

1. Record Nr.	UNINA9910136562903321
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Titolo	After awareness : the end of the path / / Greg Goode ; cover design by Amy Shoup
Pubbl/distr/stampa	Oakland, California : , : Non-Duality Press, , 2016 ©2016
ISBN	1-62625-810-4
Descrizione fisica	1 online resource (210 pages)
Disciplina	128.2
Soggetti	Mind and body Meditation - Study and teaching
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Introduction -- What is the direct path? -- The path and the heart -- The language of joyful irony -- The guru doctrine -- Alternatives to inquiry -- Witnessing awareness--introduction -- The opaque witness -- The transparent witness -- Non-dual realization and the end of the witness -- After awareness--the end of the path.
Sommario/riassunto	The author offers an accessible, non-dogmatic guide to sharing secrets of the Direct Path that are rarely revealed. Rather than a prescriptive, step-by-step book, After Awareness is a presentation of how the Direct Path works, examining lesser-known aspects of the path and providing context, examples, and critiques of its methods. You'll learn how to use the tools of non-dual self-inquiry-as well as when to discard them-and find a set of less doctrinaire terms and pointers for discussing non-dual awareness and the Direct Path in a twenty-first-century context. With this open, pragmatic, and deconstructive approach, you'll see the Direct Path from all angles and be able to draw your own conclusions. You'll also discover ways to talk about self-inquiry and non-dual awareness in mixed settings. Most important, you'll learn how an exploration that begins with everyday perspectives and experiential investigations into the nature of the "I" can lead to a sense of true peace, free from all judgments and self-consciousness--