



Toward
An Additional Testament
 Resource Research Project
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Form updated: April 4, 2018

Source

Author: Harris, Sam

Title: Waking Up: A Guide to Spirituality without Religion

Publication Date: 2014

Other Information: This book consists of 209 pages with 42 pages of reference materials.

Reviewed by: Sylvine Hill

Date: March 15, 2018

Insights

Memorable Quotes: "Once one recognizes the selflessness of consciousness, the practice of meditation becomes just a means of getting more familiar with it."

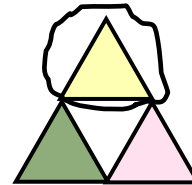
Major Themes: In chapter one, he discusses his purpose for writing the book, how to meditate and the ideas of enlightenment. In chapter two, he discusses consciousness and the unique and isolated mechanisms of the left and right brain. Chapter three breaks down what we call self ("I", "me", etc.). Chapter four discusses the importance of meditation and clearing the mind. Sam creates several exercises for the reader to experience so that they can create practices that lead to understanding and accepting the present moment. Chapter five discusses the pros and cons of gurus, how DMT and other psychedelics influence our spiritual experiences and explains that discipline is one of the major ways toward consciousness.

Arena

Location on the Human Adventure



Aspects of All That Is



This book explores all aspects but has a strong focus toward Interior Discipline.

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