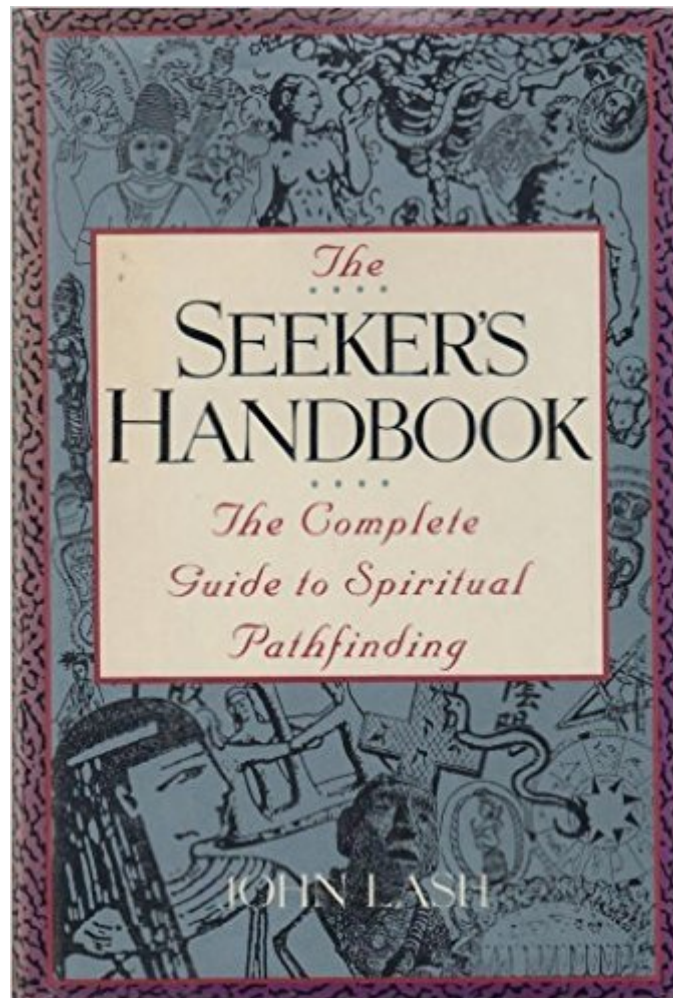


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# The Seeker's Handbook



## Synopsis

In 1977, Elizabeth Lesser cofounded the Omega Institute, now America's largest adult-education center focusing on wellness and spirituality. Working with many of the eminent thinkers of our times, including Zen masters, rabbis, Christian monks, psychologists, scientists, and an array of noted American figures--from L.A. Lakers coach Phil Jackson to author Maya Angelou--Lesser found that by combining a variety of religious, psychological, and healing traditions, each of us has the unique ability to satisfy our spiritual hunger. In *The Seeker's Guide*, she synthesizes the lessons learned from an immersion into the world's wisdom traditions and intertwines them with illuminating stories from her daily life. Recounting her own trials and errors and offering meditative exercises, she shows the reader how to create a personal practice, gauge one's progress, and choose effective spiritual teachers and habits. Warm, accessible, and wise, this book provides directions through the four landscapes of the spiritual journey: **THE MIND**: learning meditation to ease stress and anxiety **THE HEART**: dealing with grief, loss, and pain; opening the heart and becoming fully alive **THE BODY**: returning the body to the spiritual fold to heal and overcome the fear of aging and death **THE SOUL**: experiencing daily life as an adventure of meaning and mystery

## Book Information

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## Customer Reviews

I bought this book years ago and am surprised to find no reviews for it on . I've come to treasure it as an excellent lucid guide to the "spiritual supermarket" in the West. In a time when, judging from popular dating sites, more people define themselves as "spiritual but not religious" than by any religion, a book like this is an indispensable sourcebook for pathways ranging from shamanism to

Sufism, from Gnosticism to Gurdjieff, from Native American beliefs to the New Physics. John Lash was born in 1945 and is a wise and witty autodidact, poet, and mythographer. Almost half the book is a "Lexicon" -- essentially, a spiritual dictionary/encyclopedia, an excellent resource for one who reads books on spirituality and metaphysics. The rest of the book consists of essays on the New Age, tracing its historical origins; and annotated lists of classic books from Eastern Spirituality, classic books from Western Spirituality, and key works of New Age spirituality from 1900 to the Sixties and later. Lash also provides insightful guidance on syncretistic paths, and making your own path rather than following a traditional religion. This book was endorsed by Jacob Needleman, Professor of Philosophy, San Francisco State University, who called it "A remarkably coherent and helpful perspective on the contemporary spiritual ferment." Rick Fields, author of *Chop Wood, Carry Water*, called it "A wise and witty guide to the overstocked labyrinthine aisles of the spiritual supermarket." Let's face it: there is a lot of fluff and woo-woo among New Age books. Lash's book helps us separate out the wheat from the chaff.

This dictionary style reference book is so well put together and written with great insight and authority by the author on a vast number of spiritual topics. Easy to understand and fascinating to read. Definitely a keeper!

I loved it because it was all about everything I have been interested in all my life. If you want to learn about different spiritual modalities. this is the book for you.

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