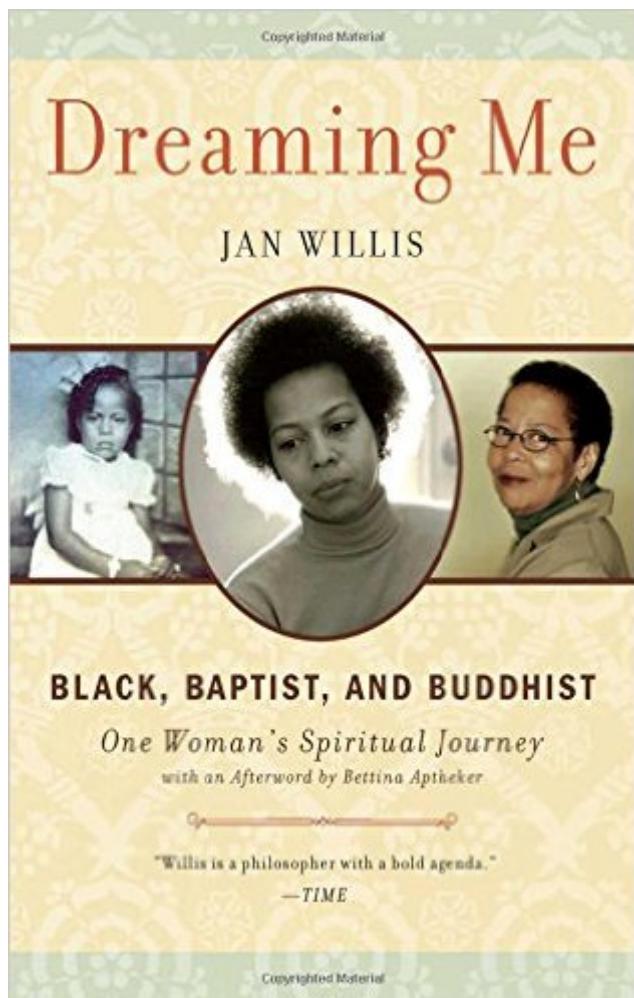


The book was found

Dreaming Me: Black, Baptist, And Buddhist _ One Woman's Spiritual Journey



Synopsis

Jan Willis is not Baptist or Buddhist. She is simply both. *Dreaming Me* is the story of her life, as a child growing up in the Jim Crow South, dealing with racism in an Ivy League college, and becoming involved with the Black Panther Party. But it wasn't until meeting Lama Yeshe, a Tibetan Buddhist monk living in the mountains of Nepal, that she realized who the real Jan Willis was, and how to make the most of the life she was living.

Book Information

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Customer Reviews

"*Dreaming Me*" Black, Baptist and Buddhist One Woman's Spiritual Journey is an autobiography written by Jan Willis. Born in Docena Alabama (near Birmingham) in 1948, the daughter of a Baptist Deacon and steel worker, she grew up amidst the turmoil of the civil rights movement in 50's and 60's. The Klu Klux Klan made regular visits to her neighborhood. Jan Willis along with her father, mother and sister marched with Martin Luther King in Birmingham, Alabama. A city Martin Luther King described as the most segregated city in the South. Later she went on to attend the Cornell University an Ivy League college as the war in Vietnam begins to draw protests from the student body. Confronted with her rage and anger she wondered at the Buddhist monks who set themselves on fire in protest of the war. Later she meets a Tibetan Lama who helps her on a spiritual and emotionally healing path. The fact that Jan Willis had affinity with the Great Tibetan Lama Yeshe does not belie the fact that a compassionate and skilled teacher in any number of Buddhist traditions could help one to uncover the truth. Something that is not always mentioned is that part

and parcel of the process of finding this truth is that a healing takes place. That healing is a digesting of ones experiences. Because once you digest your experiences you let go of them and they no longer control you. Our thinking mind on the other hand holds on to all of its experiences revisiting them again and again. Or desperately attempts to hide them from ourselves so as not to cause pain with often the opposite results.Jan Willis as with most people who invest much time and energy on a spiritual path have some life experience with their essence, soul or true self (different labels that point to the same truth) that precipitates that journey.

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