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After Awareness: The End of the Path

Greg Goode

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Written by leading non-duality author Greg Goode, *After Awareness* offers a course in non-dual philosophy that allows you to explore the inner workings of the Direct Path approach to self-inquiry—a set of teachings attributed to Shri Atmananda (Krishna Menon) that investigate the nature of the mind experientially. Following the Direct Path is one way to dissolve the illusory "I," which can lead to a lasting sense of joy and freedom.

It was a feeling of separation and a need for nonphysical nourishment that led Greg Goode on a spiritual search, sorting through a variety of traditions and their doctrines, and eventually to non-duality and the Direct Path approach to self-inquiry. In this book, he offers an accessible, non-dogmatic guide to this process, sharing secrets of the Direct Path that are rarely revealed.

Rather than a prescriptive, step-by-step book, *After Awareness* is a presentation of how the Direct Path works, examining lesser-known aspects of the path and providing context, examples, and critiques of its methods. You'll learn how to use the tools of non-dual self-inquiry—as well as when to discard them—and find a set of less doctrinaire terms and pointers for discussing non-dual awareness and the Direct Path in a twenty-first-century context.

With this open, pragmatic, and deconstructive approach, you'll see the Direct Path from all angles and be able to draw your own conclusions. You'll also discover ways to talk about self-inquiry and non-dual awareness in mixed settings. Most important, you'll learn how an exploration that begins with everyday perspectives and experiential investigations into the nature of the "I" can lead to a sense of true peace, free from all judgments and self-consciousness.

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