



# How To Be Spiritual But Not Religious: 108 Pearls of Eastern Wisdom

*Victor Parachin*

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An increasing number of people identify themselves as spiritual but not religious. Though they are disinterested and disillusioned by traditional forms of organized religion they still want to follow a spiritual path. As a result, many are turning to Eastern approaches for spirituality as found in yoga meditation and especially Buddhist teachings. This book is made up of 108 pearls of eastern wisdom adapted and applied specifically for the western soul. Whether your background is Christian or Jewish, Protestant or Catholic, whether you are a staunch believer or an equally staunch atheist, these Eastern pearls can help you move in the direction of mindfulness, wholeness and completeness, which is your true spiritual nature.

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