



The Void: Inner Spaciousness and Ego Structure

A. H. Almaas

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In this book Almaas brings together concepts and experiences drawn from contemporary object relations theory, Freudian-based ego psychology, case studies from his own spiritual practice, and teaching from the highest levels of Buddhist and other Eastern practices. He challenges us to look not only at the personality and the content of the mind, but also at the underlying nature of the mind itself.

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