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Awareness anthony de mello pdf

This is your wake-up call! Maybe you didn't realize you were walking most of the time. Consciousness is eye opening. It's Anthony de Mello telling you gently but firmly, 'It's time to get up now.' - Charles Osgood of CBS Sunday Morning and Ozgood's awareness file will be the decisive test for American business in the next decade. I call it the work of consciousness. - F.X. Maguire, herthheart communication spreant of Anthony de Mello's best-selling spiritual message is Consciousness. Mixing Christian spirituality, Buddhist proverbs, Hindu breathing exercises, and psychological insight, de Mello's words hope together in consciousness in great combination. In short chapters to read in quiet moments at home or in the office, he flatters and challenges: we must let this world go from illusion and become aware. This only happens, he insists, by becoming alive to the needs and potential of others, whether at home or in the workplace. Here, then, is a masterful book of the soul, challenging us to wake up in every aspect of our lives. © 1996-2014, Amazon.com, company or affiliates picked up awareness: risks and opportunities of reality ... This post-extended effect on internal peace did not give me for two weeks. I'll probably reread it... It has proved very valuable to me. Tim Ferris, The Tim Ferris Show Anthony DeMelo is one of my favorite enlightened men. Adyashanti, Open Gate Sangha and author of The End of Your World Although Anthony Dimlo's approach reaches such vast dimensions, it is one that makes it available to anyone who is willing to enter this work of the soul. Thomas Moore, author of Spirit Care, will never forget the feeling of liberation. The feeling he made of spirituality, of prayer, of the meaning of life: All this has been done in such a personal style. J. Francis Stroud, author of S.J. Of Naked Prayer This is your wake-up call! Maybe you didn't realize you were walking most of the time. Consciousness is eye opening. It's Anthony DeMelo telling you gently but firmly, it's up now. Charles Osgood, former host of CBS Sunday Morning's Readers Awareness: Risks and Reality Opportunities Over 1000 Reader Review Rated Anthony DeMello's Wonderful Lycée 4.7/5.0 on Amazon is one of the most influential books of my life: Anthony De Mello is a wonderful spiritual teacher. He offers hard facts and practices in a clear and light manner. I recommend this book ... For anyone who seeks to expand and improve the life experience. In my world, this book is a must read, reread and read again, while practicing all the proposed life approaches. Everyone should read Demo: [Awareness] is one of my favorite books. The way you think, open your mind, get rid of yourself and others and the expectations we put on everything!! Edit. Be aware of how your life experiences shape your bias, the way you feel, react, listen to others and how you open yourself to others to understand their experiences purely and appreciate what they are. True grace: This book was a real blessing in my life. Right when I thought I knew everything the world was by (the tail), I still felt like I was miserable and unhappy. I read this book just on the recommendation of a girl I was trying to impress her, showing that DeMelo impressed me more than I could have imagined. The book taught me that my pain and suffering are largely due to my own ability not to see the truth of her cause, brought on my infernal agony. Everyone on earth should read this book! I was amazed by this book that I could not put every person on earth who should read this book that is easy to understand. It's not full of theory and religious jumbo mombo. This book is practical, simple, and straightforward to the point. I felt as if DeMelo was having a conversation with me! I refer to this book over and over again for my growth as a book like this never gets old! Having read nearly 60 GAZILLION spiritual books, I was amazed that one could still away. very brief, clear, to this point, struck hard. The truth of the that I am eloquent, enlightening and easy to understand. Many quotes and stories that I haven't read anywhere else. What a treasure! Mind blowing, heart expanding; I now plan to use it as a meditative practice, and slowly grasp his mighty ideas for greater self-understanding. This will be a slow process. I thought I was on the right track towards a certain degree of wisdom, but this book immediately prompted me to make all the mistakes, thinking and visions that have accumulated in my life so far. Changed my life: I was going through a hard time and couldn't get over a certain situation. I told my friend that nothing less than exorcism would get me out of this funk. She gave me this book and I felt better right after reading one chapter. Anytime I have a bad day, I read a bit of the book, and it reminds me of how great life is, that we build anxiety and other negative emotions in our minds for no reason. He teaches you how to leave this book is like he's talking to you one-on-one: I think this guy is probably enlightened - even worth reading. This book has a conversational style – like he's talking to you one-on-one. Anyway - I think this man, Buddha and Jesus talk about the same things. If you read only one book this year, make it this one: I carry this book in my car. I love this book with all my heart. I can Sections just because I've read it so many times! ... In fact it helps to make me a better person unusual, amazing surprise: my friend turned me on this book and author recently. I'm not religious. This book refers to focusing on the right and best things in life, allowing you to make way for happiness. This book reads like a copy of conversations that were given by live audiences. Reading initial chapters like sermons filled with a joke from a professional self-help writer, but the book begins to delve deeper about the 60-70 pages. De Mello was a Jesuit priest, a trained psychiatrist, and appears to be a faithful student of both eastern and Western religions. His knowledge is vast and profound, and he clearly brought a great passion to learn it. In essence, this book is about the difference between reality and our reality structures, most of which we inherited from our culture, our parents, our teachers, the clergy, and the media. The constructions are all used and always wrong. Our suffering comes from the conflict we feel when reality is incompatible with our false understanding of how the world should be. De Mello repeatedly points out that most people are not aware of the constructions they live in. This construction includes ideas that we must succeed financially, that we must find someone else to give us love, that sickness and death are a personal insult, that we must uphold this or that ideal, and that our lives must go in a certain way. Our misperceptions control us through fear and desire, and they do so invisibly until we take the time to see them and eradicate them. Even the love we think we feel towards others is often just an expression of our need for consent and validation. We don't see this until we look deep down and discover that we expect to get something in return from the person we think we're giving selflessly. Our most cherished beliefs are the most dangerous. De Mello offers this excellent observation and proverbs: reality, God, divinity, truth, unknowable love; This means that they cannot be understood by the thinking mind. This would put in the rest of the people's questions because we always live under the illusion that we know. We don't do that we can't know. What is the Bible, then? It is a hint, an idea, not a description. intolerance of one faithful believer He thinks he knows the most sinister reasons of the combined efforts of the rogue 200. It is terrifying to see what faithful believers will do because they think they know. Wouldn't it be great if we had a world where everyone said, We don't know?... A blind boy comes to me and asks, what is this thing called green? How can one describe the green color of a blind boy? One uses measurement. So I say, green is something like soft music. Oh, he says, like soft music. So a second blind man comes to me and asks: What is green? Tell him it's something like soft satin, very soft and soothing to touch. So the next day I noticed that the blind men were hitting each other with bottles. One says, it's as soft as music; The other says: It's as soft as satin and it goes on to see this kind of problem in the world all the time that's the difficulty of trying to use the concepts that people understand to direct them towards concepts they don't understand. People comment on the bits they understand, and their understanding ends up there, often permanently. We can only change our misconceptions when we realize them. In fact, our misconceptions often lose their strength once we realize them. In this, it is in keeping with Socrates and Buddhists, with the stoicism of Seneca and european existentialists of the twentieth century. Life is flowing. Give up your thoughts and go with it. Of course, this is easier than it is. There's nothing scarier than being asked to accept what you can't control or understand. However with acceptance comes freedom. De Mello points out that the few people who really begin to question their understanding of the world do so only after enormous suffering. Only after it becomes too painful for them to stick to their thoughts about how the world should be. He points out that there are only two paths for those whose view of the world is completely shattered: they become crazy, or they become mystics. De Mello is a profound criticism not of religion, but of the way religion is practiced and misunderstood. If people are devoted to the time and energy consciousness they currently devote to worship, they and the world will be much better off. Towards the end of the book, he gave this excellent example: there was a man who invented the art of making fire. He took his tools and went to a tribe in the north, where they were very cold, bitterly cold. People there have learned to shoot people who were very interested and he showed them uses that they could put fire - they could cook, keep themselves warm, etc. They were grateful that they learned the art of making fire. But before they could express their gratitude to the man, he disappeared. He was not concerned about their confession or gratitude, but was concerned about their well-being. He went to tribe, where he began again to show them the value of his invention. People were interested there, too, a little too interested in reassuring the priests, who began to notice that this man was attracting crowds and were losing their popularity. So they decided to get rid of him, poison him, crucifie him, put it in any way you wanted. But now they were afraid that people might turn against them, so they were very wise, even cunning. Do you know what they did? They had a picture of the man who made it and rode it on the main altar of the temple. I put fire-making tools in front of the picture, and people learned to sanctify the image and to sanctify the tools of fire, which they have faithfully done for centuries. Reverence and worship continued, but there was no fire. This strongly describes the problem of many of the world's religions, where people are taught to direct their worship abroad through rituals, rather than from within towards awareness, growth and change. They have a duty without fire, and keep the symbols without ever discovering what the symbols were supposed to lead them to. These are the most dangerous worshippers in the idol. They use a very subtle material, the mind, to produce their God. True spiritual practice is not soothing to calm us down in times of trouble. It is the root of the way we perceive and suffered the world, and comes from surrender, from the acceptance that we can simply be without the need for knowledge, control or even understanding. Consider the field lilies, and how they grow, de Mello reminds us. They don't toil, they don't spin. More... More