



The Seeker's Guide: Making Your Life a Spiritual Adventure

Elizabeth Lesser

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The Seeker's Guide: Making Your Life a Spiritual Adventure Elizabeth Lesser

In 1977, Elizabeth Lesser cofounded the Omega Institute, now America's largest adult-education center focusing on wellness and spirituality. Working with many of the eminent thinkers of our times, including Zen masters, rabbis, Christian monks, psychologists, scientists, and an array of noted American figures--from L.A. Lakers coach Phil Jackson to author Maya Angelou--Lesser found that by combining a variety of religious, psychological, and healing traditions, each of us has the unique ability to satisfy our spiritual hunger.

In **The Seeker's Guide**, she synthesizes the lessons learned from an immersion into the world's wisdom traditions and intertwines them with illuminating stories from her daily life. Recounting her own trials and errors and offering meditative exercises, she shows the reader how to create a personal practice, gauge one's progress, and choose effective spiritual teachers and habits. Warm, accessible, and wise, this book provides directions through the four landscapes of the spiritual journey:

THE MIND: learning meditation to ease stress and anxiety

THE HEART: dealing with grief, loss, and pain; opening the heart and becoming fully alive

THE BODY: returning the body to the spiritual fold to heal and overcome the fear of aging and death

THE SOUL: experiencing daily life as an adventure of meaning and mystery

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