

BUDDHISM / GENDER AND SEXUALITY / AFRICAN-AMERICAN STUDIES

“WHAT DOES LIBERATION MEAN WITH A PARTICULAR BODY,
WITH A PARTICULAR SHAPE, COLOR, AND SEX?”

In *The Way of Tenderness*, Zenju Earthlyn Manuel brings Buddhist philosophies of emptiness and appearance to bear on race, sexuality, and gender, using wisdom forged through personal experience and practice to rethink problems of identity and privilege.

Manuel brings her hard-won insights as a lesbian black woman into conversation to reveal that dry wisdom alone is not sufficient to heal the wounds of the marginalized; an effective spiritual practice must embrace the tenderness found where conventional reality and emptiness intersect. Only warmth and compassion can cure hatred and heal the damage it wreaks within us.

THIS IS A BOOK THAT CAN TEACH US ALL.

“Manuel writes with gentle poetic intelligence and has forged a wise and profound equanimity.”

—Zoketsu Norman Fischer, author of *Training in Compassion*

“Transformative, breathtakingly courageous, and heartfelt. This is a groundbreaking book, the beginning of a whole new conversation in the Dharma.”

—Zenshin Florence Caplow, coeditor of *The Hidden Lamp*



Rev. ZENJU EARTHLYN MANUEL, PhD, is the guiding teacher of Still Breathing Meditation Community in East Oakland, CA. She is the author of *Tell Me Something About Buddhism* and contributing author to many books, including *The Hidden Lamp*. She lives in Oakland, CA.

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The Way of TENDERNNESS

MANUEL



ZENJU EARTHLYN MANUEL

The Way of TENDERNNESS

AWAKENING
THROUGH
RACE, SEXUALITY,
AND GENDER



“For anyone who wants to open their heart to others, this book holds the key.”
—Lodro Rinzler, author of *Walk Like a Buddha*

FOREWORD BY DR. CHARLES JOHNSON