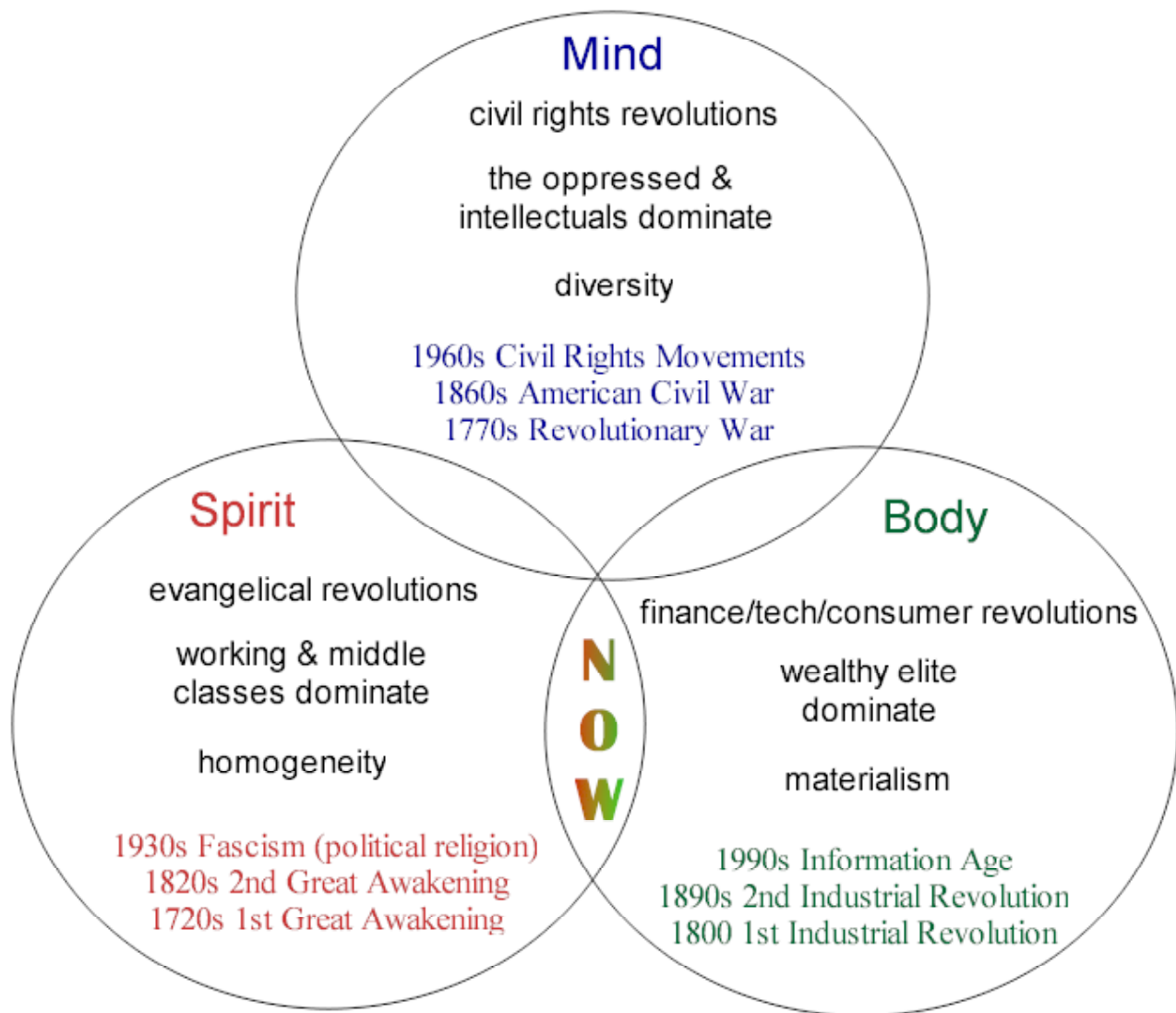


The Mind-Body-Spirit Cycle

by Catherine Claxton Dong



MIND

mid 1483 - 1527

1617 - mid 1661

mid 1750 - 1782 (1794)

1848 - mid 1880

mid 1945 - 1977

2043 - mid 2075

BODY

1528 - mid 1572

mid 1661 - 1705

1783 - mid 1815 (mid 1821)

mid 1880 - 1912

1978 - mid 2010

mid 2075 - 2107

SPIRIT

mid 1572 - 1616

1706 - mid 1750

mid 1815 - 1847

1913 - mid 1945

mid 2010 - 2042