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Self Observation: The Awakening of Conscience Presents an in-depth examination of the much needed process of 'self'-study known as self observation. This book offers direct, non-pharmaceutical means of healing attention dysfunction.

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Selfobservation, he asserts, is the most ancient, scientific, and proven means to develop this crucial inner guide to awakening and a moral life. This book is for the lay-reader, both the beginner and the advanced student of self observation. No other book on the market examines this practice in such detail.

Self Observation: The Awakening of Conscience: An Owner's ...

I discovered this book, "Self Observation-The Awakening Of Conscience-An Owners Manual" AFTER I had wrestled my way through Maurice Nicolls, "Commentaries". Mr Nicolls books are "Work Classics", and I love them, but THIS book really put "The Work" in layman's terms for me, and for

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that, I can't thank Red Hawk enough!

Self Observation: The Awakening Of Conscience: An Owner's ...

Self-observation is the most ancient, scientific, and proven means to develop this crucial inner guide to awakening and a moral life. This book is for the lay-reader. The beginner and the advanced student of self observation. No other book on the market examines this practice in such detail. There are hundreds of books on self-help and meditation, but

Self-Observation

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Importance of Self-Observation - LIGHT: Home

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(1) In many spiritual traditions, especially the Gurdjieff Work, self-observation is the foundation of the practical work of inner transformation and development. "For insight to develop into the working of our body, mind and emotions a spirit of observation and deep questioning must be kept in the forefront.

Self Observation: The Awakening of Conscience: an Owner's ...

Self Observation: The Awakening of Conscience: An Owner's Manual. This book is an in-depth examination of the much needed process of 'self'-study known as self observation. We live in an age where the "attention function" in the brain has been badly damaged by TV and computers - up to 90 percent of the public under age 35 suffers from...

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Week 5 ~ Self-observation and Awakening - Way Of The Lone Wolf
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Self-Observation & Levels of Sensation. Though Gurdjieff's method of self-observation is a powerful tool of self-study, learning to open ourselves to ourselves in this way takes far more than the application

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of exercises and techniques. It also takes great knowledge, sincerity, and sensitivity.

Self-Observation | Gurdjieff | Self-Sensing | Breathing ...

Self-observation, he asserts, is the most ancient, scientific, and proven means to develop this crucial inner guide to awakening and a moral life. This book is for the lay-reader, both the beginner and the advanced student of self observation.

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We will look at it as self-observation, in the sense of directing a ray of attention within me, to my inner functions. We will draw from the Genesis story of Creation, specifically, the Creation ...

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Today, we are going to talk about the power of self-observation as it relates to awakening. Developing the Observer, also known as the Witness, is fundamental on the journey to awakening. Because I talked about Witness before (see Week 3), I will stick to this term. What is the Witness? The Witness is pure presence in the here and now.

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