



Parables from Shambhala: The Wisdom of the East for Everyday Life

Zinovia Dushkova

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Beautifully illustrated, this inspirational collection of twelve profound parables from Shambhala reveals the greatest ancient truths of the East, which will be helpful to everyone on their path of self-improvement and spiritual growth.

During her trips across Tibet, India, Nepal, and Mongolia, **Zinovia Dushkova, Ph.D.**, an award-winning author and researcher of ancient mysteries, has stayed at numerous monasteries -- those open to the public as well as those hidden high within mountains and caves. Representatives of different religions, elderly monks and hermits, generously shared secret knowledge with her. In the course of their conversations, they narrated legends and tales originating from the mysterious kingdom of Shambhala. These experiences served as an inspiration to the author. Thus, in 2004, under the canopy of gigantic deodar cedars on one of the summits of the Himalayas, she started writing down this book of parables.

The complex in the simple and the simple in the complex go hand in hand throughout our lives. Each of us is called to understand ourselves in order to understand and love our neighbours. For this purpose, the twelve *Parables from Shambhala* will help us; the Mahatmas, the Great Souls of the East, left them as a heritage to humanity. They conceal the great laws of Existence that the author interpreted through the daily search for vital decisions, which are indeed simple, yet at the same time extraordinarily wise.

"I wasn't sure if I'd like it at first, but it ended up being a really fascinating read for me. The parables gave me a lot to think about."

-- **Ariestess, Goodreads**

"A hopeful, self-improvement-oriented set of a dozen parables applying Eastern philosophical/religious concepts to the lives and decision-making of readers."

-- **Len, Goodreads**

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