



Standing as Awareness: The Direct Path

Greg Goode

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Inspired by Sri Atmananda (Krishna Menon), the Direct Path is a “pathless path.” It simply articulates the being of you and the world as loving, open, clear awareness. If this truth is realized as your experience, then nothing need be done. The path disappears, and life is lived in sweetness and celebration! But if there are still questions or doubts, the Direct Path contains unique and powerful resources that stabilize this truth as your everyday reality. This is a revised edition of the book, expanded to add chapters on the Direct Path in addition to its selection of dialogs from a decade of “Nondual Dinner” gatherings. The first three chapters unfold the basics of the Direct Path, such as standing as awareness, being in love with awareness, and exploring awareness. Included are several experiments that help establish your everyday experience as awareness, always and already. The dialogs cover questions such as the desire for enlightenment experiences, the relationship between the brain and awareness, the question of “nondually correct” language, the belief in physical and mental objects, the idea of having a sage’s experience, and more.

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Jean Gadson:

Spent a free time to be fun activity to perform! A lot of people spent their down time with their family, or all their friends. Usually they doing activity like watching television, planning to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Will you something different to fill your current free time/ holiday? Can be reading a book may be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to test look for book, may be the guide untitled Standing as Awareness: The Direct Path can be very good book to read. May be it can be best activity to you.

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