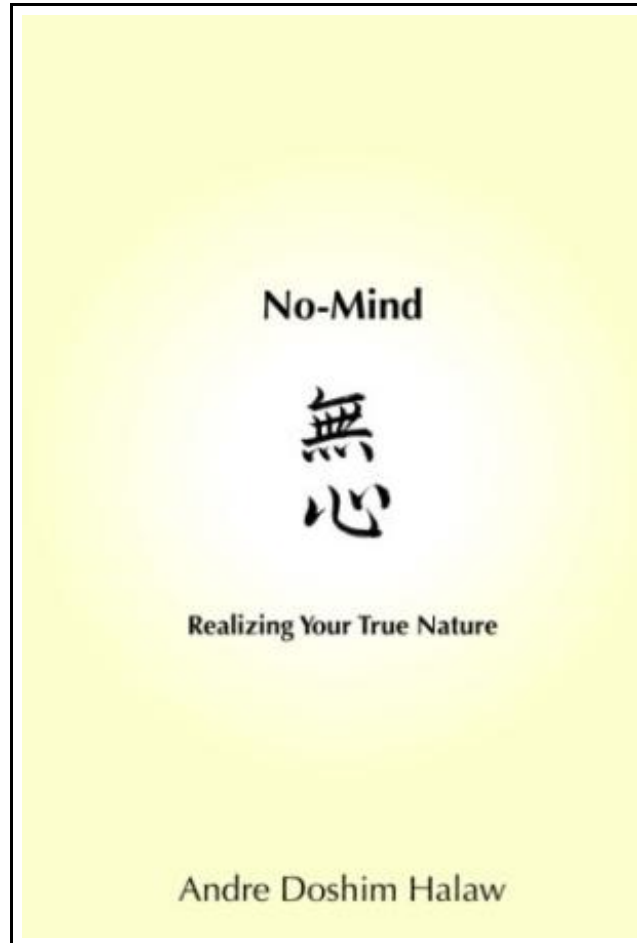


No-Mind: Realizing Your True Nature



Filesize: 4.51 MB

Reviews

This type of publication is almost everything and helped me looking forward and much more. I am quite late in start reading this one, but better then never. You wont really feel monotony at whenever you want of your own time (that's what catalogs are for relating to if you ask me).

(Prof. Buddy Leuschke)

NO-MIND: REALIZING YOUR TRUE NATURE



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Drawing from Zen, Taoism, and Advaita Vedanta, No-Mind: Realizing Your True Nature proposes a new interpretation of Enlightenment called No-Mind. Unlike many conventional spiritual paths that are built upon awareness and knowledge, No-Mind is attained by cultivating and awakening to Non-awareness or Not-knowing, the ground of consciousness and existence itself. Fortunately, you do not need to be a guru or Zen Master to realize No-Mind. Written for novice and experienced practitioners alike, No-Mind: Realizing Your True Nature outlines this new spiritual path to Enlightenment, offering ten accessible and engaging meditation practices for you to realize No-Mind yourself.



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