



The Magic of Awareness

By Anam Thubten

Audible Studios on Brilliance, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. The paradox of awareness is very profound and yet very simple. It can't be described because it has no objective qualities and no limitation. Sometimes it comes naturally to the surface when we are fully in the present moment and no longer lost in thought or mental projections. Pure consciousness is neither high nor low, neither pleasant nor unpleasant, neither good nor bad. No matter where we are, no matter what we are doing, we always have an immediate access to that inner stillness. It can be experienced in an instant in all circumstances once we know how to pay attention to it. It is utterly peaceful and it is also insightful, so it sees through all illusions. Whenever there is a moment of being deluded, we can use that moment to practice settling in the very perfect sphere of the Buddha mind without trying to change anything. When we reside in that liberated mind, we find the very thing we have been seeking all along.



READ ONLINE
[6.34 MB]

Reviews

The most effective book i at any time read through. It is definitely simplistic but surprises in the fifty percent from the ebook. Your daily life span will probably be enhance once you full reading this ebook.

-- Jules Dietrich V

This book might be worth a read, and far better than other. It is rally interesting through studying time period. I discovered this book from my i and dad suggested this ebook to find out.

-- Isobel Bailey