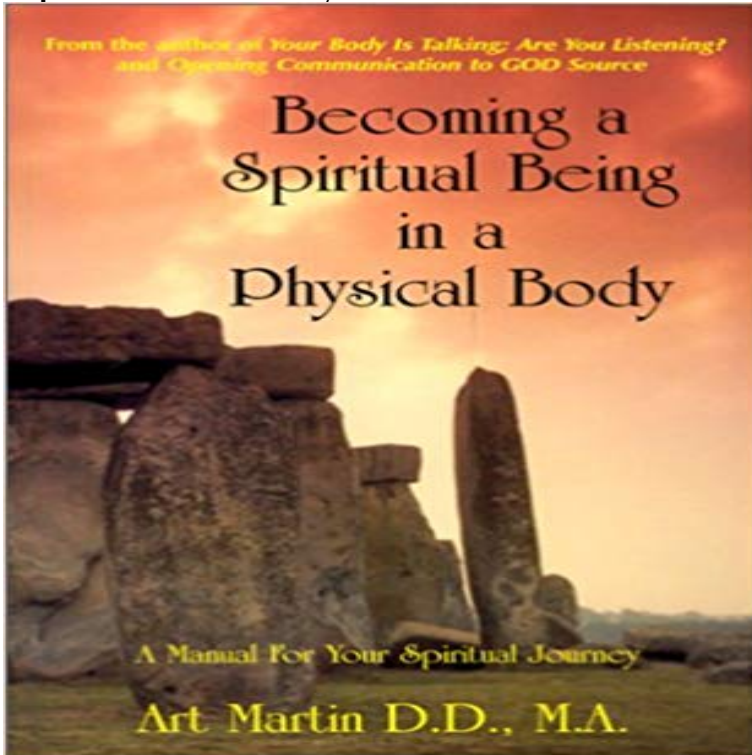


Becoming a Spiritual Being in a Physical Body: A Manual for Your Spiritual Journey



This book started out as series of lectures in 1980s. Many people asked me to collect all the lectures and material from seminars and put them in book form. In 1992 I printed them in a spiral bound form. Ten years later I finally published the book in soft cover format. It is a compendium of my experiences over the last 20 years with my teaching and my own journey. Art Martin 2008

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