

2011-present

Buddhist Experiences

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Annotated by Carlos R. Fernandez, annotations adopted from Amazon.com

Deshi. *If You Fall Down Seven Times Get Up Eight: Aspects of Practice for Gay and Lesbian Buddhists by Deshi*. Rebel Satori, 2011. Print.

If You Fall Down Seven Times Get Up Eight: Aspects of Practice for Gay and Lesbian Buddhists offers both male and female, beginner and veteran a discussion of those aspects of Buddhist practice which benefit gay people and which address current issues of prejudice and homophobia. It outlines clearly and with examples why the Buddhist Dharma is suited to gay people and how it can help them deal with suffering.

Lemig, Chris. *The Narrow Way: A Memoir of Coming Out, Getting Clean and Finding Buddha*. Mantra Books, 2013.

Even at twelve years old, Chris Lemig knows he is gay. He just does not want to believe it. Spurred on by intolerance, ignorance, and fear, he takes his first steps into the closet, so begin twenty-three years of drinking, drugs, and attempted suicides. It is only after he wakes up one morning, beaten and still bleeding from a hate crime, that he finally finds the courage to come out and make a change. Renewed and refreshed, he finds sanity and healing in the teachings of Tibetan Buddhism and without looking back, sets off on an inspired pilgrimage to India and Nepal. *The Narrow Way* is the harrowing and sometimes beautiful story of a man who lost his mind only to find it again in a strange new religion, in a strange new place, halfway across the world.