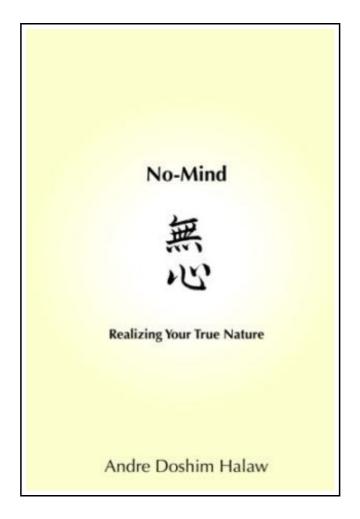
No-Mind: Realizing Your True Nature



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This ebook is amazing. It is one of the most awesome pdf i have got read through. Your way of life span will probably be transform as soon as you comprehensive looking over this pdf. (Lula Graham IV)

NO-MIND: REALIZING YOUR TRUE NATURE



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Drawing from Zen, Taoism, and Advaita Vedanta, No-Mind: Realizing Your True Nature proposes a new interpretation of Enlightenment called No-Mind. Unlike many conventional spiritual paths that are built upon awareness and knowledge, No-Mind is attained by cultivating and awakening to Non-awareness or Not-knowing, the ground of consciousness and existence itself. Fortunately, you do not need to be a guru or Zen Master to realize No-Mind. Written for novice and experienced practitioners alike, No-Mind: Realizing Your True Nature outlines this new spiritual path to Enlightenment, offering ten accessible and engaging meditation practices for you to realize No-Mind yourself.



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