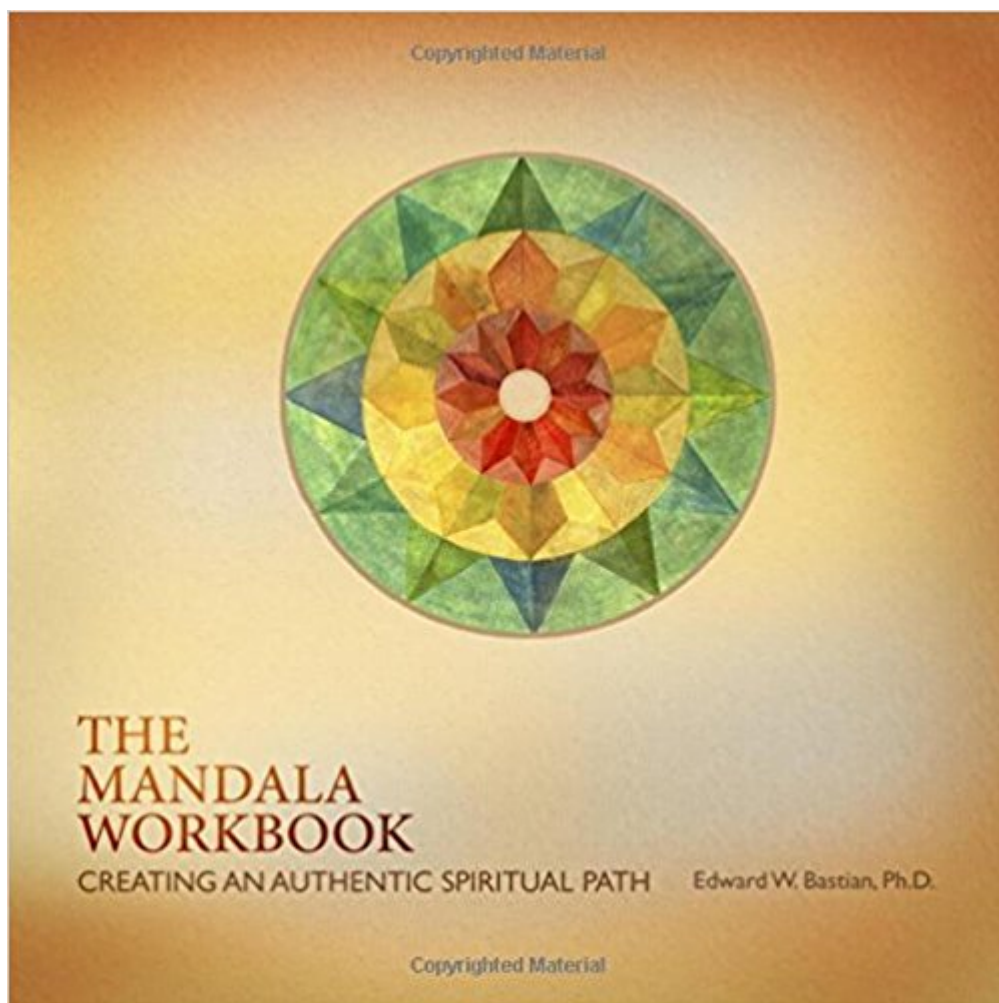




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The Mandala Workbook: Creating An Authentic Spiritual Path: An Interspiritual Process (The Spiritual Paths Series)



Synopsis

The workbook for Edward Bastian's groundbreaking book, *Mandala*, provides the reader with a profound tool for constructing and cultivating a personal spiritual path from the world's collective spiritual wisdom, utilizing one's own preferences and learning styles to find the answers to our most profound questions. That is to say, it provides the means, not the answers - those we must find ourselves. Through the *Spiritual Paths Mandala* one explores one's own archetypal approaches to spirituality, one's own questions about the spiritual path, and finds the practices and traditions that best suit our particular needs. Of it, Dr. Carol S. Pearson, author of *The Hero Within* and *Awakening the Heroes Within*, has written: "In *Mandala*, Dr. Bastian has done for spirituality what I've worked to do with archetypes, developing a system through which anyone - religious or not - can identify his or her own natural mode of assessing spiritual truth. Dr. Bastian's work is a great and important breakthrough, as so many believe they are not spiritual because they do not follow a particular dogma or because the tradition in which they were raised does not fit for them. His work also can be of assistance to those within any spiritual tradition to expand their horizons and to promote respectful interfaith dialogue."

Book Information

Series: The Spiritual Paths Series

Paperback: 176 pages

Publisher: Albion-Andalus Books (July 1, 2016)

Language: English

ISBN-10: 0692575855

ISBN-13: 978-0692575857

Product Dimensions: 8.5 x 0.4 x 8.5 inches

Shipping Weight: 14.7 ounces (View shipping rates and policies)

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Customer Reviews

Edward W. Bastian is the founder of the Spiritual Paths Foundation. A Ph.D. in Buddhist Studies, Bastian has studied with many of the most important spiritual masters of the 20th century, and has been at the forefront of InterSpiritual dialogue. He is the author of *InterSpiritual Meditation* (2010),

and the co-author of the award-winning, *Living Fully, Dying Well* (2009).

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