Waking Up A Guide To Spirituality Without Religion

Douglas Edison Harding

Waking Up Sam Harris, 2014-09 For the millions of Americans who want spirituality without religion, Sam Harris's new book is a guide to meditation as a rational spiritual practice informed by neuroscience and psychology. From multiple New York Times bestselling author, neuroscientist, and new atheist Sam Harris, Waking Up is for the 30 percent of Americans who follow no religion, but who suspect that Jesus, Buddha, Lao Tzu, Rumi, and the other saints and sages of history could not have all been epileptics, schizophrenics, or frauds. Throughout the book, Harris argues that there are important truths to be found in the experiences of such contemplatives--and, therefore, that there is more to understanding reality than science and secular culture generally allow. Waking Up is part seeker's memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris--a scientist, philosopher, and famous skeptic--could write it.

Waking Up Sam Harris, 2014-09-09 For the millions of Americans who want spirituality without religion, Sam Harris's latest New York Times bestseller is a guide to meditation as a rational practice informed by neuroscience and psychology. From Sam Harris, neuroscientist and author of numerous New York Times bestselling books, Waking Up is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives. Waking Up is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous skeptic—could write it.

Waking Up Sam Harris, 2014-09-18 'An extraordinary book . . . It will shake up your most fundamental beliefs about everyday experience, and it just might change your life.' Paul Bloom ___ For the millions of people who want spirituality without religion, Sam Harris’s new book is a guide to meditation as a rational spiritual practice informed by neuroscience and psychology. Throughout the book, Harris argues that there are important truths to be found in the experience of contemplatives such as Jesus, Buddha and other saints and sages of history-and, therefore, that there is more to understanding reality than science and secular culture generally allow. Waking Up is part seeker's memoir and part
Philosophy for Life Jules Evans, 2012-05-03 In his engaging book, Jules Evans explains how ancient philosophy saved his life, and how we can all use it to become happier, wiser and more resilient. Jules imagines a dream school, which includes 12 of the greatest and most colourful thinkers the world has ever known. Each of these ancient philosophers teaches a technique we can use to transform ourselves and live better lives. These practical techniques are illustrated by the extraordinary stories of real people who are using them today - from marines to magicians, from astronauts to anarchists and from CBT psychologists to soldiers. Jules also explores how ancient philosophy is inspiring modern communities - Socratic cafes, Stoic armies, Platonic sects, Sceptic summer camps - and even whole nations in their quest for the good life.

Summary of Sam Harris’s Waking Up by Swift Reads Swift Reads, 2019-06-28 Waking Up: A Guide to Spirituality Without Religion (2014) by neuroscientist and atheist Sam Harris explores how to develop a spiritual practice that is not based on outmoded religious beliefs about how the world works. Harris draws upon personal experience, neuroscience, psychology, and Buddhist conceptions of the mind to explore the nature of consciousness and how it is possible to embrace spirituality and remain secular... Purchase this in-depth summary to learn more.

Motivational Interviewing, 2E Thomas M. Kelly, Melanie A. Gold, 2023 This may be the single most important book you ever buy during your medical training. Rotations come and go, exams come and go, but regardless of specialty, patient-care will be at the heart of your practice. It is no exaggeration to say that motivational interviewing (MI) has transformed the way doctors engage with patients, families, and colleagues alike. MI is among the most powerful tools available to promote behavior change in patients. In an age of chronic diseases (diabetes, hypertension, heart disease, obesity), behavior change is no longer limited to substance use or the field of psychiatry - maladaptive choices and behaviors that negatively impact health outcomes are rampant. There is an explosion of research projects using MI or adaptations of MI in the behavioral health medicine field in the past decade. Hospitalizations can’t make people change. How marvelous is it that an evidence-based health behavior change approach (MI) can help people change the outcomes of their illnesses and the course of their lives. This therapeutic approach is not a form of psychotherapy and is not the stuff of cobwebs and old leather couches. MI is readily integrated into regular ward rounds and office visits and provides an effective and efficient approach to patients clinical encounters. Written by experts in the field and medical trainees across medicine, the second edition of the MI guide explores how MI enhances contact with patients from every level of training, following an accessible, succinct approach. This book covers the application of MI method and skills into practice and also includes numerous clinical scenarios, personal reflections and online animated clinical vignettes (video clips) that share the challenges and successes the authors have
focused. Furthermore this book is endorsed by the pioneers of MI: William R. Miller & Stephen Rollnick.

_Buddhism without Beliefs_ Stephen Batchelor, 1998-03-01 A national bestseller and acclaimed guide to Buddhism for beginners and practitioners alike. In this simple but important volume, Stephen Batchelor reminds us that the Buddha was not a mystic who claimed privileged, esoteric knowledge of the universe, but a man who challenged us to understand the nature of anguish, let go of its origins, and bring into being a way of life that is available to us all. The concepts and practices of Buddhism, says Batchelor, are not something to believe in but something to do—and as he explains clearly and compellingly, it is a practice that we can engage in, regardless of our background or beliefs, as we live every day on the path to spiritual enlightenment.

_The Moral Landscape_ Sam Harris, 2011-09-13 Sam Harris dismantles the most common justification for religious faith—that a moral system cannot be based on science.

_Making Sense_ Sam Harris, 2020-08-11 Civilization rests on a series of successful conversations. Sam Harris Neuroscientist, philosopher, podcaster and bestselling author Sam Harris, has been exploring some of the greatest questions concerning the human mind, society, and the events that shape our world. Harris's search for deeper understanding of how we think has led him to engage and exchange with some of our most brilliant and controversial contemporary minds—Daniel Kahneman, Robert Sapolsky, Anil Seth and Max Tegmark—in order to unpack and clarify ideas of consciousness, free will, extremism, and ethical living. For Harris, honest conversation, no matter how difficult or contentious, represents the only path to moral and intellectual progress. Featuring eleven conversations from the hit podcast, these electric exchanges fuse wisdom with rigorous interrogation to shine a light on what it means to make sense of our world today. 'I don't have many can't-miss podcasts, but Making Sense is right at the top of that short list.' - Stephen Fry 'Sam Harris is the most intellectually courageous man I know.' - Richard Dawkins

_Free Will_ Sam Harris, 2012-03-06 Sam Harris, bestselling author of _THE END OF FAITH_ takes on one of today's liveliest issues: whether or not we actually have free will.

_Summary of Sam Harris's Waking Up by Swift Reads_ Swift Reads, 2019-04-12 Waking Up: A Guide to Spirituality Without Religion (2014) by neuroscientist and atheist Sam Harris explores how to develop a spiritual practice that is not based on outmoded religious beliefs about how the world works. Harris draws upon personal experience, neuroscience, psychology, and Buddhist conceptions of the mind to explore the nature of consciousness and how it is possible to embrace spirituality and remain secular...Purchase this in-depth summary to learn more.

_A Trackless Path_ Ken McLeod, Jigmé Lingpa, 2015-12-01 18th century Tibetan mystic Jigmé Lingpa wrote a number of poems on the practice of Dzogchen, one of the great wisdom traditions of Tibetan Buddhism. In A Trackless Path renowned translator and teacher Ken McLeod offers a beautiful and evocative translation of one of these poems. Illumined by his own
McLeod makes this ancient poem relevant and accessible to today's seeker. The Jigmé Lingpa poem has three sections: how conceptual thinking corrupts deep contemplative practice; the timeless freedom of direct awareness (the Buddhist equivalent of gnosis in Christianity); and subtle errors one often makes in this practice and how to correct them. McLeod's book is likewise divided into three sections. The first is a thoughtful introduction to the text and McLeod's relationship with it; the second is his beautiful and evocative translation of Jigmé Lingpa's poem; the third and main part of the book is his verse-by-verse commentary through which he illuminates the meaning of the poem. McLeod is clearly writing (and writing clearly) for the seeker in today's world who is called to pursue the awareness that Jigmé Lingpa describes. McLeod's lucid practice-oriented commentary is enriched by the seamless interweaving of experiences from his own spiritual journey. What emerges is a picture of a person who felt a profound calling to pursue contemplative practice and the direct and personal ways he found to meet the challenges and he encountered. With great clarity, McLeod communicates the central theme of the poem—namely, that when you rest and do nothing, you find the wisdom of the ages present within you. This is a book for the practitioner of any contemplative tradition—Buddhism, Islam, Christianity, Hinduism, Taoism, Judaism or non-dual awareness.


**The Idea of the Self** Jerrold Seigel, 2005-02-17 What is the self? The question has preoccupied people in many times and places, but nowhere more than in the modern West, where it has spawned debates that still resound today. In this 2005 book, Jerrold Seigel provides an original and penetrating narrative of how major Western European thinkers and writers have confronted the self since the time of Descartes, Leibniz, and Locke. From an approach that is at once theoretical and contextual, he examines the way figures in Britain, France, and Germany have understood whether and how far individuals can achieve coherence and consistency in the face of the inner tensions and external pressures that threaten to divide or overwhelm them. He makes clear that recent 'postmodernist' accounts of the self belong firmly to the tradition of Western thinking they have sought to supersede, and provides an open-ended and persuasive alternative to claims that the modern self is typically egocentric or disengaged.

**Islam and the Future of Tolerance** Sam Harris, 2015-10-06 In this dialogue between a famous atheist and a former radical, Sam Harris and Maajid Nawaz invite you to join an urgently needed conversation: Is Islam a religion of peace or war? Is it amenable to reform? Why do so many Muslims seem drawn to extremism? The authors demonstrate how two people with very different views can find common ground.

**Jihad, Radicalism, and the New Atheism** Mohammad Hassan Khalil, 2018 This book compares the conflicting and consequential interpretations of jihad offered by mainstream Muslim scholars, violent Muslim radicals, and New Atheists.

**Awareness** Osho, 2007-04-01 One of the greatest spiritual teachers of the twentieth century will help you learn how to
live in the present moment in *Awareness: The Key to Living in Balance*. Underlying all meditation techniques, including martial arts—and in fact underlying all great athletic performances—is a quality of being awake and present to the moment, a quality that Osho calls awareness. Once we can identify and understand what this quality of awareness is, we have the key to self-mastery in virtually every area of our lives. According to great masters like Lao Tzu or Buddha, most of us move through our lives like sleepwalkers. Never really present in what we are doing, never fully alert to our environment, and not even aware of what motivates us to do and say the things we do. At the same time, all of us have experienced moments of awareness—or awakening, to use another—in extraordinary circumstances. On the road, in a sudden and unexpected accident, time seems to stop and one is suddenly aware of every movement, every sound, every thought. Or in moments that touch us deeply—welcoming a new baby into the world for the first time, or being with someone at the moment of death. Awareness, says Osho, is the key to being self-directed, centered, and free in every aspect of our lives. In this book, Osho teaches how to live life more attentively, mindfully, and meditatively, with love, caring and consciousness. Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described by the Sunday Times of London as one of the “1000 Makers of the 20th Century” and by Sunday Mid-Day (India) as one of the ten people—along with Gandhi, Nehru, and Buddha—who have changed the destiny of India. Since his death in 1990, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world.

**This Life** Martin Hägglund, 2019-08-01 If this life is all there is, what should we do with it? Join Swedish philosopher Martin Hägglund on an original inquiry into the deepest questions of existence, beginning with a radical declaration: 'What I do and what I love can matter to me only because I understand myself as mortal.' Through revelatory engagements with some of history's greatest philosophers, including Aristotle, St Augustine, Nietzsche, Hegel and Marx, Hägglund attacks our two great deceivers, religion and capitalism. Only by stripping away their subtle illusions can we discover the true value of our earthly freedom. Existence is revealed as a collective project: everything is at stake in what we do together, and no victory can survive us. 'The light of bliss - even when it floods your life - is always attended by the shadow of loss.' By illuminating this truth, This Life forges an existential philosophy fit for a darkening century.

**Conscious** Annaka Harris, 2019-06-04 NEW YORK TIMES BESTSELLER If you’ve ever wondered how you have the capacity to wonder, some fascinating insights await you in these pages.” --Adam Grant, New York Times bestselling author of *Originals* As concise and enlightening as Seven Brief Lessons on Physics and Astrophysics for People in a Hurry, this mind-expanding dive into the mystery of consciousness is an illuminating meditation on the self, free will, and felt experience. What is consciousness? How does it arise? And why does it exist? We take our experience of being in the world for granted. But the very existence of consciousness raises profound questions: Why would any collection of matter in the universe be
conscious? How are we able to think about this? And why should we? In this wonderfully accessible book, Annaka Harris guides us through the evolving definitions, philosophies, and scientific findings that probe our limited understanding of consciousness. Where does it reside, and what gives rise to it? Could it be an illusion, or a universal property of all matter? As we try to understand consciousness, we must grapple with how to define it and, in the age of artificial intelligence, who or what might possess it. Conscious offers lively and challenging arguments that alter our ideas about consciousness—allowing us to think freely about it for ourselves, if indeed we can.

Awakening to the Fifth Dimension Kimberley Meredith, 2021-12-07
If you're suffering from chronic illness and persistent symptoms, this book holds a revolutionary solution. Prepare to discover a new dimension of healing. Perhaps you're struggling with a seemingly incurable illness. Or maybe a loved one is showing prolonged symptoms. Whatever your situation, Kimberly Meredith is here to show you a way out of the suffering. Awakening to the Fifth Dimension means tapping into your full potential. It means entering a higher state of consciousness and opening up to unconditional love, forgiveness and acceptance. Full of practical methods, nutrition, case studies and testimonials, Awakening to the Fifth Dimension will empower you to confront your own health struggles and find true, lasting healing. You'll discover:

· methods to alleviate mental, emotional and physical ailments
· spiritual practices that will lift you into the realm of the Fifth Dimension
· stories, exercises, prayers, affirmations, and other information to elevate your mind, body and soul
· a chapter on nutrition, supplements and recipes to support your healing
· ways to enter a higher state, including crystals and meditation

This book will open a portal into the Fifth Dimension way of thinking and living. Find happiness and freedom with Kimberly's gentle wisdom and guidance.

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Waking Up A Guide To Spirituality Without Religion

Introduction

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