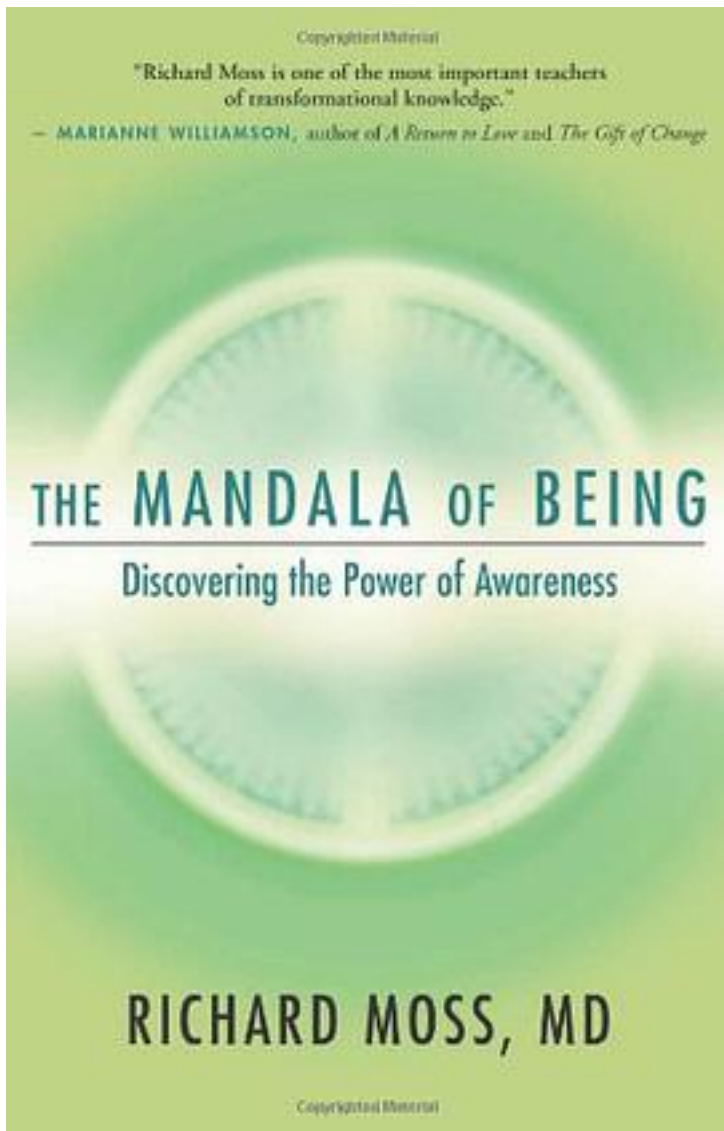


The Mandala of Being



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Many people obstruct their innate potential through repeated patterns of emotional struggle and suffering. This practical, hands-on guide explains why and how people habitually fall into this trap and provides a program, easily incorporated into everyday life, that frees them from this destructive behavior. Using a simple mandala, the book illustrates the four places humans go when they feel threatened, uncomfortable, or aren't fully centered or grounded in the present moment. Like a trail of pebbles left behind on a hike, it helps trace the path back to the authentic self. Drawing on his three decades of teaching consciousness, Richard Moss plays the role of wise shepherd, accompanying and encouraging the reader on a journey toward the genius within and away from fear and other limitations. Most importantly, he offers an always-available compass that directs readers back to the true self, and into the magic of the present moment.

作者介绍:

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