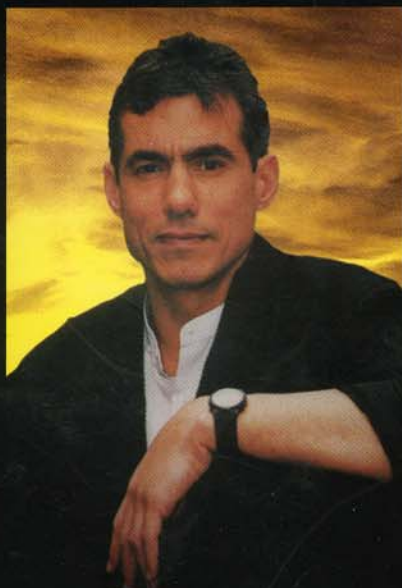


# NATURAL FREEDOM

The Dharma Beyond Buddhism



*Seven Essential Principles  
for Liberation through Living*

ALAN CLEMENTS

\$18.95

Spiritual Journey

## Spiritual Strength for a Life of Action and the Power to Transform the World

The Dalai Lama once said, "We must find a new spirituality ... one that addresses human issues ... and human needs." On *Natural Freedom*, spiritual activist Alan Clements gives voice to what may very well be this new spirituality. He calls it "natural freedom," the essence of spiritual life common to all people.

Not a doctrine, but an intuitive process that comes out of your own inquiry and self-honesty, natural freedom is a way of "feeling into" your heart to uncover the truth in your daily life – a truth that will empower you to live with courage, compassion, and radical self-responsibility. Through seven guiding principles, highlighted by Clements' real-life stories as an activist and former Buddhist monk in Burma, this Western visionary will help you ignite a passion for life that results in full, spontaneous engagement in the world. In four sessions, you will learn specific steps you can take to transform your day-to-day encounters into vehicles of liberation for yourself and others.

If you are searching for deeper meaning and purpose in all aspects of your life, you will find the method – and the courage – to follow your heart on *Natural Freedom*.



ALAN CLEMENTS

... is an author, activist, former Buddhist monk, and one of the West's senior-most dharma teachers, lecturing and leading retreats since 1983. He is also a leading authority on Burma's nonviolent struggle for freedom and dignity. Clements has been interviewed by *Nightline*, *CBS News*, *Time*, *Newsweek*, and many other media. He is coauthor of *Burma's Revolution of the Spirit* and the author of *The Voice of Hope*.

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Running time: 3 hours

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