



Way of Transformation

Karlfried Graf Durckheim

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'Daily life seems to be an obstacle to spiritual growth, but this is only true if one does not know how to use it.' Many people today are looking for new ways to escape the increasing suppression of their essential being by the modern way of life. The general interest in yoga and Zen Buddhism is evidence of a new awareness of the need for spiritual well-being. The way of transformation will help all genuine seekers, regardless of their creed or religion, and will open new doors to the freedom of transcendental reality which lies within our worldly existence. (back cover of book.)

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