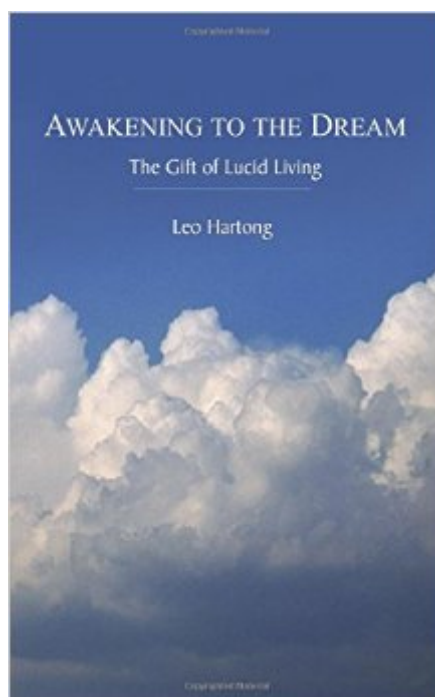


The book was found

Awakening To The Dream: The Gift Of Lucid Living



Synopsis

For centuries, philosophers and theologians have pondered questions such as Who are we? and What is the self? *Awakening to the Dream* is a book about you and your true identity. *Awakening to the Dream* is a very clear, approachable overview of the enigmatic philosophy of Advaita Vedanta, also known as non duality. Essentially, this is a book about you. It points to and from the source of your true identity. The clear seeing that it refers to is neither complex nor simple. It is not something exclusive for intellectual or spiritual elite, nor is it remote or hiding in the future. It is all inclusive, pure presence, closer than your breath. It is the heart of hearts, your birthright and innermost self. This is your invitation to remember what was never really forgotten.

Book Information

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Customer Reviews

This book covers, in very simple language, the illusion of ego and seeking. It is comprehensive and like a smooth story. It removes the possible misconceptions about enlightenment, one-by-one, in simple style. This should be highly useful for anyone who seeks clarity in one's spiritual pursuit, as it is sure to bring some objectivity to the search within and without. On Page 9, in the foreword, Tony Parsons, the author of "AS IT IS", says "The book begins very well, with a clear explanation of its intent, and throughout the work there is the feeling of reading a letter written by a friend who gently, but passionately, wants to make something very clear. As the writer communicates his perception of the mystery, he intersperses his ideas with appropriate traditional and contemporary quotations. In simple terms, it is the absence of seeking that reveals the wonder of that which already is, but although this simple and awesome mystery is impossible to express in words, Leo's exploration is a

joy to share in."The above is a very apt description of the content and style of writing in the book.The following excerpts from the book explain very clearly what is enlightenment.Page 12:"So here we go: The answer is that you will get nothing out of it because enlightenment is the realization that there is no you to get enlightened; that the sense of separation and individuality is an illusion."Page 13:"While reading texts from non-dual systems such as Zen, Advaita, Taoism, or Dzogchen, you will find the affirmation that Self-realization has no promise other than to release you from your belief in a separate self or ego. That's it.

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