



## No-Mind: Realizing Your True Nature (Paperback)

By Andre Doshim Halaw

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Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Drawing from Zen, Taoism, and Advaita Vedanta, No-Mind: Realizing Your True Nature proposes a new interpretation of Enlightenment called No-Mind. Unlike many conventional spiritual paths that are built upon awareness and knowledge, No-Mind is attained by cultivating and awakening to Non-awareness or Not-knowing, the ground of consciousness and existence itself. Fortunately, you do not need to be a guru or Zen Master to realize No-Mind. Written for novice and experienced practitioners alike, No-Mind: Realizing Your True Nature outlines this new spiritual path to Enlightenment, offering ten accessible and engaging meditation practices for you to realize No-Mind yourself.

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