

Short Bio:

Mirabai Starr is an award-winning author, internationally acclaimed speaker, and interspiritual teacher. In 2020, she was honored on Watkins' list of the 100 Most Spiritually Influential Living People. Drawing from 20 years of teaching Philosophy and World Religions and a lifetime of practice, Mirabai shares her wisdom worldwide on contemplative living, writing as a spiritual practice, and the transformational power of grief and loss. She has authored over a dozen books including *Wild Mercy*, *Caravan of No Despair*, and renowned translations of sacred literature. Her most recent book, *Ordinary Mysticism*, has been praised by Anne Lamott as "a gorgeous, transformative, welcoming book is for anyone who longs to feel more present, more alive, more joyful and aware of the holiness of daily life". She lives with her extended family in the mountains of northern New Mexico. For more, visit www.mirabaistarr.com.

Praise for Ordinary Mysticism

Starr does beautifully what she's been doing for decades: demystifies mysticism, showing how the mystical is human and ordinary, and how it can and should be a greater part of your everyday life. "You do not need to trek to a remote shrine in the Himalayas, enroll in expensive seminars, or convert to a new religion to connect with spirit. Your life is holy ground. And you are a mystic." - Spirituality & Practice

Once in a while, a book comes along that just feels good in your hands. The hardback edition of *Ordinary Mysticism: Your Life as Sacred Ground*, with its textured and subtly metallic-embellished cover, is that book. An ordinary dust jacket that might otherwise be tossed aside signals a willingness to complicate preconceived notions of the mundane and the mystical. Mirabai Starr believes that sacred encounters are not the rare stuff of saints and desert wanderers, but can be found in the feel of crisp, cool sheets at the end of a long day, dog-eared and wrinkly experiences of life, profound grief and loss, or even a rock that fits perfectly in the palm of your hand. - Presbyterian Outlook

Longer Bio

Mirabai Starr is an award-winning author, internationally acclaimed speaker, and interspiritual teacher. She gives talks, retreats and workshops on the teachings of the mystics, the wisdom of the feminine, and contemplative practice, rooted in the transformational power of grief and loss.

As a teenager, Mirabai lived at the Lama Foundation, an intentional spiritual community that has honored all the world's faith traditions since its inception in 1967, and the place where Ram Dass' iconic book, *Be Here Now*, was born. This ecumenical orientation became formative in the universal quality that permeates Mirabai's work. She was an adjunct professor of Philosophy and World Religions at the University of New Mexico-Taos for 20 years. Her emphasis has always been on making connections between the perennial teachings found at the heart of all the world's spiritual paths, in an effort to promote peace and justice.

Mirabai lives in the mountains of New Mexico with her husband, Jeff Little (Ganga Das). Between them, they have four grown daughters and eight grandchildren. Mirabai's youngest daughter, Jenny, was killed in a car crash in 2001 at the age of fourteen. On that same day, her first book, a translation of the mystical masterpiece *Dark Night of the Soul* by the sixteenth century Spanish saint John of the Cross, was released. This

experience, and the connection between profound loss and longing for the Divine, is the ground of her spiritual life.

Drawing from 20 years of teaching Philosophy and World Religions and a lifetime of practice, Mirabai shares her wisdom worldwide on contemplative living, writing as a spiritual practice, and grief as a spiritual path. She has authored over a dozen books including *Wild Mercy*, *Caravan of No Despair*, *Ordinary Mysticism*, and revolutionary translations of sacred literature. For more, visit www.mirabaistarr.com.

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