

From Punk to Monk: A Memoir Free Download

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Ragunaths transformation shows how one persons choice to evolve can change the lives of so many. This book is real, funny, and inspirational. Jay Shetty The heartfelt memoir of Ray Raghunath Cappel, a legendary hardcore punk musician-turned-monk and pioneer of the straight-edge movement told with warmth, candor, and humor. Ray Cappel was a hardcore punk singer and pioneer of the straight-edge movement living on the Lower East Side of New York City in the 80s, where his band Youth of Today played to packed clubs and touched thousands of people across the globe. But despite the accolades from fans, the popularity of his records, and the positivity he brought to the punk music scene, none of this success gave Ray joy. He felt stagnant, and he yearned for something more. This, along with his fathers untimely death, led him to abruptly quit the band and buy a one-way ticket to India in pursuit of the answers to lifes great mysteries. Living as a monk in the sacred city of Vrindavan and traveling across the country on a series of train trips, Ray embraced the rich, spiritual culture he discovered there. As his unusual adventure unfolded, he encountered extraordinary characters, witnessed deep acts of devotion, and experienced profound moments of divine connection, leading to a radical transformation that was ego-crushing and blissful all at once. Inspired to write music again, Ray returned to the US, where he and other monks founded Shelter, a band dedicated to spreading a message of faith, hope, and love. Told with warmth, candor, and humor and featuring a foreword by globally renowned musician Moby this heartfelt memoir chronicles Rays emotional and spiritual journey from punk to monk and beyond.

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