

Your Illustrated Guide To Becoming One With The Universe

By Yumi Sakugawa



Your Illustrated Guide To Becoming One With The Universe By Yumi Sakugawa


Named one of the Best Books of 2014 by NPR


As seen on *The Today Show*

A hand-drawn path to inner peace!

Your Illustrated Guide to Becoming One with the Universe will set you free on a visual journey of self-discovery. Set against a surreal backdrop of intricate ink illustrations, you will find nine metaphysical lessons with dreamlike instructions that require you to open your heart to unexplored inner landscapes. From setting fire to your anxieties to sharing a cup of tea with your inner demons, you will learn how to let go and truly connect with the world around you.

Whether you need a little inspiration or a completely new life direction, *Your Illustrated Guide to Becoming One with the Universe* provides you with the necessary push to find your true path--and a whimsical adventure to enjoy on the way there.

 [Download Your Illustrated Guide To Becoming One With The Un ...pdf](#)

 [Read Online Your Illustrated Guide To Becoming One With The ...pdf](#)

Your Illustrated Guide To Becoming One With The Universe

By Yumi Sakugawa

Your Illustrated Guide To Becoming One With The Universe By Yumi Sakugawa

Named one of the Best Books of 2014 by NPR

As seen on *The Today Show*

A hand-drawn path to inner peace!

Your Illustrated Guide to Becoming One with the Universe will set you free on a visual journey of self-discovery. Set against a surreal backdrop of intricate ink illustrations, you will find nine metaphysical lessons with dreamlike instructions that require you to open your heart to unexplored inner landscapes. From setting fire to your anxieties to sharing a cup of tea with your inner demons, you will learn how to let go and truly connect with the world around you.

Whether you need a little inspiration or a completely new life direction, *Your Illustrated Guide to Becoming One with the Universe* provides you with the necessary push to find your true path--and a whimsical adventure to enjoy on the way there.

Your Illustrated Guide To Becoming One With The Universe By Yumi Sakugawa Bibliography

- Sales Rank: #12780 in Books
- Brand: Unknown
- Published on: 2014-10-03
- Released on: 2014-10-03
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .60" w x 6.00" l, .80 pounds
- Binding: Hardcover
- 160 pages

 [Download Your Illustrated Guide To Becoming One With The Un ...pdf](#)

 [Read Online Your Illustrated Guide To Becoming One With The ...pdf](#)

Download and Read Free Online Your Illustrated Guide To Becoming One With The Universe By Yumi Sakugawa

Editorial Review

Review

"*Your Illustrated Guide to Becoming One with the Universe* opens your mind to the infinite possibilities that exist within yourself. Yumi Sakugawa adds new life to age-old wisdom through her dreamlike drawings. I am a huge fan of Yumi's work!" --**Mallika Chopra**, founder and CEO of Intent.com

"I keep this little book beside my bed to remind me of everything I know, but often forget." --**Pam Grout**, author of *E-Cubed* and *E-Squared*

"In the deepest crystal caves of my heart is a voice, a voice bejeweled with squiggly star shapes and amorphous beings, a strange voice that sings to me in the quietest of moments. Sometimes when that voice is missing, *Your Illustrated Guide to Becoming One with the Universe* takes its place. Yumi channels this voice effortlessly, and her illustrated guide has time and time again become my lullaby, my friend-love, and a sentient being dressed in the most effortless beeline black lines and jewels of wisdom. I LOVE THIS." --**Shilo Shiv Suleman**, visual artist and creator of The Fearless Collective

"I love this book. It's brief, beautiful, and bears some truths...that we are, in fact, a part of a much larger system of life. Yumi Sakugawa's art is actually meditative to look at. Pick it up, please, on a bad day or good." --*Bust Magazine*

"*Your Illustrated Guide to Becoming One with the Universe* overflows with helpful, simple (yet cosmic) wisdom rendered visual in...delicate and sequential pen drawings...that brought her previous book, *I Think I Am in Friend-Love with You*...such immediacy." --*Austin Chronicle*

"A beautifully illustrated comic.... Yumi Sakugawa has used her spare, sweet and lightly melancholic illustrations to address a number of uniquely contemporary phenomena.... Sakugawa's style is so evocative that it's likely to make its reader forget any reservations he or she has about the mantras packaged within it." --Huffington Post Books

"Yumi Sakugawa's latest book is a gorgeous, meditative poem set to intricate illustrations.... Reading it is like getting a warm hug from a friend." --*Bitch Magazine*

"A beautiful, funny, and genuinely inspiring spiritual handbook for the Cosmos age you didn't know you were waiting for.... Sakugawa's quiet truisms, deceptively simple exercises, and surreal ink-wash mandalas effortlessly engage you in the profound consequences of that simple realization." --*Seattle Weekly*

"Whether you're stuck in a rut or in need of a life overhaul, *Your Illustrated Guide to Becoming One With The Universe* by Yumi Sakugawa is an artful way to help get things back on track.... Yumi's beautiful illustrations...are sure to put yourself back on track to happiness." --CultCollective.com

"I've never considered myself to be anywhere near to becoming one with the universe, but Yumi Sakugawa has me convinced that there's hope.... It's instructional, it's kind and it's a wonderful book in which to bury your head." --NPR Books, Staff Picks 2014

"Yumi Sakugawa takes you on a visual journey of self-discovery and connection with the universe." --

Advocate.com

"A pretty, easy way into mindfulness. Sakugawa's inky illustrations are marvelously creative.... Sakugawa asks rhetorically, 'how can we possibly feel oneness with the universe if we aren't creating any space to really listen to what the universe is trying to tell us?' It's an important question, posed in truly beautiful way."
- *Good Magazine*

"Yumi Sakugawa is...an imaginative messenger of simple clarity. That her art is so marvelously creative certainly makes her titles delightfully inviting. Sakugawa is determined to slow you down, bring you back together, reconnect you with yourself and beyond--in nine gentle lessons. Just reading Sakugawa's step-by-compassionate-step pages provides a few minutes of tranquility. Linger longer with her artful beings, demons, shapes, landscapes, and enjoy the peaceful haven...temporary it may be, but you know you'll always be welcome back." --BookDragon, the Smithsonian Asian Pacific Center blog

"This is actually an awesome book because it started out as a magazine and it's kind of self-help, but it's beautifully illustrated. It's full of wisdom but it feels cool." --Mindy Kaling, The Today Show Online

About the Author

Yumi Sakugawa is a comic book artist and the author of *I Think I Am In Friend-Love With You*. She is a regular comic contributor to *The Rumpus* and *Wonderhowto.com*, and her short comic stories "Mundane Fortunes for the Next Ten Billion Years" and "Seed Bomb" were selected as Notable Comics of 2012 and 2013, respectively, by the Best American Comics series editors (Houghton Mifflin Harcourt). A graduate of the fine art program of the University of California, Los Angeles, she lives in southern California. Visit her on the web at www.yumisakugawa.com.

Users Review

From reader reviews:

Celia Norton:

This Your Illustrated Guide To Becoming One With The Universe is great reserve for you because the content which can be full of information for you who always deal with world and still have to make decision every minute. This specific book reveal it information accurately using great manage word or we can claim no rambling sentences in it. So if you are read this hurriedly you can have whole data in it. Doesn't mean it only provides straight forward sentences but hard core information with lovely delivering sentences. Having Your Illustrated Guide To Becoming One With The Universe in your hand like having the world in your arm, facts in it is not ridiculous one particular. We can say that no e-book that offer you world inside ten or fifteen small right but this e-book already do that. So , this is good reading book. Hello Mr. and Mrs. stressful do you still doubt in which?

Laura Dupont:

Many people spending their moment by playing outside along with friends, fun activity having family or just watching TV all day long. You can have new activity to enjoy your whole day by looking at a book. Ugh, do you consider reading a book can actually hard because you have to accept the book everywhere? It all right

you can have the e-book, having everywhere you want in your Touch screen phone. Like Your Illustrated Guide To Becoming One With The Universe which is having the e-book version. So , try out this book? Let's notice.

Jeffrey Lambert:

You can get this Your Illustrated Guide To Becoming One With The Universe by go to the bookstore or Mall. Merely viewing or reviewing it could to be your solve challenge if you get difficulties on your knowledge. Kinds of this book are various. Not only simply by written or printed but can you enjoy this book simply by e-book. In the modern era similar to now, you just looking from your mobile phone and searching what their problem. Right now, choose your ways to get more information about your guide. It is most important to arrange you to ultimately make your knowledge are still change. Let's try to choose suitable ways for you.

Sheri Williams:

As a student exactly feel bored in order to reading. If their teacher requested them to go to the library or make summary for some reserve, they are complained. Just little students that has reading's soul or real their hobby. They just do what the teacher want, like asked to the library. They go to presently there but nothing reading critically. Any students feel that looking at is not important, boring and also can't see colorful photos on there. Yeah, it is being complicated. Book is very important for yourself. As we know that on this period of time, many ways to get whatever we wish. Likewise word says, ways to reach Chinese's country. So , this Your Illustrated Guide To Becoming One With The Universe can make you feel more interested to read.

Download and Read Online Your Illustrated Guide To Becoming One With The Universe By Yumi Sakugawa #JALC170DKHB

Read Your Illustrated Guide To Becoming One With The Universe By Yumi Sakugawa for online ebook

Your Illustrated Guide To Becoming One With The Universe By Yumi Sakugawa Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Your Illustrated Guide To Becoming One With The Universe By Yumi Sakugawa books to read online.

Online Your Illustrated Guide To Becoming One With The Universe By Yumi Sakugawa ebook PDF download

Your Illustrated Guide To Becoming One With The Universe By Yumi Sakugawa Doc

Your Illustrated Guide To Becoming One With The Universe By Yumi Sakugawa Mobipocket

Your Illustrated Guide To Becoming One With The Universe By Yumi Sakugawa EPub