



Eyes Wide Open: Buddhist Instructions on Merging Body and Vision

By Will Johnson

Inner Traditions Bear and Company, United States, 2016. Paperback. Book Condition: New. 209 x 136 mm. Language: English . Brand New Book. Drawing on the story of the seventh-century Chinese monk Shenxiu, Will Johnson offers meditation exercises to create a mind like a mirror, cleansing it of obscuring layers of worry and emotion to literally see things as they are, not just how we perceive them to be. He explains how to awaken your body to the sensations we learn to ignore when we lose ourselves in thought and tense ourselves in ways that stifle the body's vibrancy. He offers meditative techniques to silence the projections of the mind and enter into a condition of ecstatic mindfulness. He details gazing practices, such as sky gazing, eye gazing, and mirror gazing, to cleanse our vision and remove whatever is distorting our perceptions. Through this new kind of seeing, divisions between your inner and outer world start to drop away. You begin to experience an intimate connectivity to the world you look out onto. By cleansing the mirror of the mind, we can come out of the dreams of who we think we are and awaken into our true, essential nature.



READ ONLINE
[2.54 MB]

Reviews

The ideal publication i at any time go through. It is actually rally fascinating throug reading through time. I am pleased to inform you that this is actually the greatest book i have got read through during my individual existence and might be he best book for at any time.

-- **Alexandre Cruickshank**

This ebook will be worth buying. It usually fails to charge too much. You will not sense monotony at at any time of your time (that's what catalogs are for regarding when you check with me).

-- **Retha Frami V**

Related PDFs



YJ] New primary school language learning counseling language book of knowledge [Genuine Specials(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2011-03-01 Pages: 752 Publisher: Jilin University Shop Books All the new book. the subject of genuine special part...



You Are Not I: A Portrait of Paul Bowles

University of California Press. Hardcover. Book Condition: New. 0520211049 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE...



Read Write Inc. Phonics: Orange Set 4 Storybook 11 Look Out!

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 211 x 147 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....



Cat Humor Cats Are Really Just Big Jerks Volume 2

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 40 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.LIMITED-TIME SPECIAL: Special Bonus Inside! Thats right. . . For a limited time you can download a FREE audiobook version...



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



Anything You Want: 40 Lessons for a New Kind of Entrepreneur

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Anything You Want: 40 Lessons for a New Kind of Entrepreneur, Derek Sivers, Anything You Want is Derek Sivers' iconic manifesto on lessons learned while becoming an entrepreneur. You don't need a visionary...