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ORDINARY SECRETS: NOTES FOR YOUR SPIRITUAL JOURNEY



John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Ordinary Secrets: Notes for Your Spiritual Journey, Robert Southard, Have you spent 20 years in a Tibetan monastery studying with monks, or sequestered yourself away in a cave on a mountain, meditating and living on bread and water? Bob Southard hasn't either. He has spent many years learning from and working with shamans from many countries and traditions, but has found that even this isn't necessary. In "Ordinary Secrets", Bob shares...

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- Authored by Robert Southard
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