

**JACK KORNFIELD: PERFECTING LOVE**

# Spirituality & Health

**24**  
HOURS  
OF **TEA**

**Recovering  
Joy After  
Addiction**

**Garage Yoga**

**Can We  
Meditate Away  
Prejudice?**

**Help for the  
Overstimulated  
and Overwhelmed**

**Hope for  
Humanity**

**Matthieu Ricard on  
the deep roots of empathy**

JULY/AUGUST 2015  
SpiritualityHealth.com

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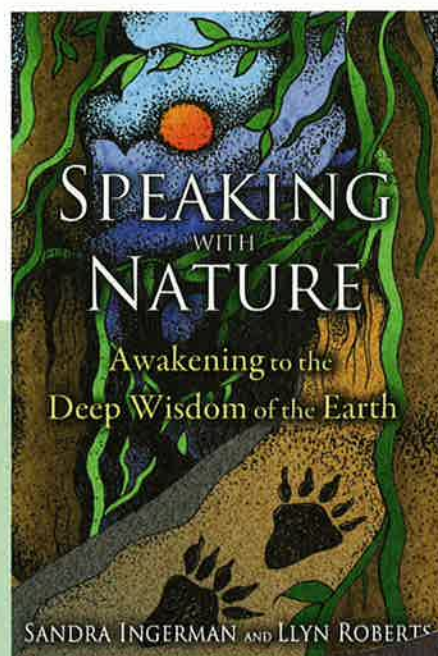
# Walk in the Wild

Support your soul and wander under a big blue sky with these finds for healthy exploring.

No hunger pangs here. **The Meal Bar** packs a delicious and powerful nutritional punch, using certified organic and verified non-GMO whole food ingredients. (\$3.25) [theprobar.com](http://theprobar.com)



**Speaking with Nature** offers a perspective shift that will breathe new life into how you experience the wild world around you. (\$16) [innertraditions.com](http://innertraditions.com)



Pack everything you need for trail wandering in **The Benson Backpack** and you'll also be contributing to a scholarship fund for students in need. (\$95) [stoneandcloth.com](http://stoneandcloth.com)



The **travel walking poles** can be compacted small enough to fit in your pack; pull them out to give yourself some stability or resistance training. (\$89.98) [keenfit.com](http://keenfit.com)



Suspend yourself in the vibrant and lightweight **Roo** whenever and wherever you need to rest. (\$99) [kammok.com](http://kammok.com)



“Forget not that the earth delights to feel your bare feet and the winds long to play with your hair.”  
Khalil Gibran

For days when the hills keep luring you further, **Sore Joint Rub** can help curb lingering aches. (\$9.99 for 2 oz) [badgerbalm.com](http://badgerbalm.com)



**Sunscreen SPF 30** protects your skin with pure mineral goodness; a great choice for sensitive skin, and it's also reef-friendly. (\$13.95) [honest.com](http://honest.com)



Made in America of recycled materials, the **Sweet Bottle** will wet your whistle with style and substance. (\$23) [libertybottles.com](http://libertybottles.com)



Keep bugs at bay with **Outdoor Insect Repellent**, a botanical blend that doubles as a moisturizer. (\$12.50) [eco-armour.com](http://eco-armour.com)



Bundle yourself in flowers with the **Poppy Sun Scarf**, a delightful way to be protected from strong summer rays. (\$68) [bloxsun.com](http://bloxsun.com)



The **Sedona Sun Hat** allows you to explore any environment, and still keep you cool in its shade. (\$49.50) [coolibar.com](http://coolibar.com)



**FREE RESOURCES:**

- Wondering if you can eat those beautiful flowers you just passed on the trail, or rather, whether or not they will kill you? The **Wild Edibles Forage** app is free for the 'lite' version. [wildmanstevebrill.com](http://wildmanstevebrill.com)
- Krista Tippett spends time with Gordon Hempton, an acoustic ecologist, in **The Last Quiet Places: Silence and the Presence of Everything**, and the interview is exceptional. Be sure to take an acoustic journey through the sound links on the site. [onbeing.org/program/last-quiet-places/4557](http://onbeing.org/program/last-quiet-places/4557)

—KALIA KELMENSEN