The Magic Of Reality By Richard Dawkins

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longer lost in thought or mental projections. Pure consciousness is neither high nor low, neither pleasant nor unpleasant, neither good nor bad. No matter where we are, no matter what we are doing, we always have an immediate access to that inner stillness. It can be experienced in an instant in all circumstances once we know how to pay attention to it. It is utterly peaceful and it is also insightful, so it sees through all illusions. Whenever there is a moment of being deluded, we can use that moment to practice settling in the very perfect sphere of the Buddha mind without trying to change anything. When we reside in that liberated mind, we find the very thing we have been seeking all along.

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you must first develop your spiritual power and perceive energy in order to practice, control, and use this energy steadily.

The Magic of RealityHow We Know What's Really TrueSimon and Schuster

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