



An elegant manifesto for improving life—and death—for all beings on sacred Mother Earth

Sacred Sendoffs

An Animal Chaplain's Advice for Surviving Animal Loss, Making Life Meaningful, and Healing the Planet

Sarah A. Bowen

Combining humorous anecdotes and thought-provoking research, *Sacred Sendoffs* explores human relationships with beloved pets, wild creatures, animal astronauts, marine life, farmed animals, and other sentient beings. Along the way, animal chaplain Sarah Bowen shares insights for sustaining their lives, honoring deaths, and managing the emotions that arise when we lose an animal we love. While many books focus exclusively on pet loss, animal welfare, or environmental issues, Bowen's ever curious and playful style takes on all three, revealing their unavoidable entanglement. *Sacred Sendoffs* helps animal lovers uncover practical actions and everyday opportunities for helping the more-than-human world thrive.

BIBLIOGRAPHICAL INFORMATION

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Author: Sarah A. Bowen
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 OCC043000 BODY, MIND & SPIRIT / Nature Therapy

Praise

"After reading *Sacred Sendoffs*, I find myself living in a more amazing world, populated by a diverse array of unique individuals, each deserving of respect and care."

—Victoria Moran, author of *Creating a Charmed Life* and *The Good Karma Diet*



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Praise for *Sacred Sendoffs*

"Sarah Bowen's magnificent manifesto *Sacred Sendoffs* is a call to acknowledge the divine Aliveness manifesting as our animal companions. If you befriend animals, read this book. If you don't, read this book anyway and you will."

– Rabbi Rami, author of *Perennial Wisdom for the Spiritually Independent*

"This book is a gift to all human animals seeking to live more reverently and lovingly within the larger web of life."

– Cody J. Sanders, Chaplain at Harvard University & Advisor in the Office of Religious, Spiritual, & Ethical Life, MIT

"If we heed Bowen's teachings, perhaps animals will help us become more nonviolent toward one another—and teach us how to be human."

– Rev. John Dear, author of *The Nonviolent Life, Living Peace*, and other books, and executive director of www.beatitudescenter.org

"Sarah Bowen is back, and with the characteristic humor and intelligence that marked *Spiritual Rebel*, she asks us to consider the more-than-human world. In crisp, clever language, she presents an elegant manifesto for improving life—and death—for all beings on sacred Mother Earth."

– Barbara Becker, author of *Heartwood: The Art of Living with the End in Mind*

"*Sacred Sendoffs* articulates the case for extending to all living beings the compassion, empathy, and reverence that resides at the core of all religions and wisdom traditions. Her approach is not to preach, scold, or admonish, but instead to pose questions that inspire thoughtful and honest answers. I am certain that the reader, and the world, will be in a better place from these inquiries."

– William Melton, Co-Founder of the Compassion Consortium