

Contents

<i>Map of places visited</i>	6
<i>Map of ethnic groups</i>	8
<i>Map of religions</i>	10
<i>Acknowledgements</i>	11
Introduction: Spiritual awareness	13
1. Peoples and cultures	23
2. Dreams and visions	52
3. Fear	73
4. Death	96
5. Who am I?	124
6. Finding one's roots	142
7. The Orthodox kaleidoscope	177
8. Free market religion	202
9. Human rights	223
10. Compassion	240
11. Miracles	263
12. Facing the future	275
<i>Notes</i>	299
<i>Bibliography</i>	311
<i>Index</i>	317