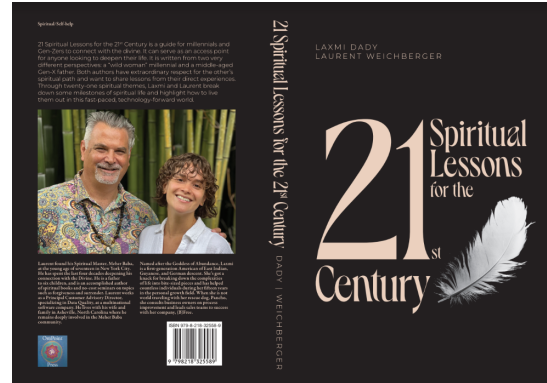


For Immediate Release

New York, NY (November 27, 2023):

Authors Laxmi Dady and Laurent Weichberger have published their new book, *21 Spiritual Lessons for the 21st Century* (Asheville: OmPoint Press, 2023), 434 pp. This is Laxmi's first book and Laurent has published a number of spiritual books, most about Meher Baba, starting with *A Mirage Will Never Quench Your Thirst: A Source of Wisdom about Drugs* (Myrtle Beach: Sheriar Foundation, 2003).



21 Spiritual Lessons for the 21st Century was born from a “Conscious.Hotline” Instagram podcast episode wherein Laxmi and Laurent were discussing the perils facing her Millennial generation and that of Laurent's children’s age – Generation-Z and Gen-Alpha. As they dove into the connection between lack of spiritual connection and high rates of depression and suicide, Laurent invited Laxmi to co-author a book on the subject matter. Laxmi came up with the theme of 21 spiritual lessons. This book targets an audience of people aged 18 - 35, and gently walks the reader through 21 spiritual concepts. Each lesson builds on one another beginning very simply with “Know Thyself” then diving into deeper topics. Each chapter concludes with journaling prompts and many include practices that readers can use to find or deepen their spiritual connection. There are a few bad Zoolander jokes, some hilarious memes, and a lot of poetry in this book. Half of the lessons were written by Laxmi and Laurent composed the other half.

The lessons are:

1. Know Thyself
2. Honesty
3. Personal Power
4. Unshakably Centered
5. Relationships
6. Finding the “I” in “We”
7. Oneness
8. Love
9. Obedience to the Divine
10. Humility
11. Drugs
12. Surrender
13. Saints and Spiritual Masters
14. The Avatar
15. Intuition
16. Listen!
17. Befriending My Shadow
18. Forgiveness
19. God is Dog ... Dog is God
20. Sex is God
21. Gotta Have Faith

Retail availability starting Dec. 21, 2023. Online retailers include: Barnes & Noble, and Amazon, and fine booksellers worldwide.

Wholesale orders available now. Contact:

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