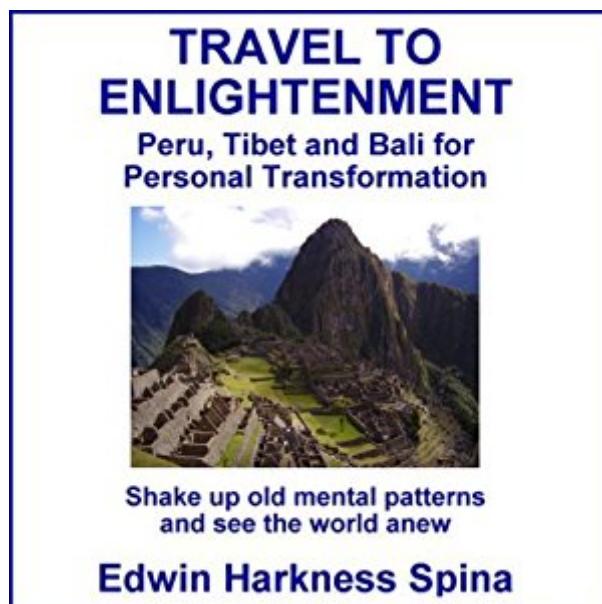


The book was found

Travel To Enlightenment: Peru, Tibet And Bali For Personal Transformation



Synopsis

Travel is one of the most effective ways to gain insight into yourself and the world. The essays contained in this book all center around some of the insights the author, Edwin Harkness Spina, gained while traveling to Peru, Tibet, Bali and Santa Monica. Buddha, Moses, Jesus, and Mohamed - every great avatar spent at least part of their lives traveling - in part to spread their message - but more importantly for their own spiritual growth. It is not necessary to travel to exotic locations in order to "travel to enlightenment." Rather, the important part of travel is in your attitude. Being able to travel to exotic locations is a gift and encouraged, but if that option is unavailable, just reading about exotic locations can break old mental patterns and take you to a new world. Travel should not be seen as an excuse to get away from where you are, but rather as an opportunity to enrich and broaden your life experiences. Travel should expand upon the familiar in order to create something even greater.

Book Information

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Customer Reviews

Travel to Enlightenment: Peru, Tibet and Bali for Personal Transformation by Edwin Harkness Spina

love these travel books. Everyone gets something out of travel but some people excel at it. Combining a spiritual message of peace and tranquility with the actual world locations is a pleasure and a luxury most people never experience. I specially liked the section on Psychometry in Tibet. In my personal travels, I have often visited spiritual sites such as Santa Katerina-the oldest monastery with the largest collection of icons in the world-in present day Egypt. I have felt this communion with inanimate places. I did not know this feeling had been the subject of study. The book grows progressively deeper as the type of knowledge experienced becomes more and more profound for

the author. It may be possible for the reader to share some of the wisdom imparted by the text. For anyone looking for this brand of spiritual advancement, 'Travel to Enlightenment' will be an instructive read.

I've been on a spiritual path most of my adult life and love reading what other people have experienced and learned along the way. This book was no disappointment. Whether you travel across the globe or simply walk outside your door, you have the opportunity to be fully present in your own life. While the author had the opportunity to be present in many exotic locales (Tibet, Beijing, Hong Kong), he also recognizes that being present in your own life doesn't require world travel, but it does require being awake. In addition to the chapters on travel and enlightenment, I really enjoyed reading about the many synchronicities the author experienced. Again, even recognizing that a synchronicity is happening requires being awake vs. walking through your life in a haze. Lastly, I loved reading about practicing psychometry in Tibet. This was a synchronicity for ME as one of the characters in a book I'm writing is a psychometrist! A good read; if you're not sure about the whole "spiritual" or "enlightenment" thing pick up this book - I think you'll find a bit of synchronicity of your own!

I enjoyed reading this book of essays and travelogues from the author's own personal experiences to exotic locations. This is not an educational travel book about the aforementioned locations (though the author does provide some detail & pictures), but is more about gaining insight into yourself and the world around you through travel. It's a great reminder that taking a mental break from our patterns can allow for growth. The book also explains how travel enables us to appreciate the present, without living in the past or worrying about the future. Spina really makes you think on so many levels in this book as he shares his own personal stories of how everything happens for a reason, that there are no "accidents" and that when meaningful occurrences happen we need to recognize them. If we don't recognize them we often miss the important messages that are there, but more importantly, we may totally miss the opportunity to enrich and broaden our lives. As Spina points out, travel often stimulates new perspectives and personal growth but if not possible, just reading about exotic locations can help break your old patterns. Take a little mental vacation, escape into this book for an afternoon and it will really make you think.....

In this fast paced, got to have now, instant gratification society what is it worth to appreciate and live in the moment? In Edwin Harkness Spina's book Travel To Enlightenment you will discover what it

means to experience personal transformation that is manifested in a variety of ways. What I like about this book is how the author documents his experiences in his travels to Peru, Tibet, Bali and Santa Monica California. You will not only discover the beauty and peace of these locals, but how synchronicity plays out when things go wrong. It is fascinating and inspiring, but most importantly instructive, for you when you start reading it you will realize that it is no accident that this book came into your life.

Each chapter in *Travel to Enlightenment: Peru, Tibet and Bali for Personal Transformation* is more than a visit of "place" for a visit of spirit is the true journey. Author Edwin Harkness Spina, gently guides the reader through his experiences, offering insight and openness to each spiritual explorer. He casts a pleasing, easy-to-read picture of his travels. My favorite chapter, where he speaks of manifestation and synchronicity, is one I marked as wanting to read again. Those who love the ongoing journey of enlightenment and have an appreciation of universal principles will appreciate this book and, what's more, be lured to do more travelling of their own.

Having just returned from Greece, Italy, Malta, and France in a three week period, I can tell you that this book would have been a treasure to have prior to leaving. I would have gotten much more out of my trip had I read it...even on the plane going over. Slow down, absorb the wonderful things of each country and culture. It's full of lessons and I'll re-read it before my next trip.

I never thought about the author's lesson that travel keeps you in the present moment - tuned in and turned on to more than what your five senses reveal. Taking life as a journey rather than a destination. Edwin Spina recounts his trips to sacred places of heightened spiritual awareness. He presents new angles and perspectives I had not thought about on my own spiritual quest as a metaphysical minister. If you are now a seeker then this book is for you./

The important place to travel is in your attitude. Just reading about exotic locations can break old mental patterns and take you to a new world, help you become more aware of the things around you and let you absorb the experience in the place you are visiting in the natural or in your mind. Awareness to catch every detail of the location you are visiting helps you to focus on what is happening right now in your life. This focus helps enrich and expand your experience in life. The book has many tips to help by using travel as a way to grow.

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