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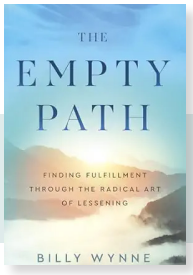
Soulful Reads

with Allison Bruce

Happy Summer, Readers! I hope you enjoy this issue's selections. Billy Wynne's first book was sent by New World Library. I selected Tara Brach's fourth book because I had only listened to her teachings – and she is one of Billy's teachers. I thought the two choices were a nice pairing. As always, if you have read any *Soulful Reads* picks and want to share your insights please email me at allison@flourishintegralhealth.com. Joyful reading to you!



1. The Empty Path

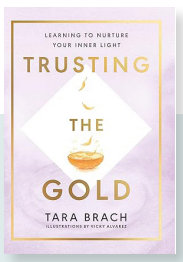
By Billy Wynne

"Putting down our perceived need to be a certain way or accomplish a predetermined goal, we can rediscover joy."

The Empty Path by Billy Wynne, published by New World Library in 2025, is a deep book about mindfulness. You will discover a multitude of options for your personal healing journey. Reading, absorbing, processing the exercises, and practicing the teachings could extend over months because of the quantity of material. At the heart of the book is truth, and with that comes peace. A Buddhist teacher, Billy, distills the insight he has gained on his path. He is authentic and open about the challenges and joys he has experienced. My two favorite chapters are 'Discovering the True Joy of Play' and 'Walking the Empty Path.' The latter offers key steps, including remembering the strength in your breath, listening to your body, examining your thoughts, naming your emotions, considering attributes, and softening our perspective of others. Billy and I did a Q&A, please be sure to check it out!

"Your enlightenment is already here, contained in the moment, however it is, whatever it looks like. And, just like the Buddha, you are perfectly worthy of it."

The Empty Path is a good choice for someone on a healing path, especially someone focused on mindfulness and Buddhism.



2. Trust the Gold

By Tara Brach

"I told myself: 'I am going to decide this is not a problem anymore.' Everytime the situation would come up in my mind, I would say, 'Not a problem! It is resolved, it is difficult, it is sticky, but it is not a problem!'"

Trust the Gold by Tara Brach with illustrations by Vicky Alvarez and published by Sounds True in 2021 includes brief chapter lessons about truth, love, and freedom. A clinical psychologist and meditation instructor, Tara, shares her wisdom on the goodness of our being. I most enjoyed her personal stories and end of chapter reflections. I found myself musing about her experiences and recalling my own ups, downs, and discoveries. The challenging parts of life felt easier while I had this sweet book open.

"Over the years I've found a daily practice that helps my heart wake up from this goal-orientated trance. Each morning at the end of my meditation, I pray to remember throughout the day to be kind."

Trust the Gold is a good choice for someone who enjoys meditation. It could make for a thoughtful gift for someone who enjoys a daily reading. €

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