



The Mandala of Being: Discovering the Power of Awareness

Richard Moss MD

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The Mandala of Being shows us why and how we habitually obstruct our innate potential for what Richard Moss calls radical aliveness, a life of authenticity, overflowing energy, and joy.

In these pages, Richard Moss gives us an effective practice that is readily incorporated into day-to-day life. It illustrates that there are in fact only four places our minds ever go when we leave the Now — the past, the future, judgments of ourselves, and judgments of others. It allows us to trace precisely the path we have taken away from our most authentic and essential being whenever we are not fully present, and simultaneously shows us the way home.

Drawing from his profound self-realization and more than three decades of working with people of diverse backgrounds, Richard Moss accompanies and encourages the reader on a journey toward freedom from fear and any other limiting or threatening feeling. Deep self-understanding, inner ease, spontaneous healing, more fulfilling relationships, and enhanced creativity are all wonderful blessings that can arise from reading and reflecting on The Mandala of Being.

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