


# Pass the Jelly: Tales of Ordinary Enlightenment

*By Gary Crowley*

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**Pass the Jelly: Tales of Ordinary Enlightenment** By Gary Crowley

Engaging and fast paced, Pass the Jelly will have you laughing through a wild ride filled with unforgettable characters. Poignant and often hysterical memories from the author's 1970s New England childhood combine with outrageous present day interactions in an irreverent, charming journey as the author relates the insights he gathers along the way. The reader is challenged and entertained by a philosophy of life that is a welcome contrast to today's conventional wisdom. Genuine and heartfelt, the stories will stick with you long after you finish the book.

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## Editorial Review

Review
I find in Gary Crowley and his book *Pass the Jelly* a rare combination of humor, perspective and wisdom—a refreshing take on life and reality. I'm the better for it, and I hope many people partake in this nourishing and tasty feast.
(Dan Millman, author of Way of the Peaceful Warrior)

*Pass the Jelly: Tales of Ordinary Enlightenment* explores the Pass the Jelly principle, which teaches about cause, effect and acceptance. The author's formula for quick compassion and how to live a fruitful life makes for a powerful set of admonitions perfect for any new age or spirituality collection. (*Bookwatch, June 18, 2010*)

Gary and his unforgettable characters say a lot about the way things are and about how to live life effectively. You never feel you are being lectured, however. The characters, not the teachings, take the front seat. That makes *Pass the Jelly* an important contribution to the spirituality genre. Profound spiritual teachings are rarely this easy and this much fun to get, understand, remember, and apply. The one topic Gary never talks about is the one thing this book is all about: love. You feel it on every page, in every paragraph. I loved this book.

(Jerry Katz)

Gary Crowley explores the brilliant ordinariness of 'what is' with a user-friendly writing style that sparkles with wit and wisdom. By humorously showing how everyday encounters can be opportunities for new awareness, he invites readers to open themselves to the obvious beauty and simplicity of the here-and-now moment. If you're tired of long-winded, esoteric books that aren't grounded in the real world, then *Pass the Jelly* is definitely something that you'll enjoy. Highly recommended. (Chuck Hillig)

In a genre loaded with books about the serious business of enlightenment, Gary Crowley's new book, *Pass the Jelly*, shows us we can frequently find humor on the road to awakening. I recommend this book to anyone interested in laughing their way to practical enlightenment. (Ike Allen)

About the Author
Gary Crowley was raised in Seekonk, Massachusetts, and lived in the same blue-collar Irish Catholic home in the same child-packed neighborhood for the next eighteen years. Then he moved to California to attend Stanford, graduating with a B.A.in Economics and another in Political Science. He now lives in Encinitas, California, which is near San Diego. Gary is a bodyworker whose practice focuses on people with chronic structural pain. He was trained in Rolfing (also known as Structural Integration) eighteen years ago. He calls his work Functional Bodywork. In 2006, he published the book From Here to Here: Turning Toward Enlightenment. Gary's website is www.garycrowley.com.

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**Kimberly Hogan:**

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