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Journey of Awakening: A Meditator's... book by Ram Dass  
Journey of awakening : a meditator's guidebook. [Ram Dass.; Daniel Goleman] -- Ram Dass is an American psychologist and spiritual teacher who has studied and practiced meditation for many years.

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Journey of Awakening: A Meditator's Guidebook: Dass, Ram ...  
Journey of Awakening. I'm long past the beginner stage on the path, but I think if I were just starting out to learn to meditate, this is the book I'd buy. It covers all the basic and then some and it's written in such a way that it feels light and easy to do. This book is good for anyone interested in self-knowledge or mental exploration.

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Buy Journey of Awakening: A Meditator's Guidebook by Ram Dass, Prof. Daniel Goleman (Editor), Dwarkanath Bonner (Editor) online at Alibris. We have new and used copies available, in 1 editions - starting at \$2.43.

Find the practice that's right for you with this exploration of the many paths of meditation—from mantra, prayer, singing, visualizations, and "just sitting" to movement meditations such as tai chi "Everyone has experienced a moment of pure awareness. A moment without thinking 'I am aware' or 'that is a tree.' Such moments bring a sense of rightness, of clarity, of being at one. Such moments are the essence of meditation."—Ram Dass Ram Dass is an American psychologist and spiritual teacher who has studied and practiced meditation for many years. Here he shares his understanding and suggests how you can find methods suitable for you. He illuminates the stages and benefits of meditative practice, and provides wise and often humorous advice on overcoming difficulties along the way.

Discusses meditation benefits and techniques, and offers a directory of retreat facilities and centers

The definitive book of meditation that will help you achieve new dimensions of stress-free living For the past thirty years, Deepak Chopra has been at the forefront of the meditation revolution in the West. Total Meditation offers a complete exploration and reinterpretation of the physical, mental, emotional, relational, and spiritual benefits that this practice can bring. Deepak guides readers on how to wake up to new levels of awareness that will ultimately cultivate a clear vision, heal suffering in your mind and body, and help recover who you really are. Readers will undergo a transformative process, which will result in an awakening of the body, mind, and spirit that will allow you to live in a state of open, free, creative, and blissful awareness twenty-four hours a day. With this book, Deepak elevates the practice of meditation to a life-changing quest for higher consciousness and a more fulfilling existence. He also incorporates new research on meditation and its benefits, provides practical awareness exercises, and concludes with a 52-week program of meditations to help revolutionize every aspect of your life.

A series of traumatic accidents and losses is the starting-point for this unique memoir of a woman's journey to spiritual awakening. Confronted by her mortality, and seeking a way to accept both death and living with death, Ona Kiser presents this deep exploration of modern spiritual practices, narrated with equal measures of humor and passion. Re-visiting the lessons of her years as an initiate of Santeria, she discovers and puts to work techniques from Buddhist meditation and Western Magick, enlisting - along the way - the guidance of a maverick guru. The result is a richly detailed map of

the joys and pitfalls of the quest for enlightenment. Like a modern-day St. Teresa of Avila, Ona skilfully navigates the waves of agony and ecstasy, the heights of mystical insight and visions, as well as the depths of confusion and despair, always in undaunted pursuit of her goal. "It was an end, but also a beginning, a rebirth into a new world that had always existed, hidden in plain sight."

For the millions of Americans who want spirituality without religion, Sam Harris's latest New York Times bestseller is a guide to meditation as a rational practice informed by neuroscience and psychology. From Sam Harris, neuroscientist and author of numerous New York Times bestselling books, *Waking Up* is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives. *Waking Up* is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous skeptic—could write it.

Lawrence LeShan's classic guide to meditation introduced mindfulness to an entire generation. Now it's back in a special ebook edition. Since its initial publication nearly 50 years ago, this simple yet powerful guide has helped more than a million readers reap the profound and limitless rewards of meditation. Now, in a special new edition, *How to Meditate* is back, singing the virtues of a quiet mind in the overstimulating bustle of the modern world. Outlining a realistic and no-nonsense approach that will enable you to bring meditation effortlessly into your life, no matter how thinly stretched you are, *How to Meditate* is unrivaled as a source of inspiration and practical instruction for anyone seeking inner peace, relief from stress, and increased self-knowledge.

"Enlightenment"—is it a myth or is it real? In every spiritual tradition, inner explorers have discovered that the liberated state is in fact a natural experience, as real as the sensations you are having right now—and that through the investigation of your own thoughts, feelings, and perceptions you can awaken to clear insight and a happiness independent of conditions. For decades, one of the most engaging teachers of our time has illuminated the many dimensions of awakening—but solely at his live retreats and on audio recordings. Now, with *The Science of Enlightenment*, Shinzen Young brings to readers an uncommonly lucid guide to mindfulness meditation for the first time: how it works and how to use it to enhance your cognitive capacities, your kindness and connection with the world, and the richness of all your experiences. As thousands of his students and listeners will confirm, Shinzen is like no other teacher you've ever

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encountered. He merges scientific clarity, a rare grasp of source-language teachings East and West, and a gift for sparking insight through unexpected analogies, illustrations, humor, and firsthand accounts that reveal the inner journey to be as wondrous as any geographical expedition. Join him here to explore: Universal insights spanning Buddhism, Christian and Jewish mysticism, shamanism, the yogas of India, and many other paths How to begin and navigate your own meditation practice Concentration, clarity, and equanimity—the core catalysts of awakening Impermanence—its many aspects and how to work with them Experiencing the “wave” and “particle” natures of self Purification and clarification—how we digest mental blockages and habits through inner work Emerging neuroscience research, the future of enlightenment, and much more For meditators of all levels and beliefs—especially those who think they’ve heard it all—this many-faceted gem will be sure to surprise, provoke, illuminate, and inspire.

Would you like to relax deeply, let go of stress, fears and tension and find inner balance? Would you like to understand the deeper nature of your mind and become more conscious of your true essence? Would you like to be able to channel positive energy to restore your body, mind and spirit's natural equilibrium? For any of these questions, Meditation is the answer. What is stopping you from living in a more enlightened state? It could be a negative thought pattern. It could be circumstantial. It could be the mounting stress in your daily life. Where most of the meditation books will focus only on teaching simple breathing exercises to calm thoughts, this book will guide you from start to finish through the entire Healing Self-Recognition process with a wide variety of techniques, exercises and meditations, so that you will understand your full spiritual potential and enjoy the benefits of regular meditation practice. You'll not just create an opportunity for your mind to gain clarity, but you'll be able to detach from your ego, discover your true essence and connect with your highest self. What you will learn: Meditation and Mindfulness: You will find some of the simplest and most universal practices of meditation, especially the practices of mindfulness and loving kindness. From Zen and Vipasana to walking meditations and body scans, the practices described in this guide will make it easy to build an effective meditation routine. Learn to work with meditation to benefit from it in your life. In addition to getting back in touch with Yourself, you may be amazed at the betterment you will receive. Reiki and Chakra Healing: Learn the energy anatomy of the body: the energy centers "chakras", how they work and how to balance them. Develop healing ability to harmonize energy and increase vitality. Reiki is a holistic technique created to promote energy rebalancing and self-healing. Reiki and meditation can serve as ideal compliments to each other, working together to produce an overall sense of well-being and peace. Third Eye Awakening: Activate your Third Eye Chakra, connect to your Higher Self, develop Intuitive and Mental Power. Developing the third eye is the doorway to psychic-telepathy, clairvoyance, lucid

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dreaming and astral projection. The illusion of separation between self and spirit dissolves when the third eye connection is cultivated. Take the time to calm down, reach your maximum potential and perceive how your life can be lived with greater abundance, balance, peace, love, compassion and awareness! If you are ready to reap the benefits of balance, clarity and inner strength, look no further. Choose this wonderful guide to the fascinating and enlightening world of Meditation and Spiritual Awakening. What are you waiting for? Scroll up and click the BUY NOW button.

A respected teacher presents the core and essential wisdom of Tibet and shows us the possibilities of "enlightenment in this present life" through the meditative practice of Pure Awareness. Perhaps the most precious teaching Tibet has to offer the modern world is the practice of meditation. Reginald Ray presents the essence of this tradition through the somatic practice of Pure Awareness—a unique kind of meditation that is thoroughly grounded in the body and in ordinary experience. This fundamentally transformative practice offers the possibility of enlightenment in this present life and invites us into the immensely powerful journey that Tibetan tantric spirituality has to offer. Includes a link to a free download of audio meditations.

In Meditate, you will learn how to meditate and cultivate a meditative mind. Discover what meditation is and prepare for it, how to Implement a 5-step process for beginning meditation, and how to deepen your practice into higher realms of awareness.

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