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By Aidan Rankin



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Jainism is one of the world's oldest religions, and perhaps the most demanding, rational and radical of all of them, attaching a great importance to individual responsibility. Today we are questioning our own inherited values and also rediscovering ancient traditions. We are looking for continuity and balance-a return to the centre. Understanding of Jain principles can point us towards the elusive paradigm shift, giving spiritual and intellectual strength to a new global ethic of compassion and interdependence.



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The Jain Path: Ancient Wisdom for the West By Aidan Rankin Bibliography

- Sales Rank: #2973405 in Books
- Brand: Brand: Mantra Books
- Published on: 2006-10-10
- Original language: English
- Number of items: 1
- Dimensions: 8.29" h x .88" w x 5.42" l, .84 pounds
- Binding: Paperback
- 240 pages



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Editorial Review

Review

"If you have ever wondered precisely what a 'Jain' is, this is the book for you! If you are interested in developing a peace loving and compassionate nature with a reverence for nature and a moderate and ecological approach to life, this is also the book for you! In just 240 pages, Aidan Rankin explores the beauty of the Jain Path and provides a good glossary into the bargain. This is a well written, immensely informative book." Elizabeth Medler, New Vision "A very fine introduction to the Jain faith, and a reminder of the value of the wisdom traditions in our time. Pertinent, important, points to a truly sustainable future." Network Review "A masterpiece." Dr Atul K Shah, Chief Executive Diverse Ethics Ltd

About the Author

Aidan Rankin is the news editor of Jain Spirit, the international journal of the Jain community. He also works as the political and cultural editor of the European Business Review.

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