

Liza J Rankow

WRITER * HEALER * ACTIVIST

Liza J. Rankow, PhD, MHS, is an interfaith minister, educator, activist, and author. Her lifework centers the deep healing that is essential to personal and social transformation. Liza is the founder and former executive director of OneLife Institute, which for almost 20 years supported the well-being of frontline activists and caregivers. She has been a spiritual counselor and teacher for over three decades. Her new book is *Soul Medicine for a Fractured World: Healing, Justice & the Path of Wholeness*.



Possible Interview Topics:

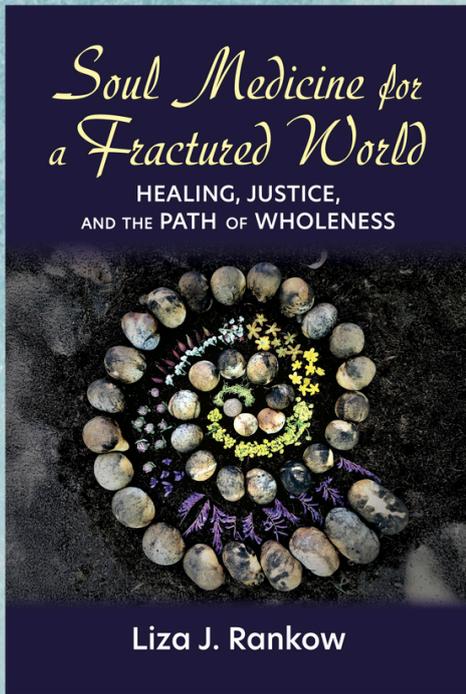
- Soul Care for Difficult Times
- Mysticism and Social Action
- Discovering Your Soul's Purpose
- The Medicine in Our Wounds
- The Portal of Apocalypse

Sample Questions:

- What's the difference between self-care and soul care, and why does it matter?
- What do you mean by "mysticism" and how does it relate to social transformation?
- How can we tune in to our inner wisdom and find our authentic purpose?
- You have been deeply influenced by Dr. Howard Thurman, can you talk about why?
- Will you lead our listeners through a short practice now?
- Your new book is called *Soul Medicine for a Fractured World: Healing, Justice, and the Path of Wholeness* ... Can you tell us more about it?

Soul Medicine for a Fractured World

HEALING, JUSTICE & THE PATH OF WHOLENESS



As we face the collapse of a world built on domination and division, we can engage in the birthing of new possibilities, finding strength in our belonging to a wholeness that is ancient, infinite, and eternal. We can live with purpose and meaning, not just in *spite* of the rising tide of calamities around us, but as our response to them.

Soul Medicine offers an integrative path toward healing and social transformation, rooted in our kinship with one another, the Earth, and all of life.

— Praise for Soul Medicine —

“Wise and beautiful, an offering of great depth.” **Alice Walker**, author, *The Color Purple*

“Standing at the intersection of activism and mysticism—and telling powerful stories that bring what that means to life—Liza Rankow helps us understand that social change cannot be divorced from personal and societal healing. As an activist who has tried to serve the cause of the Beloved Community, this is the book I’ve been waiting for.” **Parker Palmer**, author, *Let Your Life Speak*

“*Soul Medicine* offers a wellspring of wisdom and inspiration, braiding mysticism, spirituality and justice into a beautiful healing vision for ourselves, our communities, and our world.” **Michelle Alexander**, author, *The New Jim Crow*

“In the ashes of all we have lost, a world of liberation is waiting to be born, if we are brave enough to labor for it. Like the wisest midwife, Liza Rankow takes our hand and offers practical tools to unlock a courage we did not know we had. The result: a journey into healing, spirituality, and social justice that rebirths the world within us and around us.” **Valarie Kaur**, author, *See No Stranger*