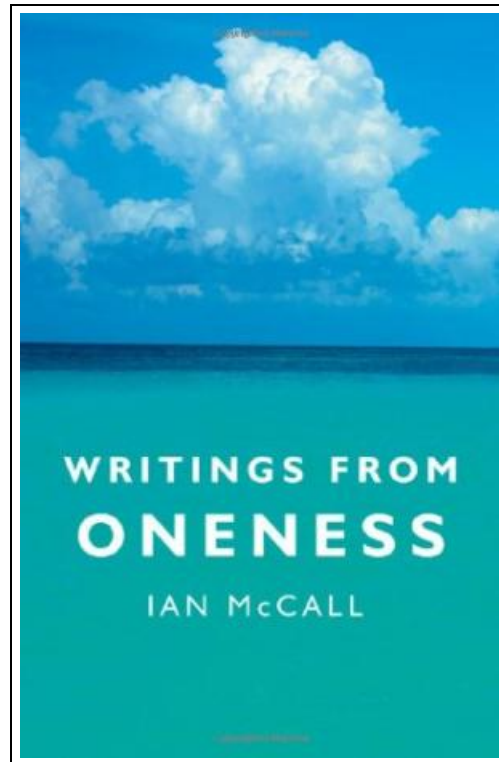


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John Hunt Publishing, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. Ian McCall has taught meditation and self realisation since 1987 and studied and practised with many esoteric teachers. Early experiences of awakening gave him a sense of the oneness of everything in this life; but this is a practical as well as an esoteric look at self realisation or enlightenment. Ian sees awakening as the birthright of all and the text is stripped of dogma and hierarchy, as far as is possible. The message is that all is not lost for the world, and movement from suffering is not only a possibility, but a simple change starting here, now. The way is simple and does not require years of practice. Having practised Zen Buddhism, Ian felt its essence was lost in tradition, doctrine and a false hierarchy of enlightenment and sees his message as a return to the freedom and equality of its mythical founders. It goes beyond ideas of Zen to our own well being here and now.



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