



Parables from Shambhala: The Wisdom of the East for Everyday Life

Zinovia Dushkova

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Beautifully illustrated, this inspirational collection of twelve profound parables from Shambhala reveals the greatest ancient truths of the East, which will be helpful to everyone on their path of self-improvement and spiritual growth.

During her trips across Tibet, India, Nepal, and Mongolia, **Zinovia Dushkova, Ph.D.**, an award-winning author and researcher of ancient mysteries, has stayed at numerous monasteries -- those open to the public as well as those hidden high within mountains and caves. Representatives of different religions, elderly monks and hermits, generously shared secret knowledge with her. In the course of their conversations, they narrated legends and tales originating from the mysterious kingdom of Shambhala. These experiences served as an inspiration to the author. Thus, in 2004, under the canopy of gigantic deodar cedars on one of the summits of the Himalayas, she started writing down this book of parables.

The complex in the simple and the simple in the complex go hand in hand throughout our lives. Each of us is called to understand ourselves in order to understand and love our neighbours. For this purpose, the twelve *Parables from Shambhala* will help us; the Mahatmas, the Great Souls of the East, left them as a heritage to humanity. They conceal the great laws of Existence that the author interpreted through the daily search for vital decisions, which are indeed simple, yet at the same time extraordinarily wise.

"I wasn't sure if I'd like it at first, but it ended up being a really fascinating read for me. The parables gave me a lot to think about."

-- **Ariestess, Goodreads**

"A hopeful, self-improvement-oriented set of a dozen parables applying Eastern philosophical/religious concepts to the lives and decision-making of readers."

-- **Len, Goodreads**

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Trisha Sherman:

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Spent a free the perfect time to be fun activity to perform! A lot of people spent their free time with their family, or all their friends. Usually they undertaking activity like watching television, planning to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your free time/ holiday? May be reading a book can be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the guide untitled Parables from Shambhala: The Wisdom of the East for Everyday Life can be fine book to read. May be it can be best activity to you.

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People live in this new moment of lifestyle always aim to and must have the time or they will get lot of stress from both lifestyle and work. So , once we ask do people have spare time, we will say absolutely indeed. People is human not really a huge robot. Then we inquire again, what kind of activity have you got when the spare time coming to a person of course your answer will certainly unlimited right. Then do you try this one, reading books. It can be your alternative in spending your spare time, the book you have read will be Parables from Shambhala: The Wisdom of the East for Everyday Life.

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This Parables from Shambhala: The Wisdom of the East for Everyday Life is new way for you who has curiosity to look for some information because it relief your hunger of information. Getting deeper you in it getting knowledge more you know otherwise you who still having small amount of digest in reading this Parables from Shambhala: The Wisdom of the East for Everyday Life can be the light food for you personally because the information inside this specific book is easy to get simply by anyone. These books develop itself in the form and that is reachable by anyone, yep I mean in the e-book web form. People who think that in reserve form make them feel tired even dizzy this publication is the answer. So there is no in reading a book especially this one. You can find what you are looking for. It should be here for a person. So , don't miss this! Just read this e-book type for your better life and also knowledge.

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