

About Alan Clements

ALAN CLEMENTS is an author, artist, activist, and founder of the *World Dharma* vision. As the first American to ordain as a Buddhist monk in Burma, Clements lived for many years in a Rangoon monastery training in Buddhist psychology and mindfulness meditation. In 1984, he was forced to leave the country by Burma's military dictatorship, with no reason given. To the ire of the regime, he has returned numerous times to witness and document the human rights atrocities in that country. Subsequently, Clements has been "permanently black-listed" from reentering Burma by the authorities.

Clements is the co-founder and director of the *Burma Project International*, a non-profit human rights and media advocacy organization dedicated to raising awareness of Burma's nonviolent struggle for freedom. He is also the co-founder of *The World Dharma Online Institute* (WDOI), offering both a 12 and 24 month-long on-demand multimedia course exploring "the art and activism of freedom." Inspired by Aung San Suu Kyi, Burma's Nobel Peace laureate, the course finds its roots in her country's Buddhist-inspired spiritual revolution and is based on the 107 Reflections found in his latest book, *A Future to Believe In*.

Clements is the author of *Burma: The Next Killing Fields?* (1991, with a foreword by the Dalai Lama). He is also the co-author and a contributing photographer to *Burma's Revolution of the Spirit* (1994, Aperture, NY)—a photographic tribute to Burma's struggle for democracy, with a foreword by the Dalai Lama and essays by eight Nobel Peace laureates. In addition, he was the advisor and script revisor for *Beyond Rangoon* (1995 Castle Rock Entertainment), a feature film depicting Burma's struggle for democracy directed by John Boorman.

In 1996, Clements coauthored *The Voice of Hope*, the internationally acclaimed book of conversations with Aung San Suu Kyi (published by Random House and translated into 11 languages). His next book, *Instinct for Freedom —Finding Liberation Through Living*, was nominated for the best spiritual teaching/memoir by the National Spiritual Booksellers Association in 2003.

Alan is also a political/spiritual satirist, and performs an improvisational theatrical monologue, *Spiritually Incorrect: In Defense of Being Human*, to audiences around the world as benefits to raise awareness of Aung San Suu Kyi and other prisoners of conscience.

Clements has been interviewed for NBC's Nightline, ABC, CBC and CBS Evening News, Newsweek and Time magazines, Utne Reader, Yoga Journal and scores of other media worldwide. In addition, he has presented to such organizations as Mikhail Gorbachev's State of The World Forum, The Soros Foundation, The United Nations Association of San Francisco, and delivered a keynote address at the John Ford Theater for Amnesty International's 30th year anniversary. His web site is: www.AlanClements.com.

Alan Clements was the first American to become a Buddhist monk in Burma, where he lived for nearly five years as a monk. Since leaving the monastic life, he has become a spiritual maverick, working for global human rights and sharing his contemporary understanding of liberation to audiences around the world.

After forty years of adventurous world travel, including years in monasteries in South Asia, India, and Sri Lanka practicing silent meditation, into the horror of war zones as a freelance journalist in Burma, Bosnia and Croatia, along with life-changing encounters with heads of State, guerrilla soldiers, world-class musicians, underground activists, poets, authors, Nobel Peace laureates, and refugees fleeing for their lives, *A Future to Believe In – 107 Reflections on Transforming the Maddening Miracle of Life*, is Clements' distillation of a lifetime of insights — a visionary collection of 'out of the box' reflections meant to ignite the artist-rebel in everyone and re-enchant one's quest for a higher love and a greater freedom discovered by engaging one's life and relationships as an epic adventure of awakening. In so doing, Clements gives voice to the power of authenticity as the basis of liberation.

For Clements, freedom is contextual and is rooted in real life experience; in holding life's complexities in balance with its wondrous gifts; and in the transformational power of relationships with other people and with the world. Clements' approach is not a doctrine. It is an intuitive process realized through deep inner trust, intimate self-inquiry and a radical embrace of one's creative eccentricity - daily acts of liberating presence that he calls "everyday revolution." No amount of spiritual practice or meditative training can adequately prepare us for life, Clements suggests. We must find our liberation through living in whatever circumstances we face. The 107 Reflections found in this timeless book provide both the guidance and inspiration to transform every encounter, come what may, into a new depth of meaning and freedom.

Artist, activist and spiritual teacher, Alan Clements trained as a Buddhist monk in Burma for nearly five years. Instrumental in bringing a nonsectarian *Dharma* to the West, Clements has lectured and taught hundreds of retreats in the United States, Canada, and Australia. Since disrobing in 1984, Clements has become an evocative voice for freedom, creativity and dignity, exploring their essential place in contemporary spirituality and activism. Since 1988 Clements has played a prominent role in bringing Burma's "revolution of the spirit" to the world. In 1996, he coauthored *The Voice of Hope*, the internationally acclaimed book of conversations with Aung San Suu Kyi, 1991's Nobel Peace Prize laureate and leader of her country's nonviolent struggle for freedom. Presently Alan leads World Dharma retreats, performs his one man show, *Spiritually Incorrect*, and speaks to audiences on the fundamental importance of trusting one's own deepest experience.

His website is www.AlanClements.com.

