



## The Direct Path: A User Guide

By Greg Goode

Little, Brown Book Group, United Kingdom, 2012. Paperback. Book Condition: New. 229 x 150 mm. Language: English . Brand New Book. This book is the missing manual to the Direct Path. For the first time in print, Direct-Path inquiry is presented from beginning to end and beyond, in a user-friendly way. The core of the book is a set of forty experiments designed to help dissolve the most common non-dual sticking points, from simple to subtle. The experiments cover the world, the body, the mind, abstract objects, and witnessing awareness. You are taken step-by-step from the simple perception of a physical object all the way to the collapse of the witness into pure consciousness. Your takeaway is that there s no experiential doubt that you and all things are awareness, openness, and love. Also included are three tables of contents, illustrations, an index, a section on teaching, and the notion of a post-nondual realization. This book can be utilized on its own or as a companion volume to the author s Standing as Awareness.



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