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# **ENLIGHTENED BY DESIGN (PAPERBACK)**



Shambhala Publications Inc, United States, 1999. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book shows how to use our homes to realign ourselves with the basic forces of nature: heaven and earth, the four directions, and the elemental energies that arise from them. Based on Tibetan Buddhist teachings on energy mandalas and the practice of space awareness, it includes playful quotes, provocative illustrations, and practical exercises for discovering the inspiration and delight hidden...

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- Authored by Helen Berliner
- Released at 1999



### Reviews

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