

## A life-long pursuit of the spirit -- Part 1

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A. H. Almaas

### **Episode 1: The five layers of the spirit** (26 min.)

Ali tells Tom Fox that as a young man he turned to science to find truth. "I became aware that the truth I was looking for wasn't really there [in the sciences]. I wasn't really looking for the truth of the physical world. I was looking for the truth of the human soul, human consciousness, human experience." His search turned inward and had to confront one question: "What is the spirit?" he asked. "When we talk about spiritual nature or spiritual life, what is the spirit? That was for me a discovery that continues now more than three decades."

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### **Dimensions of Spirit: Love as the source of existence**

Hameed Ali, whose pen name is A. H. Almaas, was born in Kuwait in 1944. At the age of 18, he moved to the United States to study at the University of California in Berkeley. He was working on his Ph.D. in physics when he reached a turning point in his life that led him into inquiring into the psychological and spiritual aspects of human nature, in search of the truth of the human soul. Dominican Fr. Albert Nolan, see the podcast [Caught between chaos and promise, cites Ali as an influence on his work.](#) [3]

### **To learn more**

Read more about A.H. Almaas and his books at <http://www.ahalmaas.com> > [www.ahalmaas.com](http://www.ahalmaas.com). For more information on the Ridhwan school visit [www.ridhwan.org](http://www.ridhwan.org) [4].

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