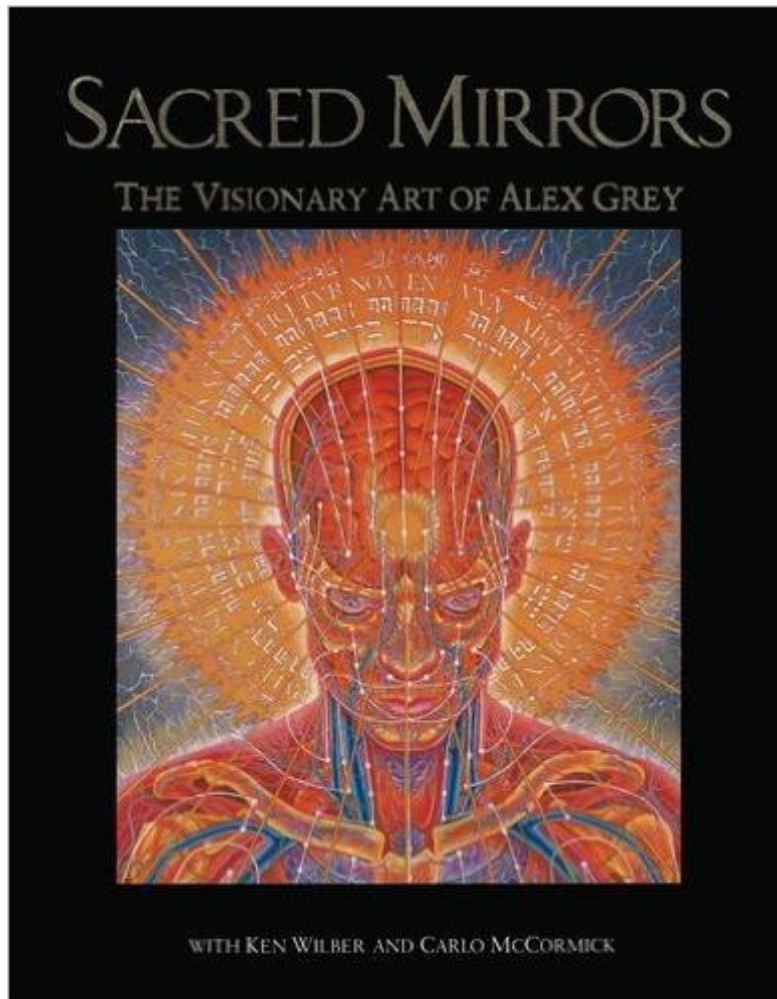


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# Sacred Mirrors: The Visionary Art Of Alex Grey



## Synopsis

This unique series of paintings takes the viewer on a graphic, visionary journey through the physical, metaphysical, and spiritual anatomy of the self. From anatomically correct rendering of the body systems, Grey moves to the spiritual/energetic systems with such images as "Universal Mind Lattice," envisioning the sacred and esoteric symbolism of the body and the forces that define its living field of energy. Includes essays on the significance of Grey's work by Ken Wilber, the eminent transpersonal psychologist, and by the noted New York art critic, Carlo McCormick.

## Book Information

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## Customer Reviews

"Life is a mirror and will reflect back to the thinker what he thinks into it."Ernest Holmes  
There seems to be a couple schools of thought; one is that this body is simply a mound of flesh. It may or may not have a soul or a spirit. It is mechanical, it is predictable, it is prone to all kinds of disease and suffering and its eventual downfall is always death and the other is that this body is an extension of the Spirit. That we are not a body with a spirit as much as we are Spirit with a body; that every cell, every atom, every strand of our being is being made and remade in the Image and Likeness of Light; that the whole universe is pouring into us and through us in each and every moment, that life is eternal. After we lay down one body, we quickly receive another and another and another....I tend to believe the latter.I got into metaphysics/philosophy/spirituality whatever you want to call it quite young...my early 20s. I had what many called a "mental breakdown" it was, in fact, a Spiritual breakthrough. It was like all of the sudden I realized that my identity...the identity that I knew as "John" was completely made up and I was the one that made it up consequently I had made

everything up!How completely liberating!How completely terrifying!But after I was released from the hospital, I knew in the depths of my soul that I could not return to the world as the same person, because I wasn't the same person. I was resurrected, I was re-born and not in a Benny Hinn/Jimmy Swaggart kind of way. I had truly been baptized with the Holy Spirit...the Whole of Spirit...the Celestial Fire that is within every thing and every one just as every thing and every one is within it.

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