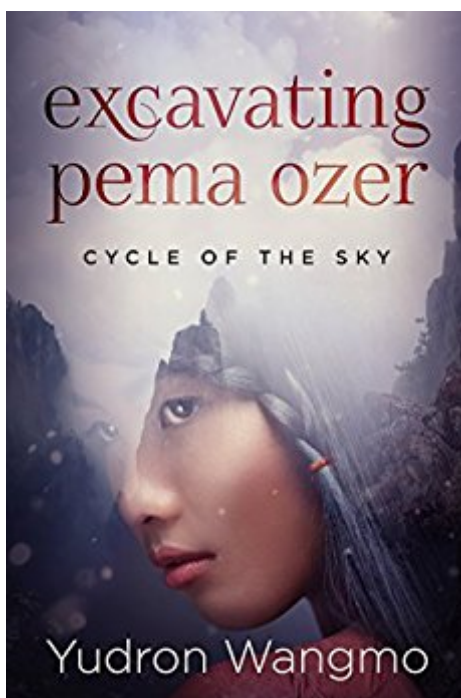


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Excavating Pema Ozer (Cycle Of The Sky Book 1)



Synopsis

Weslyn Redinger wants one thing: to be normal again. Racked by panic attacks that have ruined her life and driven off her friends in the months since she saw the body of a young boy she loved rolled out to a waiting ambulance, she is now drawn into a circle of seekers who surround a mysterious stranger living in her grandmother's backyard shed. After reluctantly attending his teachings, a series of dreams is unleashed as vivid as her waking life. At night she is an attendant to the female teacher Uza Khandro from the Tibetan countryside, during the day she is a flawed sixteen-year-old struggling to get control over her body and her life. Why does she care so much about this man's story of a long-lost set of Tibetan books hoarded by a greedy collector?

Book Information

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Customer Reviews

I'm a Buddhist practitioner and I read novels with Buddhist themes with one eyebrow arched. They are usually horribly written and I always regret them. Except now I have to reconsider my negative impressions because this was really wonderful. Yudron Wangmo actually knows what she is writing about -- it was factually correct and the details were explained in a way that a non-Buddhist would

find understandable and useful too! Once I was in the story, I found myself thinking about it during the day and looking forward to getting back to my book. I can't wait for the next volume of the cycle -- hurry Yudron la! Write soon! Or as a particularly lovely lama was known to say, "More, please!"

Ever since she saw the corpse of a young boy, sixteen-year-old Weslyn has had panic attacks that have resulted in her friends leaving her. Her mother sends her to her grandmother's for the summer, and she discovers a Tibetan lama living in the backyard shed. Reluctantly, she goes to his teachings and has a series of vivid dreams of life in Tibet in which she is the attendant to the female teacher Uza Khandro. She discovers that he has come to America to get a set of long lost Tibetan texts and the content of her dreams gives her more than a passing interest in helping him get them back from the collector who is hoarding them. Weslyn's time with her grandmother and the lama bring about the end of her panic attacks and the beginnings of a deeper healing. I was pleasantly surprised by the standard of this book, not only does the author know her Buddhist teachings, she also writes well. I enjoyed the story and felt it had a good mix of ancient and modern, and of Buddhist philosophy and indications of how they can be integrated into life. The Buddhism is good and so is a story. A very satisfying read that I highly recommend to anyone interested in Buddhist fiction. I look forward to more from this author and I hope she submits the book to Awesome Indies Books because I don't doubt that, using this recommendation, the book will receive Awesome Indies approval.

Excavating Pema Ozer is a remarkable, pioneering work of fiction that brings east and west together in many ways, at least a few of which will touch any reader on a deep level. For those who are not familiar with eastern thought or Buddhist ideas, this book presents many concepts, views and traditions of Tibetan Buddhism in an intimately clear way. For those who know a little or a lot about such things, it will be a delight to encounter all of them in English and set in Oakland and Alameda, California. One of the amazing things that happened in the 20th century was that Buddhism in general and Tibetan Buddhism in particular came to and came to be known in the west. Many Americans and Europeans travelled to places like India, Nepal and China starting in the 1960s and brought much culture and knowledge back with them. This book touches on their journeys and the great encounter of east and west. Though almost any age would enjoy this book, I think Excavating Pema Ozer is a very good book for teens, especially those who, when looking at the world they are growing up in, find themselves confronted with panic and anxiety. The author Yudron Wangmo does a good job of trying to describe the indescribable, those thoughts and feelings that come with having

that kind of anxiety live in you. Any young adult who feels in a panic when they are told their life is to be one of "mall culture," of being constantly busy, and that technology will be their refuge will find this book a total breath of fresh air and vision. For so long young adults in America have been presented with a limited set of options piled atop countless expectations about who they are, who they should be and what their choices in life are to be. This book blows the doors off any narrow expectations and opens life up not just to new adventure but also to adventure with a noble, kind purpose, that of helping other people. Not only can life be exiting, full of explorations and new things, but it can also be full of a greater purpose, at once fulfilling and beautiful. Many young people these days wish to have greater meaning in their lives and this is a well-told story of how such things might be. It may excavating a chapter or two to enter the heroine's world but I think it is more than worth it & the reader will soon find themselves in a good place. This book can change a life for the better and inspire a person to help change other lives for the better. What other books can truly make such claims? And if they can, would they deliver like this one does? It did for me and I hope it does for you.

Wow! I just finished reading *Excavating Pema Ozer* and have to put fingers to keyboard to pound out my complete appreciation of this powerful, inspiring and unique new novel. Set in Alameda, California with a 16-year old girl who is consumed by anxiety and panic attacks, she is forced to spend a summer with her seemingly ordinary grandmother. She is quickly catapulted into an intimate journey in her grandmother's secret world of Tibetan Buddhist practices offering material to the public which until now has remained intentionally secret. The structure of the novel is, perhaps, my favorite part of this book, two parallel plots and worlds her waking life with its many challenges, and her dream life which gives a fascinating and vivid picture of old Tibet. I felt like I was seeing a photo spread from National Geographic with all of its intimacy and clarity plus the added attraction of an intense adventure charged with profound meaning. Weslyn, our heroine, cooks up an audacious plot in current time to complete a sacred task she left unfinished in what seems to have been her last life. She emerges as an astonishing, courageous, kick-ass heroine. A very satisfying finale in every way!

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