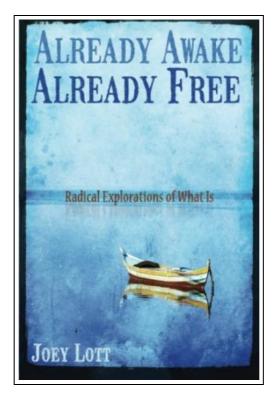
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ALREADY AWAKE, ALREADY FREE: RADICAL EXPLORATIONS OF WHAT IS (PAPERBACK)



Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. You re already free, you just haven t realized it yet . . first there are mountains and water. Then there are no mountains and no water. And then, there are mountains and water. In this new, fully revised second edition of Already Awake, Already Free, Joey Lott shares with us his unique vision of how we can develop our own realization of our inherent freedom. He makes no attempt to awaken us, he strives only to point out that each and every one of us is already awake. We just don t always realize it. And for die-hard fans of the original first edition, the great news is that it s also included in this volume as a bonus read! Looking for Freedom and complete peace of mind? We have records of humans seeking self-knowledge and spiritual awakening for thousands and thousands of years. Perhaps out of sheer habit humans still seek awakening. But my contention is that this is folly for we are each already awake. Many of us have been looking for a long time. Many of us have been looking in all the wrong places. Lott cuts through some of the popular, often complex and expensive techniques that we habitually look to when we think of awakening , and teaches instead that the only place we need to look is within ourselves. His teaching is practical, concise, straightforward and completely free of dogma. So how do I awaken? Through a series of simple, profoundly effective exercises designed to shift our habitual fixation on thought, Lott explains how we can let go of everything that can obscure our clarity of vision. There are no gimmicks; no improbable promises regarding the ways...



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