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Nota di contenuto	Intro -- EMBODIED SPIRITUALITY IN A SACRED WORLD -- CONTENTS -- PREFACE -- 1. The Spiral Path: History and Criticism of the Idea -- 2. The Spiral Path: A Stage View -- 3. The Dynamic Ground -- 4. Energy -- 5. The Ego -- 6. The Other -- 7. The Body -- 8. The World -- Notes -- 1. The Spiral Path: History and Criticism of the Idea -- 2. The Spiral Path: A Stage View -- 3. The Dynamic Ground -- 4. Energy -- 5. The Ego -- 6. The Other -- 7. The Body -- 8. The World -- Glossary -- References -- Index -- A -- B -- C -- D -- E -- F -- G -- H -- I -- J -- K -- L -- M -- N -- O -- P -- R -- S -- T -- U -- W -- Z.
Sommario/riassunto	Anyone seeking a deeper understanding of human spirituality will find something of value in Michael Washburn's new book. Drawing on a rich variety of psychoanalytic, Jungian, and existential-phenomenological sources and on both Western and Asian spiritual texts, Embodied Spirituality in a Sacred World provides a theoretical foundation for the idea that human development follows a spiral path. Washburn shows that ego development early in life requires us to turn our backs on original sources of our existence and, therefore, that spiritual development later in life requires us to spiral back to these sources on the way to whole-psyche integration. He elucidates the underlying

causes and pivotal events that set development on its spiral course and traces six major dimensions of experience as they unfold along the spiral path: the unconscious, the energy system, the ego system, the perceived other, the experiential body, and the life-world. In providing a theoretical foundation for the idea of the spiral path, Washburn defends the idea against its critics and helps explain why the idea has been compelling to so many people in diverse traditions.
