

A HERMIT IN THE HIMALAYAS



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One of the great classics of spiritual literature brought back into print Paul Brunton was one of a very small number of his generation to travel so extensively throughout India and Tibet at a time when very few were doing so with such insight and discernment. His journalistic skills produced magnificent descriptions of the snowy peaks and high-desert landscapes of the Himalayan region but it was the lessons he learned from the holy men he met on his journey that transformed him into one of the great interpreters of the East. In this magnificent classic he explains that we all need 'oases of calm in a world of storm', no matter what era we are living in, and that to retreat from our everyday lives for a while is not weakness but strength. By taking the trouble to discover the deep silence within us we will find the benefits of being linked to an 'infinite power, an infinite wisdom, an infinite goodness'. *A Hermit In The Himalayas* is a fascinating blend of travel narrative and profound spiritual experience. As we accompany the author on his journey through the vast Himalayas ranges towards Mount Kailas in Tibet, he also shows us an even more remarkable - and timeless - inner path which will help us cope with the ups and downs of our contemporary world.

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