

The Gate of Tears **Sadness and the Spiritual Path**

Event and Booking Information



Dr. Jay Michaelson is a sought-after speaker who has presented at over 150 colleges, churches, synagogues, and spiritual centers, from Burning Man to Fortune 500 companies, Kripalu to the Albany State Legislature.

Drawing on Jay's fifteen years of teaching in Jewish and Buddhist communities, *The Gate of Tears* is not a New Age book with easy answers; it is more self-helpless than self-help, and is infused with a contemporary sensibility, skepticism, and, yes, even humor. In person, Jay is known for conveying challenging subjects in an accessible, humorous style, and this conversation (not a reading!) promises to be just that. He makes a strong case for authenticity in a time of superficiality, and as a public figure who regularly appears on national media, he argues for a different kind of leadership, one that embraces vulnerability and affirms our deepest humanity.



Dr. Michaelson will be on tour supporting *The Gate of Tears* from October, 2015, through April, 2016, and will be speaking, leading meditation, and teaching workshops across the country. In addition, in partnership with the eclectic musical duo *Darshan*, Jay will be performing poetry and leading meditation, and will be appearing in double-bookings with the group. For information on bringing Dr. Michaelson to your community, contact booking@jaymichaelson.net.

Possible event titles:

The Gate of Tears: Embracing Joyful Sadness on the Spiritual Path

The Gate of Tears: Difficult Emotions and the Spiritual Path

Getting Serious about Spirituality

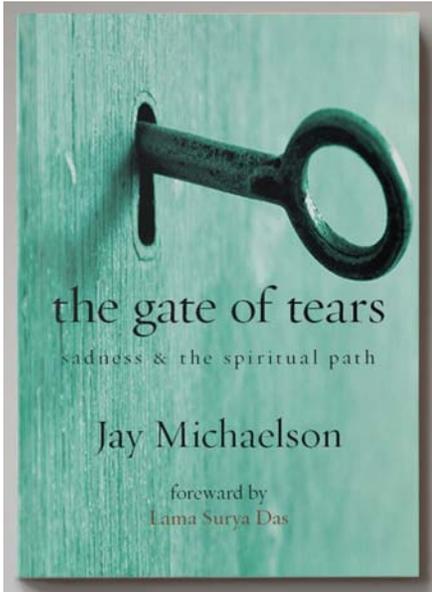
How to be Happy and Sad at the Same Time's

iSpirituality: Why 1 Million Americans are Taking Up Meditation Every Year, and what to do about it



Suggested bio for promotional purposes:

Rabbi Dr. Jay Michaelson is the author of six books and a columnist for *The Daily Beast* and *The Forward* who has appeared on NPR, CBS, and MSNBC. A sought-after speaker and commentator on religion, law, and LGBT issues, he holds a JD from Yale Law School and has worked in the LGBT activism world for fifteen years. But Jay is also a rabbi, Buddhist meditation teacher, and scholar of mysticism who holds a Ph.D. in Jewish Thought, teaches at Chicago Theological Seminary, and has spent fifteen years teaching the Dharma and Jewish spirituality. His new book, *The Gate of Tears*, is both a personal chronicle of Dr. Michaelson's journey after the loss of his mother, and a heartfelt spiritual teaching that sadness and joy can coexist.



The Gate of Tears Sadness and the Spiritual Path

By [Jay Michaelson](#)

Author of *God vs. Gay? The Religious Case for Equality*
Amazon.com Bestseller and Lambda Literary Award finalist

Dr. Jay Michaelson is a well-known public figure, the author of six books and a columnist for *The Daily Beast* who has appeared on NPR, CBS, and MSNBC.

But he is also a rabbi, Buddhist meditation teacher, and scholar of mysticism who holds a Ph.D. in Jewish Thought. And just as Jay's career as a writer and activist was taking off, his mother fell critically ill.

The Gate of Tears is both a personal chronicle of Dr. Michaelson's own recovery, and a heartfelt spiritual teaching: that sadness and joy can coexist.

Drawing on Jay's fifteen years of teaching in Jewish and Buddhist communities, *The Gate of Tears* is not a New Age book with easy answers; it is more self-helpless than self-help, and is infused with a contemporary sensibility, skepticism, and, yes, even humor. Its eighty-two short, poetic chapters are movingly, sparingly written reflections on the path of surrender, transformation, and the sacred. *The Gate of Tears* will speak to anyone who has experienced sadness, loss, or loneliness – and has sought to transmute them into wisdom.

Advance Praise:

Jay Michaelson's incisive and exquisitely profound insights into our human condition come in full force in *The Gate of Tears*. Here we have an antidote to mindless feel-good ideology. Our inner world will never seem the same. - Daniel Goleman, author of *Emotional Intelligence*

The Gate of Tears is a beautifully written, transformative book. Jay Michaelson guides us, instead of denying or resisting sadness, to go right into the heart of it. There we find open space, true love of life, and, perhaps most redeeming, one another. - Sharon Salzberg, author of *Lovingkindness*

About the Author:

Rabbi Dr. Jay Michaelson is the author of six books, including *Evolving Dharma: Meditation, Buddhism and the Next Generation of Enlightenment* and the bestselling *God vs. Gay? The Religious Case for Equality*, as well as 300 articles in *The Daily Beast*, *Tricycle*, *the Forward*, and elsewhere. He is an affiliated assistant professor at Chicago Theological Seminary, and has been included on the 'Forward 50' list of influential American Jews. He holds a J.D. from Yale and Ph.D. from Hebrew University, and has taught spiritual practice at Fortune 500 companies, over 150 synagogues and meditation centers, Burning Man, and unlikely places around the world.

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Body Mind & Spirit - Meditation; Religion – Judaism; Religion – Buddhism