



Eyes Wide Open: Buddhist Instructions on Merging Body and Vision (Paperback)

By Will Johnson

Inner Traditions Bear and Company, United States, 2016.
Paperback. Book Condition: New. 209 x 136 mm. Language: English . Brand New Book. Drawing on the story of the seventh-century Chinese monk Shenxiu, Will Johnson offers meditation exercises to create a mind like a mirror, cleansing it of obscuring layers of worry and emotion to literally see things as they are, not just how we perceive them to be. He explains how to awaken your body to the sensations we learn to ignore when we lose ourselves in thought and tense ourselves in ways that stifle the body's vibrancy. He offers meditative techniques to silence the projections of the mind and enter into a condition of ecstatic mindfulness. He details gazing practices, such as sky gazing, eye gazing, and mirror gazing, to cleanse our vision and remove whatever is distorting our perceptions. Through this new kind of seeing, divisions between your inner and outer world start to drop away. You begin to experience an intimate connectivity to the world you look out onto. By cleansing the mirror of the mind, we can come out of the dreams of who we think we are and awaken into our true, essential nature.



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