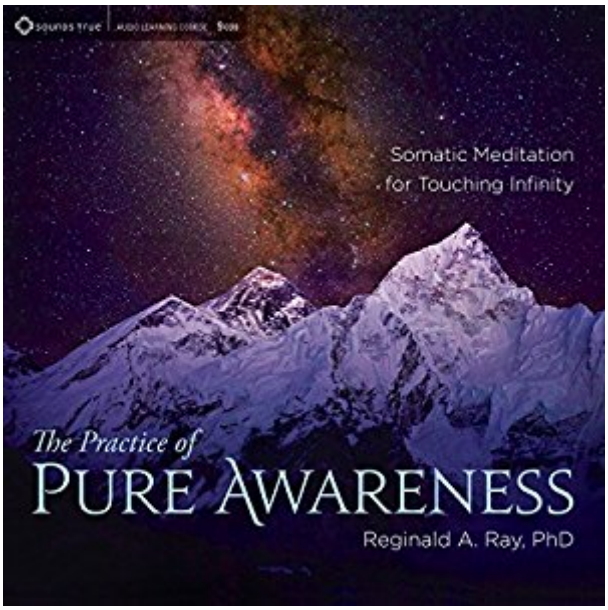
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The Practice Of Pure Awareness: Somatic Meditation For Touching Infinity



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Synopsis

Nine Step-by-Step Sessions for "Waking Down" How can we discover this perfect, somatic knowing? It begins by removing the blockages that manifest mentally, emotionally, and physically. Join Reggie Ray as he presents the practice of pure awareness in nine guided, sequential sessions that lead to the direct experience of our true nature. Emphasizing deep relaxation, the power in the lower belly, opening the central channel, and the significance of posture, Reggie helps us unfold ever-subtler realizations of our capacities to love and heal. Through yin breathing, earth descent, 12-fold lower belly breathing, and more, we journey through the channels of the subtle body, releasing old traumas and stuck energy. "Through these meditations," says Reggie, "our true selves begin to flower. We discover that in essence we are a river, a torrent, of love." The Practice of Pure Awareness invites us into embodied awakening - a fuller and richer experience than the more arid or "above the neck" states of consciousness we find in many conventional spiritual approaches. Through committed practice, the body itself becomes our guide, teacher, and protector, illuminating the perfection inside and around us.

Book Information

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Customer Reviews

As always, wonderful cds from Reggie Ray. A continuation of Mahamudra, the practice of Pure Awareness is the pinnacle of Tibetan Buddhist meditation. I would recommend doing Mahamudra For the Modern World first. Just a great addition to Reggie Ray’s teachings. For those of us who follow the Dharma on our own, without access to teachers, these cds are profound and indepth teachings. I can’t thank Mr. Ray enough!

But before you buy this check out his website with a 10 hour free audio training program:[...]

I've listened to other works by Reggie such as Breathing Body and Mahamudra for the Modern World (which I absolutely recommend). So I was very excited for this series, especially due to the title "Pure Awareness", which suggested to me that this was going to be a kind of next step from the Mahamudra series. By that I mean that I thought it would be in the Dzogchen realm which is a true pure awareness practice from my experience.Reggie seemed to go down the Trekcho road with a couple of intsructions that made me think this was definitely Dzogchen...but didn't expound upon them as much as would have liked him to. There was no real explanation in my opinion for some of the most important aspects of instruction.The same could be said for the "energy work" that is described,specifically the central channel stuff. Towards the end of each guided meditation I felt as if he was leaving out the most important parts. I was left hanging.Reggie gives several amazing pointers that were really eye openers for me. Not in a sense that it was something I hadn't heard before, but in a way that he helped me understand its significance in such a way that I hadn't realized. it surely has changed my practice for the better. Furthermore, the dharma talks he gives are always unbelievably valuable. At one point my whole body was in wave after wave of intense goosebumps. Very powerful.In conclusion, I did not feel this was a practice of pure awareness in its purest form. Maybe I missed something. I would love to have a Q and A session with Reggie to clear up any confusion on my part. I'm sure other students would appreciate the clarification. I don't want to go into too many details here because of the technical intricacies involved but it is important stuff I think.

good

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