



# Light from the East: A Gathering of Asian Wisdom

*Frank MacHovec*

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## **Light from the East: A Gathering of Asian Wisdom** Frank MacHovec

The great spiritual traditions of Asia in a remarkably compact format. Included are Indian, Tibetan, and Zen Buddhism, Hinduism, Taoism, Yoga, T'ai Chi Ch'uan, Shinto, Confucianism, Feng Shui, and Falun Gong, with brief discussions and excerpts from key works like *The Tibetan Book of the Dead* and *The Book of Five Rings*, including the complete *I Ching* and *The Book of Tao*. Excellent for casual reading, classroom surveys, and for anyone wanting a broad view of how the Asian ways complement and reflect each other. Fully indexed.

**Frank MacHovec**, a retired psychologist, has been a student of Eastern philosophies for decades and has previously published translations of several sacred works. He lives in eastern Virginia.

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