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AS SPIRITUAL  
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BY WILL JOHNSON

10 STEPS TO

Finding  
your  
Power

BY ANTONY  
CUMMINS

# THE 100

MOST  
SPIRITUALLY  
INFLUENTIAL  
LIVING PEOPLE  
IN 2021

Being  
the Light

AN EXCLUSIVE  
INTERVIEW WITH  
ALEX & ALLYSON  
GREY



**STANISLAV GROF**  
THE WAY OF THE PSYCHONAUT

HOW TO KISS A WOLF  
BY ELLI H. RADINGER

**GARY LACHMAN**  
A RETURN TO HOLY RUSSIA

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**DON'T MISSIT:** The Watkins 100 List for 2021

# “Being the Light”

## ALEX & ALLYSON GREY

Part 1 of an  
Exclusive Interview  
by Alexander de Cadenet

**AdeC:** You have spoken of taking LSD as having ‘contact with the divine’. Could you both describe what ‘contact with the divine’ or your experience of ‘God consciousness’ actually feels like in the moment?

**Alex:** God consciousness during a psychedelic journey is like a big homecoming. The Ultimate Source of Being and reality makes love to you through the spectacle of the Visionary imagination. Your mind and the Universal mind become congruent and you might witness beautiful angelic or elf like “beings” who communicate elaborate scripts and symbol displays, unfolding mandalas referencing forms from every known and unknown past and future culture, somehow we see glowing landscapes with alien architectures.

The boundaries between oneself and all others seem to dissolve and our identity expands until we feel a planetary body and interconnectedness with all beings, even a galactic and cosmic body. The suffering and joy of all creatures seems to course through one’s own being, back to the level of genetic perception of our DNA gift from all our relations way back to the first life on earth and in the cosmos. Finally one realizes there are no boundaries, forms or obstructions between you and the timeless awareness that brought the universe into being. It can feel like an internal fountain of orgasmic pleasure without moving the physical body. Consciousness, as a vehicle propelled by the sacrament, arrives in heaven and recognizes they are part of a net of beings all sharing the light of infinite love.

The psychedelic experience can also feel like hell. You may see ugly shadows within your unconscious that need to be faced. In the funhouse mirror of our troubling revelations, we learn karmic lessons, accelerating psycho-dynamic healing. Leafing through our Book of Trips, I found this entry, “Now I remember why I do this; a return to spiritual home base, a clearing out of psychic cobwebs, an immersion in kaleidoscopic beauty at the core of one’s soul.” There are so many ways to contact the divine because God is always present, but I needed the medicine to wake me up.

**Allyson:** After evolving with psychedelics for three years, I was a twenty-year-old, agnostic, Jewish art student when I read Ram Dass’ book, *Be Here Now*. In order to “see the white light” myself, as Ram Dass had, I felt encouraged to take an LSD journey in a style I had never tried - lying silently in a darkened room with some spiritual



Alex & Allyson Grey



*Love is a Cosmic Force*  
ALEX GREY 2007

“There are so many ways to contact the divine because God is always present, but I needed the medicine to wake me up.”  
ALEX GREY

music. Equally discernible with eyes closed or open, a secret language floated through the air and washed over all surfaces. Secret writing was God’s way of expressing through symbols, the ineffable presence that, once seen, cannot be unseen or unknown. More real than the bedrock everyday reality was a visible force that permeated and wafted through the air in patterns of chaos and order. My eyes opened to realizing the presence of GOD, a word humans created to describe this ubiquitous, omniscient force. Secret Writing floated through the air across my wide peripheral awareness, was my visual takeaway from a glimpse of the infinite. The Almighty had no face, no gender, and this very much resonated with my own thinking. If God is One, it cannot be a man. Man has opposition: Woman. That would be a duality not a Oneness. The voice of God expressed to me through symbols the unpronounceable, unifying, evolutionary force of the universe.

Since the late sixties, LSD has been unstoppable in changing increasing minds and lives for the better. Science is backing up what most every psychonaut already knows. That LSD, psilocybin, ayahuasca and other sacraments, have the potential to relieve psychic issues and have brought benefit to millions of well people in our lifetimes alone. Researchers are finding evidence that real sacraments may only have endured a forbidden period since the early Christian era. While choosing to take a psychoactive substance is indeed a serious responsibility, with a prepared mindset, in a comfortable setting, holding positive intentions, with altruistic guides along, casualties are quite rare. Legality will make it safe.

**AdeC:** Do you have thoughts on how legalization of LSD may evolve the consciousness of society at large?

**Alex:** The desacralizing values of our petrochemical culture, founded on capitalist principles of exploitation of people and the environment, have brought the life web of the world to its knees. This has to end in order to manage the climate crisis. A psychedelic revolution will forward that transformation. Hopefully, beyond the healing of millions of traumatized souls, it will fuel the invention of new eco-technologies that accelerate decarbonization, even as we plant more trees and mindfully regenerate the soil. Experiencing our own divinity through a psychedelic mystical experience, we are open to the sacredness of all others and the importance of saving the life web. The values of truth, beauty and goodness may become meaningful goals for a just culture and planetary civilization aiming to preserve the earth for future generations of inner and outer space explorers.

**Allyson:** If LSD is legalized for prescription and treatment by doctors or licensed practitioners, there may be legal centers where the experience can be managed for safety. If LSD remains illegal to the public for anything other than over-the-counter access to adults only, there will continue to be a black market. An outstanding majority of people benefit from this experience. Mentally and physically well-people are eager for evolutionary betterment.

**AdeC:** How can an experience of art offer access to ‘the divine’? Could you select an example of one of your artworks that you feel particularly succeeds in offering viewers access to ‘the divine’?

**Alex:** For decades, many have reported experiencing the dimensions portrayed in my paintings during a psychedelic journey of their own. One of my Sacred Mirror paintings, Universal Mind Lattice, was based on simultaneous visions Allyson and I shared on LSD on June 3, 1976. In our visionary imaginations we became a toroidal ball of light linked with infinite other similar light beings. We were each cells in the boundless spirit body of God. The Sacred Mirror series was designed as a tool for connecting people with that experience of Divinity. What would we see in a Sacred Mirror? The sacred part of ourselves. I believe that is what we look for in every work of art - the reflection of the soul which is a universal condition shared by the collective of humanity. The Sacred Mirrors take the viewer from the physical anatomical systems of the body, move through racial and gender identities, and on to subtle energetic templates, and divine archetypes that return a person to their sacred center.

**Allyson:** It is said that, while leading a group meditation one day, Buddha lifted up a lotus and one of his disciples became instantly enlightened. All objects can be a source of “liberation through seeing.” It is the viewer’s responsibility to vanquish all obstacles to their already perfected self in order to experience that “liberation through seeing.” Great works of art have the potential to “enlighten” the receptive. The memorable labyrinth at Chartres Cathedral is an interactive “enlightenment” device when walked spiritually with intention, holding a lit candle, walking in silence. Within my own work, Jewel Net of Indra portrays the vast vista of interconnected fountains and drains, blowing and sucking energy in an infinite grid in which all beings and things are a node and an integral part. Order and Jewel Net of Indra, arguably my most reproduced works, are inspired by the visions I shared on an LSD journey with Alex on June 3rd, 1976.

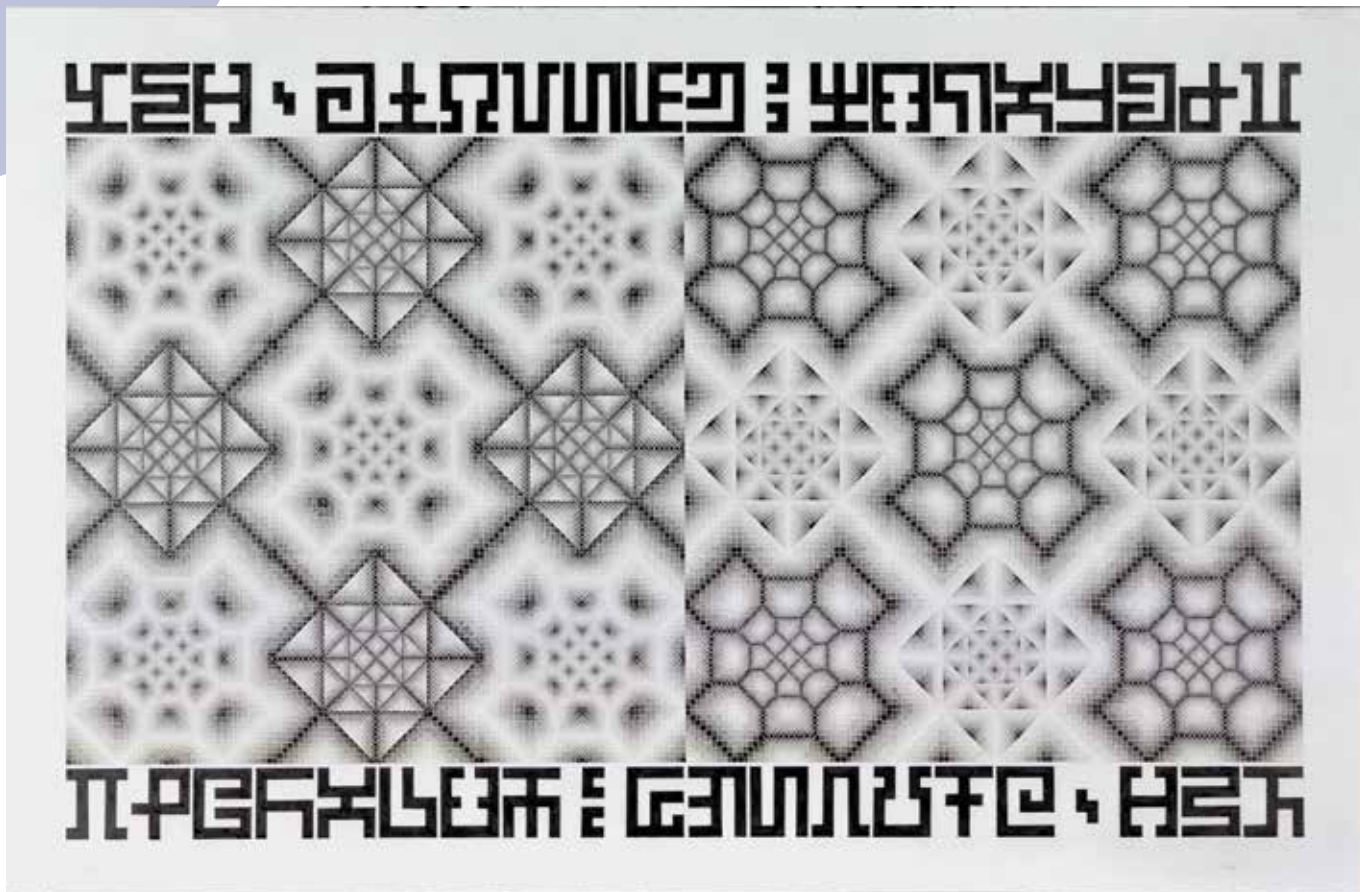
**AdeC:** You have spoken of ‘being the light’. What does this mean to you both?

OPPOSITE PAGE:  
*Universal Mind Lattice*  
by Alex Grey, 1981



“More real  
than the  
bedrock  
everyday  
reality  
was a  
visible  
force that  
permeated  
and wafted  
through  
the air in  
patterns  
of chaos  
and  
order.”

ALLYSON GREY



“Great works of art have the the potential to ‘enlighten’ the perceptive.”

ALLYSON GREY

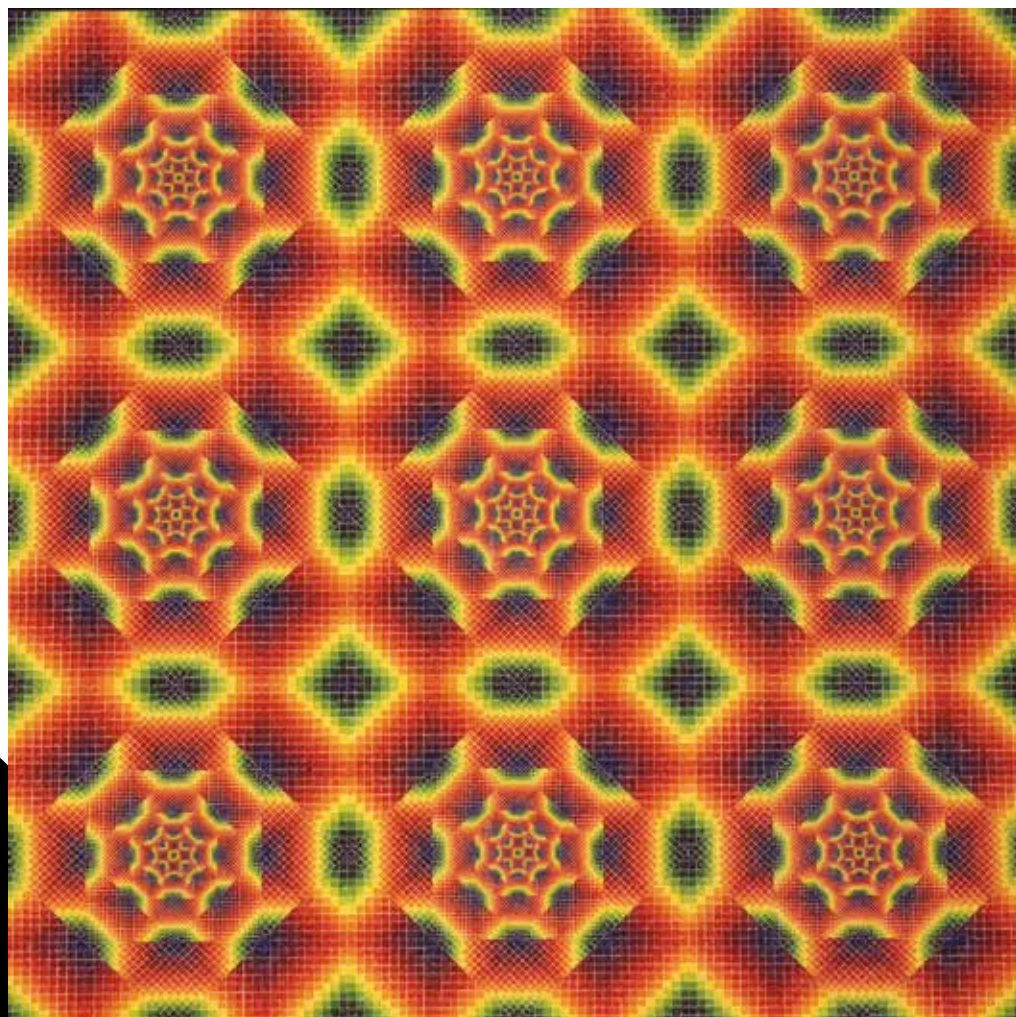


IMAGE TOP:  
*Text Page Two Small Fields* by Allyson Grey, 1995

IMAGE RIGHT:  
*Jewel Net of Indra* by Allyson Grey, 1988



**Alex:** After experiencing the *Universal Mind Lattice*, a portrayal of transcendental light became the subject of our art. To enter boundless light is a premier revelation of spirit and a classic recurring motif of the visionary mystical experience. When we say, “become the light,” we mean shifting our identity away from the fear-driven ego protecting our physical body, and instead try identifying with our unlimited God Consciousness, the only source and supply of love and creativity. It is possible to see luminous auric emanations through clairvoyant perception of the subtle energy fields that surround the body and remain mostly beyond our perception.

**Allyson:** The light is the energy of life. A fine white line surrounds every cell of the grid of spectral light in *Jewel Net of Indra*. When we “be the light” we radiate positive energy. We are “lit up.” We “lighten up.” We are enlightened. Darkness is vanquished by light.

**AdeC:** Can you describe the benefits (and challenges) of sharing a studio with each other for 45 years, since your earliest days together in Boston?

**Alex:** The benefits are incalculable, really. To have my best friend nearby and willing to consult on any problem is the best possible condition I can imagine for the development of loving creations. The challenges are part of the benefit because any abrasive or reactivity on my part to my partner is a result of something unexamined and unfaced in myself. I’m in this for a lifetime of transformation.

**Allyson:** There is nowhere I’d rather be, most of the time. There is no one who knows and understands my work as well as my favorite critic, my best friend and confidant, my favorite artist, my partner in business and pleasure. Alex and I shared our first studio in Boston from 1975-1984. For those nine years, we went off daily to separate jobs and came home to paint and work on performances every night and weekend. Because of work travel through the years, we experienced a decade of months spent apart. Being apart seems more challenging but it is a challenge also to get along and be the best person you want to be in the enduring presence of another. It’s also a recipe for self-realization.

**AdeC:** Could you share some of your thoughts on Stanislav Grof’s *Birth Perinatal Matrix* as it applies to the current times we are living in with the ‘Black Lives Matter’ global movement? What role might art have in this ‘birthing’?


**Alex:** A new world of clarity amidst the chaos is being born. We are finally facing the terrifying history and truth of racism in America.

The recognition on a global scale of the glaring injustices suffered by black and poverty-stricken communities invites a moral rebirth in communities of privilege, and a re-alignment with values of equality, justice, compassion and reparations. Worldwide social upheaval and mass gatherings following months of profound isolation because of the Pandemic, reminded me of going through the dangerous passage of birth necessary to move into a more conscious and conscience-driven society.

Dr. Stanislav Grof is a psychiatrist who has studied the importance of psychedelic visionary journeys and sat with thousands of patients. He points to the archetypal phases of birth and their relationship to our emotional states as we go through a psychedelic journey. The first phase of the Birth Perinatal Matrix (BPM 1) is the Happy Womb, a safe snuggly feeling. (BPM 2) The second phase is when the walls seem to be closing in on us, the feeling of entrapment, no exit, despair crushing us emotionally. (BPM 3) The third phase is the stage of dynamic change and violent passage through the birth canal. The mass actions in the streets, forcing transformation, are this cry for rebirth. The wall-like resistance to facing our National injustices cannot stand once exposed, the inertia must be corrected in America, a new way of knowing and being must be adopted, the force of right compels us toward forming a compassionate state that benefits everyone. These are the forces pushing on us as we are thrust through a portal into (BPM 4) a new world of life.

Since art is a product of the soul, the parental energies of a new world will be reflected in art. Creative expression is fueling the change that protests around the world are bringing. A successful protest is a supreme work of art, a work of social sculpture, creative expression with the intention to transform society.

**AdeC:** Where do you feel we most need to ‘engage the inertia’ of pushing culture or society’s evolution towards equality?

**Alex:** The inertia needs to be engaged in the minds and hearts of everyone, from world leaders to racists and science deniers everywhere. The change begins with an ongoing and rigorous self-analysis exposing how we unconsciously accept and adopt habits of racism and gender bias and forget about the cost of our actions. Self-destructive systems of thinking have hypnotized many of us into imagining that we are all equally free and the life web can survive the Anthropocene assault. I keep thinking that we are in the Titanic headed for the iceberg and instead of correcting our direction we are watching fistfights on the deck of the ship. Justice and equality will be meaningless on an uninhabitable planet. We need to take a longer view and collectively align with achievable goals of energy independence and switch technologies no matter the cost. 



## MEET THE ARTISTS

The mystic paintings of ALEX GREY articulate realms of psychedelic visionary consciousness, revealing interwoven energies of body and soul, love and spirit; illuminating the anatomical core of each being. Alex’s visual meditations on the nature of life and consciousness have reached millions through his books, the exhibition and extensive reproduction of his artwork, speaking appearances, stage sets for major rock bands, video animation, and Grammy award winning album art.

ALLYSON GREY is a painter, social sculptor, and Alex’s partner in creativity and life. Chaos, Order and Secret Writing comprise the essentialized world view portrayed in Allyson’s paintings. Chaos represents the material world, Order, the interconnected realm of energy and light, and Secret Writing articulates the mystic realm of creative expression.

ALEXANDER DE CADENET is a British artist in photography, paintings and sculptures that are “an exploration into the mysteries and sacredness of life”. His work has been exhibited at museums and galleries worldwide. He is the founder of the Awakened Artists group and is Contributing Arts Editor for *Watkins Mind Body Spirit* magazine.

On the web  
alexgrey.com  
allysongrey.com  
alexanderdecadenet.com  
awakenedartists.com

# The Way of the Psychonaut

by *Stanislav Grof, MD, PhD*

**M**y decision to write this encyclopedia was prompted by several circumstances. The first one was the realization that I was advancing far into the ninth decade of my life, the time when researchers tend to look back and try to review and sum up what they have discovered. I have dedicated six of these decades to the research of what I call **holotropic states: a large and important subgroup of non-ordinary states of consciousness that have therapeutic, transformative, heuristic, and evolutionary potential.**

In the early years of my psychedelic research, I discovered, to my surprise, that we carry in our unconscious psyche a detailed record of all the stages of biological birth. This was a finding that contradicted what I had been taught during my medical studies. Once I became convinced that this was an authentic finding, I put great emphasis on the importance of the birth trauma in a variety of areas, including a new understanding of emotional and psychosomatic disorders, the ritual and spiritual life of humanity, human violence and greed, sexuality, death and dying, and the content of works of art.

In retrospect, the acceptance of the extraordinary psychological importance of biological birth was actually not a

major intellectual feat. The brain of the newborn is certainly a sufficiently developed organ to carry the memory of hours of potentially life-threatening experience. Research also exists which shows the sensitivity of the fetus when it is still in the womb, and the capacity to form memories exists in organisms that are much lower on the evolutionary tree than a human infant. Once I accepted that birth is obviously a major psychotrauma, it was more difficult for me to understand that mainstream

clinicians and academicians are not able to see it.

In my later years of psychedelic research, my interest shifted to phenomena whose existence was much more intellectually challenging to embrace, because it was not possible to find any material substrate for them. This included ancestral and phylogenetic memories, past life experiences, experiential identification with animals and plants, historical and archetypal domains of the collective unconscious, synchronicities, cosmic consciousness, and “higher creativity.” In this new understanding, birth lost its dominant role and the primary emphasis shifted to archetypal dynamics. The basic perinatal matrices (BPMs), experiential patterns governing the reliving of the stages of biological birth, became themselves specific manifestations and expressions of these archetypal dynamics.

This conceptual shift also made it possible to connect my new conceptual framework to archetypal astrology as developed by Richard Tarnas and his colleagues. The alliance between these two disciplines brought clarity and refinement to the understanding of psychedelic and Holotropic Breathwork experiences, as well as episodes of spiritual emergency, which was previously impossible to achieve.

When I decided to write *The Way of the Psychonaut*, I had several goals in

“ I discovered, to my surprise, that we carry in our unconscious psyche a detailed record of all the stages of biological birth. ”

STANISLAV GROF



these informal studies might provide inspiration for legal controlled studies, as has already happened with MDMA.

The following section of the encyclopedia focuses on the observations and experiences from the research of holotropic states that indicate an urgent need for a radical revision of some basic assumptions of mainstream psychiatry and psychology. It also suggests the areas in which these changes are needed and describes their nature. There is overwhelming evidence that consciousness is not the product of the human brain, but a basic aspect of existence; the brain mediates consciousness, but does not generate it. The human psyche is also not limited to postnatal biography and the Freudian individual unconscious. It contains two additional domains that are of critical importance—the *perinatal* layer, closely related to the trauma of biological birth, and the *transpersonal* layer, which is the source of experiences which transcend the limitations of space, time, and the range of our physical senses.

The next area that requires important revision is the origin and nature of emotional and psychosomatic disorders that are psychogenic in nature (have no biological basis). Many of these do not originate in infancy and childhood; they have additional deeper roots that reach to the perinatal and transpersonal levels. On the positive side, therapeutic interventions on the level of postnatal biography do not represent the only opportunity for improving the clinical condition. Powerful mechanisms for healing and positive personality transformation become available when the regression in holotropic states reaches the perinatal and the transpersonal levels.

Another suggestion for a radical change of perspective in psychiatry involves the attitude toward spirituality. In view of the observations from holotropic states, spirituality is not an indication of superstition, primitive magical thinking, lack of scientific knowledge, or mental illness, as it is viewed by materialistic science. It is a legitimate dimension of the human psyche and of the universal order. When age regression in holotropic states reaches the perinatal and transpersonal levels, the experiences assume a new quality, which C. G. Jung called *numinosity*. It is a direct apperception of the extraordinary, otherworldly nature of what is being experienced.

mind. I wanted to provide, in a concise and comprehensive form, the information that the new therapists beginning to conduct psychedelic sessions, their clients, and people embarking on their own inner journeys would need or would find useful. I decided to include in this work the paradigm-breaking observations from the research of holotropic states of consciousness that make mainstream concepts of consciousness and the human psyche obsolete and indicate an urgent need for radical revision. I have also suggested the changes in psychiatric theory and practice that would be necessary to integrate these “anomalous phenomena” into the main body of psychological knowledge. This would provide psychiatrists with a better and deeper understanding of emotional and psychosomatic disorders and more effective methods of treating them.

The first section of the encyclopedia describes the history of psychonautics, defined as the “systematic pursuit and use of holotropic states of consciousness for healing, self-exploration, spiritual, philosophical, and scientific quest, ritual activity, and artistic inspiration.” The craving for transcendental experiences, the motivating force behind psychonautics, is the strongest drive in the human psyche; its pursuit can be traced back to the dawn of human history, to shamans of the Paleolithic era. It continued throughout the centuries

in the high cultures of antiquity, in the ancient mysteries of death and rebirth, in rites of passage, and in healing ceremonies and other tribal events of native cultures. Great religions of the world developed their own “technologies of the sacred,” methods of inducing spiritual experiences, used in monasteries and their mystical branches.

The golden era of psychonautics started in 1943 with Albert Hofmann’s discovery of the psychedelic effects of LSD-25. His chemical tour de force then continued with the isolation of psilocybin and psilocin, the active alkaloids from the “magic mushrooms” of the Mazatec Indians, and of monoamid of lysergic acid (LAE-32) from morning glory seeds (*ololiuqui*). These new psychoactive substances inspired an avalanche of laboratory and clinical studies. When it seemed that a major consciousness revolution was underway, it was abruptly terminated by ignorant legal and administrative measures.

The four decades when virtually no legal research with psychedelics was possible actually became an important chapter in psychonautics, thanks to semi-legal and illegal research and experimentation that produced and explored a rich array of entheogens, derivatives of phenethylamine and tryptamine. In the atmosphere of the present renaissance of psychedelic research, the information generated by

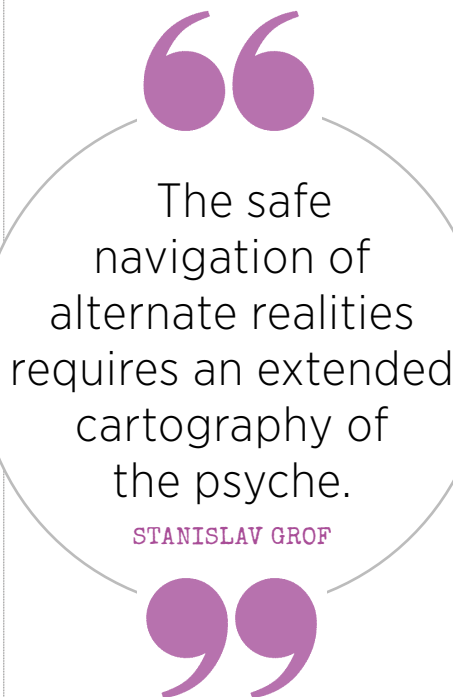
The most interesting insights from holotropic states are those concerning the strategy of therapy. There exists a large number of schools of psychotherapy, which disagree with each other in regard to some fundamental aspects of theory and therapy. As a result, representatives of different schools disagree about the relevance of various issues and interpret the same situations differently. The work with holotropic states resolves this dilemma by offering a radical alternative. Entering these states activates an inner self-healing intelligence, which automatically guides the process to unconscious material that has a strong emotional charge and is close to the threshold of consciousness. It then spontaneously brings this material to the surface for processing.

The third section of volume one presents a review of the most important maps of the psyche created by the founders of various schools of depth psychology. It examines the teachings of these schools, using the lens of observations from the research of holotropic states of consciousness, and determines which of these pioneers' ideas were confirmed, and which have to be modified, complemented, or discarded. This review showed that each of these pioneers focused on a certain limited band of the vast spectrum of experiences that the human psyche can manifest and then described, in an adequate way, its particular phenomenology and dynamics.

The problem was that each of them seemed to be blind to the bands of the spectrum studied and emphasized by the others, and reduced them to his own model and way of thinking. Thus Freud specialized in postnatal biography, and with one small and short exception ignored the perinatal domain, and reduced mythology and psychic phenomena to biology. Rank recognized the paramount significance of the birth trauma, but reduced archetypal phenomena to derivatives of birth. Jung, who recognized and correctly described the vast domain of the collective unconscious, emphatically denied that biological birth had any psychological significance. This historical analysis made it clear that the safe navigation of alternate realities requires an extended cartography of the psyche, a model that includes and integrates the biographical, perinatal, and transpersonal levels.

The fourth section of volume one brings a radically new understanding of

emotional and psychosomatic disorders, which becomes available as soon as we expand our understanding of the psyche by adding the perinatal and transpersonal dimensions. It becomes clear that Freud and his followers were on the right track when they were trying to trace the roots of emotional disorders to their origins in early childhood, but they did not look deep enough, and missed the perinatal and transpersonal roots of psychoneuroses, sexual problems, depression, suicide, and particularly, psychoses. The experiential patterns associated with reliving the consecutive stages of birth (Basic Perinatal Matrices, or BPMs) provide logical and natural templates for symptoms and the way that symptoms cluster into syndromes.



The fact that at the core of emotional disorders is the birth trauma, a process of life and death, explains the intensity and depth that otherwise would be incomprehensible. Extremes of human behavior—unbridled violence leading to brutal murder and violent suicide—have to have a source that is of comparable intensity and relevance. The Freudian approach to psychopathology, although going in the right direction, was unconvincing and at times even absurd and ludicrous. Mainstream psychiatrists responding to this situation threw out the baby with the bathwater. They responded by giving up looking for believable causes of emotional disorders in people's early history and replaced it with the "neo-Kraepelinian approach," which involves mere descriptions of symptoms without

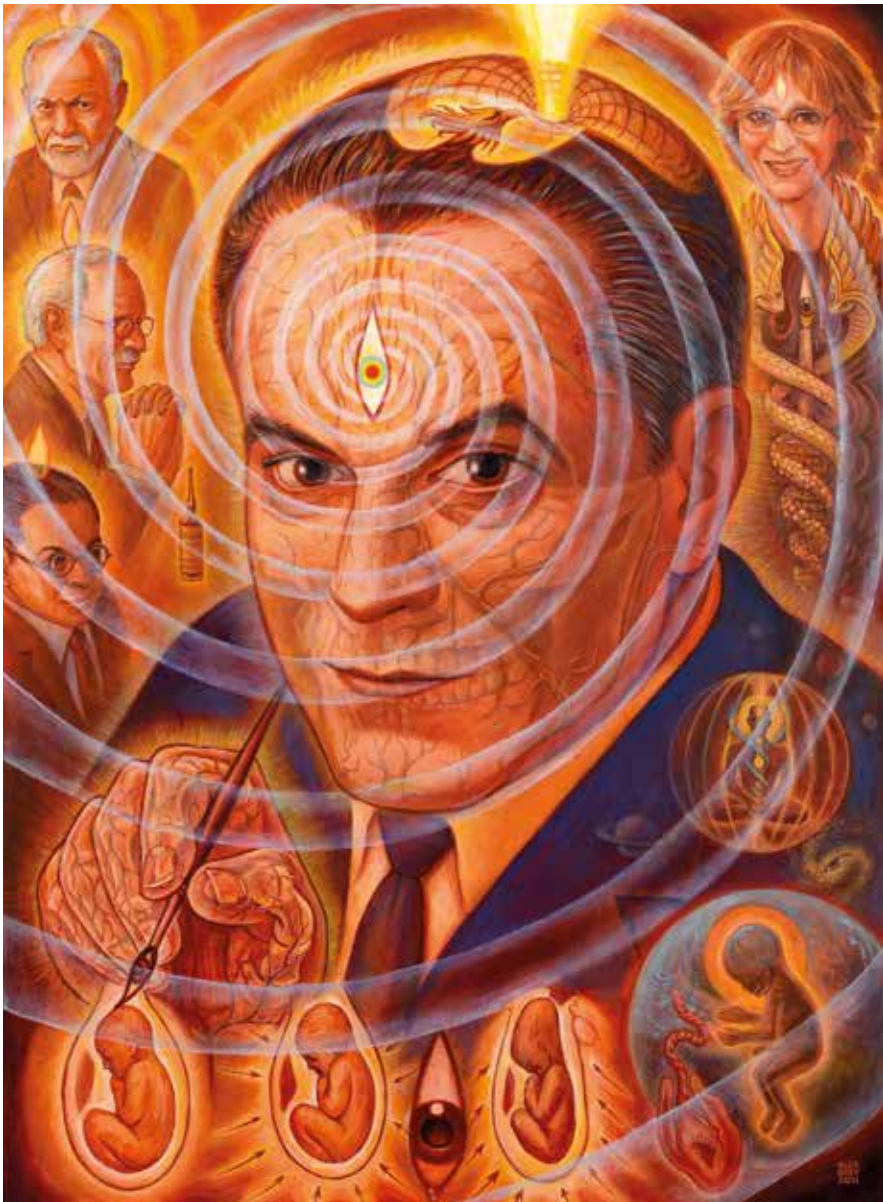
etiological considerations.

Introducing the perinatal domain into the cartography of the psyche also resolves the conflict between psychiatrists who prefer biological explanations for emotional problems and those who emphasize psychological influences. Birth is a powerful and complex process that involves emotions and physical sensations of extreme intensity in an inextricable amalgam. Postnatal experiences can then accentuate one aspect or other of this hybrid, but on a deeper level, they represent two sides of the same coin. The participation of the transpersonal dimension in psychopathology and its interaction with the perinatal level can then explain phenomena that link spirituality and violence together, such as flagellantism, or a combination of murder and suicide with a religious goal.

The section on the architecture of emotional and psychosomatic disorders reviews a wide range of emotional disorders—Freud's classical psychoneuroses, depression, suicidal behavior, sexual dysfunctions and deviations, psychosomatic diseases, and functional psychoses. My goal is to show how many aspects of their characteristic symptomatology can be explained from a combination of biographical, perinatal, and transpersonal elements.

The fifth section of the encyclopedia discusses what is probably the most important implication of the work with holotropic states of consciousness, and of the extended cartography of the psyche: the concept of transpersonal crisis or "spiritual emergency." On the basis of our experiences with psychedelic therapy and Holotropic Breathwork, my late wife Christina and I became interested in a large and important group of spontaneous holotropic experiences that mainstream psychiatry diagnoses and treats as manifestations of serious mental diseases, or psychoses.

We discovered that if these conditions are correctly understood and properly supported, they have extraordinary therapeutic, transformative, heuristic, and even evolutionary potential. In this section, I describe the phenomenology, the triggers, the differential diagnosis, and the therapy for these conditions. I also briefly discuss the various forms that spiritual emergency takes, such as shamanic initiatory crisis, the activation of Kundalini, Abraham Maslow's "peak experience," John Perry's renewal process by descent



## MEET THE AUTHOR

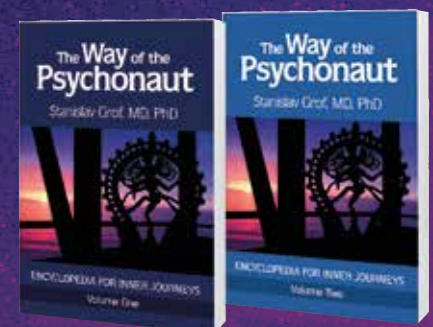
STANISLAV GROF, MD, PhD, is a psychiatrist with over sixty years of research experience in non-ordinary states of consciousness and one of the founders and chief theoreticians of transpersonal psychology. Dr. Grof's early research in the clinical uses of psychedelic substances was conducted at the Psychiatric Research Institute in Prague, where he was principal investigator of a program that systematically explored the heuristic and therapeutic potential of LSD and other psychedelic substances. In 1973 Dr. Grof was invited to the Esalen Institute in Big Sur, California, where he developed, with his late wife Christina Grof, Holotropic Breathwork, an innovative form of experiential psychotherapy that is now being used worldwide. In 2007, he received the prestigious VISION 97 lifetime achievement award from the Foundation of Dagmar and Václav Havel in Prague, Czechoslovakia. His books include *LSD: Gateway to the Numinous*, *Beyond the Brain*, *The Cosmic Game*, *Psychology of the Future*, *The Ultimate Journey*, *When the Impossible Happens*, *Healing Our Deepest Wounds*, *The Stormy Search for the Self*, *Spiritual Emergency*, and *Holotropic Breathwork* (the last three with Christina Grof).

On the web  
[www.stangrof.com](http://www.stangrof.com)

LEFT: Stanislov Grof M.D., *Cartographer of Consciousness* by Alex Grey, 2011. (Signed prints available @ CoSM.org)

## Bookshelf

**THE WAY OF THE PSYCHONAUT:  
 ENCYCLOPEDIA FOR INNER  
 JOURNEYS BY STANISLAV GROF,**  
*published by the Multidisciplinary  
 Association for Psychedelic Studies (MAPS),  
 Two-volume Paperback Set  
 (Vol. One: 456 pages; Vol. Two: 376 pages)*  
 Also available as an audiobook narrated  
 by Becca Tarnas, Ph.D. ([store.maps.org](http://store.maps.org)).




to the Central Archetype, problems with past life memories, crisis of psychic opening, possession states, and more.


The sixth and last section of volume one focuses on Holotropic Breathwork, an innovative experiential form of psychotherapy that my late wife Christina and I developed when we lived at the Esalen Institute in Big Sur, California. This approach induces powerful holotropic states of consciousness by very simple means—a combination of accelerated breathing, evocative music, and releasing bodywork in a special setting. Participants work in pairs, alternating in the roles of breathers and sitters. Following the sessions, participants paint mandalas, reflecting what they have experienced. They then meet in small groups, sharing and processing what transpired in the sessions.

Holotropic Breathwork combines the basic principles of depth psychology with elements from shamanism, rites of passage, the great spiritual philosophies of the East, and the mystical traditions of the world. Its theory is formulated in

modern psychological language and is grounded in transpersonal psychology and in new paradigm science.

After describing the healing power of breath, the therapeutic potential of music, and the use of releasing and supportive physical interventions, this section describes the setting and preparation for the sessions, the roles of the breathers and the sitters, the phenomenology of the experience, the painting of the mandalas, and the processing in the sharing groups. Special attention is given to the discussion of the therapeutic results and the follow-up periods after the sessions.

I wrote the first volume of this encyclopedia and the one that follows with the hope that they will become useful guides for psychonauts, bringing some useful retrospective insights into the experiences they have already had on their past journeys, or providing the basic information necessary for safe and productive journeys into alternate realities for those who are about to embark on the exciting adventures of discovery and self-discovery. Bon voyage! 



# THE 100 MOST SPIRITUALLY INFLUENTIAL LIVING PEOPLE IN 2021

There are several factors that were taken into account when compiling the list. The main three criteria are:

**1** The person has to be alive as of January 1<sup>st</sup>, 2021.

**2** The person has to have made a unique and spiritual contribution on a global scale.

**3** The person is frequently googled, appears in Nielsen Data, has a Wikipedia page, and is actively talked about throughout the Internet.

By taking into account the amount of times that a person is googled or how often their Wikipedia profile is viewed, the list gains a highly democratic and transparent parameter.

Ultimately, the list celebrates the positive influence of today's spiritual teachers.

• *Watkins' Mind Body Spirit* magazine publishes the 100 Most Spiritually Influential Living People list on an annual basis and we welcome your feedback at: [editor.watkins@gmail.com](mailto:editor.watkins@gmail.com)



## 1 POPE FRANCIS

- 2 DALAI LAMA
- 3 BLACK LIVES MATTER
- 4 ECKHART TOLLE
- 5 DESMOND TUTU
- 6 OPRAH WINFREY
- 7 SADHGURU
- 8 ALICE WALKER
- 9 DEEPAK CHOPRA
- 10 DAVID ATTENBOROUGH
- 11 PAULO COELHO
- 12 RUSSELL BRAND
- 13 MATTHEW FOX
- 14 WIM HOF
- 15 RHONDA BYRNE
- 16 IYANLA VANZANT
- 17 DAVID LYNCH
- 18 SRI SRI RAVI SHANKAR
- 19 RUPERT SHELDRAKE
- 20 URI GELLER
- 21 ABDULLAH II OF JORDAN
- 22 MARIANNE WILLIAMSON
- 23 SAM HARRIS
- 24 ARIANNA HUFFINGTON
- 25 AMMA
- 26 MARK MANSON
- 27 ESTHER HICKS
- 28 FRANCIS CHAN
- 29 JAY SHETTY
- 30 ROBIN SHARMA
- 31 TEAL SWAN
- 32 DON MIGUEL RUIZ
- 33 JON KABAT-ZINN
- 34 JAMES LOVELOCK
- 35 VANDANA SHIVA
- 36 MICHAEL BERNARD BECKWITH
- 37 PEMA CHÖDRÖN
- 38 ROB BELL
- 39 GRAHAM HANCOCK
- 40 HAMZA YUSUF
- 41 THOMAS MOORE
- 42 JUSTIN WELBY
- 43 JOE DISPENZA
- 44 MARTIN SELIGMAN
- 45 RICHARD BACH
- 46 ROWAN WILLIAMS
- 47 KAREN ARMSTRONG
- 48 THICH NHAT HANH
- 49 MARILYNNE ROBINSON
- 50 ALEX GREY
- 51 KEN WILBER
- 52 ROBERT THURMAN
- 53 PREM RAWAT
- 54 GABRIELLE BERSTEIN
- 55 ANDREW WEIL
- 56 RICHARD ROHR
- 57 TIM FREKE
- 58 DANIEL GOLEMAN
- 59 GARY SNYDER
- 60 NEALE DONALD WALSCH
- 61 JACK CANFIELD
- 62 RUBY WAX
- 63 EBEN ALEXANDER
- 64 JULIA CAMERON
- 65 DAN MILLMAN
- 66 CAROLINE MYSS
- 67 DAISAKU IKEDA
- 68 ANITA MOORJANI
- 69 ANDREW FORREST
- 70 BRIAN WEISS
- 71 GREGG BRADEN
- 72 AJAHN BRAHM
- 73 BRUCE H. LIPTON
- 74 BYRON KATIE
- 75 STANISLAV GROF
- 76 ZAINAB SALBI
- 77 STEVE TAYLOR
- 78 ESTHER PEREL
- 79 ROBERT BLY
- 80 MOOJI
- 81 JACK KORNFIELD
- 82 FRITJOF CAPRA
- 83 SATISH KUMAR
- 84 ADYASHANTI
- 85 JAMES VAN PRAAGH
- 86 A.H. ALMAAS
- 87 STARHAWK
- 88 DAVID DEIDA
- 89 DAVID FRAWLEY
- 90 EILEEN PAGELS
- 91 DANIEL J. SIEGEL
- 92 LISA STERLE
- 93 NEIL DE GRASSE TYSON
- 94 TORI HARTMAN
- 95 SHARON SALZBERG
- 96 CHRISTIANE NORTHRUP
- 97 ELIZABETH LESSER
- 98 LEE CARROLL
- 99 CYNTHIA BOURGEAULT
- 100 TARA BRACH

# 30

 Years

The **youngest** is Lisa Sterle & the **oldest** is James Lovelock

# 101

 Years

# 26

 COUNTRIES ARE REPRESENTED IN THE 100 LIST


THE LIST IS COMPOSED OF  
33 WOMEN ♀  
& 69 MEN ♂

# 69

IS THE AVERAGE AGE OF THE 100 LIST IN 2020

THE MOST POPULAR ZODIAC SIGNS:  
CANCER  
VIRGO  
PISCES

AND IN CHINESE ASTROLOGY:  
GOAT  
RAT  
TIGER

**1 POPE FRANCIS**  
 Born Jorge Mario Bergoglio, Pope Francis is the 266th Pope of the Catholic Church. He chose Francis as his papal name in honor of Saint Francis of Assisi and stated, "It helps me to think of the name of Francis [of Assisi], who teaches us profound respect for the whole of creation and the protection of our environment, which all too often, instead of using for the good, we exploit greedily, to one another's detriment." Known for his humility, his emphasis on God's mercy, his concern for the poor and his commitment to interfaith dialogue, he has a less formal approach to the papacy than his predecessors and maintains that the church should be more open and welcoming. He opposes consumerism, irresponsible development and unbridled capitalism and supports taking action on climate change. In 2020, Francis cancelled his audiences at St. Peter's Square to prevent crowds from gathering and spreading the COVID-19 virus, encouraged priests to visit patients and health workers, urged the faithful not to forget the poor, and on the feast of St. Francis, published the encyclical *Fratelli tutti* on fraternity and social friendship using St. Francis' own words to describe our universal brotherhood and sisterhood. 2020 also saw the publication of two books by Pope Francis: *Life After the Pandemic* (June) and *Christ in the Storm: An Extraordinary Blessing for a Suffering World* (October). ([www.vaticannews.va/en](http://www.vaticannews.va/en))



Born in Buenos Aires, Argentina, 17 December 1936 (Sagittarius/Rat)  
 Current Pope

**2 DALAI LAMA**  
 Tenzin Gyatso is the 14th Dalai Lama and the spiritual leader of the Tibetan people. Tibetan Buddhists believe him to be a reincarnation of his predecessors and the Buddha of compassion. Awarded the Nobel Peace Prize in 1989, he has made an incredible contribution to global spirituality. Released to honour his 85th birthday celebrations in July 2020, the album 'Inner World' is an offering of the Dalai Lama reciting mantras and giving short teachings all woven to a bed of music. In a *Time* magazine statement on the pandemic, the Dalai Lama wrote, "this crisis shows that we must all take responsibility where we can. We must combine the courage doctors and nurses are showing with empirical science to begin to turn this situation around and protect our future from more such threats." ([www.dalailama.com](http://www.dalailama.com))



Born in Taktser, Tibet, 6 July 1935 (Cancer/Pig)  
 Spiritual Leader

**3 NEW BLACK LIVES MATTER**  
 Founded in 2013, BLM advocates freedom, human rights, non-violence, liberation and justice, and creating space for Black imagination and innovation. BLM affirms the lives of Black queer and trans folks, disabled folks, undocumented folks, folks with records, women, and all Black lives along the gender spectrum ([blacklivesmatter.com](http://blacklivesmatter.com)). Featured on the cover and in *TIME*'s '100 Most Influential People in the World' list 2020, its founders are:



**OPAL TOMETI**  
 A human rights advocate, strategist, and writer. Opal has campaigned for advancing human rights, migrant rights, and racial justice worldwide. ([www.opaltometi.org](http://www.opaltometi.org))



Born in Phoenix, Arizona, USA  
 15 August 1984 (Leo/Rat)

"I have a clear sense of who I am because of my spiritual roots and love for Jesus Christ."

OPAL TOMETI

**PATRISSE CULLORS**  
 An artist, organizer, educator, and public speaker. Patrisse's book, *When They Call You a Terrorist: A Black Lives Matter Memoir*, became an instant *New York Times* bestseller. ([www.patrissecullors.com](http://www.patrissecullors.com))



Born in Los Angeles, California, USA  
 20 June 1983 (Gemini/Pig)

"The fight to save your life is a spiritual fight."

PATRISSE CULLORS

**ALICIA GARZA**  
 A civil rights activist and writer. Alicia's book, *The Purpose of Power: How We Come Together When We Fall Apart*, published in October 2020 by Penguin Random House. Described as "an essential guide", the book tells Alicia Garza's story as an activist and shares lessons for future activists. ([www.aliciagarza.com](http://www.aliciagarza.com))



Born in Oakland, California, USA  
 4 January 1981 (Capricorn/Monkey)

"Love God Herself."

ALICIA GARZA



## 4 ECKHART TOLLE

Eckhart is a spiritual teacher and author. At the age of 29, a profound inner transformation radically changed the course of his life. The next few years were devoted to understanding, integrating, and deepening that transformation. At the core of his teachings lies the transformation of consciousness, a spiritual awakening that he sees as the next step in human evolution. His books *The Power of Now* and *A New Earth* are two of the best-selling MBS books in the world. A new audiobook/CD set, *Essential Meditations with Eckhart Tolle: Guided Sessions and Practical Teachings*, came out in February 2020 and December saw the paperback release of *Oneness with All Life*, a pocket collection of nearly 200 of the most inspiring quotes and passages from *A New Earth*. ([www.eckharttolle.com](http://www.eckharttolle.com))



Born in Lünen, Germany  
16 February 1948 (Aquarius/Rat)  
Modern Teacher and Writer

## 6 OPRAH WINFREY

Oprah might just be the most influential person in the world. She has discovered and advocated many spiritually influential thinkers and her multi-award-winning talk show became the highest-rated program of its kind in history. In 2008, she formed her own network, Oprah Winfrey Network. The richest self-made woman in America, she is also one of the most generous. By 2012 she had given around \$400 million to educational causes, along with over 400 scholarships; and in 2013, she donated \$12 million to the Smithsonian's National Museum of African American History and Culture. Recently Oprah has been creating new original programs for Apple's streaming service, Apple TV+: *Oprah's Book Club* (November 2019), *Oprah Talks COVID-19* (March 2020) and *The Oprah Conversation* (July 2020). ([www.oprah.com](http://www.oprah.com))



Born in Kosciusko, Mississippi, USA  
29 January 1954 (Aquarius/Snake)  
Talk Show Host, Producer and Philanthropist

## 8 ALICE WALKER

Walker is best known for her 1982 novel *The Color Purple*, for which she won the Pulitzer Prize for Fiction. She has been a longtime sponsor of the Women's International League for Peace and Freedom. In early 2015, she wrote: "So I think of any movement for peace and justice as something that is about stabilizing our inner spirit so that we can go on and bring into the world a vision that is much more humane than the one we have dominant today." Her most recent book, *The Cushion in the Road: Meditation and Wandering as the Whole World Awakens to Being in Harm's Way*, was published in paperback in 2014. In 2016, Walker was awarded the Mahmoud Darwish Literary Prize for Fiction. Her latest collection of poems, *Taking the Arrow Out of the Heart (New Poems)*, was published in 2018. 2019 saw the publication of *Alice Walker's Metaphysics: Literature of Spirit* by Nagueyalti Warren, which examines the philosophy and worldview present in Walker's writing. ([alicewalkersgarden.com](http://alicewalkersgarden.com))



Born in Eatonton, Georgia, USA  
9 February 1944 (Aquarius/Monkey)  
Author, Poet, and Activist

## 5 DESMOND TUTU

Now retired, Tutu was the first black South African Anglican Archbishop of Cape Town. He received the Nobel Peace Prize in 1984 and has campaigned to fight AIDS, tuberculosis, homophobia, transphobia, poverty and racism. The Desmond & Leah Tutu Legacy Foundation was established in Cape Town in 2013. Guided by the legacy of its founders, the Foundation contributes to the development of youth and leadership, facilitates discussions about social justice and common human purpose, and makes the lessons Archbishop Tutu learned and taught accessible to new generations. Michael Battle's *Desmond Tutu: A Spiritual Biography of South Africa's Confessor* (March 2021) will introduce readers to Tutu's spiritual life and examine how it shaped his commitment to restorative justice and reconciliation. ([www.tutu.org.za](http://www.tutu.org.za))



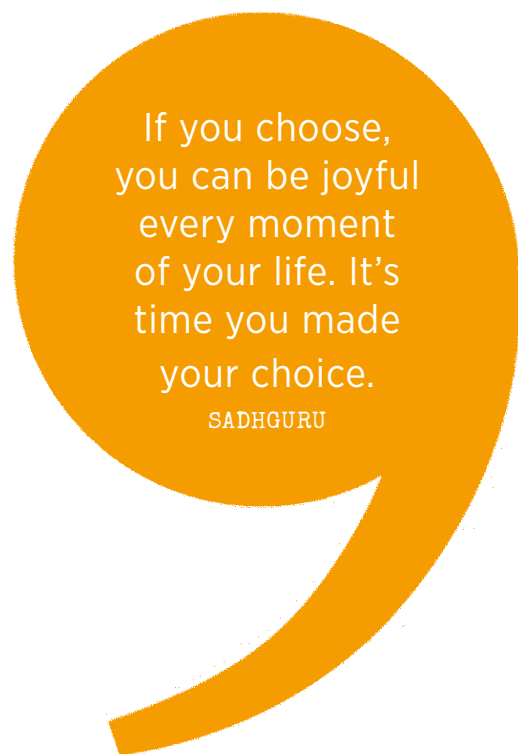
Born in Klerksdorp, South Africa  
7 October 1931 (Libra/Goat)  
Cleric and Activist

## 7 SADHGURU

is a yogi, author, and internationally renowned speaker. In 1992, he established the Isha Foundation, a non-profit organisation offering transformational yoga programmes for inner wellbeing and inspiring social outreach initiatives. In 2017, Sadhguru was conferred the Padma Vibhushan award by the Government of India in recognition of his contribution towards exceptional and distinguished service. A new video platform, Sadhguru Exclusive, includes: *Rare & Unseen*: videos from private and intimate meets and gatherings and *Spiritual Guidance: Seeker's Compass* - a collection of Sadhguru's answers over the last three decades, addressing every predicament a seeker could face. Sadhguru's most recent books are *Inner Engineering: A Yogi's Guide to Joy* (2016) and *Death: An Inside Story*, which published in 2020. ([www.isha.sadhguru.org](http://www.isha.sadhguru.org))



Born in Mysore, Karnataka, India  
3 September 1957 (Virgo/Rooster)  
Yogi, Author, and Speaker



If you choose,  
you can be joyful  
every moment  
of your life. It's  
time you made  
your choice.

SADHGURU

**9 DEEPAK CHOPRA**

Deepak Chopra, founder of The Chopra Foundation, a non-profit entity for research on well-being and humanitarianism, and Chopra Global, a modern-day health company at the intersection of science and spirituality, is a world-renowned pioneer in integrative medicine and personal transformation. Chopra is a Clinical Professor of Family Medicine and Public Health at the University of California, San Diego and serves as a senior scientist with Gallup Organization. He is the author of more than 85 books translated into over 43 languages, including numerous *New York Times* bestsellers such as *Quantum Healing*, *Ageless Body Timeless Mind*, and *The Seven Spiritual Laws of Success*. He serves as a Clinical Professor at the University of California, San Diego, and hosts the #1 health and wellbeing podcasts Infinite Potential and Daily Breath. His latest book *Total Meditation: Stress Free Living Starts Here* published in September and a new edition of *Ageless Body, Timeless Mind* published in December 2020.



(www.deepakchopra.com)

Born in New Delhi, India  
22 October 1946 (Libra/Dog)  
Physician, Writer and Public Speaker

**10 NEW SIR DAVID ATTENBOROUGH**

Sir David's career as a naturalist and broadcaster has spanned nearly seven decades. While working on the Zoo Quest series (1954-64) he had his first opportunity to undertake expeditions to remote parts of the globe to capture intimate footage of rare wildlife in its natural habitat. He has since established himself as the world's leading Natural History programme maker with several landmark series, including *Life on Earth* (1979), *The Living Planet* (1984), *The Trials of Life* (1990), *The Blue Planet* (2001), and *Blue Planet II* (2017). Knighted in 1985, Sir David stands at the forefront of issues concerning the planet's declining species and conservation. His latest book, *A Life on Our Planet: My Witness Statement and a Vision for the Future*, published in October 2020.



(www.attenboroughfilm.com)

Born in Isleworth, Middlesex, England  
8 May 1926 (Taurus/Tiger)  
Broadcaster, Naturalist, and Presenter

**12 RUSSELL BRAND**

Since rising to fame in 2003, Brand has established himself as one of the world's most celebrated stand-up comedians. Brand is also a successful author, broadcaster, actor, columnist, political commentator and mental health and drug rehabilitation activist. His number one *Sunday Times* bestseller, *Recovery: Freedom from Our Addictions*, was published in paperback in 2018. The follow-up, *Mentors: How to Help and be Helped*, was published in 2019. 2020 has seen Russell interview some interesting people on his podcast Under the Skin: Wim Hof's Corona Survival Guide, Julia Cameron (On Creativity & Play), Ricky Gervais (God vs Atheism), Bob Roth (Transcend & Be Free!), Eckhart Tolle (Become Awake Now!), Mooji (Access the Awareness Beyond), Yusuf Cat Stevens (Fame & the Spiritual Life), and Satish Kumar (Activism & Spiritualism).



(www.russellbrand.com)

Born in Grays, Essex, England  
4 June 1975 (Gemini/Rabbit)  
Comedian, Actor and Activist

**11 PAULO COELHO**

Paulo Coelho has sold over 230 million copies of his books in 82 different languages in more than 170 countries - and is the all-time bestselling Portuguese-language author. *The Alchemist* has sold more than 85 million copies and many celebrities have declared it their favourite novel. His latest book, *The Archer*, an inspiring story about a young man seeking wisdom from an elder, and the practical lessons imparted along the way, was published in November. In October, Bluebird released a beautifully-designed hardback journal from Coelho - his first ever guided journal. With an introduction by Coelho on the act of writing, *Journey: A Journal of Discovery* includes powerful and inspiring quotes from Coelho's books, as well as all-new reflections to guide you on your journey.



(paulocoelhoblog.com)

Born in Rio de Janeiro, Brazil  
24 August 1947 (Virgo/Pig)  
Novelist

**13 MATTHEW FOX**

Matthew Fox is an internationally acclaimed spiritual theologian, an Episcopal priest, and an activist who was a member of the Dominican Order for 34 years. An early and influential exponent of Creation Spirituality, Fox's effort to reawaken the West to its own mystical tradition has included revivifying awareness of Hildegard of Bingen, Meister Eckhart, Thomas Aquinas and the Cosmic Christ tradition. 2020 saw *The Tao of Thomas Aquinas: Fierce Wisdom for Hard Times* (January) and *Julian of Norwich: Wisdom in a Time of Pandemic - and Beyond* (October). Julian lived through the bubonic plague that killed close to 50% of Europeans. Being an anchoress, she 'sheltered in place' and developed a deep wisdom that she shared in her book, *Showings*.



(www.matthewfox.org)

Born in Madison, Wisconsin, USA  
21 December 1940 (Sagittarius/Dragon)  
Priest and Theologian

The simple things are also the most extraordinary things, and only the wise can see them.

PAULO COELHO

# 14 NEW WIM HOF

Wim Hof got his nickname "The Iceman" by breaking a number of records related to cold exposure including: climbing Mount Kilimanjaro in shorts, running a half marathon above the Arctic Circle barefoot, and standing in a container while covered with ice cubes for 112 minutes. His extensive training has enabled him to learn to control his breathing, heart rate, and blood circulation and to withstand extreme temperatures. Hof has not only helped advance scientific understanding, but also accomplished extraordinary feats of human endurance, including 21 Guinness World Records. He is convinced that everyone can tap into their inner potential and has made it his mission to share what he's learned with the rest of the world. His latest book *The Wim Hof Method: Activate Your Potential, Transcend Your Limits* published in September 2020. ([wimhofmethod.com](http://wimhofmethod.com))



Born in Sittard, Limburg, Netherlands  
20 April 1959 (Aries/Pig)  
Extreme Athlete

# 16 IYANLA VANZANT

Iyanla Vanzant is an inspirational speaker, spiritual teacher, author, and television personality. Her body of work spans over three decades and includes six *New York Times* best-sellers. She is the host and executive producer of the award-winning *Iyanla: Fix My Life*, the No. 1 reality show on Oprah Winfrey Network. She is also the founder of the Inner Visions Institute for Spiritual Development and conducts workshops and classes across the US, throughout Africa and the UK. Her latest book *Get Over It! Thought Therapy for Healing the Hard Stuff* was published in paperback in 2019. The same year saw an updated version of her revolutionary app, "Awakenings with Iyanla Vanzant" (free download), that offers personal spiritual coaching sessions customized for you every single day. ([www.ianla.com](http://www.ianla.com) & [www.innervisionsworldwide.com](http://www.innervisionsworldwide.com))



Born in Brooklyn, New York, USA  
13 September 1953 (Virgo/Snake)  
Lawyer, Minister, Talk Show Host and Author

# 15 RHONDA BYRNE

Rhonda Byrne is best known for *The Secret* film and book. She served as a producer on the 2020 movie, *The Secret: Dare to Dream*, based on her book. The film stars Katie Holmes and Josh Lucas, and was directed by Andy Tennant. Her other books include *The Power*, *The Magic*, and *Hero*. In her new book *The Greatest Secret* (November 2020), Byrne shares the wisdom gleaned from her own spiritual search, offering teachings and accessible practices with revelatory words from Byron Katie, Krishnamurti, Ramana Maharshi, Mooji, Eckhart Tolle, Alan Watts, Yogananda, and others. "This book reveals the greatest discovery a human being can ever make, and shows you the way out of negativity, problems, and what you don't want, to a life of permanent happiness and bliss." - Rhonda Byrne ([www.theseecret.tv](http://www.theseecret.tv))



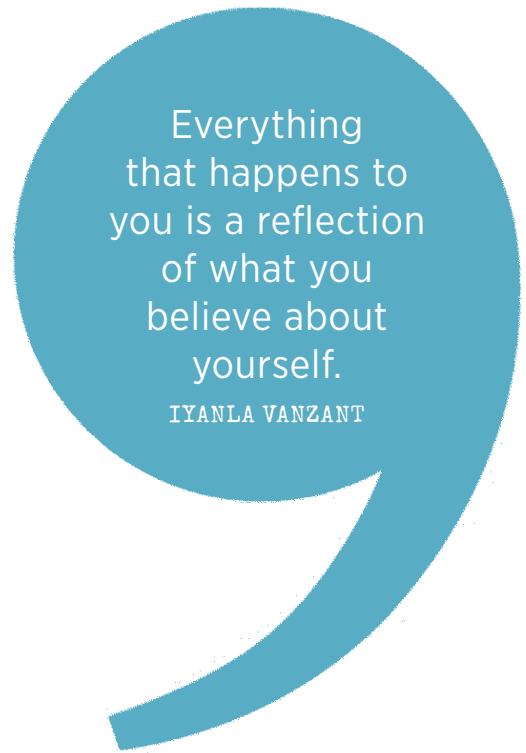
Born in Melbourne, Australia  
12 March 1951 (Pisces/Rabbit)  
Writer and TV/Film Producer

# 17 DAVID LYNCH

David Lynch is a director, screenwriter, visual artist, musician, and author. In 1973, Lynch was initiated into Transcendental Meditation, and has practiced the technique consistently since then. In 2005, he launched the David Lynch Foundation for Consciousness-Based Education and Peace, established to fund the teaching of TM in schools and research on the technique and its effects on learning. Lynch's book, *Catching the Big Fish* (2006), discusses the impact of the TM technique on his creative process. "Heal the Healers Now," a new initiative to bring the stress-reducing TM technique to medical providers battling the coronavirus pandemic was launched in the US in April by the David Lynch Foundation's Center for Health and Wellness and the US TM organization. ([www.davidlynchfoundation.org](http://www.davidlynchfoundation.org))



Born in Missoula, Montana, USA  
20 January 1946 (Capricorn/Rooster)  
Film Director, Writer and TM Advocate



Everything that happens to you is a reflection of what you believe about yourself.

IYANLA VANZANT

# 18 SRI SRI RAVI SHANKAR

Sri Sri is a humanitarian leader, spiritual teacher and an ambassador of peace. His vision of a stress-free, violence-free society has united millions of people the world over through service projects and the courses of The Art of Living Foundation, which he founded in 1981. Sudarshan Kriya, the meditation technique introduced by Sri Sri is backed by research and implemented in schools, corporations, prisons, refugee camps and retreat centres around the world. He sees breath as the link between body and mind, and a tool to relax the mind, emphasising the importance of both meditation/spiritual practice and service to others. In 1997, he founded the International Association for Human Values, a charity that engages in relief work and rural development and aims to foster shared global values. Through his programs and teachings, a network of organizations, and a rapidly growing presence across 156 countries, Sri Sri has reached an estimated 450 million people. ([srisriravishankar.org](http://srisriravishankar.org))



Born in Papanasam, Tamil Nadu, India  
13 May 1956 (Taurus/Monkey)  
Spiritual and Humanitarian Leader

The universe is not in a steady state; there's an ongoing creative principle in nature, which is driving things onwards.

RUPERT SHELDRAKE

**19 RUPERT SHELDRAKE**  
One of the world's most

innovative biologists, Sheldrake is best known for his theory of morphic fields and morphic resonance, which leads to a vision of a living, developing universe with its own inherent memory. He worked as a biochemist at Cambridge University from 1967 to 1973 and as principal plant physiologist at the International Crops Research Institute for the Semi-Arid Tropics in India until 1978. His books include *A New Science of Life*, *Seven Experiments That Could Change the World*, *The Sense of Being Stared At*, and *The Science Delusion* (called *Science Set Free* in the US). His recent books include *Science and Spiritual Practices: Reconnecting through Direct Experience* (2017) and the sequel, *Ways to Go Beyond and Why They Work* (2019), in which Rupert looks at seven spiritual practices that are personally transformative and have scientifically measurable effects. A new edition of *The Science Delusion*, updated with new findings, was published in June 2020. ([sheldrake.org](http://sheldrake.org))



Born in Newark-on-Trent, England  
28 June 1942 (Cancer/Horse)  
Biologist and Author

**20 NEW URI GELLER**  
Uri Geller is the world's most investigated

paranormalist. Famous around the globe for his mind-bending psychic powers, he has led a unique life shrouded in debate, controversy and mystery. In 2017 the CIA released files describing tests of Uri's abilities that led scientists at Stanford Research Institute to conclude "he has demonstrated his paranormal perception ability in a convincing and unambiguous manner". The results were published in the prestigious science magazine *Nature*. As well as using his gifts to detect oil and precious metals, Uri works as a motivational MindPower coach and has lectured at the United Nations and to the directors and CEOs of large multinational companies. A new hardback edition of his book *Learn to Dowse* was published in November 2020. ([www.urigeller.com](http://www.urigeller.com))



Born in Tel Aviv, Israel  
20 December 1946 (Sagittarius/Dog)  
Paranormalist

**22 MARIANNE WILLIAMSON**  
Marianne Williamson is a

spiritual leader, author, politician, and activist. For over three decades she has been a leader in spiritual and religiously progressive circles. She founded Project Angel Food, a non-profit organization that has delivered more than 13 million meals to ill and dying homebound patients since 1989. Williamson is the author of 14 books, four of which have been #1 *New York Times* best sellers. Although some pundits treated her recent campaign for the Democratic nomination as comic relief, others acknowledged that her message was persuasive and influential. After the Democratic debate in July 2019, a *New York Times* columnist wrote, "It feels insane to say this, but Williamson out-debated virtually everyone else on the stage." ([www.marianne.com](http://www.marianne.com))



Born in Houston, Texas, USA  
8 July 1952 (Cancer/Dragon)  
Author and Activist

**21 ABDULLAH II OF JORDAN**  
Abdullah II of Jordan is

known for promoting interfaith dialogue and a moderate understanding of Islam. He is the custodian of the Muslim and Christian sacred sites in Jerusalem, a position held by his dynasty since 1924. In response to Islamophobia after the 9/11 attacks, Abdullah issued the Amman Message, which encouraged Muslim scholars from around the world to denounce terrorism, practice religious tolerance and represent the true nature of the Muslim faith. In 2010, he proposed a World Interfaith Harmony Week, which is now an annual celebration. In 2018 he was awarded the Templeton Prize for promoting interfaith dialogue. The award statement said that Abdullah "has done more to seek religious harmony within Islam and between Islam and other religions than any other living political leader." ([kingabdullah.jo/en](http://kingabdullah.jo/en))



Born in Amman, Jordan  
30 January 1962 (Aquarius/Ox)  
Leader and Peace Promoter

**23 SAM HARRIS**  
Sam Harris is a

neuroscientist, philosopher, bestselling author, and host of the *Making Sense* podcast. August 2020 saw the publication of *Making Sense: Conversations on Consciousness, Morality and the Future of Humanity*, featuring eleven conversations from the hit podcast. Although a critic of religion and a proponent of scientific skepticism and the "New Atheism", Harris advocates Advaita Vedanta and Dzogchen and holds that there is "nothing irrational about seeking the states of mind that lie at the core of many religions. Compassion, awe, devotion, and feelings of oneness are surely among the most valuable experiences a person can have." He also states that the key aim of meditation is to enable its practitioners to see that the feeling of self is an illusion. In 2018, he released a meditation app, *Waking Up with Sam Harris*. ([samharris.org](http://samharris.org))



Born in Los Angeles, California, USA  
9 April 1967 (Aries/Goat)  
Author and Philosopher

## 24 ARIANNA HUFFINGTON

Arianna Huffington is the founder of *The Huffington Post*, the founder and CEO of Thrive Global, and the author of 15 books, including, the international bestsellers *Thrive* and *The Sleep Revolution*. In 2016, she launched Thrive Global, a corporate and consumer well-being and productivity platform with the mission of changing the way we work and live by ending the collective delusion that burnout is the price we must pay for success. Thrive Global provides trainings, seminars, e-courses, coaching and ongoing support based on the latest scientific findings to improve people's health and increase productivity for both companies and individuals. March 2020 saw the publication of Leah McGrath Goodman's *Arianna Huffington: Building the Huffington Post and Thrive Global*. ([www.ariannahuffington.com](http://www.ariannahuffington.com))



Born in Athens, Greece  
15 July 1950 (Cancer/Tiger)  
Journalist and Author

## 26 NEW MARK MANSON

Mark Manson is a self-help author and blogger best known for his two New York Times bestsellers *The Subtle Art of Not Giving a F\*ck* and *Everything Is F\*cked: A Book About Hope*. His books have sold over 13 million copies worldwide and his work has been translated into more than 60 languages. His writing is often described as 'self-help for people who hate self-help'. Mark's website is read by more than 15 million people each year and includes free ebooks on Life Purpose (How to find direction in your life and create your calling), Personal Values (Discover who you are, what you stand for), Self-Discipline (Stop sabotaging yourself and develop small habits with huge impact), and Relationships (Discover the surprising truth about why your relationships succeed or fail). ([www.markmanson.net](http://www.markmanson.net))



Born in Austin, Texas, USA  
9 March 1984 (Pisces/Rat)  
Author and Blogger

## 28 FRANCIS CHAN

Francis Chan is a Protestant preacher and teacher, and the bestselling author of *Crazy Love*, *Forgotten God*, *Erasing Hell*, *Multiply*, and *You and Me Forever*. He founded the Cornerstone Community Church in Simi Valley, California, in 1994 and Eternity Bible College in 2004. He has also been a board member of several Christian and social justice organizations, including Children's Hunger Fund and Gospel for Asia. Chan gives away about 50 percent of his income, doesn't take a salary from his church, and has donated most of his book royalties, which have totaled about \$2,000,000, to various charities. In 2020, he moved to Hong Kong. He now lives and works in Sham Shui Po, the poorest area and the neighbourhood where his mother used to do ministries in the 1950s. In his most recent book, *Letters to the Church* (2018), Chan digs deep into biblical truths, reflects on his own failures and dreams, and celebrates stories of ordinary people God is using to change the world. ([www.crazylove.org](http://www.crazylove.org))



Born in Chinatown, San Francisco, USA  
31 August 1967 (Virgo/Goat)  
Preacher and Author

## 25 AMMA - SRI MATA AMRITANANDAMAYI

Amma ("Mother") is a Hindu spiritual leader, often referred to as "The Hugging Saint", and known throughout the world for her selfless love and compassion toward all beings and widely respected for her humanitarian activities. In 2014, she was chosen as one of the 50 most powerful women religious leaders by *The Huffington Post*. In 2018, *Sri Mata Amritanandamayi: A Biography* by Swami Amritaswarupananda Puri was published, along with *Amma's Pearls of Wisdom*, a perpetual calendar of daily quotes. 2019 saw the publication of *108 Quotes of Amma on Meditation* and *The Eternal Beauty That We Are: A Collection of Timeless Messages from Amma. Love is My Religion: Volume Three*, a collection of quotations from Amma's talks and conversations that illumines the way to love, consciousness and peace was published in April 2020. ([www.amritapuri.org](http://www.amritapuri.org))



Born in Parayakadavu, Kerala, India  
27 September 1953 (Libra/Snake)  
Spiritual Leader

## 27 ESTHER HICKS

Esther Hicks is an inspirational speaker and author. She co-authored eight books with her husband, Jerry Hicks, who passed away in 2011. Esther has had amazing success promoting the Law of Attraction through books, DVDs and lecture tours. *Money and the Law of Attraction* (2008) was a #1 *New York Times* bestseller. The Teachings of Abraham, the nonphysical entities that speak through her, took off with the release of *Ask and It Is Given*, the most successful of the partnership books. July 2020 saw a new edition of Esther and Jerry's book *Getting into the Vortex: Guided Meditations*, now with a 70-minute audio download containing four guided meditations designed to get you into the Vortex of Creation: General Well-Being, Financial Well-Being, Physical Well-Being, and Relationships. ([www.abraham-hicks.com](http://www.abraham-hicks.com))



Born in Coalville, Utah, USA  
5 March 1948 (Pisces/Rat)  
Author and Speaker

Our greatest fear should not be of failure but of succeeding at things in life that don't really matter.

FRANCIS CHAN

**29 NEW JAY SHETTY**

Jay Shetty is a former monk, podcast host and purpose coach who is on a mission to share the timeless wisdom of the world in an accessible, relevant and practical way. Shetty has created over 400 viral videos with over 5 billion views, and hosts "On Purpose", the #1 Health and Wellness podcast in the world. He's also been listed in Forbes 30 under 30, has over 26 million Facebook followers and over 6 million Instagram followers. Shetty spent three years living as a monk in India training with the International Society for Krishna Consciousness before pursuing a career inspiring people to achieve happiness in their own way and now has fans in the Kardashians and Ellen DeGeneres. His first book, *Think Like a Monk: Train Your Mind for Peace and Purpose Every Day*, published in September 2020. The book offers advice on reducing stress and improving focus, based on Shetty's experiences as a Vedic monk at an ashram in Mumbai.



(www.jayshetty.me)  
 Born in London, England  
 6 September 1987 (Virgo/Rabbit)  
 Podcast Host and Purpose Coach

**30 ROBIN SHARMA**

Robin Sharma is a writer and speaker on leadership, peak performance and life management. Though born in Uganda, his parents moved to Canada when he was a year old. Sharma worked as a litigation lawyer until age 25, when he self-published *MegaLiving* (1994), a book on stress management and spirituality. He first shot to fame with *The Monk Who Sold His Ferrari*. Considered to be one of the top five leadership experts in the world, Sharma's books on leadership and peak performance have sold over 15 million copies in over 75 countries. He also founded The Robin Sharma Foundation for Children (RSFC), a charitable foundation that raises funds from around the world and donates them to children's causes. His latest book, *The 5AM Club: Own Your Morning, Elevate Your Life*, was published in 2018.



(www.robinsharma.com)  
 Born in Uganda  
 16 June 1964 (Gemini/Dragon)  
 Writer, Speaker and Leadership Expert

**33 DON MIGUEL RUIZ**

Don Miguel Ruiz is the author of *The Four Agreements* which has sold over 7 million copies worldwide and appeared on the *New York Times* bestseller list for nearly ten years. The Four Agreements are:  
 1. Be impeccable with your word;  
 2. Don't take anything personally;  
 3. Don't make assumptions; and  
 4. Always do your best.  
 His other Toltec Wisdom books include *The Mastery of Love*, *The Voice of Knowledge*, *The Fifth Agreement*, *The Toltec Art of Life and Death*, and *The Three Questions*. His latest book, *The Actor: How to Live an Authentic Life* (November 2020), explores human behaviour from the point of view of an artist. We choose the roles we play - in different situations and for different people. We can also step away from those roles. We can reclaim our authenticity.



(www.miguelruiz.com)  
 Born in Mexico  
 27 August 1952 (Virgo/Dragon)  
 Author, Teacher and Shaman

**31 TEAL SWAN**

Teal Swan is an internationally recognized spiritual leader and an influential new voice in the field of personal transformation. She was born with a range of extrasensory abilities including clairvoyance, clairsentience, and clairaudience. A survivor of severe childhood abuse, she uses her extrasensory gifts as well as her own harrowing life experience to inspire millions of people towards authenticity, freedom and joy. Her worldwide success has earned her the nickname "The Catalyst." 2020 saw *The Blind Spot Oracle Cards*, featuring 78 Sigil symbols that can help you discover your blind spots, and *Hunger of the Pine*, a novel: "There was a pining in their movements. A boundless yearning for kindness... A deep hunger for love... Their lives were the hunger of pine."



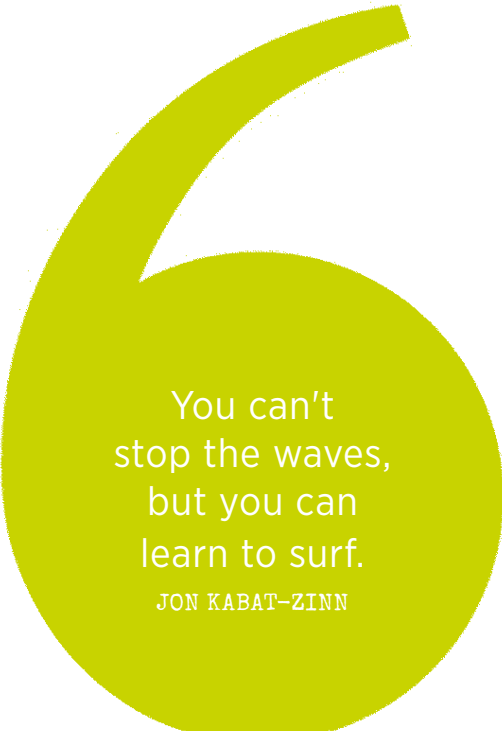
(www.tealswan.com)  
 Born in Santa Fe, New Mexico, USA  
 16 June 1984 (Gemini/Rat)  
 Author and Speaker

**33 JON KABAT-ZINN**

Jon Kabat-Zinn is a scientist, writer, and meditation teacher, known for his work in bringing mindfulness practices into the mainstream of medicine and society. He was a student of Zen Buddhist teachers such as Philip Kapleau, Thich Nhat Hanh and Seung Sahn and a founding member of Cambridge Zen Center. His practice of yoga and studies with Buddhist teachers led him to integrate their teachings with scientific findings. He is founding Executive Director of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. His books include *Full Catastrophe Living* (1991), *Wherever You Go, There You Are* (1994), *Coming to Our Senses: Healing Ourselves and the World Through Mindfulness* (2006) and *Mindfulness for Beginners* (2012).



(www.umassmed.edu)  
 Born in New York, USA  
 5 June 1944 (Gemini/Monkey)  
 Scientist, Writer, and Meditation Teacher



### 34 JAMES LOVELOCK

James Lovelock is an independent scientist, environmentalist and futurologist best known for proposing the Gaia hypothesis through books like *Gaia: A New Look at Life on Earth* which postulates that the Earth functions as a self-regulating system. *The Earth and I* (2016), an illustrated essay collection conceived by Lovelock, brought together an all-star line-up of thinkers and scientists to offer essential understanding about who we are, how we live, and where we might be going. In July 2019, James celebrated his 100th birthday, the same month his new book *Novacene: The Coming Age of Hyperintelligence* published in hardback. In it, he argues that the anthropocene - the age in which humans acquired planetary-scale technologies - is, after three centuries, coming to an end. A new age - the novacene - has already begun. ([www.jameslovelock.org](http://www.jameslovelock.org))



Born in Letchworth Garden City, England  
26 July 1919 (Leo/Goat)  
Scientist and Writer

### 36 MICHAEL BERNARD BECKWITH

Michael Bernard Beckwith is the founder and spiritual director of the Agape International Spiritual Center, a trans-denominational community in Los Angeles. "When I founded the Agape International Spiritual Center and community in 1986, we "visioned" it as a movement that would take a stand for love, for peace, for being a beneficial presence on the planet. That's why it was named "Agape," which in Greek means unconditional love." Michael has appeared on *The Oprah Winfrey Show* and was named in Oprah's *SuperSoul100* list of visionaries and influential leaders in 2016. His books include *The Answer is You*, and *Life Visioning: A Transformative Process for Activating Your Unique Gifts and Highest Potential*. His most recent book, *Prosperity, Plenitude & Infinite Possibilities*, published in 2019. ([www.michaelbernardbeckwith.com](http://www.michaelbernardbeckwith.com))



Born in USA  
21 July 1956 (Cancer/Monkey)  
Author and New Thought Minister

### 35 VANDANA SHIVA

Vandana Shiva is an author, activist, and scientific advisor. In 1982, she founded the Research Foundation for Science, Technology and Ecology to address the most significant ecological and social issues of our times. Her latest book, *Reclaiming the Commons* (July 2020), lays out the scientific, legal, political, and cultural struggle to defend the sovereignty of biodiversity and indigenous knowledge. Corporate war on nature and people through patents and corporate Intellectual Property Rights has unleashed an epidemic of biopiracy resulting in important legal battles fighting efforts to patent the rights to many plants, including basmati, neem, and wheat. Dr. Shiva presents details of the specific attempts made by corporations to secure these patents and the legal actions taken to fight them. ([www.navdanya.org](http://www.navdanya.org))



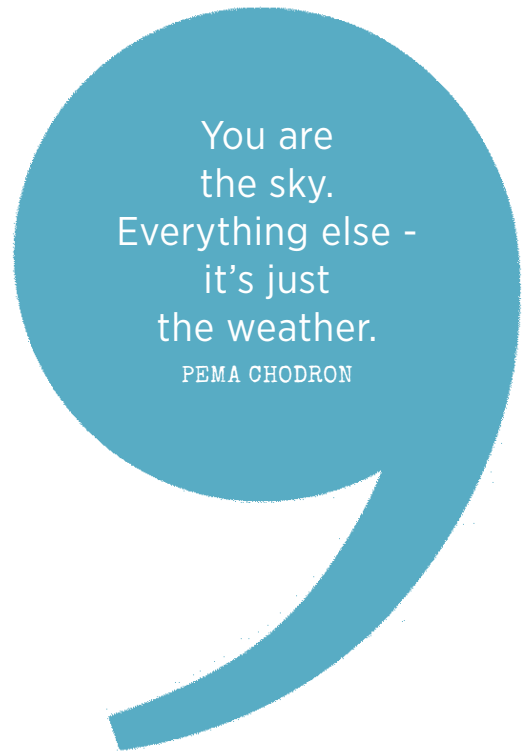
Born in Dehradun, India  
5 November 1952 (Scorpio/Dragon)  
Author, Physicist and Environmental Activist

### 37 PEMA CHÖDRÖN

Pema Chödrön met her teacher, Chögyam Trungpa, in 1972 and became a Buddhist nun in 1981. Millions of people from around the world have been touched by her example and message of practicing peace in these turbulent times. The Pema Chodron Foundation is dedicated to preserving and sharing Pema's inspiration and teachings in order that they might help us all awaken wisdom and compassion in ourselves and the world around us. Her books include *The Wisdom of No Escape*, *When Things Fall Apart*, *Comfortable with Uncertainty*, and *Living Beautifully*. The Essential Pema, a free downloadable study guide, is available from her website. Her latest book, *Welcoming the Unwelcome: Wholehearted Living in a Brokenhearted World*, published in paperback in October 2020. ([www.pemachodronfoundation.org](http://www.pemachodronfoundation.org))



Born in New York City, USA  
14 July 1936 (Cancer/Rat)  
Author and Spiritual Teacher



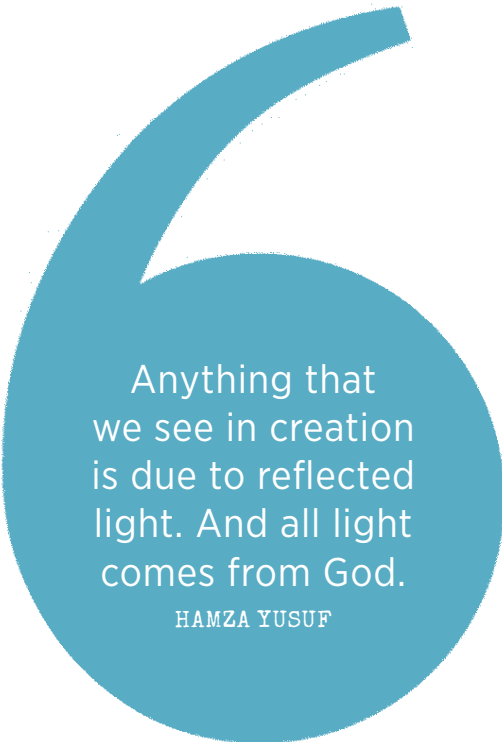
You are the sky.  
Everything else - it's just the weather.  
PEMA CHODRON

### 38 ROB BELL

Rob Bell is an author, teacher, and speaker. At 28 he founded Mars Hill Bible Church in Michigan, and under his leadership it was one of the fastest-growing churches in America. In his writings, Bell says: "I affirm the truth anywhere in any religious system, in any worldview. If it's true, it belongs to God." In 2011 *Time* magazine named Bell on its list of the 100 Most Influential People in the World and in 2013 he was interviewed by Oprah for her Super Soul Sunday television show. *The Heretic*, a documentary film about Bell and his work was released in 2018. His books include *The New York Times* bestsellers *What We Talk About When We Talk About God*, *The Zimzum of Love*, *Love Wins* and *What is the Bible?* A new 79-minute film of his talk, *An Introduction to Joy*, came out in July ([www.youtube.com/watch?v=sA7LmEn3xyc](http://www.youtube.com/watch?v=sA7LmEn3xyc)). His latest book, *Everything is Spiritual*, published in September 2020. ([www.robbell.com](http://www.robbell.com))



Born in Michigan, USA  
23 August 1970 (Virgo/Dog)  
Author and Teacher



Anything that we see in creation is due to reflected light. And all light comes from God.

HAMZA YUSUF

**39 GRAHAM HANCOCK**

Graham's books are dealing with Earth changes, megaliths, altered states of consciousness, ancient myths, and astronomical data from the past. They have been translated into twenty-seven languages and have sold over nine million copies worldwide. They include *The Sign and the Seal* (now in production as a feature film), *Fingerprints of the Gods*, *Supernatural*, *Magicians of the Gods* and *Underworld: The Mysterious Origins of Civilization*. His public lectures and broadcasts, including two major TV series for Channel 4, *Quest for the Lost Civilisation*, and *Flooded Kingdoms of the Ice Age*, have further established his reputation as an unconventional thinker who raises controversial questions about humanity's past. His latest book, *America Before: The Key to Earth's Lost Civilization* (published in paperback in September 2020) looks at how stunning new archaeological discoveries in North and South America, together with new genetic evidence, have launched a revolution in our understanding of the remote past. ([www.grahamhancock.com](http://www.grahamhancock.com))



Born in Edinburgh, Scotland  
2 August 1950 (Leo/Tiger)  
Author and Researcher

**40 HAMZA YUSUF**

Hamza Yusuf is an American Islamic scholar and the co-founder and current president of Zaytuna College, a Muslim liberal arts college in the USA. It incorporates Yusuf's vision of combining the classical liberal arts with rigorous training in traditional Islamic disciplines and aims to "educate and prepare morally committed professional, intellectual, and spiritual leaders". Yusuf has promoted Islamic sciences and classical teaching methodologies throughout the world and is one of the signatories of 'A Common Word Between Us and You', an open letter by Islamic scholars to Christian leaders, calling for peace and understanding. *The New Yorker* reported that Yusuf is "perhaps the most influential Islamic scholar in the Western world". He is number 22 in the 2021 edition of *The Muslim 500*. ([www.sandala.org](http://www.sandala.org))



Born in Walla Walla, Washington, USA  
1 January 1958 (Capricorn/Rooster)  
Islamic Scholar

**42 JUSTIN WELBY**

Justin Welby was installed as the 105th Archbishop of Canterbury in a service at Canterbury Cathedral on 21st March 2013. In his sermon he said: "There is every possible reason for optimism about the future of Christian faith in our world and in this country." More recently he has added: "When the church is working it is the most mind-bogglingly, amazingly, extraordinarily beautiful community on earth. It heals, it transforms, it loves, and it changes society." His book *Reimagining Britain: Foundations for Hope* (due out in paperback in July 2021), draws on Christian social teaching to identify the values that will enable us to reimagine, and to enact, a hopeful future, identifying the building blocks for reimagining "British Values" and their implementation in a post-Brexit, multicultural country. ([www.archbishopofcanterbury.org](http://www.archbishopofcanterbury.org))



Born in London, England  
6 January 1956 (Capricorn/Goat)  
Archbishop of Canterbury

**41 THOMAS MOORE**

Thomas Moore is the author of the number one *New York Times* bestseller *Care of the Soul*. He has written over twenty books about bringing soul to personal life and culture, deepening spirituality, humanizing medicine, finding meaningful work, imagining sexuality with soul and doing religion in a fresh way. He has been a monk, a musician, a university professor, and a psychotherapist, and today he lectures widely on holistic medicine, spirituality, psychotherapy, and the arts. Oprah Winfrey referred to him as one of the top elders of the spirituality movement in our time. His latest book, *Ageless Soul*, published in the UK with the subtitle *An Uplifting Meditation on the Art of Growing Older* and in the US with the subtitle *The Lifelong Journey Toward Meaning and Joy*. ([www.thomasmooresoul.com](http://www.thomasmooresoul.com))



Born in Detroit, Michigan, USA  
8 October 1940 (Libra/Dragon)  
Author and Jungian Psychotherapist

**43 JOE DISPENZA**

Joe Dispenza is an international lecturer, researcher, corporate consultant, author and educator who has been invited to speak in more than 30 countries on five continents. As an author, lecturer and researcher, he is driven by the conviction that each of us has the potential for greatness and unlimited abilities. Through his workshops and retreats, he has educated hundreds of thousands of people, detailing how they can rewire their brains and recondition their bodies to make lasting changes. He is the author of the *New York Times* bestseller *You Are the Placebo: Making Your Mind Matter*, as well as *Breaking the Habit of Being Yourself* and *Evolve Your Brain*. His latest book *Becoming Supernatural: How Common People Are Doing the Uncommon*, was published in paperback in 2019. ([drjoedispenza.com](http://drjoedispenza.com))



Born in Elizabeth, New Jersey, USA  
24 March 1962 (Aries/Tiger)  
Lecturer, Researcher and Author



# 44 MARTIN SELIGMAN

Commonly known as the founder of Positive Psychology, Seligman is a leading authority in the fields of resilience, learned helplessness, depression, optimism and pessimism. He has written more than 350 scholarly publications and 30 books which have been translated into more than 50 languages, including *Flourish*, *What You Can Change & What You Can't*, *The Optimistic Child*, *Helplessness: On Depression, Development and Death* and *Abnormal Psychology* (with David Rosenhan). Since 2000, his main mission has been the promotion of Positive Psychology and applying his research to groups like teachers and students, the U.S. Army, athletes, and every-day people. His latest book, *The Hope Circuit: A Psychologist's Journey from Helplessness to Optimism* came out in 2018. ([authentichappiness.sas.upenn.edu](http://authentichappiness.sas.upenn.edu))



Born in Albany, New York, USA  
12 August 1942 (Leo/Horse)  
Psychologist

# 46 ROWAN WILLIAMS

Rowan Douglas Williams, Baron Williams of Oystermouth, was the 104th Archbishop of Canterbury, from 2002 to 2012. In 2013 he started his new position as Master of Magdalene College at Cambridge University. Regarded as one of the world's greatest living theologians, Dr Williams is a scholar of the Church Fathers and an historian of Christian spirituality. He is also a noted poet and translator of poetry. Apart from Welsh, he speaks or reads nine other languages. 2020 saw the publication of *The Way of St Benedict* (January), the paperback edition of *The Book of Taliesin: Poems of Warfare and Praise in an Enchanted Britain*, co-translated with Gwyneth Lewis as part of the Penguin Classics series (September), and his latest book, *Candles in the Dark: Faith, Hope and Love in a Time of Pandemic* (December). ([www.magd.cam.ac.uk/user/williams](http://www.magd.cam.ac.uk/user/williams))



Born in Ystradgynlais, Swansea, Wales  
14 June 1950 (Gemini/Tiger)  
Anglican Bishop, Author and Theologian

# 48 THICH NHAT HANH

Zen Master Thich Nhat Hanh is a global spiritual leader, poet, and peace activist, revered throughout the world for his powerful teachings and bestselling writings on mindfulness and peace. In 2014, he suffered a severe stroke. In 2016, after a year of intensive rehabilitation, Thich Nhat Hanh returned to his hermitage at Plum Village in southwest France. In 2018, he returned to Vietnam and expressed a clear wish to live out his days at his root temple in Hue. He has published over 130 books, including more than 100 in English which have sold over 5 million worldwide. 2020 saw new editions of *Interbeing*, *Being Peace*, *Fragrant Palm Leaves*, *The Sun My Heart*, and *The Miracle of Mindfulness*. *The Heart of the Plum Village Teachings: The Forty Tenets of Zen Master Thich Nhat Hanh* is due out at the end of January. ([www.plumvillage.org](http://www.plumvillage.org))



Born in Thua Thien, Vietnam  
11 October 1926 (Libra/Tiger)  
Spiritual Leader

# 45 RICHARD BACH

Richard Bach is the author of *Jonathan Livingston Seagull* and *Illusions: The Adventures of a Reluctant Messiah*, which have been continual bestsellers since the 1970s. An avid aviator since the age of 17, Bach was badly injured in 2012 when his aircraft clipped power lines and crashed. Hospitalized for four months, he reported that his near-death experience inspired him to finish the fourth part of *Jonathan Livingston Seagull*. 2014 saw *Illusions II: The Adventures of a Reluctant Student*, which incorporated the real-life story of the crash. *Jonathan Livingston Seagull: The Complete Edition* published in 2015. His latest book, *Life with My Guardian Angel*, published in 2018 and the paperback edition of *Messiah's Handbook: Reminders for the Advanced Soul* (The Lost Book from *Illusions*) published in 2019. ([facebook.com/beingrichardbach](https://facebook.com/beingrichardbach))



Born in Oak Park, Illinois, USA  
23 June 1936 (Cancer/Rat)  
Writer and Aviator

# 47 KAREN ARMSTRONG

A former Roman Catholic nun, Armstrong is the author of *A History of God*, *The Great Transformation*, *The Case for God*, and *Twelve Steps to a Compassionate Life*. In 2008 she called for the creation of a Charter for Compassion in the spirit of the Golden Rule. The charter was presented in Washington, D.C., in 2009. Signatories include Queen Noor of Jordan, the Dalai Lama, and Desmond Tutu. In May 2017, in recognition of her investigations into world religions, Armstrong won Spain's Princess of Asturias award for social sciences. Organizers described her as an international reference point for her comparative studies of Islam, Christianity and Judaism. Her latest book, *The Lost Art of Scripture: Rescuing the Sacred Texts*, was published in paperback in July 2020. ([charterforcompassion.org](http://charterforcompassion.org))



Born in Wildmoor, Worcestershire, England  
14 November 1944 (Scorpio/Monkey)  
Writer and Academic

# 49 NEW MARILYNNE ROBINSON

Marilynne Robinson is a novelist and essayist best known for her novels *Housekeeping* (1980), a finalist for the 1982 Pulitzer Prize for Fiction and *Gilead* (2004), which won the award in 2005. Her two other highly acclaimed novels *Home* (2008) and *Lila* (2014), return to the world of Gilead. In 2015, *The New York Review of Books* published "President Obama & Marilynne Robinson," a two-part conversation covering topics in American history and the role of faith in society. Obama has said of her work that it "defines universal truths about what it means to be human". In 2016, she was named in *Time* magazine's list of the 100 most influential people. Her latest book *Jack* (September 2020), is the fourth and final book in the Gilead series. ([facebook.com/MarilynneRobinson](https://facebook.com/MarilynneRobinson))



Born in Sandpoint, Idaho, USA  
26 November 1943 (Sagittarius/Goat)  
Novelist and Essayist

Be an artist of consciousness. Your picture of reality is your most important creation. Make it powerfully profoundly beautiful.

ALEX GREY

**52 ROBERT THURMAN**

Robert Thurman is a Buddhist scholar and co-founder and president of Tibet House US, a non-profit organization dedicated to the preservation of Tibetan culture. His books include *Inner Revolution*, *The Jewel Tree of Tibet*, and *Why the Dalai Lama Matters*. For 30 years, he served as Professor of Indo-Tibetan Buddhist Studies at Columbia University, retiring in 2020. He was awarded the prestigious Padma Shri Award in 2020, for his help in recovering India's ancient Buddhist heritage. ([bobthurman.com](http://bobthurman.com))



Born in New York City, USA  
3 August 1941 (Leo/Snake)  
Buddhist Writer and Academic

**55 ANDREW WEIL**

Andrew Weil, M.D. is a world-renowned leader and pioneer in the field of integrative medicine. The founder and director of the Arizona Center for Integrative Medicine at the University of Arizona, he has authored several best-selling books on integrative health and healthy aging. His latest book is *Mind Over Meds: Know When Drugs Are Necessary, When Alternatives Are Better - and When to Let Your Body Heal on Its Own*. ([www.drweil.com](http://www.drweil.com) and [www.weilfoundation.org](http://www.weilfoundation.org))



Born in Philadelphia, USA  
8 June 1942 (Gemini/Horse)  
Physician and Author

**50 ALEX GREY**

Alex Grey is a visionary artist, author, and teacher. His work has graced numerous book and album covers. With his wife Allyson he founded CoSM, The Chapel of Sacred Mirrors, a place of contemplation and worship for community honouring the practice of art as a spiritual path. CoSM's mission is to build a Sanctuary of Visionary Art to uplift the global community. This sanctuary will be called Entheon, meaning 'a place to discover the God within'. ([www.alexgrey.com](http://www.alexgrey.com))



Born in Columbus, Ohio, USA  
29 November 1953 (Sagittarius/Snake)  
Visionary Artist

**53 PREM RAWAT**

Prem Pal Singh Rawat has been travelling to speak about peace since the age of four and has addressed live audiences of over 15 million in more than 250 cities. The Prem Rawat Foundation ([www.tprf.org](http://www.tprf.org)) has developed a variety of programs and initiatives to fulfil its mission of addressing the fundamental human needs of food, water, and peace. Translated into 9 languages, his book *Peace is Possible* was published in English in 2019. ([www.premrawat.com](http://www.premrawat.com))



Born in Haridwar, India  
10 December 1957 (Sagittarius/Rooster)  
Speaker, Author and Peace Advocate

**56 RICHARD ROHR.**

Fr. Richard is a globally recognized ecumenical teacher bearing witness to the universal awakening within mystical and transformational traditions. He is a Franciscan priest and the founder of the Center for Action and Contemplation (CAC) in Albuquerque, New Mexico. His latest book, *The Wisdom Pattern: Order, Disorder, Reorder*, published in May 2020 and a new book, *The World, the Flesh and the Devil: What Do We Do With Evil?*, is due out in February. ([www.cac.org](http://www.cac.org))



Born in Kansas, USA  
20 March 1943 (Pisces/Goat)  
Priest, Author and Inspirational Speaker

**51 KEN WILBER**

Ken Wilber is a philosopher and writer on transpersonal psychology and Integral Theory. The founder of Integral Institute and co-founder of Integral Life, his books include *Sex, Ecology, Spirituality; A Theory of Everything*, and *Integral Buddhism*. The Ken Show, a play on *kensho* (a sudden glimpse into the nature of reality), is a monthly series with Wilber on Integral Live ([integrallife.com](http://integrallife.com)). The film version of *Grace and Grit* is set to premiere in early 2021. ([www.kenwilber.com](http://www.kenwilber.com))



Born in Oklahoma City, Oklahoma, USA  
31 January 1949 (Aquarius/Ox)  
Author and Integral Theorist

**54 GABRIELLE BERNSTEIN**

Gabrielle Bernstein is a motivational speaker, life coach, and #1 *New York Times* bestselling author. She was featured on Oprah's *Super Soul Sunday* as a "next-generation thought leader" and her books include *Spirit Junkie*, *Miracles Now*, *The Universe Has Your Back*, and *Judgement Detox*. Her latest book, *Super Attractor: Methods for Manifesting a Life beyond Your Wildest Dreams*, publishes in paperback in February. ([www.gabbybernstein.com](http://www.gabbybernstein.com))



Born in New York, USA  
1 November 1979 (Scorpio/Goat)  
Author and Motivational Speaker

**57 TIM FREKE**

Tim Freke is a pioneering philosopher who has been exploring spirituality since a spontaneous awakening when he was 12 years old. He first became known as a Gnostic scholar, through the bestseller *The Jesus Mysteries*. In his latest books, *Deep Awake* and *Soul Story*, Tim offers a revolutionary approach to awakening for the 21st century and a visionary new understanding of the nature of reality. Watch his TEDx talk through his website. ([www.timfreke.com](http://www.timfreke.com))



Born in Yeovil, Somerset, England  
8 April 1959 (Aries/Pig)  
Author and Philosopher

**58 DANIEL GOLEMAN**

Daniel Goleman is a renowned science journalist, lecturer and internationally known psychologist who for many years reported on the brain and behavioural sciences for the *New York Times*. He has written on self-deception, creativity, transparency, meditation, social and emotional learning, the ecological crisis, and the Dalai Lama's vision for the future. December 2020 saw the 25th Anniversary Edition of his international bestseller *Emotional Intelligence*. ([www.danielgoleman.info](http://www.danielgoleman.info))



Born in Stockton, California, USA  
7 March 1946 (Pisces/Dog)  
Psychologist, Author and Journalist

**61 JACK CANFIELD**

Jack Canfield is an award-winning speaker and an internationally recognized leader in personal development and peak performance strategies. Best known as the co-creator of the *Chicken Soup for the Soul* series, he is also the bestselling author of *The Success Principles*, *The Power of Focus*, and *The Aladdin Factor*. His latest book, *The Success Principles Workbook: An Action Plan for Getting from Where You Are to Where You Want to Be*, published in April 2020. ([www.jackcanfield.com](http://www.jackcanfield.com))



Born in Fort Worth, Texas, USA  
19 August 1944 (Leo/Monkey)  
Motivational Speaker and Author

**64 JULIA CAMERON**

Julia Cameron is the author of more than thirty books, including bestselling works on the creative process. She is best known for *The Artist's Way* which provides a twelve-week course that guides you through the process of recovering your creative self, aiming to dispel the "I'm not talented enough" conditioning that holds many people back and helping you to unleash your inner artist. Her latest book *The Listening Path: The Creative Art of Attention* published this January. ([www.juliacameronlive.com](http://www.juliacameronlive.com))



Born in Libertyville, Illinois, USA  
4 March 1948 (Pisces/Rat)  
Artist and Writer

**59 GARY SNYDER**

Described as the "poet laureate of Deep Ecology", Snyder is often associated with the Beat Generation and the San Francisco Renaissance. A poet, translator, essayist, lecturer, and environmental activist, his work reflects an immersion in both Buddhist spirituality and nature. 2020 saw the paperback edition of *The Great Clod: Notes and Memoirs on Nature and History in East Asia* and the 30th Anniversary Edition of *The Practice of the Wild*. ([poetryfoundation.org/poets/gary-snyder](http://poetryfoundation.org/poets/gary-snyder))



Born in San Francisco, USA  
8 May 1930 (Taurus/Horse)  
Poet and Environmentalist

**62 RUBY WAX**

Ruby Wax is a comedian, mental health campaigner, lecturer, and author. In 2013, she graduated from Oxford University with a Master's degree in Mindfulness-based Cognitive Therapy and in 2015 was awarded an OBE for her services to mental health. A new paperback edition of her memoir *How Do You Want Me?*, with a new introduction for 2020, published in April and her latest book *And Now for the Good News...* published in September. ([www.rubywax.net](http://www.rubywax.net))



Born in Evanston, Illinois, USA  
19 April 1953 (Aries/Snake)  
Performer and Mental Health Campaigner

**65 DAN MILLMAN**

A former trampolining world champion, Millman is best known for his book *Way of the Peaceful Warrior*. Other titles include *Everyday Enlightenment*, *The Laws of Spirit*, *The Four Purposes of Life*, *The Hidden School*, and a revised anniversary edition of *The Life You Were Born to Live*. 2019 saw the release of four audio courses: *Energizing the Body*, *The Power to Change*, *The Path of Self Discovery*, and *The School of Life*. ([www.peacefulwarrior.com](http://www.peacefulwarrior.com))



Born in Los Angeles, USA  
22 February 1946 (Pisces/Dog)  
Gymnast, Teacher and Writer

**60 NEALE DONALD WALSCH**

Walsch's *Conversations with God* series has sold over 450,000 copies worldwide. The first book, published in 1995, became an international bestseller and remained on the *New York Times* Bestseller List for 135 weeks. *Conversations with God Book 4* published in 2017. His latest book, *The God Solution: The Power of Pure Love*, published in December 2020 and a new edition of *Neale Donald Walsch's Little Book of Life* is due out in March. ([www.nealedonaldwalsch.com](http://www.nealedonaldwalsch.com))



Born in Milwaukee, Wisconsin, USA  
10 September 1943 (Virgo/Goat)  
Writer

**63 EBEN ALEXANDER**

Dr. Alexander, a renowned academic neurosurgeon, thought he knew how the brain and mind worked. A transcendental near-death experience (NDE), in which he was driven to the brink of death and spent a week deep in coma from an inexplicable brain infection, changed all of that. In his first book *Proof of Heaven* he describes his 2008 NDE. His other books are *The Map of Heaven* and *Living in a Mindful Universe*. ([www.ebenalexander.com](http://www.ebenalexander.com))



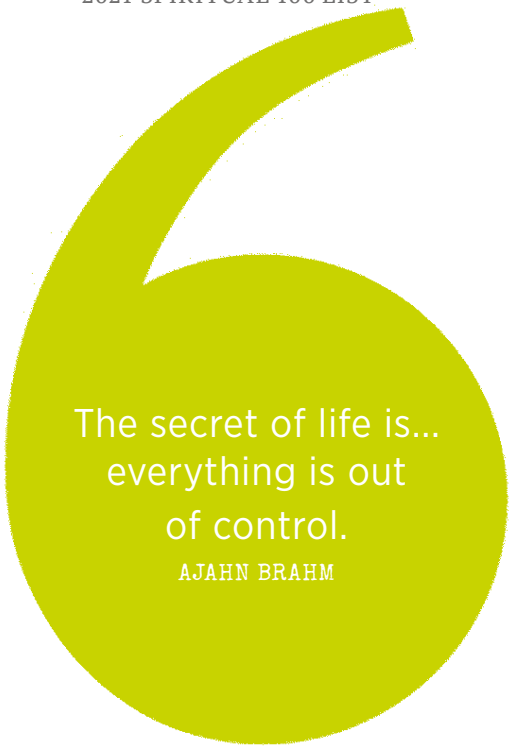
Born in Charlotte, North Carolina, USA  
11 December 1953 (Sagittarius/Snake)  
Neurosurgeon and Author

**66 CAROLINE MYSS**

Caroline Myss is a five-time *New York Times* bestselling author and internationally renowned speaker in the fields of human consciousness, spirituality and mysticism, health, energy medicine, and the science of medical intuition. Her books include *Anatomy of the Spirit*, *Sacred Contracts*, and *Archetypes*. Her latest and most personal book to date, *Intimate Conversations with the Divine: Prayer, Guidance, and Grace*, published in September 2020. ([www.myss.com](http://www.myss.com))



Born in Chicago, USA  
2 December 1952 (Sagittarius/Dragon)  
Teacher and Author



The secret of life is...  
everything is out  
of control.

AJAHN BRAHM

**69 ANDREW FORREST**

Andrew Forrest and his wife Nicola were the first Australians to pledge half their wealth to charity whilst living. In 2001, they founded



Minderoo Foundation and continue to drive its philanthropic mission today. In April 2020, they donated an additional AU\$520 million to Minderoo, bringing their total donations to the Foundation's global causes to AU\$2 billion. In 2010, Forrest and his daughter Grace founded Walk Free (walkfree.org) to fight modern slavery globally.

([www.minderoo.org](http://www.minderoo.org))

Born in Perth, Western Australia  
18 November 1961 (Scorpio/Ox)  
Philanthropist

**72 AJAHN BRAHM**

After studying Theoretical Physics at Cambridge University Brahm travelled to Thailand to become a monk and train with Ajahn Chah.



He is currently the Abbot of Bodhinyana Monastery in Serpentine and the Spiritual Director of the Buddhist Society of Western Australia. His most recent books are *Kindfulness*, *Bear Awareness*, and *Falling Is Flying*. In 2019, he was awarded with the Order of Australia, General Division medal, for services to Buddhism and gender equality.

([bswa.org/teachers/ajahn-brahm](http://bswa.org/teachers/ajahn-brahm))

Born in London, England  
7 August 1951 (Leo/Rabbit)  
Buddhist Monk, Author and Spiritual Leader

**67 DAISAKU IKEDA**

Daisaku Ikeda is a Buddhist philosopher, peacebuilder, educator, author and poet. He is honorary president of the Soka Gakkai lay Buddhist organization in Japan. Every year on January 26th, the anniversary of the SGI's founding, he submits a peace proposal to the United Nations. In "Towards Our Shared Future", his 2020 peace proposal, Ikeda urged nations to collaborate to confront issues like natural disasters and climate change.



([www.daisakuikeda.org](http://www.daisakuikeda.org))

Born in Ōta, Tokyo, Japan  
2 January 1928 (Capricorn/Rabbit)  
Buddhist Philosopher and Peacebuilder

**70 BRIAN WEISS**

Brian Weiss, M.D. is an American psychiatrist, hypnotherapist, and author. His research focuses on reincarnation, past-life regression and survival of the human soul after death. His books include *Many Lives, Many Masters*; *Through Time into Healing*; *Only Love is Real*; *Messages from the Masters*; *Same Soul, Many Bodies*; and *Miracles Happen*. September 2020 saw the new editions *Directing Our Inner Light*; *Mirrors of Time*; and *Eliminating Stress, Finding Inner Peace*.



([www.brianweiss.com](http://www.brianweiss.com))

Born in New York, USA  
6 November 1944 (Scorpio/Monkey)  
Psychiatrist and Author

**73 BRUCE LIPTON**

Bruce Harold Lipton, PhD, is a developmental biologist and an internationally recognized leader in bridging science and spirit. He is best known for promoting the idea that genes and DNA can be manipulated by a person's beliefs in his 2005 bestseller *The Biology of Belief*. His other books are *Spontaneous Evolution: Our Positive Future and a Way to Get There from Here* and *The Honeymoon Effect: The Science of Creating Heaven on Earth*.



([www.brucelipton.com](http://www.brucelipton.com))

Born in Mt. Kisco, New York, USA  
21 October 1944 (Libra/Monkey)  
Biologist and Writer

**68 ANITA MOORJANI**

Diagnosed with terminal cancer and hours from death, Anita entered into a near-death experience (NDE) where she discovered one of life's greatest truths: Heaven is not a destination; it's a state of being. When she regained consciousness, her cancer miraculously healed. The full story appears in her bestseller *Dying to Be Me*. Her latest book, *Sensitive is the New Strong: The Power of Empaths in an Increasingly Harsh World*, is due out in March.



([anitamoorjani.com](http://anitamoorjani.com))

Born in Singapore  
16 March 1959 (Pisces/Pig)  
Author and Cancer Survivor

**71 GREGG BRADEN**

Gregg Braden is a *New York Times* bestselling author, researcher, and lecturer. Internationally renowned as a pioneer in bridging science, spirituality and human potential, his books include *The Isaiah Effect*, *The God Code*, *The Divine Matrix*, and *Secrets of the Lost Mode of Prayer*. His latest book, *The Wisdom Codes: Ancient Words to Rewire Our Brains and Heal Our Hearts*, published in hardback in 2020 and is due out in paperback in May.



([www.greggbraden.com](http://www.greggbraden.com))

Born in USA  
28 June 1954 (Cancer/Horse)  
Researcher and Author

**74 BYRON KATIE**

Byron Katie refers to her method of self-inquiry as 'The Work' and promotes the idea that we can liberate ourselves from suffering by not believing/listening to negative thoughts. Katie exemplifies her methods as she has overcome paranoia, suicidal thoughts and severe depression. *Time* magazine described her as "a spiritual innovator for the 21st century". Her latest book, *A Mind at Home with Itself: Finding Freedom in a World of Suffering*, published in 2017.



([www.thework.com](http://www.thework.com))

Born in Breckenridge, Texas, USA  
6 December 1942 (Sagittarius/Horse)  
Author and Speaker

**75 STANISLAV GROF**

Stanislav Grof, M.D. is a psychiatrist with over sixty years of experience in research of non-ordinary states of consciousness and one of the founders and chief theoreticians of transpersonal psychology. His books include *The Stormy Search for the Self*, *The Holotropic Mind*, and *The Way of the Psychonaut*. In May 2020, Stan and his wife Brigitte launched Grof Legacy Training, based on Stan's research into psychedelic therapy, holotropic breathwork, transpersonal psychology, and spiritual emergencies. ([www.stangrof.com](http://www.stangrof.com))



Born in Prague, Czechoslovakia  
1 July 1931 (Cancer/Goat)  
Psychologist and LSD Researcher

**78 NEW ESTHER PEREL**

Ester Perel is a psychotherapist and New York Times bestselling author, recognized as one of today's most insightful and original voices on modern relationships. Her celebrated TED talks have garnered more than 20 million views and her international bestseller *Mating in Captivity: Unlocking Erotic Intelligence* became a global phenomenon. Her latest book, *The State of Affairs: Rethinking Infidelity*, published in 2017. Esther is also the host of the popular podcast *Where Should We Begin?* ([www.esterperel.com](http://www.esterperel.com))



Born in Antwerp, Belgium  
Born in 1958  
Psychotherapist and Author

**81 JACK KORNFIELD**

Jack Kornfield became one of the leading Buddhist teachers in America after he trained as a Buddhist monk in Thailand, Burma and India. A practitioner for over 40 years, he is one of the key teachers to introduce mindfulness and vipassana meditation to the West. His books include *A Path with Heart*; *After the Ecstasy, the Laundry*; *Bringing Home the Dharma*; and *The Wise Heart*. His most recent book, *No Time Like the Present: Finding Freedom and Joy Right Where You Are*, published in 2017. ([www.jackkornfield.com](http://www.jackkornfield.com))



Born in USA  
16 July 1945 (Cancer/Rooster)  
Buddhist Teacher and Author

**76 ZAINAB SALBI**

Zainab Salbi is a humanitarian, media host, and author. At 23, she founded Women for Women International. In 2016, *People Magazine* named her as one of the "25 Women Changing the World". She is also the host and creator of several TV shows including *#MeToo, Now What?*, *The Zainab Salbi Project*, and her latest, *Through Her Eyes with Zainab Salbi* at Yahoo News. Her latest book, *Freedom Is an Inside Job*, published in 2018. ([www.zainabsalbi.com](http://www.zainabsalbi.com))



Born in Baghdad, Iraq  
24 September 1969 (Libra/Rooster)  
Humanitarian, Media Host and Author

**79 ROBERT BLY**

Robert Bly is a poet, author, activist and leader of the mythopoetic men's movement. He is best known for his 1960's poetry collections *Silence in the Snowy Fields* and *The Light around the Body*. His best known prose book, *Iron John: A Book About Men* (1990), spent 62 weeks on *The New York Times* Best Seller list. His latest books are *More Than True: The Wisdom of Fairy Tales* (2018), *Collected Poems* (2018), and *Looking for Dragonsmoke: Essays on Poetry* (2019). ([www.robertbly.com](http://www.robertbly.com))



Born in Lac qui Parle County, Minnesota, USA  
23 December 1926 (Capricorn/Tiger)  
Poet and Activist

**82 FRITJOF CAPRA**

Fritjof Capra is an Austrian-born American physicist, systems theorist, deep ecologist, activist, and author, best known for his 1975 book *The Tao of Physics*. He is a founding director of the Center for Ecoliteracy in Berkeley, California, and is on the faculty of Schumacher College. His other books include *The Turning Point*, *The Web of Life*, *The Science of Leonardo*, *The Hidden Connections*, and his most recent book *The Systems View of Life*, co-written with Pier Luigi Luisi. ([www.fritjofcapra.net](http://www.fritjofcapra.net))



Born in Vienna, Austria  
1 February 1939 (Aquarius/Tiger)  
Physicist and Author

**77 STEVE TAYLOR**

Steve Taylor is a senior lecturer in psychology at Leeds Beckett University and the author of several bestselling books on psychology and spirituality, including *The Fall*, *Waking from Sleep*, *Out of the Darkness*, *Back to Sanity*, *The Calm Center*, *The Leap*, and *Spiritual Science*. His latest book, *The Clear Light: Spiritual Reflections and Meditations*, includes a foreword by Eckhart Tolle. The poem on page 3 of this issue is taken from *The Clear Light*. ([www.stevenmtaylor.com](http://www.stevenmtaylor.com))



Born in Manchester, England  
30 April 1967 (Taurus/Goat)  
Author and Lecturer

**80 MOOJI**

Mooji (born as Anthony Paul Moo-Young) has been sharing satsang in the form of spontaneous encounters, retreats, satsang intensives and one-to-one meetings since 1999 with the many seekers who visit him in search of the direct experience of truth. March 2020 saw a revised second edition of *White Fire*, a collection of close to 800 sayings encapsulating Mooji's essential spiritual teachings. A paperback edition of *Vaster Than Sky, Greater Than Space* is due to be published in July. ([mooji.org](http://mooji.org))



Born in Port Antonio, Jamaica  
29 January 1954 (Aquarius/Snake)  
Spiritual Teacher

**83 SATISH KUMAR**

Satish Kumar is a long-time peace and environment activist and former Jain monk. He settled in the UK after an 8,000-mile peace pilgrimage and took the editorial helm of *Resurgence* magazine in 1973, a post he held until 2016. He is the founder of Schumacher College and is on the Advisory Board of Our Future Planet. His latest book *Elegant Simplicity: The Art of Living Well*, with a Foreword by Fritjof Capra, published in 2019. ([www.resurgence.org](http://www.resurgence.org))



Born in Sri Dungargarh, Rajasthan, India  
9 August 1936 (Leo/Rat)  
Ecologist and Writer

What the universe will manifest when you are in alignment with it is a lot more interesting than what you try to manifest.

ADYASHANTI

**86 NEW A. H. ALMAAS**

A. H. Almaas is the pen name of Hameed Ali, the originator of an approach to spiritual development informed by modern psychology and therapy which he calls the Diamond Approach ("almaas" is the Arabic word for "diamond".) He is the author of many books, including the *Diamond Heart* series, *The Pearl Beyond Price*, *The Void*, *The Alchemy of Freedom*, and *The Unfolding Now*. His latest title, *Love Unveiled*, with a Foreword by Ram Dass, published in April 2020. ([www.diamondapproach.org](http://www.diamondapproach.org))



Born in Kuwait  
1 April 1944 (Aries/Monkey)  
Spiritual Teacher and Author

**89 DAVID FRAWLEY**

David Frawley is an American Hindu teacher and author of over thirty books on the Vedas, Hinduism, Yoga, Ayurveda and Vedic astrology. In 2015 the government of India presented him with the prestigious *Padma Bhushan* award, honouring his work and writings as a Vedic teacher. 2020 saw the paperback of *Vedic Yoga: The Path of the Rishi* (July) and his latest book, *The Yoga of Consciousness: From Waking, Dream and Deep Sleep to Self-Realization* (November). ([www.vedanet.com](http://www.vedanet.com))



Born in Wisconsin, USA  
21 September 1950 (Virgo/Tiger)  
Vedic Teacher and Author

**84 ADYASHANTI**

Adyashanti is an American spiritual teacher and author. In 2000, a non-profit organization, Open Gate Sangha, Inc., was established to make available his teachings. His books include *The Way of Liberation*, *Emptiness Dancing*, *Falling into Grace*, *True Meditation*, and *The Impact of Awakening*. His latest book, *Sacred Inquiry: Questions that Can Transform Your Life*, published in September and a new book, *The Direct Way: Thirty Practices to Evoke Awakening*, is due out in April. ([www.adyashanti.org](http://www.adyashanti.org))



Born in Cupertino, California, USA  
26 October 1962 (Scorpio/Tiger)  
Spiritual Teacher and Writer

**87 STARHAWK**

Starhawk is a pioneer in the revival of earth-based spirituality and Goddess religion and is the celebrated author of *The Spiral Dance*, long considered the essential text for the Neo-Pagan movement. As a global justice activist and organizer, she founded Earth Activist Training, teaching permaculture design grounded in spirituality. She travels internationally, lecturing and teaching on earth-based spirituality, the tools of ritual, and the skills of activism. ([www.starhawk.org](http://www.starhawk.org))



Born in Saint Paul, Minnesota, USA  
17 June 1951 (Gemini/Rabbit)  
Writer and Activist

**90 ELAINE PAGELS**

Elaine Pagels is a Professor of Religion at Princeton University and best known for *The Gnostic Gospels*, which Modern Library named as one of the 100 best books of the twentieth century. Her other books include *Beyond Belief*, *The Origin of Satan*, and *Revelations*. In 2016, she received the National Medal for the Arts from President Obama. Her latest book, *Why Religion? A Personal Story*, published in paperback in 2020. ([religion.princeton.edu/people/faculty/core-faculty/elaine-pagels](http://religion.princeton.edu/people/faculty/core-faculty/elaine-pagels))



Born in Palo Alto, California, USA  
13 February 1943 (Aquarius/Goat)  
Writer and Academic

**85 JAMES VAN PRAAGH**

James van Praagh is a psychic medium whose paranormal experiences during the past 30 years have been recorded in his bestselling books *Talking to Heaven*, *Ghosts Among Us*, *Heaven and Earth*, *Unfinished Business*, and *Adventures of the Soul*. Van Praagh served as co-executive producer on the CBS show *Ghost Whisperer* starring Jennifer Love Hewitt. A new edition of *Wisdom from Your Spirit Guides: A Handbook to Contact Your Soul's Greatest Teachers* was published in 2019. ([www.vanpraagh.com](http://www.vanpraagh.com))



Born in Bayside, Queens, New York, USA  
23 August 1958 (Virgo/Dog)  
Psychic Medium and Author

**88 DAVID DEIDA**

David Deida is a spiritual teacher and author who has revolutionized the way men and women grow spiritually and sexually. His books have been published in 25 languages and include *Finding God through Sex*, *Intimate Communion*, *Wild Nights*, *The Enlightened Sex Manual*, and *The Way of the Superior Man: A Spiritual Guide to Mastering the Challenges of Women, Work, and Sexual Desire*. A new edition of *It's a Guy Thing: An Owner's Manual for Women* was published in 2019. ([www.deida.info](http://www.deida.info))



Born in Cleveland, Ohio, USA  
18 March 1958 (Pisces/Dog)  
Author and Teacher

**91 DANIEL J. SIEGEL**

Daniel J. Siegel is a clinical professor of psychiatry at the UCLA School of Medicine, the founding co-director of the Mindful Awareness Research Center at UCLA, and the Executive Director of the Mindsight Institute. His books include the *New York Times* bestsellers *Mind: A Journey to the Heart of Being Human* and *Aware: The Science and Practice of Presence*. 2020 saw *The Power of Showing Up*; *The Yes Brain Workbook*; and *Mind, Consciousness, and Well-Being*. ([www.drdansiegel.com](http://www.drdansiegel.com))



Born in California, USA  
17 July 1957 (Cancer/Rooster)  
Psychiatrist and Author

**92 NEW LISA STERLE**

Lisa Sterle is a comic artist and illustrator, and the creator of the *Modern Witch Tarot*, an award-winning modern interpretation of the classic Rider-Waite tarot deck. She has worked with *Vault Comics*, *IDW*, *BOOM! Studios* and many others on properties like *Steven Universe* and *Glow*, and is the co-creator of monthly comics *Long Lost* and *Submerged*. October 2020 saw the *Modern Witch Tarot Journal* and the *Modern Witch Tarot Coloring Book* is due out in May.



([www.lisasterle.com](http://www.lisasterle.com))



Born in San Antonio, Texas, USA  
5 July 1990 (Cancer/Horse)  
Artist and Illustrator

**95 SHARON SALZBERG**

Sharon Salzberg is a meditation pioneer, a world-renowned teacher, and co-founder of The Insight Meditation Society in Barre, MA. She is the author of eleven books, including the New York Times bestseller, *Real Happiness*, her seminal work, *Lovingkindness*, *Real Love: The Art of Mindful Connection*, and her latest book, *Real Change: Mindfulness to Heal Ourselves and the World*, released in October. Her podcast, *The Metta Hour*, has amassed over 3 million downloads.



([www.sharonsalzberg.com](http://www.sharonsalzberg.com))



Born in New York City, USA  
5 August 1952 (Leo/Dragon)  
Author and Meditation Teacher

**98 LEE CARROLL**

Lee Carroll is a channeller, speaker and author. He has authored fifteen books on channellings from an entity called "Kryon", the latest being *The Recalibration of Humanity (Book 13)* and *The New Human: The Evolution of Humanity (Book 14)*. 2019 saw the release of the *Kryon Oracle Cards*, a 44-card deck offering daily wisdom and spiritual guidance. The accompanying guidebook includes a system where every card has a corresponding quote from Kryon.



([www.kryon.com](http://www.kryon.com))



Born in USA  
15 February 1944 (Aquarius/Monkey)  
Channeller, Speaker and Author

**93 NEW NEIL DE GRASSE TYSON**

Neil de Grasse Tyson is an astrophysicist, author, and a talented science communicator. Described by the *Sunday Times* as 'The most popular scientist in the world', Tyson is head of the world-renowned Hayden Planetarium in New York City, has 14 million Twitter followers, and even has an asteroid named after him. His latest book, *Letters from an Astrophysicist*, published in paperback in September 2020.



([haydenplanetarium.org/tyson](http://haydenplanetarium.org/tyson))



Born in Manhattan, New York City, USA  
5 October 1958 (Libra/Dog)  
Astrophysicist and Author

**96 CHRISTIANE NORTHRUP**

Christiane Northrup, M.D. is a visionary pioneer and a leading authority in the field of women's health and wellness, who teaches women how to thrive at every stage of life. In 2016, she was named one of Oprah's Super Soul 100. May 2020 saw a newly revised and updated edition of the *New York Times* bestseller *Women's Bodies*, *Women's Wisdom* and a newly revised and updated edition of *The Wisdom of Menopause* is due out in May.



([www.drnorthrup.com](http://www.drnorthrup.com))



Born in Buffalo, New York, USA  
4 October 1949 (Libra/Ox)  
Author and Women's Health Expert

**99 NEW CYNTHIA BOURGEAULT**

Cynthia Bourgeault is a modern-day mystic, Episcopal priest, and internationally known retreat leader. She divides her time between solitude at her seaside hermitage in Maine and travelling globally to teach and spread the recovery of the Christian contemplative and Wisdom paths. Her books include *The Wisdom Jesus*, *The Heart of Centering Prayer*, and her latest, *Eye of the Heart*, released in September 2020.



([www.cynthiaborgeault.org](http://www.cynthiaborgeault.org))



Born in West Chester, Pennsylvania, USA  
13 March 1947 (Pisces/Pig)  
Mystic, Priest and Theologian

**94 NEW TORI HARTMAN**

Tori Hartman is a bestselling author and intuitive. Born and raised in the free-thinking atmosphere of New York's Greenwich Village, Tori has been aware of her abilities since the age of eight. After a near-death experience, she began having a series of encounters with angels that revealed the profound fables that were to become the basis for her international bestselling *Chakra Wisdom Oracle Cards*. Her most recent project, the *Chakra Wisdom Tarot*, published in 2019.



([www.torihartman.com](http://www.torihartman.com))



Born in Greenwich Village, New York, USA  
Author and Intuitive

**97 ELIZABETH LESSER**

Elizabeth Lesser is the author of several bestselling books, including *Broken Open: How Difficult Times Can Help Us Grow* and *Marrow: Love, Loss & What Matters Most*. She is the cofounder of Omega Institute, recognized internationally for its workshops and conferences in wellness, spirituality, creativity, and social change, and is one of Oprah's Super Soul 100. Her new book, *Cassandra Speaks: When Women are the Storytellers, the Human Story Changes*, published in October.



([elizabethlesser.org](http://elizabethlesser.org))



Born in New York, USA  
13 August 1952 (Leo/Dragon)  
Author and Speaker

**100 TARA BRACH**

Tara Brach is an internationally known teacher of mindfulness, meditation, emotional healing, and spiritual awakening. The senior teacher and founder of Insight Meditation Center, Washington, DC, her weekly podcast talk and meditation is downloaded by over two million people each month. Her books include *Radical Acceptance*, *True Refuge*, and *Radical Compassion*. Her new title *Trusting the Gold: Uncovering Your Natural Goodness*, is due out in June.



([www.tarabrach.com](http://www.tarabrach.com))



Born in Orange, New Jersey, USA  
17 May 1953 (Taurus/Snake)  
Psychologist, Author and Meditation Teacher