

The Void: Inner Spaciousness and Ego Structure

By 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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Editorial Review

About the Author
A. H. Almaas is the pen name of Hameed Ali, the Kuwaiti-born originator of the Diamond Approach, who has been guiding individuals and groups in Colorado, California, and Europe since 1976. He is the author of *Spacecrusier Inquiry*, *The Pearl Beyond Price*, *Facets of Unity*, and other books.

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