



# The Way To Shambhala

*Edwin Bernbaum*

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## **The Way To Shambhala** Edwin Bernbaum

For centuries the people of Tibet and Mongolia have believed in the existence of Shambhala, a mythical kingdom hidden in the remote mountains of Central Asia. There, it is said, a line of enlightened kings is guarding the highest wisdom for a time when all spiritual values in the world outside will be lost in war and destruction. At that time, according to the legend, a great king will emerge from this sanctuary to defeat the forces of evil and establish a golden age. Drawing on Tibetan and Sanskrit texts, interviews with lamas in Nepal and India, and his own experiences in the Himalayas, Edwin Bernbaum gives a detailed account of this intriguing legend, examining its basis in the history and religion of the region, as well as exploring its symbolic meaning.

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