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## SUDDEN AWAKENING

into direct realization



ell jaxon-bear

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# Sudden Awakening Into Direct Realization

**Mark Steyvers**



## **Sudden Awakening Into Direct Realization:**

**Sudden Awakening** Eli Jaxon-Bear, 2012-08 Everyone wants to be happy This is a universal component of the human condition and may seem so self evident that it does not bear noting So why is it that so few people are truly happy If it is true that our nature is happiness and bliss why has it been so rare for people to realize this Why has it been so rare for people to live their lives in gratitude and love There is a living intelligence in all people that seeks ultimately to discover its true identity and source It is a fortunate and mysterious moment when the desire for happiness leads to the investigation into personal identity also known as self inquiry In the light of direct self inquiry limitations that once seemed to define oneself are discovered to be more like transparent lines drawn on water They exist only on the surface of consciousness in one's imagination When these illusions of mind are clearly exposed true limitless being reveals itself Front flap

**Sudden Awakening** Eli Jaxon-Bear, 2015-08-01 Everybody wants to be happy Unfortunately relatively few achieve bliss Eli Jaxon Bear explores how it is possible to achieve lives filled with gratitude and love True happiness and meaning are achieved he asserts when we wake up stop our minds and open our hearts It is then that we discover our true selves our core identity that is part of the ultimate living intelligence of the universe our true source Like Gangaji Jaxon Bear uses a method of self investigation called self inquiry In the light of direct self inquiry limitations that once seemed to define ourselves are discovered to be more like transparent lines drawn on water They exist only on the surface of consciousness in one's imagination When these illusions of mind are clearly exposed true limitless being reveals itself This is a book that will appeal to those who are fans of Gangaji Byron Katie and Eckart Tolle It is an articulate and helpful expression of a path to fulfillment for those wrestling with questions of identity and meaning

**Numinous Awareness Is Never Dark**, 2016-10-31 Numinous Awareness Is Never Dark examines the issue of whether enlightenment in Zen Buddhism is sudden or gradual that is something intrinsic to the mind that is achieved in a sudden flash of insight or something extrinsic to it that must be developed through a sequential series of practices This sudden gradual issue was one of the crucial debates that helped forge the Zen school in East Asia and the Korean Zen master Chinul's 1158-1210 magnum opus Excerpts offers one of the most thorough treatments of it in all of premodern Buddhist literature According to Chinul's analysis enlightenment is both sudden and gradual Zen practice must begin with a sudden awakening to the numinous awareness the sentience or buddha nature that is inherent in all sentient beings Such an awareness does not need to be developed but must simply be recognized or better re-cognized through the unmediated experience of insight Even after this initial awakening however deeply engrained proclivities of thought and conduct may continue to disturb the practitioner these can only be removed gradually as his or her practice matures Chinul's sudden awakening gradual cultivation soteriology became emblematic of the Buddhist tradition in Korea Excerpts translated here in its entirety by the preeminent Western specialist in the Korean Buddhist tradition goes on to examine Chinul's treatments of many of the quintessential practices of Zen Buddhism including nonconceptualization or no thought and the

concurrent development of meditation and wisdom as well as for the first time in Korean Zen examining meditative topics kanhwa S n what we in the West know better as k ans after its later Japanese analogues Fitting this new technique into his preferred soteriological schema of sudden awakening gradual cultivation was no simple task for Chinul Numinous Awareness Is Never Dark offers an extensive study of the contours of the sudden gradual debate in Buddhist thought and practice and traces the influence of Chinul s analysis of this issue throughout the history of the Korean tradition Copiously annotated the work contains extensive selections from the two traditional Korean commentaries to the text In Buswell s treatment Chinul s Excerpts emerges as the single most influential work written by a Korean Buddhist author The Precious Gift of Eli Premananda Grace,2026-02-26 In The Precious Gift of Eli there are twenty interviews where each contributor attempts to share their very precious moments in Satsang with Eli as a testimony to the lineage that began with Ramana Maharshi It is written in the spirit of appreciation for the teacher and the teachings and it is hoped that it inspires others on their path of self realisation Eli uses traditional Satsang and the Enneagram as vehicles for self realisation In his own words he says The great gift of the enneagram is that it exquisitely describes who you are not It shows the veiling of true consciousness by habits of egoic identification By lifting the veil and seeing through our unconscious patterns of behaviour strategies and games we come to rest in the absolute Truth of who we really are beyond fixation Each interview describes the contributor s spiritual path from their lives prior to awakening to moments where their realisation deepened and the impact of awakening on their lives It is the writer s intention to pace and lead the reader so that their own realisation deepens The Precious Gift of Eli is a resource for all those who are curious about awakening as well as those who like each contributor feel a fierce longing to awaken to ever deepening Truths In the words of Papaji Eli s teacher May All Beings Be Happy And Free Om shanti Om Shanti Om Shanti **Hidden Zen** Meido Moore,2020-10-13 Discover hidden practices secretly transmitted in authentic Zen lineages of using body speech and mind to remove obstructions to awakening Though Zen is best known for the practices of koan introspection and just sitting or shikantaza there are in fact many other practices transmitted in Zen lineages In modern practice settings students will find that Bodhidharma s words direct pointing at the human mind are little mentioned or else taken to be simply a general descriptor of Zen rather than a crucial activity within Zen practice Reversing this trend toward homogeneous and superficial understandings of Zen technique Hidden Zen presents a diverse collection of practice instructions that are transmitted orally from teacher to student unlocking a comprehensive path of awakening This book reveals and details for the first time a treasury of direct pointing and internal energy cultivation practices preserved in the Rinzai Zen tradition The twenty eight practices of direct pointing offered here illuminate one s innate clarity and ultimately the nature of mind itself Over a dozen practices of internal energetic cultivation galvanize dramatic effects on the depth of one s meditative attainment Hidden Zen affords a small taste of the richness of authentic Zen helping readers grow beyond the bounds of introspection and sitting to find awakening itself *Wake Up and Roar* H.W.L. Poonja,2007-08-01 A

team of mountain climbers were scaling Mount Everest and they camped below the summit Another team was returning from the top and saw them camped there Why are you camped they wanted to know We are waiting for our map they replied We forgot our map at the base camp and we have sent a sherpa back to retrieve it So we are waiting But from here you do not need a map the returning team replied There are no avalanches no problems From here go straight to the top No map is necessary So drop all your maps and baggage Go directly to the summit from here From Wake Up and Roar *Zen Buddhist Rhetoric in China, Korea, and Japan*, 2011-11-25 One of the key factors for the success of the Ch n S n Zen schools in East Asia was the creativity of their adherents concerning the development of innovative literary genres and the skillful application of linguistic and rhetorical devices in their textual products From the very beginning Zen Buddhists used literature in order to attract the attention and support of influential lay Buddhists such as literati officials and members of the aristocracy Consequently Zen Buddhist texts had a deep and lasting impact on the development of East Asian languages literary genres and rhetorical devices and more generally on East Asian culture In this volume leading specialists in East Asian Buddhism and linguistics analyze the interplay of language and doctrine ideology in Chinese Ch n Korean S n and Japanese Zen as well as tracing developments triggered by changes in the respective sociopolitical and socio religious contexts As a special focus Zen rhetoric will be related to pre Ch n Buddhist literary developments in India and China in order to trace continuities and changes in the application of rhetorical strategies in the overall framework of Buddhist literary production Through this diachronic and comparative approach the great complexity and the multifaceted features of Ch n S n Zen literature is revealed *Searching for the Self* Dalai Lama XIV Bstan-'dzin-rgya-mtsho, Dalai Lama, Thubten Chodron, 2022-05-17 The view of absolutism superimposes false ways of existence whereas the nihilistic view negates what does in fact exist Chapter 10 looks more closely at the extreme of absolutism as this is the view that we ordinary sentient beings usually cling to Chapter 11 speaks of the two extremes as presented in the P li tradition and the three characteristics of impermanence du kha and not self that counter the absolutist views Chapter 12 goes into some of the many arguments presented in the P li tradition that help to overcome clinging to a false notion of the I Although the arguments to support selflessness in the Sanskrit tradition are expounded in the next volume of the Library of Wisdom and Compassion readers who are already familiar with these will see the similarities with arguments found in the P li s tras Mind Seeing Mind Roger R. Jackson, 2019-10-29 A definitive study of one of the most important practices in Tibetan Buddhism with translations of a number of its key texts Mahamudra the great seal refers to the ultimate nature of mind and reality to a meditative practice for realizing that ultimate reality and to the final fruition of buddhahood It is especially prominent in the Kagy tradition of Tibetan Buddhism so it sometimes comes as a surprise that mahamudra has played an important role in the Geluk school where it is part of a special transmission received in a vision by the tradition s founder Tsongkhapa Mahamudra is a significant component of Geluk ritual and meditative life widely studied and taught by contemporary masters such as the

Dalai Lama Roger Jackson's *Mind Seeing Mind* offers us both a definitive scholarly study of the history texts and doctrines of Geluk mahamudra and masterful translations of its seminal texts. It provides a skillful survey of the Indian sources of the teaching, illuminates the place of mahamudra among Tibetan Buddhist schools, and details the history and major textual sources of Geluk mahamudra. Jackson also addresses critical questions such as the relation between Geluk and Kagyu mahamudra and places mahamudra in the context of contemporary religious studies. The translation portion of *Mind Seeing Mind* includes ten texts on mahamudra history, ritual, and practice. Among these are the First Panchen Lama's root verses and autocommentary on mahamudra meditation, his ritual masterpiece *Offering to the Guru*, and a selection of his songs of spiritual experience. *Mind Seeing Mind* adds considerably to our understanding of Tibetan Buddhist spirituality and shows how mahamudra came to be woven throughout the fabric of the Geluk tradition. *The Buddhist World* John

Powers, 2015-10-05. *The Buddhist World* joins a series of books on the world's great religions and cultures, offering a lively and up-to-date survey of Buddhist studies for students and scholars alike. It explores regional varieties of Buddhism and core topics including Buddha nature, ritual, and pilgrimage. In addition to historical and geopolitical views of Buddhism, the volume features thematic chapters on philosophical concepts such as ethics, as well as social constructs and categories such as community and family. The book also addresses lived Buddhism in its many forms, examining the ways in which modernity is reshaping traditional structures, ancient doctrines, and cosmological beliefs. **Sŏn Thought in Korean Buddhism**, 1998

Yixuan, 2009. *The Linji lu Record of Linji* has been an essential text of Chinese and Japanese Zen Buddhism for nearly a thousand years. A compilation of sermons, statements, and acts attributed to the great Chinese Zen master Linji Yixuan d. 866, it serves as both an authoritative statement of Zen's basic standpoint and a central source of material for Zen koan practice. One of the earliest attempts to translate this important work into English was by Sasaki Shigetsu (1882-1945), a pioneer Zen master in the U.S. and the founder of the First Zen Institute of America. At the time of his death, he entrusted the project to his wife Ruth Fuller Sasaki. Determined to produce a definitive translation, Mrs. Sasaki assembled a team of talented young scholars, both Japanese and Western, who in the following years retranslated the text in accordance with modern research on Tang dynasty colloquial Chinese. The materials assembled by Mrs. Sasaki and her team are finally available in the present edition of the *Record of Linji*. The notes, nearly six hundred in all, are almost entirely based on primary sources and thus retain their value despite the nearly forty years since their preparation. **Wake Up Now** Stephan Bodian, 2010-04-24

*Live a life of peace, love, and happiness through spiritual awakening.* In *Wake Up Now*, author Stephan Bodian, nationally recognized expert on meditation and spirituality and former editor in chief of *Yoga Journal*, reveals that spiritual awakening is not some faraway dream or overly complicated to achieve, but an ever-present reality that is always available here and now. Based on his own experience and over 30 years of teaching the direct approach to spiritual awakening, Bodian has broken down the awakening process into five overlapping, loosely sequential stages: seeking, awakening, deepening, and clarifying.

embodying and living the awakened life Wake Up Now guides you through every stage of the journey from the process of seeking through the often prolonged and challenging process of integrating the awakening into everyday life This book is one of the most concise guides to spiritual awakening I have read Both profound and practical it guides the reader through the intricacies of awakening as only someone who has walked the walk themselves can do The clarity and compassion this book offers the sincere spiritual seeker is both rare and welcome Adyashanti renowned spiritual teacher and author of The Impact of Awakening and Emptiness Dancing Topics include Entering the Gateless Gate Seeking without a Seeker Freedom from the Known The Practice of Presence Who is Experiencing this Moment Right now Spontaneous Awakening In the Wake of Awakening Embodying the Light Freeing the Dark Inside the Light The Awakened Life **Ticker and Investment Digest**,1917 The Magazine of Wall Street ,1917 **Shambhala Sun** ,2004 **The Korean Approach to Zen** Chinul,1983 *The Journal of the International Association of Buddhist Studies* International Association of Buddhist Studies,1989 **Philosophy East & West** ,1970 **Tricycle** ,2005

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