

Radiant Mind: Awakening Unconditioned Awareness - Peter Ph.d. Fenner

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Whether it is called enlightenment, pure presence, or unconditioned awareness, there exists an awakened state of true liberation that is at the heart of every contemplative tradition. Yet according to Peter Fenner, this experience of boundless consciousness does not have to exist separately from your day-to-day conditioned existence. Rather, you can learn to live as a unique individual at the same time as you rest in a unified expanse of oneness with all existence-in a state he calls Radiant Mind. Students in the West often feel frustrated in trying to follow the Eastern path to awakening, confused by seemingly vague or counter-intuitive teachings. Peter Fenner created the Radiant Mind practice to help you break through the obstacles that are often challenging for practitioners in our culture. Drawing upon his background in both Eastern spirituality and Western psychology, Fenner brings you a precise, step-by-step approach to non-dual practice that includes: How to observe and dissolve fixations to live in the here and now, without being controlled by your desires Practices to deepen and stabilize your experience of presence until it becomes second nature Communication as a path to openness-for you and those around you Tools for identifying your conscious and unconscious sources of suffering-and learning to transcend those patterns, and much more. Author: Fenner, Peter Ph.D. Publisher: Sounds True Illustration: N Language: ENG Title: Radiant Mind: Awakening Unconditioned Awareness Pages: 00308 (Encrypted EPUB) On Sale: 2007-07-01 SKU-13/ISBN: 9781591795773 Category: Religion : Buddhism - Rituals & Practice

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