminous offering inspired by a father’s love for his beloved daughter, and in particular, all young people. In this beautifully crafted rhyming fable, Alan Clements illuminates profound and complex Buddhist insights by poetically simplifying them in a way that deeply touches and opens the heart. Don’t hesitate to get copies of this Dharma treasure to share, not only with the children in your life but also with friends, family and community. In our troubled times, Alan’s book is like pure nectar reminding us of the divine and the very best of our humanity.”

— Kittisaro & Thanissara, authors of *Listening to the Heart* and founders of Dharmagiri (a Buddhist inspired retreat center in South Africa) and Sacred Mountain Sangha, California, are meditation teachers who trained as monastics, for 15 and 12 years respectively, in the Thai Forest Tradition of Ajahn Chah

“This precious book by Alan Clements is a ray of light, a transcendent story of love, hope and what some might call magic, that will uplift and inspire all who read it.”

— Lynn Hendee, producer of *The Glorias*; *The Tempest*; and *Ender’s Game*

“Alan has crafted a magical tale of wisdom and beauty that will not only touch the hearts of children, but of every adult that turns its pages as well.”

— Cheryl Richardson, New York Times bestselling author of *Take Time for Your Life*

“Alan Clements’ book about meeting an Angel of Love is a most wondrous story, perfect to open up children’s hearts and excite their curiosity. We all want to meet ‘an Angel of Love’ and the teachings about awakening are for every age, at any time. The sooner we open up to our infinite spiritual potential, the better. I recommend this great book. Do yourself a favor and offer it to members of your family, young and old!”

— Margot Anand, author of *The Art of Everyday Ecstasy*, and more.

“To understand the true nature of life, all one has to do is take this exquisite journey of the Four Noble Truths, told by Alan Clements in the most lovely, poetic way. Perhaps this is exactly what the Buddha had in mind for us to understand divine illumination through the pureness of a child’s heart.”

— Ora Nadrich, author of *Mindfulness and Mysticism*

“I have run a Spiritual Healing center for many years. I have facilitated so many “gurus” and “enlightened souls” from around the world. I have read all their books and learned so much from all of them. Alan’s book seems to me to be a summary of it all. A simple instruction manual to self-awareness, happiness, freedom and love. This book must be read by all.”

— Paul Margolin, Temple Byron, Australia

“A spectacular work of wisdom art; a magical mystery tour of beauty, purity and inspiration. I have rarely been so touched by so few words that can be carried in my heart for a lifetime. I only wish I’d had this book of celestial splendor when I was growing up. Parents, buy this mystical tale of love and wonderment and be transformed, together with your entire family.”

— Brock Noyes, author of *Somatic Zen*

“I admire the purity Alan Clements shares in his deeply moving new book, ‘Tonight I Met A Deva, An Angel of Love’ where he poetically illuminates the essence of the Buddha’s Four Noble Truths, and done so skillfully, in a nonsectarian, nonreligious, uplifting human way. This precious work of art is especially important during these challenging times, both for our beloved children and adults as well. On a personal note, Alan graciously accepted our invitation on two occasions to speak with the students at our Sunrise School in Bali. It was an honor to have him with us, inspiring the children and answering their questions with gentleness and compassion, and also a sense of humor. He clearly touched something special in them, planting seeds of curiosity and wonderment, and that ever so rare quality of mysticism. He also offered guidance about the natural intelligence of the human heart. At the school, we are all grateful for Alan’s visits. May this treasure of a book find its way into homes and classrooms around the world. And meanwhile we, the staff, teachers and students, hold you Alan, and your beloved daughter, Bella, and all Beings in our Prayers.”

— Susanne Schattin Roziadi, co-founder of Sunrise School, Bali, Indonesia

“This beautiful book, full of love and wisdom, is a worthy tribute to a life well lived and to life itself.”

— Derrick Jensen, Poet Laureate, activist, author of A Language Older Than Words

“After a lifetime of amazing experiences Alan has written a book of our journey of life and how to navigate through it with love and awareness. He has simply shown us all what our journey can be like when our hearts are open. What a timely piece of work in this crucial period of the world we now live in. It made me feel like heaven was speaking to me... such an inspiring book for our children and for the children in all of us. Thank you, Alan.”

— Paul Margolin, Temple Byron, Australia

“There is a visual and audible beauty in Alan’s short book, ‘Tonight I Met A Deva’, that spoke through my child’s voice as I read it. You can’t help but feel the ancient wisdom flowing through those words. I think it will awaken your inner child, as it did mine – and as I believe it will for the younger innocents around us.”

— Jeff Kuhn, Professor of Physics and Astronomy, University of Hawaii and Institute for Astronomy

“For thousands of years, teachings about the inner wisdom have been transmitted through stories, myths, fairy tales, mantras, tantras, and sutras. Stories are wonderful because they bring the Dharma to life, and this enchanting book by Alan Clements, a former Buddhist monk in Burma, is a Dharma teaching in the form of a mystical story. ‘Tonight I Met A Deva, An Angel of Love’ comes from a daring explorer of the inner world who has had many adventures and faced many obstacles, and through it all remains a courageous and creative voice for freedom, inner and outer. I wholeheartedly recommend to parents worldwide, gift you and your beloved family with this timeless gem of a book, and bring the Dharma home, and a higher love into the heart.”

— Lorin Roche, meditation teacher, author of The Radiance Sutras

“Move over ‘Goodnight Moon’, move over ‘The Prophet.’ Alan Clements’ fabulous new book ‘Tonight I Met A Deva, An Angel of Love’ is sure to become an instant classic.”  
— Tom Sewell, artist, Maui, Hawaii

“Alan’s book is timeless, a roadmap to finding every meaningful destination using the right directions in life. A high vibration guide to inner peace and unconditional love written with his daughter in mind but truly an important message for each and every one of us, one that can help us achieve our very best on our journey. An amazing book. Thank you, Alan.”  
— Paul Margolin, Temple Byron, Australia

“A heartfelt love letter, a prayer for understanding, and a profound message for his daughter, Sahra Bella Clements Earl, and all children, condensed into a luminous poem, ‘Tonight I Met a Deva’ carries Alan Clements’ life-long quest: that humanity will see through the veils that cause suffering and commence the journey for the liberation of all beings.  
Alan, dear, treasured friend, your book is a blessing!”  
— Ngoc-Tran Pham, singer, teacher of voice, healing, yoga and meditation.

“After a lifetime of sacred activism, Alan Clements has written a beautiful prose-poem illuminating the Buddhist path, a final gift to his daughter and children everywhere.”  
— Tom Oakley, Banyen Books, Vancouver

“As the mother of two young children in an increasingly curious and confusing world, it is in maintaining the small acts of quiet, the small gestures of mindfulness that teach our children that they have a Dharma more complex and beautiful than a single leader or belief could ever encapsulate. It is instilling in them the reminder that we are supported and valuable always, in all ways; these are the webs of connections that will keep them safe, expanding, and thriving during the blessed challenge of life. By way of saying, Alan Clements has utilized his voice in ways that bring dignity and illumination to the struggles of those who are suffering, uplifting and amplifying the voices of Liberation. His inspiring work of art, ‘Tonight I Met A Deva, An Angel of Love,’ is a true gift from a brilliant mind, composed during a powerful and potent time. This precious book is an opportunity for children as well as adult readers to slow down, listen, breathe, and remember the beauty, impermanence, and power of our own precious lives.”  
— Summer Starr, spoken word artist, Earth Mother, and activist for the preservation of the planet and sovereignty of the Hawaiian Islands

“Alan is one of the most beautiful people I know, not because he is perfect but because of the purity of his love. Here, in his book, ‘Tonight I Met A Deva,’ he offers the reader direct insight into the path of love, a path that is more important now than perhaps ever before and the path that he has diligently sought to follow. Alan’s story is an exquisite invitation that will touch the reader’s heart, open it gently whilst reminding us all of what really matters. I urge you, dear reader, let Alan’s words resonate through your heart, marinate in them, and you will learn to live and love well.”  
— Gela De Brugiere, clinical psychotherapist and energy medicine practitioner

“Alan Clements has for decades been a consistent, respected beacon of light in the human struggle in Burma, causing thinking people with a conscience globally to look deeply, and address suffering, freedom and justice with clarity. He lives, eats and breathes Buddhism in practice in the modern world. This beautiful story, his final gift for his daughter, and all children, is a moving pith instruction. It is a magical, helpful and inspiring entry point to deepest wisdom.”

— Kerry Wright, educator and humanitarian

“One of Alan’s most charming pieces yet. Profound and poetic, this book is a timeless life teaching for all generations. A companion to turn to for empowerment, clarity and joy, ‘Tonight I Met A Deva’ reminds us of the truth that lies within while taking us on a whimsical journey into magical lands to meet a glowing angel that gently and lovingly illuminates the Four Noble Truths to be received and understood by all. Medicine for the heart and music for the soul... this is a story that should be told again and again for all of eternity.”

— Ja Pace, performing artist, professional dancer, activist and holistic healer

“Alan Clements’ lifelong pursuit to teach freedom through truth and love is perfectly reflected in rhyme in his book, ‘Tonight I Met A Deva, An Angel Of Love.’ In this magical, poetic and entertaining book, children of all ages are introduced to life’s Four Noble Truths, which lay a path to personal freedom when followed. What a gift to a troubled world, and the children left to navigate it.”

— Chivo Ching-Johnson, artist, filmmaker, friend

“Alan Clements, author, sacred activist, compassionate wise person has succeeded once again in offering the world a loving, wise, warm body of work in his current writings, ‘Tonight I Met a Deva, An Angel of Love.’ Dedicated to his beloved daughter Sahra Bella, Alan’s lifetime of teachings is woven throughout this rhyming fable, with love in every word. The poetic offering in this timeless book, based on Buddhist principles, is a genuine unending, untamed, unashamed conviction of his wisdom and love for all life. This book, easy read in the first instance, is a study of this life and beyond, offering a perspective on life that encourages the reader to want to live more thoughtfully. Beautifully expressed, as in all Alan’s previous writings, and his spoken word, may it grace every library shelf. Learn from one of the best.

A must for every child of every age.”

— Chris Hooper, Chris Hooper Promotions

“What better gift to give one’s beloved child than a key to another world? A world within this world, where we have the ability to shape our existence and thrive in the face of life’s challenges and delights. Alan Clements, one of the greatest hearts and minds to ever grace this planet, has caringly and magnificently created this sacred, eloquent offering. An offering that gives the fertile mind wings to soar and be equipped with Dharmic tools to navigate life’s precious journey...”

‘So I dug my hands into the soil which Appeared before my eyes,  
Creating my special field, sowing only seeds of beauty’

Abundant and illuminated with mystical, ageless pearls of wisdom, ‘Tonight I Met A Deva, An Angel of Love’ is the poetic storybook answer to an innocent heart in today’s world. Who better to give us this treasure than Alan Clements, our long-time spiritual leader, whose love will always remain.”

— Suzie Palmer, author, poet, performer, motivational speaker, and heart-driven lover of life

“Alan Clements’ charming new children’s book portrays a simple yet powerful tale to help people of all ages incorporate the Buddha’s teachings into their lives. In a world fraught with environmental, political, cultural, and spiritual challenges, this timely book can be used to expose children to teachings about peace of mind, holiness, and love. As an exploration, it is meant to be read again and again, each time expanding one’s understanding and delight.”

— Robbin Peach, Harvard Kennedy School of Government Bradford Fellow, excellence in public service

“Alan’s final love letter to his daughter, and indeed to all of humanity, is a humble and heartfelt homage to Buddha’s Four Noble Truths. The rhyming fable that centers around a conversation between a child and an angel helps people of all ages to face all of life’s challenges, including death, from a place of love, acceptance and compassion. In these chaotic and often uncertain times, this beautiful book offers hope for a better future and serves as a timely reminder of our true essence as eternal spiritual beings having a human experience.”

— Andia Cally, artist and writer

“This book penned by my dear friend Alan Clements is for the child in all of us, bringing a timely reminder and awareness of the celestial beings that surround us and guide us. The Message from the Deva takes us on a lyrical journey navigating the Jewel in the Lotus with mindful grace.”

— Geraldine Devas, Waldorf child and adult educator and art therapist

“This beautiful book by Alan Clements, childlike and yet so full of wisdom, is enchanting. To impart a spiritual way to live and view life, with its joy and pain, ecstasy and sorrow, is an amazing gift. And to be exposed to these timeless teachings at an early age is beyond wonderful. I can imagine reading this to my future grandchildren over and over again, as I can see parents reading this to their wide-eyed children now. Alan has created an enchanting experience that I highly recommend to everyone... all of us are children at heart.”

— Dr. Vicki Weissler, OMD, L.Ac., Doctor of Oriental Medicine

“Alan Clements’ ‘Tonight I Met A Deva’ is a meditation on love, presence, and impermanence. This illuminating book finds a unique space in children’s literature between the material and imagination, education and application, and spirituality and lived experience. Clements’ poetic gift offers both youth and adult learners the opportunity to grasp the ultimate meaning of life in one simple and yet profound affirmation: we are love and love will always carry us through this world and thereafter.”

— Derek Gladwin, author of many books, including *Rewriting Our Stories*, and Professor of Education and Children’s Literature, University of British Columbia

“Alan Clements is an inspiring and passionate Buddhist teacher with exceptionally keen insight and enduring wisdom that shows us how the Dharma contributes to a life fully lived. He is a master of the spoken word and a tireless and compassionate advocate for love. ‘Tonight I Met A Deva, An Angel of Love’, his inspiring story for everyone, reminds us that death is only the end of one journey and the beginning of the next.”

— Brenda Leadlay, artist, friend and admiring collaborator

“Every sentence of Alan Clements’ mystical and empowering children’s book, ‘Tonight I Met A Deva, An Angel Of Love,’ is emotive yet pure. Brimming with power yet love.

Each word is a pure essential scent, an embrace.”

— Catherine de Rham, author, mother, photographer, artist

“Alan has created a beautiful piece of art. His words dance off the pages. The teachings are ancient and profound and delivered with a joyful light heartedness. ‘Tonight I Met A Deva, An Angel of Love,’ is written for children but many adults will be captivated by the magic it contains. Every child should get the opportunity to have this poetic story read to them to give them hope and direction for a brighter life and future, one that has a guidepost to walking the middle path and freedom from suffering. Alan’s work is a great contribution to this world and to the Awakening of All beings.”

— Ann West Ph.D, author, teacher, talk show host

“This book unveils the mystery of life with a gentle, poetic and captivating narration. It reveals the complexity of our life journey with disarming simplicity and plants a seed of hope in our collective consciousness. May all children of earth be blessed to receive Alan’s book as a gift and a guide to a better life and world.”

— Pier Paolo de Angelis, visionary entrepreneur & community builder

‘Tonight I met a Deva’ is a beautifully written book for children on the importance of love and its presence as an integral part of the inner spirit of every child. It is a book written from the heart. I wish this book had been present to share with my four children. In these times, where there is so much discord, fear and negativity, reading Alan’s enchanting book is a breath of fresh air. This book is not only of great value to children, but it is of equal value to the parents who share it.”

— Pam Small, PhD Microbiology and Immunology, caretaker of the earth and heart

“Alan Clements has a gift of speaking truth and wisdom through inspiring words, and this precious book, ‘Tonight I Met A Deva, An Angel of Love’, is undoubtedly one of his finest examples. Both enchanting and compelling, this poetic fable emerged at a pivotal time on our planet that will no doubt awaken the mystical curiosity of any child – and family or friends, for that matter. A delightful read that will bring a tender smile to all who cast eyes over each and every word. Thank you, Alan, for bringing such mindful knowledge, creativity and beauty into the hands and hearts of so many.”

— Melanie Midegs, teacher of chakra philosophy for business & the modern world



“What a relevant and timely parable for the times we find ourselves. No matter your age, this tale will transport you to the essence of what life and death are all about. Expounding on the Four Noble Truths, led into the light with inspiring imagery and poetry, I listened like a child and felt myself transported to the reality that in spite of what I think is real, only love, light, peace are real. May the children of the world have this simple and beautiful tale be the reminder. Thank you, Alan, for elucidating this so clearly, with such humility and love.”

— Rachel Zinman, author of *Yoga for Diabetes, How to Manage your health with Yoga and Ayurveda*

“Once I see the title of Alan Clements’ poetic literature, ‘Tonight I Met a Deva’, I can’t help reading it out loud. It’s like reciting a poem or chanting a Buddha Gatha. It reminds me of a day

I was taking Alan’s mindfulness retreat in Yangon. I found myself as a silent volcano of personal crisis during an incredible moment of retreat. That silent volcano erupted as tears rolled down my face when I received love and compassion shared by Alan Clements in the retreat. The moment I read his book, ‘Tonight I Met A Deva’, I felt a moment in the retreat again and immediately saw the Angel of Love he sent to me. I want to share this angel with others no matter whether they are young or old, as I want them to meet a Deva alive.”

— Mon Mon Myat, author/political analyst/Ph.D. candidate Payap University, Chiang Mai, Thailand

“In a prolific act of love, Alan Clements has taken a lifetime’s work, along with a library of ancient wisdom, and distilled it into this masterpiece for our children, including the child within the heart of every adult. Such truth and insight are rarely communicated with such grace and simplicity. Should my beloved young son ask me the way of this life, it would be enough for me to read this to him as he sat in my arms. This work and its context pierces through to the fundamental truth that every being carries within our heart, but that we are often too involved in the world to remember. It is a timeless ode to love and essential reading

for every young soul with questions.”

— Mr. Ryan Kemp, producer of *The Naked Guru* in Thailand

“This story of a magical encounter with a Deva evokes wonder, which is vital medicine for a child’s heart in this turmoiled world. The distillation of the Buddha’s essential teaching in playful rhyme inspires young people – and all of us – to know our sovereignty, design our karma and live our Dharma. This book is a delight.”

— Anahata Giri, yoga teacher, mother, activist & pilgrim on the path

“I am touched and inspired by Alan Clements’ new book, ‘Tonight I Met A Deva, An Angel of Love.’ It is a deep, playful, insightful, poetic, and touching way to present spiritual teachings. I have known Alan personally for many years and have always been impressed with the power of his dedication and passion for the spiritual path and more precisely the teaching of Siddhartha, the Buddha. Here he shares his love of these teachings for all ages to appreciate and learn.”

— Krishnananda Trobe, M.D., psychiatrist, author, and co-founder and director of the Learning Love Institute, Sedona, Arizona.

“Meditation is not an activity that only adults can do. The beauty of Alan’s work is how he translates deep spiritual truths into simple words for the young, and those who may be hearing about them for the first time. Alan’s book is a unique and powerful transmission of the Dhamma! May it reach the young far and wide across the world and provide them with valuable reflections and insights that will help guide the rest of their lives.”

— Joah McGee, activist, writer, producer & host of the Insight Myanmar Podcast:  
Bringing the Peoples Voices of Revolution to the World

“As a gentle brush stroke from an artist, Alan paints a vision of deep wisdom for the children. This inspirational and poetic story shares the essence of the Dharma life and offers precious jewels to remind, to inspire and to keep the heart wide open. How I would love to have had this book read to me as a child. As an adult, I am equally touched to read it now.”

— Summer Richardson, alternative health practitioner,  
activist for freedom of speech, artist and nature lover from Maui

“Alan has beautifully written a clean, clear and magical delivery of truth for all ages. This book is a gift for not just this generation, but for future generations to come. It is an inspirational delivery, deeply rooted in the Dharma and reaches right into you, leaving only a flowering of love in its wake.”

— Jennilee Barazzuol, mother, meditation guide, yogini

“In sublime rhyme, Alan Clements has created a beautiful tale illustrating the essence of Buddhist practice for children and everyone else, regardless of cultural and religious backgrounds. In a mischievous, joyful tone we are reminded that we are the creators of our destinies and stewards of our lives.”

— Dr Kerstin Duell, Asia expert, writer, photographer and seeker

“Once again, Alan Clements’ elegant craftsmanship with words, poetry and insight weave another gemstone for children and adults alike. This heartfelt book opens the doorway to explore the Four Noble Truths of Buddhist thought through the guise of an angel. Who can resist an angel of love whose magical presence restores our faith and hope and imparts a lotus flowered map of guidance for a coming age of Peace?”

— Karen Rae Wilson, singer, songwriter and Sage Mentor for Visionary Leaders

“Alan Clements has written a short tale of delight, wonder and liberation. The tale tells so much, but most importantly, if we can really hear it, it tells us why and how we are alive. And what this inherent aliveness can offer when attended to with gentleness and love.

Remembrance is realization, what is already present in the human heart,  
when seen the story awakens as truth.”

— Paul Linn, psychotherapist, Dharma teacher

“Alan’s book, ‘Tonight I Met A Deva, An Angel of Love’ touches the hearts with its effervescent beauty, guiding the mind with its succinct presentation of enduring Buddhist wisdom. Although it’s a cliché to say that children are our future, that statement is nevertheless true; in Alan, furthermore, we have a person who has dedicated his life to creating a future for all of us to believe in. I am grateful to both Alan for his work and for this wonderful little book he has written and encourage everyone to read it!”

— Durwin Foster, M.À., Registered Clinical Counselor and Certified Integral Therapist

“Alan Clements never ceases to amaze and now his efforts to end suffering and cultivate compassion and justice continue with this spark of Dharma that is both magical and grounded.

In the pages of ‘Tonight I Met A Deva, An Angel of Love’, the radiant teachings from the Buddha are illuminated in simple language for all to enjoy and live. Alan even presents the nuances and interconnections of the Four Noble Truths with rhyme and roll! This delightful, concise, intelligent book brings the Dharma into focus for children and adults.

“In addition, Alan Clements has always been about removing cultural and personal masks that inhibit authentic freedom, collaboration and liberation. With ‘Tonight I Met A Deva’ he reminds us again that we can awaken and live together in partnership with the world. This book offers hope that a world without blame and greed is possible and that when we get there, we’ll be able to look back at Alan Clements as one of the pioneers on the journey to anarchic liberation and freedom. Follow your inner guide!

“And still further, Alan Clements’ moral compass has always been aimed towards freedom and justice. He’s been a Buddhist monk, a war zone journalist, a radical activist performer and an advocate for human rights. For decades Alan has tirelessly brought to light the voices of those on the frontlines of transforming authoritarian cultures into liberated societies, despite great odds. In ‘Tonight I Met a Deva’ he returns to the pure and profound simplicity and refuge of the Buddha, the Dharma and the Sangha. Peace!”

— John Malkin, talk show host, Radio Free Santa Cruz, journalist, author, musician and parent

“Written for his daughter and for the benefit of children everywhere and to come, Alan Clements offers a child’s guide to the Buddhist Eight-fold path to enlightenment. Regarded as the first sermon delivered by Gautama Buddha, the Atthangika-magga is here retold by a visiting Deva, an angel, who appears one night to a curious child. The heart of Buddhist teachings, the simple story guides the child toward the Buddha’s middle way to moral rectitude and the path of spiritual nobility. Like the celestial angel of the story, Clements seeks to spark the psychic intuition between heart and mind so that a new generation of Dhamma strivers might find their inner guide.”

— Ingrid Jordt, Harvard Alumni, former Buddhist nun,  
author and Professor of Anthropology, University of Wisconsin

“This is the bedtime story I wish had been read to me as a child. The story sparkles in playful rhythm and cadence yet brims with the wisdom and insight that is so needed in our present world. This delightful tale plants seeds that may sprout and bear fruit in the children who read it, and perhaps in their parents as well!”

— Robyn Lynn, sex and intimacy coach

“Every thoughtful parent concerned about their child’s emotional wellbeing in these stressful times will appreciate the comforting message of ‘Tonight I Met A Deva.’ In this delightful children’s book, Alan Clements crafts Buddhism’s Four Noble Truths and Eight-fold Path (or we could say “teachings” or “message of love” or “main tenets” instead) into a resplendent cosmic fairy tale, romping with rhyme and rhythm through magical landscapes and inspirational allegories. Part Rumi, and part Aesop’s fables, this gem of a bedside reader will inspire the Buddha-nature in everyone, young and old alike.

— Carolyn Tyler, designer, poet, satirist

“Alan Clements’ enchanting book, ‘Tonight I Met A Deva, An Angel of Love,’ both for children and young adults, is a gentle fable pointing to the pure land of the Buddha of Love, Maitreya. Holding this Dharma vision in mind, while living and dying, directs our consciousness there, to Tusita, where we can come to know it again for the first time.”

— B. Alan Wallace, American author and scholar on Tibetan Buddhism, and founder of the Santa Barbara Institute for Consciousness Studies.

“A beautiful light, so simple and bright. Spoken from the heart to the hearts of children everywhere and also to the child within us all. Another small step taken towards dispelling those dark clouds of chaos and confusion hanging all over our beautiful world.

To guide and to protect the young and the young at heart, please read on ...”

— Alfred Looman, lifelong Dharma practitioner and founder of Genius 4Life

“A beautiful story for children and adults alike. Told in the sweetest poetic prose, Alan elegantly distills the Four Nobles Truths of Buddhism into their purest, simplest form. The reader is led on a journey and this enduring wisdom points the way. May all children come to know this book, for within its pages the seeds of compassion and love are sewn and have a lifetime to bloom.”

— Susan Barnes, thought leader and cultural strategist

“Having studied and contemplated the Four Noble Truths for over 40 years, I found Alan Clements’ rhyming rendition refreshing and captivating. The simple couplets illuminating the conversation between a child and an angel offered a new way to approach these teachings for children of all ages.”

— Reverend Bodhi Be, Executive Director of Doorway Into Light

“In an era when parenting desperately strives to expand beyond the regular joys and concerns that came with the role since the dawn of humans, it is a gift to spend some time exploring Alan Clements’ angelic foray into ‘the wisdom of the heart.’ This book takes the millenniums-old philosophy of awakening and in a poetic yet precise language provides the scaffolding of knowledge for a life well-lived while compassionately loving.

Read it for yourself, then read it with your kids.”

— Michael Batura, parent, yogi and mindfulness coach

“A life-long student of the Dharma, Alan Clements has distilled some of the wisdom he has gained on the path into a delightful book for children (and adults young at heart), translating essential life lessons taught by the Buddha into accessible, precious, and illuminating prose.

A truly inspirational work to help guide younger generations in navigating life.”

— Jon Woodhouse, author and journalist on Maui.

“With the wondrous view of a child’s eye, this story sings in poetic rhyme giving children a threshold to step over into the light of compassion”

— Jeanne Hallacy, activist, filmmaker, and journalist

“‘Tonight I Met A Deva’ is a rare blessing, a spiritual tale of a holy encounter with a sky dancer, a luminous Deva, flying like a zephyr wind straight to the heart of both children and grownups alike, a dazzling reflection honoring life’s natural cycles. As the story weaves across pure lands and celestial realms, illuminating layers of poetic beauty shine out as a mirror to humanity. A garland of loveliness strung together with rare jewels of Dharma wisdom, ‘Tonight I Met A Deva, An Angel of Love’ provides sanctuary for the incoming soul, a magic dance for both children and adults to share.”

“A liberating glittering blessing way  
A flowering expanse of Insight  
A visionary lullaby to hold dear”

— Sara, mother, artist, activist

“An inspiring poetic dance expression of truth woven together with threads of Buddhist teachings, creating a deeply meaningful tapestry of pure, loving, heartfelt intent. Captured in the essence of the story lies a profound message, giving light to our existence and our lives.

A brilliant creation, Alan!”

— Charmaine Arcand, artist, transformation coach, spiritual channel

“This book touched my heart, mind and soul. Reading ‘Tonight I met a Deva’, I felt my connection with this angel of love, this Deva, grow. I felt each of the eight petals activate and a big smile came to my lips. A wonderful introduction and in-depth synthesis of Buddhism. Thank you, Alan.”

— Gaetan Mourmant, PhD, author of You Are The Diamond Soul

“The invocation in Alan’s words quicken the spirit and lighten the heart. This brilliant book, ‘Tonight I Met A Deva, An Angel of Love,’ leaves me feeling more childlike and full of wonder. May parents everywhere gift this poetic mystical gem of a story to their beloved children, and to themselves as well, and bring greater love and wisdom to All.”

— Norm Smookler, leadership consultant/musician

“Every time I read Alan’s book I understand more and more about my life’s journey and how I can navigate through it in the most heavenly way. The story itself is one of illumination of timeless truth and Alan’s devotion to encouraging us to be free from our suffering is so heart felt. It’s a poem of love and life, truth and wisdom, every word a powerful mantra for growth and bliss. A book to always have close by.”

— Paul Margolin, Temple Byron, Australia

“Alan’s work has had a profound impact on my life, and on that of my husband Tomas. In many ways, his deep wisdom has provided a guiding light for us, on both a personal and professional level. Now, with this beautiful book, he is offering that same beacon of light for the children, as he reveals through this inspiring and poetic story a path to follow one’s own heart, as it will always lead us home again.”

— Joan Heartfield has a PhD in Counseling Psychology,  
an MA in Clinical Psychology

“This delightful book lights up my heart! Alan Clements’ words and images illuminate and open the imagination of beings of all ages. A clear path of wisdom and love opens in wonder before us and a condition of Sukka - easeful happiness - arises. Please read it aloud to experience the cadence, resonance and grace of these words. To begin one’s early life by opening the heart and mind is a gift beyond measure.”

— Lili Townsend, Minister of Fun, Tribe of One

“To children, parents and grandparents and the everlasting child within,  
How do we convey our heart with total respect for another’s experience?  
How do we imagine perennial truths settling into our children’s hearts,  
Like butterfly wings, so gentle and intimate?  
No better images than the angel of love, the angel of change  
And clarity, the angel of innate trust and intimacy,  
The angel which nudges us on the path ...  
Our very own angel, when the waiting  
Has ceased and life arises by itself.

“Alan’s beautiful message inspired my imagination last night,  
Allowed me to spin tales for my grandchildren, as we  
Pull the future of Maitreya and Tushita heaven into the now.  
Thank you, Alan, for providing a story of beauty and caring,  
For Sahra Bella and all of us... your angel is here to be in my heart.”

— Yemana Sanders, mother, yogini, poet and artist

“This one is from the heart. Alan Clements paints a poetic picture of a visit by a radiant angel, a Deva who points out a path to self-knowledge and peace, of interest to Buddhists and non-Buddhists alike. A wonderful and gentle guide to navigating the lifelong process of ‘growing up’, created with love in every word.”

— Betsy Carson & Gary Marcuse, director, producer, filmmakers, The Corporation

“This is no conventional children’s book. It reads like the dream of a devoted father, sharing with an innocent child something of beauty and importance – these four facts of human life, as described by Gotama the Buddha: There is suffering. There is a cause. There is an end. There is a way: and the way is like an eight-petaled lotus, opening slowly as the sun touches its leaves, one by one.

“Alan Clements’ book is a combination of all of his books to date and also a combination of everyone else’s books on self-discovery and the path to love and acceptance. Written for our children and dedicated to his daughter Sahra Bella, this book says it all. One needs to read and read this book again... the gems keep appearing from within the words... It made sense of my personal journey and helped me understand so much about my life and gave me some valuable tools to use.”

— Paul Margolin, Temple Byron, Australia

“Dharma is unfolded here through the medium of a night-time visitation from an otherworldly being, a Deva, an angel of love, who engages the child seeker in dialogue. I am happy to recommend the book as a kind of “magical mystery tour,” a way for adults and children to share a deeper curiosity about what the Buddha taught. I imagine myself sitting on a sofa with a six- or seven-year-old, reading the words aloud and enjoying just such a precious conversation.

“The text, which at first seems simple and lilting, is dense with invitation to further inquiry. For the adult, some knowledge of the Buddha Dharma will be helpful, and perhaps a smattering of familiarity with Buddhist cosmology. This will make it easier to respond to the questions a child will inevitably raise – about words, terms, meanings, life and death, and other realms and beings. May whatever lies ahead for the author, his daughter, and all of us, be filled with the light of loving kindness.”

— Martha Royea, an old lotus, still opening; an ordinary retired householder who writes a little poetry, practices a little Tai Chi, takes care of the business of making a home and being a friend, and somehow thrives in the company of wise hearts and in the light of Dharma.

“I have enjoyed reading it so much. I was transported into this intimate setting with the Deva and that felt like a healing. It feels like you have “written” what the Deva shared with you.

“I am so touched especially knowing that you wrote it for your daughter . . . and all children . . . and all unborn children too. The dedication itself evoked some heart-tears for me. I want to share it with other parents I know to share with their children and grandchildren.

“The lyrical and joyful way that the Deva speaks has helped me to understand the Four Noble Truths in new ways. So light and gentle and wise. I can almost imagine (her?)

voice in my own ear.

The Deva seems so close and kind and compassionate, speaking with a familiar tone that does not impose a higher authority, but instead simply BEING higher consciousness. I feel LOVE in my heart as I followed the words.”

— Ateeka founder/teacher – yogaSOMATICS

"Always have this book close by. It is written by an Angel. Open the book at any time and read a few lines and see how your heart will change any challenge into love and acceptance. Inspiring and truthful, this book is so timely needed in what our world is going through today.

A short but powerful manuscript of a life with love disguised as a poem. Thank you Alan for all that you do year after year. I am a better man for knowing you. Much love brother."

— Paul Margolin, Temple Byron, Australia