

Five Paths CD cover text

CD booklet front cover

Five Paths logo



pic - (there is a new pic with the man removed)



the Five Paths
walking meditations

for the mystic in you

created by Phil Shankland

“You find out that what you’ve been searching for you already are.” Van Morrison

CD back cover and CD booklet back cover

Five Paths logo



pic - 5 stones



the Five Paths

1. Introduction	3:52
2. Via Positiva	9:04
3. Via Negativa	6:54
4. Via Creativa	6:22
4. Via Transformativa	5:52
5. Via Integrativa	4:53

“What you are looking for is what is looking.” St Francis of Assisi

These walking meditations created in Ignacio’s garden, Lanzarote will make you feel grounded and uplifted, centred and expansive, connected with your deepest purpose and your true Self.

Five Paths logo

© Oasys Publishing 2013

www.thefivepaths.com

photo: Playa de las Conchas, La Graciosa, Lanzarote, Canary Islands - by Jerry Lampson, qr8 Design, www.qr8.co.uk

CD booklet inside front cover

pic - 5 stones



contents

introduction

the way of the mystic

Via Positiva

Via Negativa

Via Creativa

Via Transformativa

Via Integrativa

about The Five Paths course

reading

credits

front cover photo: Playa de las Conchas, La Graciosa, Lanzarote, Canary Islands - by Jerry Lampson, qr8, www.qr8.co.uk

this photo: Jameos del Agua, Lanzarote, Canary Islands - by Jerry Lampson, qr8, www.qr8.co.uk