



Contents

Preface to the New Edition	vii
Introduction	1
Through the Seasons	9
<i>Spring</i>	
<i>Summer</i>	
<i>Autumn</i>	
<i>Winter</i>	
Prayers Before and After Praying	143
Psalms for the Twenty-first Century	153
<i>Earth's Seasons</i>	
<i>Sacred Seasons</i>	
<i>Personal Seasons of Change</i>	
<i>Psalms of Solidarity</i>	
<i>Psalms for All Occasions</i>	
Cosmopolitan Prayers	245
Rituals for a Planetary Pilgrim	263
Survival Manual for a Cosmic Amphibian: Equipment, Exercises, and Instructions	287
<i>Equipment for the Journey</i>	
<i>Discipline and Will Power</i>	
<i>Imagination and Intention</i>	
<i>The Way Is a Companion Way</i>	
<i>Meditation and Mindfulness</i>	
<i>Pilgrim's Progress and Classified Information</i>	
<i>Other Essential Equipment</i>	
Destination: Planet Emmaus	358
Index of Prayers and Psalms	364