



Shinto Meditations for Revering the Earth

Stuart D. B. Picken

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These devotions inspired by ancient Shinto rituals are a series of calls-and-response that directly address the awesome power of the natural world to heal and restore the soul. Readers are invited to stand before rivers, stones, and trees, to listen to thunder, and to be touched by the wind and rain in order to cultivate a spirit of reverence for Nature and awaken the cosmic content within the human. Included are steps for conducting *misogi* (waterfall purification) and resources for learning more about Shinto practice in North America.

Stuart Picken, an ordained minister, has taught religion in Japan since 1972 and is international adviser to the High Priest of Tsubaki Grand Shrine. He is author of *Essentials of Shinto*.

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