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Synopsis

With a history of spawning world religions, the Indian subcontinent has a thirst for the spiritual that runs deep in its collective unconscious. But these traditions are under threat as the might of modernity delivers its transformative blows.With these two conflicting ways of life co-existing in a region of nearly 2 Billion, the Indian subcontinent provides and ideal backdrop for exploring the spiritual and the secular -- how they interact, clash, combine.Inner Asia tell tales, offers travel recommendations and delivers reflections on four countries -- India, Bhutan, Nepal and Sri Lanka -- culled from the author's three years of travel-living throughout the region.The 25 stories in this travel book are told from the vantage point of some of South Asia's most spiritual sites (as well as some commonplace, but not any less interesting, places). From pilgrimage routes in Sri Lanka to mountains monasteries in Bhutan to the banks of the Ganga in India, the reader is invited to explore and celebrate this wild and wonderful part of the world.The stories in this book are a mix of the kind of articles you'd find in a travel magazine or travel guide, personal essays and narratives based on people living in a particular place. Most of the stories are available online on The Mindful Word. Table of Contents:IntroductionINDIASYMPHONY OF CACOPHONYWalking the streets of IndiaLESSONS AT VARANASIReflecting on life and death in IndiaÃ¢â ¬â„¢s most sacred cityCLEARLY COMPASSIONATESeeing the Dalai Lama lights the way to true compassionTAKING REFUGE IN SERVICEAn American doctor committed to the principles of sevaÃ¢â ¬â •selfless serviceÃ¢â ¬â •assists Tibetan refugees in IndiaINTERNET WOESThe challenge of getting online in IndiaBANGALORE One foot dangling in the future, one hoof rooted in the pastCHECKMATEPlay the game with mindfulness and equanimityBORDER WALKThe tense Indo-Pak border is opening up to a brand of tourism thatÃ¢â ¬â„¢s unexpectedly calmTHIKSEY MONASTERYLadakh offers respite from IndiaÃ¢â ¬â„¢s busynessSUSTAINABILITY AS SPIRITUAL PRACTICEVolunteer at Sadhana Forest to learn how to live sustainablyOM ARUNACHALATiruvannamalaiÃ¢â ¬â •a pilgrimage place for millionsKALARIPAYATTUExperience the awesome acrobatics of this ancient martial artSHIKARA HO!Hop aboard for a look at the life of Dal LakeÃ¢â ¬â„¢s boat hawkers3 PEACOCKS & A MONKEYMeeting sattva and rajas at RamanaÃ¢â ¬â„¢s ashramSPIRITUAL WARRIORSMahabodhi grooms tomorrowÃ¢â ¬â„¢s spiritual leadersBHUTANTHE LONG ROAD TO HAPPINESSIs Bhutan really the Shangri-La that people think it is?ACCEPTANCE AND EQUANIMITYA lesson learned from a falling mandarinTIGERÃ¢â ¬â„¢S NESTSublimation and the essence of transformative travelSOBA RIGPAGood health is all in the mindSRI LANKA SRI PADA PILGRIMAGEChristmas on Sri LankaÃ¢â ¬â„¢s most sacred mountainKANDYAN DANCESri LankaÃ¢â ¬â„¢s captivating traditional dance formSLOW TRAVEL IN SRI LANKASlow down your

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Book Information

File Size: 3496 KB

Print Length: 83 pages

Simultaneous Device Usage: Unlimited

Publisher: The Mindful Word (July 9, 2017)

Publication Date: July 9, 2017

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B073V27KS9

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #986,574 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #49 inÃ Â Books > Travel > Asia > Sri Lanka #56 inÃ Â Books > Travel > Asia > Bhutan #91 inÃ Â Kindle Store > Kindle eBooks > Nonfiction > Travel > Specialty Travel > Religious

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