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# Awakenings: Asian Wisdom for Every Day

*Danielle Föllmi, Olivier Föllmi*

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**Awakenings: Asian Wisdom for Every Day** Danielle Föllmi, Olivier Föllmi
*Awakenings* is the fifth installment in the Offerings for Humanity project. Each book in this popular series reveals the spiritual wisdom of a new region of the world. This year, Olivier and Danielle Föllmi invite the reader to travel to East Asia.

Each photograph by Olivier is accompanied by the thoughts of great masters, including Confucius, Lao Tzu, Dogen Zenji, Shonin Shinran, D. T. Suzuki, Gao Xingjian, and the Buddha. These words have guided generation after generation for thousands of years, and they continue in this volume to enrich our views and lives with their thoughts on nature, self-awareness, family, and society.

The photographs take us to the captivating temples in Thailand, lavishly mystic nature of Cambodia, mist-enshrouded landscapes in Myanmar, bamboo forests in Vietnam, rice paddies in China, and Zen gardens in Japan. *Awakenings* teaches us, one day at a time, the wisdom of the East.

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