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Tricksters in the Desert: My Spiritual Journey from Skeptic to Buddhist and Beyond (Paperback)

By Jacob Gotwals

Human Potential Arts, LLC, United States, 2013. Paperback. Book Condition: New. 222 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.After focusing on his career for many years, Jacob Gotwals felt increasingly drawn toward spirituality. A mysterious longing led him on a twelve-year journey of spiritual awakening on which he explored a vast landscape of traditions and teachings—including Nonviolent Communication and Tibetan Buddhism. *Tricksters in the Desert* is a concise memoir of this journey, revealing many of the challenges Jacob encountered and showing how he resolved them. The epilogue explores how we can participate in spiritual groups without getting enmeshed in them or attached to their belief systems. A wonderful contemplative autobiography that highlights many of the perennial, as well as uniquely modern challenges, that we face as practitioners in today's world. It reminds us that the contemplative journey is both unique and universal and that we can't do this alone. --VINCENT HORN, co-founder of Buddhist Geeks By shining a light on his own inner transformation, Jacob highlights the mental tricksters that unconsciously blocked his way; when consciously embraced, they became doorways to the next part of his journey. Read this book to...



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