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Thing Jed Mckenna

Spiritual Enlightenment The Damnedest Thing Jed Mckenna

John Wheeler met Bob Adamson (a student of Nisargadatta Maharaj) on a trip to Australia in 2003. In short order, Bob cleared up John's doubts and questions and pointed out to him the fact of our real nature: self-shining, ever-present awareness. Bob Adamson has encouraged John to share this understanding of 'who we really are.' The articles contained in this book

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(extended by another 30 articles in this edition) cover some of John's experiences with meeting 'Sailor' Bob Adamson and various aspects of the understanding which subsequently unfolded. Interspersed with these are chapters of email correspondence with enquirers who have been drawn to this radical and direct approach to self-realisation.

Being Myself is a contemplative exploration of the essential nature of our self. Everyone has the sense of 'being myself,'

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but not everyone knows their self clearly. In most cases, our sense of self is mixed up with the content of experience and, as a result, its natural condition of peace and happiness is veiled.

Through investigation and analogy, the meditations in this collection take us back to our true nature again and again, until we begin to find our self naturally and effortlessly established there, as that. In time, experience loses its capacity to veil our being, and its innate peace and joy emerge from

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*the background of experience. * * * The Essence of Meditation Series presents meditations on the essential, non-dual understanding that lies at the heart of all the great religious and spiritual traditions, compiled from contemplations led by Rupert Spira at his meetings and retreats. This simple, contemplative approach, which encourages a clear seeing of one's experience rather than any kind of effort or discipline, leads the reader to an experiential*

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understanding of their own essential being and the peace and fulfilment that are inherent within it.

A MASTERPIECE of illuminative writing, Spiritual Enlightenment: The Damnedest Thing is mandatory reading for anyone following a spiritual path. Part exposé and part how-to manual, this is the first book to explain why failure seems to be the rule in the search for enlightenment, and how the rule can be broken. :: Book One of Jed McKenna's Enlightenment Trilogy.

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Contains Bonus Material.

A unique manual of spiritual insight and revelation which takes the reader beyond accepted boundaries of non-duality and enlightenment. Book of Enlightenment is the most complete exposition of the teaching of Anadi. It is a revolutionary compendium of spiritual knowledge addressed to those commencing their inner journey, as well as those who have already reached higher levels of spiritual realization. The purpose of this book is to reveal the multidimensional

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evolution of human consciousness from the state of ignorance to the state of wholeness. It is a book of spiritual guidance directed to uncompromising seekers of truth.

*Jed McKenna's Notebook:
All Bonus Content from the
Enlightenment Trilogy
Spiritual Enlightenment::
The Damnedest Thing
Jed Talks #1 2nd Edition
How to Attain
Enlightenment
The Power of Now
Behind the Scenes
Perfect Brilliant
Stillness*

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Enlightenment for Beginners is the simple account of how and why you've been imagining yourself to be only a separate and limited being. Using clever but easily understood words and drawings, Hillig invites the seeker to discover that they are already who they've been looking to become and that a life of love and connection is already at hand. Although this deceptively uncomplicated book can be read in a sitting, its profound spiritual impact can last an entire lifetime. A wonderful gift for anyone who is on the spiritual path."

In thirty-one meditations, the

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author implores his readers to break through illusion, the great obstacle to love.

2nd Edition contains Starship Gita: Song of the Borg.

Contents
Toe Jam
Satsang with Jed
Insane Little Monkeys
The Liberating Angel
What Is Enlightenment?

The Champions of Delusion
Yolanda

Periwinkle
The Spiritual Anarchist
The Second

Coming
Goldilocks

Universe
The Magic Part
The Cross of the Moment
The Caneless Cane

Electrical Christianity is a revolutionary guide to Jesus'

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teachings and spiritual enlightenment. It provides clear-cut, in-depth instructions on how to directly "plug into" the Divine Being, the Holy One, and literally "pull down" His Power. Grace is not an abstract principle; it is the palpable experience of God's Spirit-power--and anyone who religiously (or devotedly and intensely) practices the discipline of true Holy Communion presented in this book can experience the descent of Divine Power, the Holy Spirit. The true Eucharist, the practice of Holy Communion (which in its

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"awakened" form implies reception of the Holy Spirit), is the very heart of real Christianity, and the foremost method for attaining salvation (spiritual en-Light-enment). Electrical Christianity not only details the radical (or gone-to-the-root) practice of Holy Communion, but also analogizes it to an electrical circuit. The Eucharist is simply Ohm's Law applied to spirituality, and once you grasp the Eucharist-Ohm's Law connection, which is explicated in this book, you'll become like Jesus: a spiritual revolutionary. In addition to

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explicating the Eucharist-Ohm's Law connection, the book also sheds penetrating light on psychology, politics, and sociology. It presents a vision of integral psychology that differs markedly from Ken Wilber's, considers Jesus' politics in a modern context, and examines the history and future of Christianity in the New (or Aquarian) Age.

Song of Liberation

Awakening to the Natural State

Halfway Up The Mountain

Awareness

The True Knowledge of Enlightenment

Surrendering to the Sadness

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and Madness of Life

No Self, No Problem

"People call me an 'enlightened man' — I detest that term — they can't find any other word to describe the way I am functioning. At the same time, I point out that there is no such thing as enlightenment at all. I say that because all my life I've searched and wanted to be an enlightened man, and I discovered that there is no such thing as enlightenment at all, and so the question whether a particular person is enlightened or not doesn't arise. I don't give a hoot for a sixth-century-BC Buddha, let alone all the other claimants we have in our midst. They are a bunch of exploiters, thriving on the gullibility of the people. There is no power outside of man. Man has created God out of fear.

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So the problem is fear and not God."

In the last few years, the podcast industry has really boomed. Every journalist and celebrity worth their salt now has their own. But what makes Life In The Stocks special? Well, for one thing it's the eclectic pool of speakers from a wide range of creative disciplines. It's also the rawness, honesty, and vulnerability of the conversations that Matt Stocks shares with his guests: the interviews are completely candid, unchecked, and authentic. For the purpose of this book, Life In The Stocks: Veracious Conversations with Musicians & Creatives Vol. 2, Matt collected highlights from the first eighteen months of the podcast, and presented the anecdotes, musings, and observations in a new format, to tell new stories and tie them together

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in a way that takes the reader on an emotional journey--from early childhood memories to the dizzying heights of fame, via creative enterprises, experimentation with mind-altering substances, battles with mental health, spiritual contemplations, the meaning of life, death, and a whole lot more. Full of inspirational, entertaining, shocking, tragic, heart-warming, and hilarious tales, Life In The Stocks Vol. 2 is much more than just a collection of interview transcripts: it is an insight into the minds of some of America's most enduring underground artists and an exploration of the history of alternative culture in the US, filtered via the perspective of someone from the UK. In short, it's a unique and special cultural commentary, and one you will not want to put down.

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From the bestselling author of *Awareness* and *The Way to Love* comes a classic reissue of lessons to inspire readers every day of the year. With more than two million books sold and countless admirers throughout the world, Anthony de Mello is regarded as one of the most influential religious teachers of the past fifty years. Since his death in 1987, widespread recognition of his work 's enduring value has continued to grow. In *Awakening*, de Mello explores "the wisdom that cannot be conveyed in human speech." Through 365 meditations, blending the mystical traditions of both East and West, he creates the lessons of a profound "master" to his "pupil," illustrating our common need for harmony and enlightenment. The daily parables,

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sometimes cryptic and often witty, are not meant so much to instruct as to awaken the understanding deep within the human heart.

Caplan (TO TOUCH IS TO LIVE) asserts that "the reality of the present condition of contemporary spirituality in the West is one of grave distortion, confusion, fraud, and a fundamental lack of education." She claims that, as positive as the tremendous rise in spirituality is, there is not any context for determining whether any particular teaching, or teacher, is truly enlightening. Caplan compiles interviews with such noted spiritual masters as Joan Halifax, Llewellyn Vaughan-Lee and Rabbi Zalman Schachter-Shalomi on the nature of enlightenment. In the first section, Caplan examines the motivations

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people have for seeking enlightenment and contends that very often they seek this state as a means of gratifying the ego. This "presumption of enlightenment," she says, often afflicts teachers masquerading as spiritual leaders. These teachers sometimes look down on their students and gloat over how far they have come and how far the students have to go. A second section focuses on "The Dangers of Mystical Experience," in which Caplan claims that many seekers mistake the mystical experience itself for enlightenment; she and the teachers she interviews all assert that enlightenment always involves gaining some knowledge about self and others. The third section, "Corruption and Consequence," focuses on the nature of power and

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corruption; the fourth section, "Navigating the Mine Field: Preventing Dangers on the Path," provides a survey of the ways in which practitioners can avoid the "pitfalls of false enlightenment." A final section, "Disillusionment, Humility and the Beginning of Spiritual Life," concludes that "the Real spiritual life [is] the life of total annihilation and the return to just what is." Caplan's illuminating book calls into question the motives of the spiritual snake handlers of the modern age and urges seekers to pay the price of traveling the hard road to true enlightenment.

Marry Him

Enlightenment

The Mystique of Enlightenment

The Book of Not Knowing

Spiritual Enlightenment

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Book One of The Enlightenment Trilogy

The Path to Achieving the Bliss of the Himalayan Swamis. and the Freedom of a Living God.

The 'Reality Explained' Trilogy is the culmination of a thirty-year direct investigation into the fundamental nature of Reality. The study of Reality is a response to one's deep-seated need to understand the mysterious, yet ordered world that we find ourselves inextricably woven into. The study of Reality is not limited to the study of the outward world, but it is also the study of the very space or capacity that the entire world exists in. The study of

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Reality exists to resolve the paradoxical relationship between Mind and matter, God and individuality, Heaven and earth, or generally speaking, the Absolute and the relative. Book Two: "Being, While Knowing You Are Not," is focused on the day-to-day details of what it is like to live in the world while knowing that you are not of it. This book also serves as a cautionary tale for all of the pain, emotional trauma, and otherwise dark feelings that may surface after surrendering yourself to Mystery. Whereas the first book is focused on my pursuit of the truth of our existence, the second book is focused on how

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this pursuit affected my daily life and my worldly affairs.

Collectively, this Trilogy tells the entire story of our existence, as far as I have been shown.

However, this is not by any stretch of the imagination, the end of Mystery. Instead, it is merely the beginning. The beginning of what? That's the question that your life is the answer to.

***Spiritually Incorrect
Enlightenment Isn't One Kind of
Enlightenment - It's the Only
Kind THE MARK OF A TRUE
MASTER is that he can express a
subject of the utmost complexity
with uncanny simplicity. Jed
McKenna is such a master, and***

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spiritual enlightenment is his subject. His first book, Spiritual Enlightenment: The Damnedest Thing, was an instant classic and established him as a spiritual teacher of startling depth and clarity. Now, his second book, Spiritually Incorrect Enlightenment, takes us on a fascinating tour of the enlightened state - what it is and what it's not, who's there and who's not, how to get there and how to get somewhere better. Delightful surprises abound, including the dramatic unveiling of perhaps the greatest spiritual masterpiece of all time - long hidden in plain view and well known to all. Whitman, Melville,

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Thoreau, Mark Twain and U.G. Krishnamurti all appear, and a student from the first book returns to share her Spiritual Autolysis journals. Also surprising are the author's gentle efforts to guide the reader away from enlightenment toward a more desirable and accessible state. Failing to fetch me at first, keep encouraged, Missing me one place, search another, I stop somewhere, waiting for you. - Walt Whitman Jed McKenna's books aren't for everyone. They're for people who are tired of the spiritual merry-go-round and ready to confront the unadorned reality of the awakening process. If you like

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your teachers with all the spiritual trimmings and trappings, Jed may not be right for you, but when you're ready to jump off the merry-go-round and begin your journey, Jed McKenna is the guy you want to see standing there, waiting for you.

Liberation Unleashed introduces you to the process of unraveling the false sense of a separate self at the center of your existence. With insightful metaphors, personal stories, and guided dialogues, this book points directly to our lack of separation and helps you move toward a new, more open reality of selfless bliss. Using the seven

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clear and focused steps presented, you'll find liberation in realizing there is no individuated "I" and marvel at the true nature of things. Author Ilona Ciunaite's search for the truth began when she first "experienced silence of the thinking mind, a sweet sense of being, contentment, peace," and "feeling at home." Driven by a desire to reach that state of oneness once more, her path led her through spiritual writings to the process of deconstruction and non-dual self-inquiry and finally to a peaceful emptiness of not knowing, but of simply being. It's from that place that Ciunaite cocreated the popular Liberation

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Unleashed forum—a global Internet-based community helping people see through the illusion of a separate self—and it's just that sense of unknowing peace she wishes to impart with this book. ***Liberation Unleashed*** is a lively, fresh, and moving account of the author's own searching, liberation, and transformation, woven together with the stories of fellow seekers and a clear exposition of the simple, focused tools you can use to go through the "gateless gate." With its conversational tone, provocative questions, and the presentation of the seven steps—"Clearing the path—meeting the fear," "Strip

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away ALL expectations,” “Get in touch with the real,” “I’ is a thought,” “There is no separate self,” “How does it feel to see this?” and “Falling”—this book serves as an introductory how-to guide, demonstrating how to use the process of self-inquiry to get free from the falseness of the separate self and realize a blissful oneness. So many of us go through life feeling isolated, searching for ourselves, or seeking a more authentic reality through religion, spirituality, or other, more unconventional means of expanding consciousness. Now, with this book and its guiding principles, you’ll learn how to look deeply

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into the nature of self and existence; combat the anxieties, fears, mental blocks, and reservations that can arise in self-inquiry; and see the simple beauty of the everyday moment. This is the true story of one man's spiritual awakening, without a guru and under severely restrictive conditions...In March of 1992, Michael Clegg entered prison, convicted of manufacturing an illegal drug. While there, he realized that a lifetime of spiritual searching had brought him no closer to the elusive state he was seeking. In surrender, he was overwhelmed by relief and bliss. The next several years were

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***spent in a deepening process he
calls the "deliverance", as layers
of preconditioned ego
personality were peeled away to
reveal the eternal Pearl of
Consciousness. He left prison
with a new name, Satyam
Nadeen, and a new life!***

***Uncensored Straight Talk on the
Nature of Enlightenment
The Error of Premature Claims to
Enlightment
Being, While Knowing That You
Are Not
Book of Enlightenment
A Guide to Breaking Free from
the Illusion of a Separate Self
Jed Talks #1
Our Time Together Prior to the
Invisible Guru***

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An eye-opening, funny, painful, and always truthful in-depth examination of modern relationships and a wake-up call for single women about getting real about Mr. Right. You have a fulfilling job, great friends, and the perfect apartment. So what if you haven't found "The One" just yet. He'll come along someday, right? But what if he doesn't? Or what if Mr. Right had been, well, Mr. Right in Front of You—but you passed him by? Nearing forty and still single, journalist Lori Gottlieb started to wonder: What makes for lasting romantic fulfillment, and are we looking for those qualities when we're

dating? Are we too picky about trivial things that don't matter, and not picky enough about the often overlooked things that do? In *Marry Him*, Gottlieb explores an all-too-common dilemma—how to reconcile the desire for a happy marriage with a list of must-haves and deal-breakers so long and complicated that many great guys get misguidedly eliminated. On a quest to find the answer, Gottlieb sets out on her own journey in search of love, discovering wisdom and surprising insights from sociologists and neurobiologists, marital researchers and behavioral economists—as well as single and married men and

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women of all generations.

"FIRST EDITION" This is the original release of "Haunted Universe." This edition is not published anymore and has been replaced by the "Newly Revised Edition."

An intimate account of spontaneous spiritual enlightenment and its implications in a life lived beyond the individual self.

Chapters Include: Recipe for Failure, 3 Interviews with Jed, Impersonating Jed McKenna, Blues for Buddha, Zen and the Art of Self-Mutilation, Mannahatta (The Journey to the Shaman, Kill the Swiss,

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**Improbability, My Uncle the
Vampire, Bookstore Guru, City
Lights, Death & Discrimination) I,
Witness, The New World, The
Golden Door, Visionary
Goofballs, Nothing Forever: A
Post-Apocalyptic Lightmare
The Vision of Non-Duality
You're Trying Too Hard
Exploring the True Nature of Self,
Mind, and Consciousness
Atmamun
Grandstanding
Enlightenment Teachings of Self-
Realization
Haunted Universe**
*Working Hard to Become
Spiritually Elite? Have
you ever wondered why you*

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can't find the path to enlightenment? Have you struggled with expensive meditation techniques and special diets, elite teachers, and all manner of other crazy notions just trying to one day, finally, awaken to complete freedom and total peace (perhaps with a hefty dose of bliss as well)? Stop! In You're Trying Too Hard, Joey Lott explains exactly that--you are trying too hard, and you will never achieve your goals precisely because you already ARE freedom. Stop trying

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everything under the sun to bring yourself to true enlightenment. Stop searching for wiser, more special teachers. Stop worrying about lineage and ego and diet and the self. Stop everything. Remain only with direct experience, and let true clarity at least reveal itself. Clarity is the simplicity of being. Clarity is simply seeing what is, as it is. "Look to direct experience right now. This is absolutely effortless. There is no trying required. Why? Because direct experience

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is unavoidable. It is what is happening." Are you ready? Read this book now, and set foot on the only path to so-called "enlightenment" you will ever need.

We are all guilty of it. We call people terrible names in conversation or online. We vilify those with whom we disagree, and make bolder claims than we could defend. We want to be seen as taking the moral high ground not just to make a point, or move a debate forward, but to look a certain way--incensed, or

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compassionate, or committed to a cause. We exaggerate. In other words, we grandstand. Nowhere is this more evident than in public discourse today, and especially as it plays out across the internet. To philosophers Justin Tosi and Brandon Warmke, who have written extensively about moral grandstanding, such one-upmanship is not just annoying, but dangerous. As politics gets more and more polarized, people on both sides of the spectrum move further and further apart

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when they let grandstanding get in the way of engaging one another. The pollution of our most urgent conversations with self-interest damages the very causes they are meant to forward. Drawing from work in psychology, economics, and political science, and along with contemporary examples spanning the political spectrum, the authors dive deeply into why and how we grandstand. Using the analytic tools of psychology and moral philosophy, they explain what drives us to behave

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in this way, and what we stand to lose by taking it too far. Most importantly, they show how, by avoiding grandstanding, we can rebuild a public square worth participating in.

“Goes through the entire gamut of topics covered by the Vedas, making use of yoga, detachment, the ego, karma, dharma, love, meditation and much more.”

—East and West Magazine

This complete guide to enlightenment presents the wisdom of the ancient science of self-inquiry, a time-tested means for achieving spiritual

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freedom. The author discusses the purpose of self-inquiry, the quest for lasting happiness, issues of identity and transcendence, the role of wisdom and action, and the subconscious obstacles to freedom. He convincingly refutes the popular view that enlightenment is a unique state of consciousness and debunks a host of other enlightenment myths. In his straightforward style he reveals proven methods for purifying the mind, and includes chapters on love, the science of

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energy transformation and meditation. He takes the reader from the beginning to the end of the spiritual path, patiently unfolding the logic of self-inquiry. "Vedanta is the original systemized enlightenment teaching, and James does an extraordinary job of extracting the essential nectar of the teachings from its dusty, ancient, Sanskrit origins and elucidating it with utmost clarity. One review cannot do this teaching, with its rich history and depth, even a modicum of justice.

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James's book is the best introduction there is to this subject."

–Consciousness Junkie

"Explains methods of Vedanta in his survey of spiritual techniques, pairing theory with practice and explaining the myths and realities behind an enlightened state. From reflections on moving to a larger living space and clutter to assimilating experiences,

How to Attain

Enlightenment is a powerful survey any new age library needs." –The Bookwatch

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Who am I? is the title given to a set of questions and answers bearing on Self-enquiry. The questions were put to Bhagavan Sri Ramana Maharshi by Sri M. Sivaprakasam Pillai, about the year 1902. Sri Pillai, a graduate in philosophy, was at the time employed in the Revenue Department of the South Arcot Collectorate. During his visit to Tiruvannamalai in 1902 on official work, he went to Virupaksha Cave on Arunachala Hill and met the Maharshi there. He sought from him spiritual

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guidance and solicited answers to questions relating to Self-enquiry. As Bhagavan was not talking then, not because of any vow he had taken but because he did not have the inclination to talk, he answered questions put to him by writing. As recollected and recorded by Sri Sivaprakasam Pillai, there were thirteen questions and answers to them given by Bhagavan. This record was first published by Sri Pillai in 1923 (in the original Tamil), along with a couple of poems

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*composed by himself
relating how Bhagavan's
grace operated in his case
by dispelling his doubts
and by saving him from a
crisis in life.*

*Anne Carson: Antiquity
Essays, Teachings, Rants &
Frivolous Frivolity*

*The Most Direct and Rapid
Means to Eternal Bliss*

*The Last Meditations of
Anthony de Mello*

*A Revolutionary Guide to
Jesus' Teachings and
Spiritual Enlightenment
Living as the Source of
who You are*

From her seminal Eros

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the Bittersweet (1986) to her experimental Float (2016), Bakkhai (2017) and Norma Jeane Baker of Troy (2019), Anne Carson's engagement with antiquity has been deeply influential to generations of readers, both inside and outside of academia. One reason for her success is the versatile scope of her classically-oriented oeuvre, which she rethinks across multiple media and categories. Yet an equally significant reason is

her profile as a classicist. In this role, Carson unfailingly refuses to conform to the established conventions and situated practices of her discipline, in favour of a mode of reading classical literature that allows for interpretative and creative freedom. From a multi-praxis, cross-disciplinary perspective, the volume explores the erudite indiscipline of Carson's classicism as it emerges

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in her poetry, translations, essays, and visual artistry. It argues that her classicism is irreducible to a single vision, and that it is best approached as integral to the protean character of her artistic thought. Anne Carson/Antiquity collects twenty essays by poets, translators, artists, practitioners and scholars. It offers the first collective study of the author's classicism, while

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**drawing attention to one
of the most avant-garde,
multifaceted readings of
the classical past.**

Spiritual

**Enlightenment:: The
Damnedest ThingBook One**

**of The Enlightenment
TrilogyWisefool Press**

**To make the journey into
the Now we will need to
leave our analytical
mind and its false**

**created self, the ego,
behind. From the very
first page of Eckhart
Tolle's extraordinary
book, we move rapidly
into a significantly**

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*higher altitude where we
breathe a lighter air.
We become connected to
the indestructible
essence of our Being,
"The eternal, ever
present One Life beyond
the myriad forms of life
that are subject to
birth and death."
Although the journey is
challenging, Eckhart
Tolle uses simple
language and an easy
question and answer
format to guide us. A
word of mouth phenomenon
since its first
publication, The Power*

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of Now is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

Mixing Christian spirituality, Buddhist parables, Islamic sayings, Hindu breathing exercises, and psychological insight, spiritualist and Jesuit priest Anthony de Mello challenges readers to identify our most submerged, darkest feeling, accept them,

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***not let them rule us,
and allow this new
awareness of ourselves
to change us. Copyright
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Who Am I?

Liberation Unleashed

Jed McKenna & The

Suicide Letters

Awakening

Kundalini Tantra

The Damnedest Thing ET1

The Case for Settling

for Mr. Good Enough

This book is a collection of
correspondences between Jed
McKenna and myself prior to
Jed's life as the Invisible Guru.

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Jed wrote that he considered me a son and I too considered him as a father figure and a mentor as he helped me create what would become the "Reality Explained" Trilogy. What makes this book unique is that these are the first writings of Jed's that the public will see where Jed speaks, not as a spiritual teacher but as a friend and cohort working together on a book about Enlightenment. Discover a different aspect of Jed as he shares his human side as well as his formlessness.

Of the thousands of books in the modern spiritual marketplace, few state their message both

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simply and profoundly. "Seeds for the Soul" is one. Combining the wisdom of eastern philosophy with the principles of western psychology, Chuck Hillig presents a readable and compelling worldview that speaks directly to the reader's mind, heart, and soul. He points the way to true happiness for those who have struggled to find peace of mind and suggests that surrendering our idea of control over life is the path to fulfilment. Like a good friend cutting through the confusion, Chuck Hillig takes you by the hand and leads you to where you can look reality squarely in the face. His

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words will quietly reverberate in the very depths of your consciousness, and whether they act as gentle reminders or loud alarm clocks, they will lovingly direct you to the only person who holds your truth: you. "Seeds for the Soul" is a unique and fascinating gift to the reader that invites you to revisit its enlightening pages again and again to discover its multi-layered treasures.

For fans of Eckhart Tolle—a guide to mastering self-awareness through direct experience rather than old presumptions or harmful thought patterns Through decades of

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martial arts and meditation practice, Peter Ralston discovered a curious and paradoxical fact: that true awareness arises from a state of not-knowing. Even the most sincere investigation of self and spirit, he says, is often sabotaged by our tendency to grab too quickly for answers and ideas as we retreat to the safety of the known. This "Hitchhiker ' s Guide to Awareness" provides helpful guideposts along an experiential journey for those Western minds predisposed to wandering off to old habits, cherished presumptions, and a stubbornly solid sense of self.

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With ease and clarity, Ralston teaches readers how to become aware of the background patterns that they are usually too busy, stressed, or distracted to notice. The Book of Not Knowing points out the ways people get stuck in their lives and offers readers a way to make fresh choices about every aspect of their lives—from a place of awareness instead of autopilot. Kundalini Tantra discusses the Tantric path to enlightenment via kundalini awakening through shaktipat or grace. It is written from the author's personal experience of the journey to enlightenment and reflects his

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thoughts and hints on the path. Included is also a sacred Tantric text, Shiva Sutras, in a new translation and with commentaries by the author. Also included is a translation of the classic Advaita (non-duality) text, Atma Bodha. Furthermore, the author has selected highlights from the extensive Tantra classic Tripura Rahasya and commented on the excerpts in order to expound their meaning. Powerful, normally secret, kriya meditation techniques are given.

A Guide to Spiritual Enlightenment
Life in the Stocks

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A Journal of Awakening and
Deliverance

The Way to Love

Spiritually Incorrect

Enlightenment

How Neuropsychology Is

Catching Up to Buddhism

Conversations with the Masters

Atmamun is the path to achieve the
bliss of the Himalayan Swamis and the
Freedom Of a living God. It is for True
Seekers. It is for those who wish to
move beyond the self-help and
cosmetic slogans of meditation and
mindfulness, toward the Ultimate
Truths of Life and the Mind.

More and more people are “waking
up” spiritually. And for most of them,
the question becomes: now what?

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“Information about life after awakening is usually not made public,” explains Adyashanti. “It’s most often shared only between teachers and their students.” *The End of Your World* is his response to a growing need for direction on the spiritual path. Consider the book you hold in your hands Adyashanti’s personal welcome to “a new world, a state of oneness.” Adyashanti begins by describing the “I got it/I lost it” phenomenon that perplexes so many of his students—the fluctuation between what he calls “nonabiding” awakening and the ultimate state of “abiding” enlightenment. With straight talk and penetrating insight, Adyashanti then points out the pitfalls and cul-de-sacs that “un-enlighten” us along the

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journey, including the trap of meaninglessness, how the ego can “co-opt” realization for its own purposes, the illusion of superiority that may accompany intense spiritual breakthroughs, and the danger of becoming “drunk on emptiness.” “Full awakening comes when you sincerely look at yourself, deeper than you’ve imagined, and question everything,” teaches Adyashanti. *The End of Your World* is your invitation to join Adyashanti for an honest investigation of what you really are—and how to live once you discover it.

Contents

Chapter One: Exploring Life After Awakening

Chapter Two: Authentic Awakening—And the Disorientation That Can Follow

Chapter Three: “I Got It, I Lost It”

Chapter Four: We Come

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to Nirvana by Way of Samsara Chapter Five: Coming Completely Out of Hiding Chapter Six: Common Delusions, Traps, and Points of Fixation Chapter Seven: Life Itself Holds Up a Mirror for Our Awakening Chapter Eight: The Energetic Component of Awakening Chapter Nine: When Awakening Penetrates the Mind, Heart, and Gut Chapter Ten: Effort or Grace? Chapter Eleven: The Natural State Chapter Twelve: The Story of the Wedding Chapter Thirteen: An Interview With Adyashanti Excerpt There's a phenomenon happening in the world today. More and more people are waking up—having real, authentic glimpses of reality. By this I mean that people seem to be having moments

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where they awaken out of their familiar senses of self, and out of their familiar senses of what the world is, into a much greater reality—into something far beyond anything they knew existed. These experiences of awakening differ from person to person. For some, the awakening is sustained over time, while for others the glimpse is momentary—it may last just a split second. But in that instant, the whole sense of “self” disappears. The way people perceive the world suddenly changes, and they find themselves without any sense of separation between themselves and the world. It can be likened to the experience of waking up from a dream—a dream you didn’t even know you were in until you were jolted out of it. In the

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beginning of my teaching work, most of the people who came to me were seeking these deeper realizations of spirituality. They were seeking to wake up from the limited and isolated senses of self they had imagined themselves to be. It's this yearning that underpins all spiritual seeking: to discover for ourselves what we already intuit to be true—that there is more to life than we are currently perceiving. But as time has passed, more and more people are coming to me who have already had glimpses of this greater reality. It is because of them that I am giving the teachings of this book.

While in grad school in the early 1990s, Chris Niebauer began to notice striking parallels between the latest discoveries in psychology,

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neuroscience, and the teachings of Buddhism, Taoism, and other schools of Eastern thought. When he presented his findings to a professor, his ideas were quickly dismissed as “pure coincidence, nothing more.” Fast-forward 20 years later and Niebauer is a PhD and a tenured professor, and the Buddhist-neuroscience connection he found as a student is practically its own genre in the bookstore. But according to Niebauer, we are just beginning to understand the link between Eastern philosophy and the latest findings in psychology and neuroscience and what these assimilated ideas mean for the human experience. In this groundbreaking book, Niebauer writes that the latest research in neuropsychology is now confirming a

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fundamental tenet of Buddhism, what is called Anatta, or the doctrine of “no self.” Niebauer writes that our sense of self, or what we commonly refer to as the ego, is an illusion created entirely by the left side of the brain. Niebauer is quick to point out that this doesn't mean that the self doesn't exist but rather that it does so in the same way that a mirage in the middle of the desert exists, as a thought rather than a thing. His conclusions have significant ramifications for much of modern psychological modalities, which he says are spending much of their time trying to fix something that isn't there. What makes this book unique is that Niebauer offers a series of exercises to allow the reader to experience this truth for him- or herself, as well as

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additional tools and practices to use after reading the book, all of which are designed to change the way we experience the world—a way that is based on being rather than thinking. Is it possible to map the directions to a Void? Is it conceivable that one can point to the abyss? Just maybe, it can be done, and here is how I propose to do it. It starts with the recounting of my personal quest for 'Spiritual Enlightenment, ' which can also serve as a roadmap for any human being who takes the spiritual journey seriously. This story centers on the peak period of my spiritual journey just after returning home from a weeklong meditation retreat at the world renowned 'Monroe Institute.' I had been home less than a week after attending one of their

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advanced programs when, without warning, I began to have profound Visions while living out my day-to-day life. I could be taking a walk with my wife and daughter or going about my daily routine at work when I would find myself spontaneously thrust into a vastly more expansive perspective that placed my entire world in a wholly new context. These Visions were progressive in nature as they clearly and pointedly demonstrated to me the Grand Design of Reality. Some of these Visions were existentially devastating and some were downright terrifying, as they exposed the true nature of the 'self'. Others were so blissful that they could only be tolerated for brief moments. Ultimately, they coalesced to reveal a

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model of Reality that is as elegant in its simplicity as it is mind-numbing in its implications. In this book, I outline a play-by-play account of how four of these Visions shaped a new understanding regarding the true architecture of Reality and how this understanding resolves some of our greatest philosophical paradoxes, such as the relationship between mind and matter or God and the world. Given the universal nature of these experiences, there are opportunities throughout the book for you to verify each truth for yourself. I wrote this book to demystify the subject of Enlightenment. There are already many excellent books on the subject of Enlightenment otherwise known as 'Nondual Wisdom.' However, what is missing is a book that

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chronicles the day-to-day, month-to-month, and year-to-year unfolding of the Self in detail. This book is a very personal account of an incredibly impersonal process, broken down step by step and presented almost in slow motion. The reader is invited on a journey that chronicles each step along the path to Enlightenment. The details of the climactic experience itself and the final understanding that results from undergoing such a radical and permanent shift in perspective is where I intend to lead you. It is also my hope that this book will demonstrate how the experience of Enlightenment is not something mythical - a fable belonging to some other time or place - but an actual shift in perspective that is available right here and now to anyone

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who is curious enough to explore the true nature of 'being'. I speak to you from the point of view that we all share the human experience and when we explore the depths of our minds we find that the same treasure awaits us all. The fact that I am a husband and father with a full-time career stands as proof that you don't have to choose between a worldly life and Enlightenment. Throughout the book, you are offered a number of opportunities to verify for yourself some of the subject matter as its being discussed. To be true to my story, I rely mostly on my personal journals, which are individually dated and appear in italics, while my current narration appear in normal type. And so it begins ...

Where To Download Spiritual Enlightenment The Damnedest Thing Jed McKenna Being Myself

From Onions to Pearls

Electrical Christianity

The Open Secret

The Use and Abuse of Moral Talk

Enlightenment for Beginners

Veracious Conversations with

Musicians and Creatives (Volume Two)

Jed McKenna is the author of The Enlightenment Trilogy and The Dreamstate Trilogy. The Jed Talks series continues to provide the same combination of humor, charm, and unparalleled mastery that has made Jed McKenna the clearest and most unique voice in human spirituality.

'Throughout my early life I felt that there was another possibility which, once realised, would transform all and

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everything. One day that possibility became a reality, and it was simple and ordinary, magnificent and revolutionary. It is the open secret that reveals itself in every part of our lives. But realisation does not emerge through our attempts to change our lives, it comes as a direct rediscovery of who it is that lives. The Open Secret is a singular and radical work which speaks of the fundamental liberation that is absolutely beyond effort, path, process or belief.'

Living Nonduality

The Direct Path to What Already Is
Seeds for the Soul

Discovering the Dance of the Divine
The End of Your World