

A NOVEL BY LARA SANDERSON

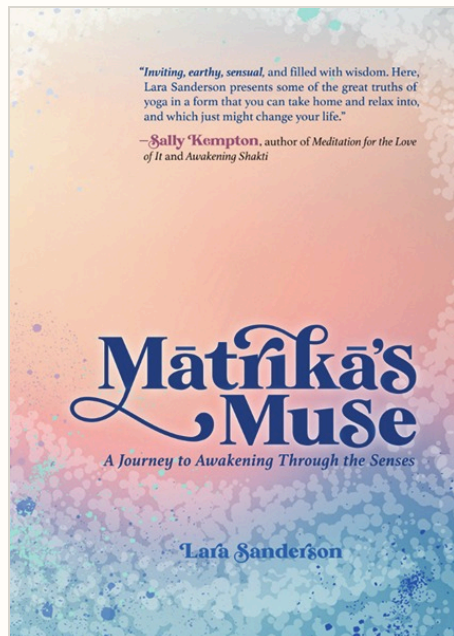
Mātrikā's Muse

A Journey to Awakening Through the Senses

SEVA PRESS • SEPTEMBER 2025 • ISBN 978-0-578-96533-8

"The prose is grounded and inspiring, punctuated by powerful metaphors, lyrical poetry, and vivid descriptions."

— THE BOOKLIFE PRIZE



A luminous, contemplative exploration of embodiment, awakening, and the wisdom of the senses — rooted in the spiritual tradition of yoga, yet speaking across boundaries of gender, identity, and lived experience.

Rather than instructing from a distance, *Mātrikā's Muse* invites readers into a deeply felt world of devotion, memory, beauty, and transformation. Through poetic prose and a quiet attentiveness to the body and the natural world, it opens spiritual life as something intimate, relational, and immediate.

Told through a rich conversation between two women at different stages of life, it follows the movement of betrayal, healing, and becoming — welcoming readers into the inward terrain where rupture can become return.

WHAT MAKES THIS BOOK UNIQUE

- Explores awakening through dialogue, memory, grief, and the quiet work of becoming.
- Opens spiritual life through the body, the senses, and the sacredness of ordinary experience.
- Offers a vision of the feminine that is devotional, relational, and not limited to gender.
- Bridges ancient yogic teachings with modern emotional realities.



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About the Author



A lifelong student of yogic wisdom and contemplative practice, Lara Sanderson draws from decades of meditation, haṭha yoga, dance, and subtle-body study. Rooted in her father's yogic lineage and shaped by the guidance of meditation master Sally Kempton, her work is grounded in embodiment, inner practice, and the wisdom of the senses.

Formerly a public yoga teacher, she now writes from the garden — literally and figuratively — attentive to the ways the body, the natural world, and sensory life can become pathways of awakening.

Before turning to contemplative life and writing, Lara spent over fifteen years in government relations and political organizing, advancing work in housing, education, and social well-being, and was awarded a 2006 Marshall Memorial Fellowship. She has also served as executive producer on the documentaries *Jinx Monsoon: Drag Becomes Him* (2015) and *Angels Are Made of Light* (2018). This dual life, activist and contemplative, informs the breadth and depth of *Mātrikā's Muse*, her debut book.

TALKING POINTS — WHY THIS BOOK, WHY NOW

- **On the book's origin:** a contemplative novel, drawn from life — born of a lifetime of practice and Lara's own journey through rupture and return.
- **On the senses as spiritual path:** what if attention to beauty, rhythm, and touch is itself a form of awakening, and the body already knows the way?
- **On feminine spirituality:** not defined by gender, but an energetic and spiritual principle — receptive, devotional, and inwardly attentive.
- **On the audience:** for all seekers — meditators, practitioners, and anyone drawn to yoga, contemplative practice, and embodied wisdom.

THE READER EXPERIENCE

- Designed to be felt as much as read; encourages slowing down and sensory awareness.
- Resonates with readers navigating healing, transition, and identity shifts.
- Speaks to spiritual seekers, meditators, and anyone drawn to embodied practice.

Q&A

What leads a person to awakening?

Often it begins in rupture — grief, change, or the quiet sense that life is asking to be lived more deeply. The path begins when we start listening, and I believe storytelling can be one of the places where that listening begins.

How do the senses shape the spiritual journey in this book?

The senses are not distractions from spiritual life but ways of entering it more fully. Attention to beauty, rhythm, and atmosphere becomes part of how awakening is felt. The body is not an obstacle — it is a doorway.

What is feminine spirituality, as you understand it?

It is not limited to gender. The feminine names an energetic and spiritual principle — shaped by receptivity, intuition, devotion, and transformation — that invites a more relational, inwardly attentive way of moving through the world.

What do you hope this book offers readers?

A space for reflection, healing, and inward attention — encouraging readers to slow down and trust the wisdom carried in the body and senses, and perhaps to find a spark of inner power they didn't know was there.

You spent fifteen years in politics and public affairs. How does that experience inform the book?

That work was deeply relational — community organizing, listening, holding space for people navigating difficult systems. And underneath all of it, I was practicing. The contemplative life and the civic life were never separate for me; the book carries both.

Is this book for women only?

Absolutely not. While the dialogue at its heart is between two women, the terrain they move through — grief, healing, belonging, power, devotion — is universal. Men and non-binary readers have described feeling deeply seen by it.

REVIEWS

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“A beautiful expression of a core Vedic principle: we are all God, constantly forgetting so, each of us wearing billions of masks as the divine experiences itself through our eyes.”

— PAUL KNOBLOCH, READER VIEWS · SEPTEMBER 2025