



## Kailash Mansarover: A Sacred Journey

By Veena Sharma

Roli Books, New Delhi, India, 2004. Paperback. Book Condition: New. Dust Jacket Condition: New. First Edition. Is a physical journey the necessary path to spiritual evolution? Kailash Manasarovar: A Sacred Journey dwells on this question and perceives the possibility for three stages of inner transformation during the journey, using the Devi Mahatmayam as a metaphor. The journey shows that it takes just a shift in perspective to behold the divine in the mundane. By eroding the conditioning of our essence, the journey helps us connect with a pure centre, marking the beginning of interactions which are actions, rather than mere reactions to situations. From this point on, it is in maintaining a heightened awareness of ones emotions, memories, surroundings, companions in the journey that the journey itself could become meaningful. Printed Pages: 204. Size: 8.5 x 5.5 Inches.



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