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Self-observation, he asserts, is the most ancient, scientific, and proven means to develop this crucial inner guide to awakening and a moral life. This book is for the lay-reader, both the beginner and the advanced student of self observation. No other book on the market examines this practice in such

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reviews. This book is an in-depth examination  
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up to 90 percent of the public under age 35  
suffers from attention-deficit disorder! This  
book offers the most direct, non-  
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This book is an in-depth examination of the much needed process of “self” study known as self observation. We live in an age where the “attention function” in the brain has been badly damaged by TV and computers-up to 90 percent of the public under age 35 suffers from attention-deficit disorder! This book offers the most direct, non-pharmaceutical means of healing attention dysfunction. The methods presented here are capable of restoring attention to a fully functional and powerful tool for success in life and relationships. This is also an age when humanity has lost its connection with conscience. When humanity has poisoned the Earth’s atmosphere, water, air and soil, when cancer is in epidemic proportions and is mainly an environmental illness, the author asks: What is the root cause? And he boldly answers: Failure to develop conscience! Selfobservation, he asserts, is the most ancient, scientific, and proven means to develop this crucial inner guide to awakening and a moral life. This book is for the lay-reader, both the beginner and the advanced

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Student of self observation. No other book on the market examines this practice in such detail. There are hundreds of books on self-help and meditation, but almost none on self-study via self-observation, and none with the depth of analysis, wealth of explication, and richness of experience which this book offers. Red Hawk, author of 5 collections of poetry, was the Hodder Fellow at Princeton University (1992-93) and is currently a full professor at the University of Arkansas, Monticello. He has practiced self-observation for over 30 years, under the guidance of the Gurdjieff Society of Arkansas, meditation master Osho Rajneesh, and spiritual teacher, Lee Lozowick.

This book is an in-depth examination of the much needed process of "self"-study known as self observation. We live in an age where the "attention function" in the brain has been badly damaged by TV and computers -- up to 90 percent of the public under age 35 suffers from attention-deficit disorder! This book offers the most direct, non-pharmaceutical means of healing attention dysfunction. The methods presented here are capable of restoring attention to a fully functional and powerful tool for success in life and relationships. This is also an age when humanity has lost its connection with conscience. When humanity has poisoned the Earth's atmosphere, water, air and soil, when cancer is in epidemic proportions and is

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With hundreds of books on the market today urging readers to develop mindfulness, pointing to the condition of “awakening” that most religious/philosophical traditions aim toward, this new addition by Red Hawk stands head and shoulders above the crowd. It offers detailed practical guidelines that allow one to know with certainty—not from imagination, theory, thought, or lying—when one is Present and Awake; it details the objective feedback mechanisms available to everyone for attaining this certainty: Am I awake now? How do I know? Sincere readers will find that help in answering these two questions is invaluable and life-changing. Written from the perspective of a practitioner of more than thirty years—one who has studied the significant work of his predecessors,

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received instruction from two spiritual masters (Osho Rajneesh and Mister Lee Lozowick), and trained rigorously within daily life. This book is the first detailed examination of the Practice-of-Presence (called "self remembering" in the Gurdjieff tradition). The author's aim is to give general guidelines in this practice, discuss its implications, and then offer specific instruction. Self Remembering: The Path to Non-Judgmental Love is meant to be a companion piece, volume ii, to the author's previous book Self Observation: The Awakening of Conscience, which is fast becoming a classic. Taken together, they present the most detailed examination of the practice available in English. He clearly points out that self remembering is only one half of a foundational spiritual practice called "self observation/self remembering." Where other authors/teachers have gone wrong in the past is to take only one half of this practice and consider it the whole, entire unto itself. Mister Gurdjieff's student, A.R. Orage (1873-1934), made this mistake with self observation; contemporary teacher Robert Burton made a similar error with his book, also titled Self Remembering. While P.D. Ouspensky speaks of the practice of self remembering in his seminal book In Search of the Miraculous, and Rodney Collin in The Theory of Celestial Influence, there has not been a book-length study on self remembering that examines the practice from the many

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angles that Red Hawk's does. His chapters cover such diverse yet integrated topics as The Removal of Self Importance; Kaya Sadhana or the wisdom of the body; and Separation Grief, i.e., addressing the terror of our current situation without denial or dramatics.

After years of walking around with a heavy heart and a longing for something sacred, Amber, a woman in her twenties, living in a big city, gets initiated in the path of the Shaman. With no clue of what she was getting herself into, she undergoes powerful andean rituals, awakens her psychic and mediumship abilities, and discovers that her mission here on Earth is far greater than she couldve ever dreamed of. She discovers this mission has been unfolding over many lifetimes and in this life, she is expected to complete it. Obstacles present themselves, dark energies try to stop her and the awakening of her consciousness becomes inevitable as she understands even the most difficult circumstances in our lives, are there for a reason.

This comprehensive record of Krishnamurti's teachings is an excellent, wide-ranging introduction to the great philosopher's thought. With among others, Jacob Needleman, Alain Naude, and Swami Venkatasananda, Krishnamurti examines such issues as the role of the teacher and tradition; the need for

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awareness of 'cosmic consciousness; the problem of good and evil; and traditional Vedanta methods of help for different levels of seekers.

In Subud the Coming New Age of Reality, author Simon Monbaron, a self-proclaimed Subud "zealot", shares the knowledge, wisdom and experience he has gained from forty years of receiving the spiritual training known as the "latihan kejiwaan" of Subud. This massive (594 pages) tome is not just for Subud members, but for anyone who seeks the reality that lies beyond the material world. At last, here is a book I can give to friends and family members who are curious about what I do when I go off to receive the latihan, but are not yet ready to jump into the deep end to find out for themselves! For the merely curious, Monbaron's book recounts the history of Subud, and how it grew from a small group in Indonesia to a world-wide spiritual phenomenon. It tells the story of Muhammad Subuh Sumohadiwidjojo, an unremarkable government clerk whose life changed when a ball of light entered the top of his head when he was out for an evening stroll. And it discusses many aspects of the latihan, which is the central core of Subud. For those who are considering joining Subud, the Monbaron's book provides information regarding what this involves, as well as a detailed description of the Subud organization. Readers may also skip around and find out what Bapak had to

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Many topics as varied as suicide, feminism, reincarnation, sex, drug use, and many other questions and issues with which people struggle. Whether you use it as a reference manual, a source of fascinating anecdotes and spiritual insights, or a way to learn about a spiritual path of profound power and simplicity, Subud the Coming New Age of Reality is a treasure chest of immense value.

In this compilation of 58 short (10-line) poems, the poet skillfully describes those qualities of heart, mind and action that characterize the awakening of "the Feminine" within the human person. As the Feminine is awakened in both man and woman, the "Mother Spirit" emerges in each one, highlighted by a display of nurturing, kindness, gentleness, generosity, cooperation, and forgiveness of self and others. The Way of the Wise Woman is a catalog of such "Feminine" virtues and behaviors and a series of contemplations to be studied, prayed and enjoyed for their poetic beauty. Not a book for women only! In fact this is a book for all weary pilgrims on the Path of spirit, particularly those who lament that, after long years of hard work or practice the "breakthrough" still eludes. Both women and men are imprisoned by a judgmental "god" of righteousness and vengeance leading to a hardness of heart. The Way of the Wise Woman is dedicated to liberating its readers from this inner

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tyranny. As a training-manual of sorts, the poems are far from sweet whisperings, however. The Feminine, as the poet proclaims, is also fierce, strong, ruthlessly honest, and confrontive as well as supportive. This collection may well serve to guide the seeker in self-examination as the poems encourage a refined vision of "what is," of "what is possible," and a growing sense of the presence and attention needed to enter the halls of wisdom. Such training as the book presents seems critical in a social and political climate distinguished by a tragic dissociation from the heart and a growing alienation from the mother-wisdom of the earth. No other book of poetry in the American canon undertakes to describe this process in poetic form. The effect of reading these individual sutras (as the poet calls them) is cumulative, and the book as a whole is ideal material for a contemplative study group or prayer or circle. The author writes from long personal study and experience. His years of discipleship within religious schools of esoteric knowledge, allows him to share what has been gained and lost from following a Path. The inner struggles of this type of work on self are rendered with raw precision, while being beautifully delineated in these poems. Any reader will benefit from the fruits of understanding the poet has gained from these struggles.

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A counselor in the depth psychology tradition shows readers there's nothing to fear from anxiety "The Wisdom of Anxiety serves as a well-lit pathway to the truth of who we are and to how to navigate life when paralyzed by anxiety, depression, overwhelm, and a sense of hopelessness." –Alanis Morissette, singer-songwriter

Work anxiety. Relationship anxiety. Social anxiety. World anxiety. Money anxiety. Health anxiety. How does reading those words make you feel? All too often, when we experience the things that give us anxiety, our first instinct is to try to run away or numb out from feeling them. But what if the unpleasant feelings you want to turn away from are actually vital sources of information about your well-being? In *The Wisdom of Anxiety*, counselor Sheryl Paul examines the deeper meaning of the racing thoughts, sweaty palms, and insomnia that accompany the uncertain moments of our lives. No one likes to feel anxiety—and yet, Paul asserts it can be a remarkably direct messenger of our subconscious. Here you will learn how you can pause and listen to your anxieties to discover inner truths that you've been avoiding. This lyrically written book not only considers the many forms anxieties can take, but also provides deep-dive practices for addressing them at their roots. Here you will learn: The nature of intrusive thoughts and how to manage them. How to explore states of loneliness, apathy,

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regret, and shame without being caught up in them. Feeling anxiety around feeling good? Discover why and what to do about it. How to cultivate your own loving inner parent. Why anxiety can arise from boredom and longing. How to create healthy and meaningful personal rituals to relieve anxiety. Navigating the many sources of anxiety in relationships. Whether it's worry around raising children, nervousness about world events, or any other way anxiety manifests, The Wisdom of Anxiety can help you uncover the true source of your discomfort and find the rich self-knowledge within.

The keys to self-knowledge and deep contentment are right here before us in this very moment—if we can simply learn to live with open awareness. In *The Unfolding Now*, A. H. Almaas presents a marvelously effective practice for developing the transformative quality of presence. Through a particular method of self-observation and contemplative exploration that he calls inquiry, we learn to live in the relaxed condition of simply "being ourselves," without interference from feelings of inadequacy, drivenness toward goals, struggling to figure things out, and rejecting experiences we don't want. Almaas explores the many obstacles that keep us from being present—including defensiveness, ignorance, desire, aggression, and self-hatred—and shows us how to welcome with curiosity and compassion whatever we are

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