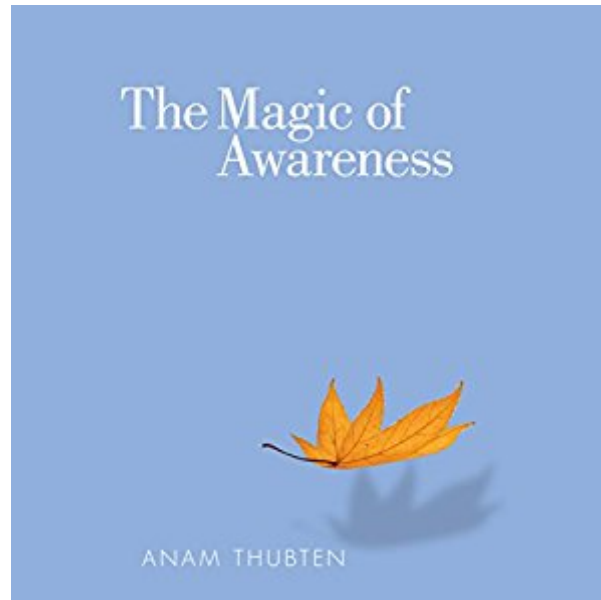




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The Magic Of Awareness



Synopsis

The paradox of awareness is very profound and yet very simple. It can't be described because it has no objective qualities and no limitation. Sometimes it comes naturally to the surface when we are fully in the present moment and no longer lost in thought or mental projections. Pure consciousness is neither high nor low, neither pleasant nor unpleasant, neither good nor bad. No matter where we are, no matter what we are doing, we always have an immediate access to that inner stillness. It can be experienced in an instant in all circumstances once we know how to pay attention to it. It is utterly peaceful and it is also insightful, so it sees through all illusions. Whenever there is a moment of being deluded, we can use that moment to practice settling in the very perfect sphere of the Buddha mind without trying to change anything. When we reside in that liberated mind, we find the very thing we have been seeking all along.

Book Information

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Customer Reviews

I have read many books on meditation and enlightenment in the last few years. This one is the best. It is often explained that all of the teachings are just "fingers pointing at the moon" because in the end enlightenment must be experienced for oneself. Before reading this book I was lost in a forest of pointing fingers, but now all the fingers have dropped away and I have reached a new level of understanding. Great spiritual teachers are able to help their students through the phenomenon of "entrainment." Entrainment can happen when reading written materials and or watching/listening

to DVD's or CD's as well as in person. I have felt this phenomenon when reading/watching/listening to Dzogchen Ponlop Rinpoche, Pema Chodron, and Eckhart Tolle, and now feel it strongly when reading this book. Anam Thubten must have an amazing spiritual presence for it to come through so clearly on the printed page. His writing is simple, elegant, and clear. My life has been changed. I'm back on to order his earlier book, and can't wait to receive it. I think any searcher on the path, whether beginner or adept, will like this book.

This book is written in clear and idiomatic English by a teacher with what I would guess to be a profound degree of realization. And yet the teaching is elegantly simple and to the point. The chapters flow very smoothly and contain lots of useful metaphors and hints as to the nature of awareness. This comes from the tradition of looking to see the mind beyond conceptual overlay and fabrication. I found it very helpful. It points out many of the games that the ego will play that can obscure awareness. I particularly like the way it deals straightforwardly with the pitfall of how religious practice can be used not for transcendence, but for the agenda of the ego (the so called spiritual materialism). The book offers a gentle invitation to explore awareness, rather than a dire warning of the downfalls of samsara. I like that. I gave 5 stars because it deals with the elusive subject of pure awareness in a cohesive and understandable fashion. It does not attempt to be a book about all types of Buddhist paths.

We used this text recently in our spiritual reading group that's been meeting for 7 - 8 yrs now. We're from a diverse, multi-path background (originally all some form of Christianity), but have all been lifelong "seekers". It was well-received!

I consider Anam Thubten a radical when it comes to separating core beliefs of Buddhism required to achieve enlightenment, "The Awakened State," from cultural accouterments that come from many traditions and that often serve to confuse the Western initiate in Buddhism, distracting from the basic information required to start a practice. Although cultural features of Buddhism are fascinating, essential for historical awareness, and essential for some forms of practice, such as Tantric approaches, they may distract or overwhelm the beginning student. Anam is repetitive at times, but this quality is often necessary for the beginner who may be seeking Gods and magic. The book is also relevant as "core versus culture" which is a hot debate in this era in the West. The English is straightforward and easy to understand, best for beginners to intermediate students, but may also serve as a good reminder for the advanced student lost in rhetoric.

There is no magic! Its not metaphorical. Its not about magic, but a wonderful little primer none-the-less. As Thubten says, " if you want to go beyond the world of limitations, you must remember, that world is not "out there". Thubten is clear! In a society such as ours, where economic and political turmoil is the norm, learning to live skillfully in the maelstrom can be discovered and this little book passes on a teaching that's thousands of years old. With the amount of narcissism and emotional immaturity we see in our daily life its reassuring, that options are available in THE MAGIC OF AWARENESS. But don't believe me, discover for yourself. Buy this book. dogen

Anam Thubten provides readers with a straightforward guide to maintaining awareness which is fundamental for skillful living and living a life of wisdom. Life for us consists most often of carefully constructed stories that we've assembled over time, and we take these stories as being real. We define ourselves by these stories, even those these are illusions and do not reflect who we really are. Anam Thubten carefully takes readers through all the considerations necessary for dismantling these illusions by questioning these stories and come to terms with our true selves. "The Magic of Awareness" is an excellent enlightening read for anyone on the Path.

It was okay, I enjoyed it and especially liked the whisper net to listen and read, however, many points did not resonate with me. I have been reading books on Consciousness so part of the message I liked some parts not so much. It does show that we are pure awareness but then talked about the necessity to meditate.

This book may be a game changer in my life. I grew up reading and learning from J Krishnamurti books but did find him difficult to understand sometimes. In The Magic of Awareness, Anam Thubten leans towards some of the same things that JK did but he explains it in a way that is ultra easy to understand.

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