

Eyes Wide Open
Buddhist Instructions on
Merging Body and Vision
Will Johnson

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Eyes Wide Open Buddhist Instructions On Merging Body And Vision:

Eyes Wide Open Will Johnson, 2016-04-11 Meditation practices to awaken the body and create a mind like a mirror to literally see things as they are Draws on the story of the monk Shenxiu to create a meditation practice for profound relaxation inclusion and connection to the world around us and realization of our essential nature Explains how our attitudes beliefs and bodily tensions distort our perceptions and lead to our sense of separation from the world outside our bodies Details techniques of vision such as sky gazing eye gazing and mirror gazing that lead to an ecstatic mindfulness Right behind your eyes you are there You can feel yourself there looking So intimate is your connection with your looking that when you say I m looking you re implying that how you look and what you see are a direct reflection of who you are in this moment Your attitudes and beliefs reflect what you see and the way you live in your body can color your perceptions as well This splitting in two of experience an inside the body world and an outside the body world creates in many of us a sense of isolation and loneliness a feeling of disconnection from the larger world at which we look But the visual field is equally capable of reflecting a sense of connection and inclusion an invitation to merge with the larger universe rather than confirming how irrevocably separated we are Drawing on the story of the seventh century Chinese monk Shenxiu Will Johnson offers meditation exercises to create a mind like a mirror cleansing it of obscuring layers of worry and emotion to literally see things as they are not just how we perceive them to be He explains how to awaken your body to the sensations we learn to ignore when we lose ourselves in thought and tense ourselves in ways that stifle the body s vibrancy He offers meditative techniques to silence the projections of the mind and enter into a condition of ecstatic mindfulness He details gazing practices such as sky gazing eye gazing and mirror gazing to cleanse our vision and remove whatever is distorting our perceptions Through this new kind of seeing divisions between your inner and outer world start to drop away You begin to experience an intimate connectivity to the world you look out onto By cleansing the mirror of the mind we can come out of the dreams of who we think we are and awaken into our true essential nature Fasting the Mind Jason

Gregory, 2017-05-25 Combines cognitive psychology with Zen Taoist and Vedic practices to empty the mind Explains how eliminating external stimulation can alleviate stress and anxiety for a calmer state of mind Details meditation practices such as open awareness meditation contemplation of Zen koans and Vipassana meditation and explores methods of digital detox Draws on classical yoga Hinduism Buddhism and Taoism as well as cognitive science to explain how and why to fast the mind Stop planning stop comparing stop competing stop thinking and just breathe deeply for a minute Our undivided attention is something we are rarely able to give for reasons ranging from digital overload to the cultural conditioning of equating busyness with purpose Just as you might choose a fast from eating to detoxify the body the best way to overcome this modern mental overload is to periodically fast the mind Drawing on the spiritual philosophies and meditative practices of classical yoga Hinduism Buddhism and Taoism Jason Gregory explains how fasting the mind directly impacts your habits and way of

being in the world to create peace and calmness in your life as well as allow you to build a firm psychological defense against the increasing bombardment of distractions in our world Applying psychology and cognitive science to samsara the cycle of suffering created by our attachment to the impermanent he explains how overreliance on the rational mind causes imbalances in the autonomic nervous system and suppresses our natural spontaneity feelings and intuition When we are unable to relax the mind deeply we enter a destabilizing state of stress and anxiety and are unable to liberate the true Self from the impermanence and limitations of the material world Sharing Zen Taoist and Vedic practices to help you empty your mind and gradually restore your natural rhythms the author shows how to give the mind time to truly relax from stimulation so it can repair itself and come back into equilibrium He details simple meditation practices that are easy to implement in daily life such as open awareness meditation and contemplation of Zen koans as well as the advanced techniques of Vipassana a Theravadic Buddhist discipline centered on seclusion from all worldly stimuli He also offers methods for digital detox and ensuring a good night's sleep a major support for healing cognitive impairment and restoring a state of equanimity By fasting the mind we strip away the distractions and stresses of modern life and return to our original nature as it exists deep within We become more consciously awake in every moment allowing us to feel the real beauty of the world and in turn to live life more fully authentically and peacefully

The Posture of Meditation Will Johnson, 2020-08-25 The 25th anniversary edition of the classic comprehensive guide on meditation posture and how to carry its benefits into everyday life for practitioners of all skill levels When it comes to meditation practices the body is as important as the mind a fact that may come as a surprise to the many people who regard meditation as a strictly mental activity But as Will Johnson shows the physical aspect of the practice is far too often underemphasized The alert yet relaxed sitting posture that is the common denominator of so many meditative techniques is a wonderful aid for clearing the mind and opening the heart but it also works to activate the natural healing energies of both body and mind In this essential guidebook Will Johnson shows how meditation too often misunderstood as a mental practice can be immeasurably enriched through an embodied approach The Posture of Meditation features a range of simple practices based on the principles of alignment relaxation and resilience This classic book now with a new section detailing the transformative power of the path of somatic meditation has helped thousands of people to begin their meditation practice to refine it and to experience depths they never thought possible

Enlightenment Now Jason Gregory, 2016-10-10 A guide to uncovering the enlightenment already within us Builds on Buddhist Hindu and Taoist wisdom to express the timeless and ever present nature of enlightenment Reveals the negative impact of social and cultural conditioning on our psyche and how to counteract this through meditation and reframing our understanding of time Shows how to uncover the original spontaneous awareness we were born with In this philosophical psychological and spiritual exploration of enlightenment Jason Gregory addresses how to access the original spontaneous awareness we all came into this world with He exposes the illusion that we must strive to reach enlightenment uncovering

how our yearning for future accomplishments attachment to the past and reliance on authority outside the self are social constructs that distract us from the reality of the now The author explains how our original enlightened nature has been obscured by social cultural religious and egotistical conditioning of the mind caught in time Building on knowledge from spiritual traditions including Buddhism Hinduism and Taoism Gregory expresses the timeless and ever present nature of enlightenment He illustrates how rigid practices and initiations can become a form of spiritual postponement continually putting off our enlightenment because we feel we are doing something good and noble To chase enlightenment through spiritual practice is to assume it is a quality bound to time The author helps us see that we are already what we are seeking once we understand that existing in this world is itself a miracle beyond words then the magic and beauty of our world will unfold In the same way we remember someone s name without thinking about it we also remember that we are enlightened when we stop searching for the experience Emerging from the Middle Way of the Buddha Lao tzu s Way of the Tao Yoga the Great Work of Gnosticism the Hermetic Art of Alchemy and quantum physics Gregory presents a way to the state of consciousness enlightenment nirvana or samadhi in which eternity and time are one He shows us how to counteract the negative impact of social and cultural conditioning on our psyche through meditation and reframing our understanding of time The author explains how meditation in its truest form takes our awareness of oneness from theory to practice Guiding us away from a time bound understanding of enlightenment Gregory shows us how to find ourselves in the stillness of now where the peace you are is the peace you give to the world

Buddha's Bodyguard Jeff Eisenberg, 2018-04-03 An innovative guide to applying the strategies of a bodyguard to create a Buddhist security plan for protecting ourselves from suffering Presents the unique concept of the bodyguard and its protection tactics as a metaphor for explaining and implementing Buddhist teachings Recasts the Four Noble Truths as the Four Noble Tactical Truths the Eightfold Path as the Eight Tactics Plan and the notion of Interbeing in the Buddhist world as the Tactics of Interdepending Offers a new modern understanding for the new generation of Buddhist practitioners intrigued by a more Western take on Buddhism Drawing from his extensive experience as a professional protection agent Jeff Eisenberg uses the tactics and strategies that a bodyguard employs in protecting a client from a threat as a blueprint for creating a Buddhist security plan This plan provides the practical tools to protect one s self from the threat of suffering in our world Using the metaphor of being the Buddha s bodyguard to understand the Buddhist teachings the book details how to protect our inner Buddha nature and secure our mental and emotional wellbeing We all have the chance to train ourselves to be more proactive in our own safety and avoid becoming a victim And if we are victimized this training will prepare us to take appropriate actions that will aid in our ability to survive with much less injury and trauma As the author affirms It is vital to realize that a physical altercation is the last thing that happens in a chain of events And while we must never blame the victim our safety is our responsibility Many situations can be avoided or their severity greatly lessened if we pay attention during the chain of events that leads up to it and respond

appropriately While this book is not about personal protection per se it applies personal protection theory and specific tactics utilized by bodyguards to Buddhist practice laying out strategies to protect our inner Buddha from attack Thus the Four Noble Truths are applied to the concept of threat in the form of Four Noble Tactical Truths the Eight Tactics Plan echoes the Eightfold Path and the Tactics of Interdepending embrace the notion of Interbeing in the Buddhist world With paying attention and mindfulness being key concepts of both a bodyguard s profession and Buddhist practice this pioneering book speaks to Buddhists and non Buddhists alike

Cannabis in Spiritual Practice Will Johnson,2018-08-14 An exploration of the use of cannabis as a sacrament in spiritual practice Provides instructions for using marijuana for the spiritual practices of spontaneous movement ecstatic dance sitting meditation and gazing meditation allowing you to open the body s energies more fully and get closer to the Divine or your higher self Includes a new translation of the Five Moral Precepts of Buddhism adapted to include energetic practices and the judicious use of entheogenic substances as a legitimate support for spiritual growth Includes access to 9 audio meditations With the end of marijuana prohibition on the horizon people are now openly seeking a spiritual path that embraces the benefits of cannabis Drawing upon his decades of experience as a teacher of Buddhism breathing yoga and embodied spirituality Will Johnson examines Eastern spiritual perspectives on marijuana and offers specific guidelines and exercises for integrating cannabis into spiritual practice The author explains how the great Hindu god Shiva enjoyed consuming bhang a marijuana mixture that would cause his body to make spontaneous movements From these cannabis inspired movements Shiva brought the body focused practices of dance and yoga to the world Examining the spiritual path of Shiva including the Sadhu tradition Johnson provides specific instructions and protocols for using marijuana as a sacrament as Shiva did He explores how to embrace cannabis for the practices of spontaneous movement ecstatic dance sitting meditation and gazing meditation He reveals how the ecstatic surrender to the feeling energies of the body in these practices is enhanced through the ingestion of Shiva s herb allowing you to open the body s energies more fully and get closer to the Divine or your higher self Exploring the Buddhist practices of calming the mind and grounding yourself in sensory awareness Johnson shows that while traditional Buddhist teachings forbid the use of intoxicating substances Buddhists who use cannabis are not committing a cardinal sin in following our dharma we must embrace what best supports our spiritual practice He concludes with a new translation of the Five Moral Precepts of Buddhism what he calls the Five Precepts of Embodied Responsibility adapted to include energetic practices using breath interaction with the energies of nature sacred sex and the judicious use of entheogenic substances such as cannabis as legitimate support for spiritual growth

Who You Are Michael J. Spivey,2020-04-28 Why you are more than just a brain more than just a brain and body and more than all your assumptions about who you are Who are you Are you just a brain A brain and a body All the things you have done and the friends you have made Many of us assume that who we really are is something deep inside us an inner sanctuary that contains our true selves In Who You Are Michael Spivey argues that the

opposite is true that you are more than a brain more than a brain and body and more than all your assumptions about who you are Rather than peeling layers away to reveal the inner you Spivey traces who you are outward You may already feel in your heart that something outside your body is actually part of you a child a place a favorite book Spivey confirms this intuition with scientific findings With each chapter Spivey incrementally expands a common definition of the self After gently helping you to discard your assumptions about who you are he draws on research in cognitive science and neuroscience to explain the back and forth among all the regions of the brain and the interaction between the brain and body He then makes the case for understanding objects and locations in your environment as additional parts of who we are Going even further he shows that just as interaction links brain body and environment ever expanding systems of interaction link humans to other humans to nonhuman animals and to nonliving matter This may seem an interaction or two too far But you don't have to take his word for it just consider the evidence he presents

The Lost Art of Resurrection Freddy Silva, 2017-01-27 Reveals the radical ancient practice of living resurrection in which initiates ritually died and were reborn into a state of higher consciousness Explores living resurrection initiation practices from world cultures including Egyptian Greek Gnostic Chinese Celtic and Native American traditions Describes the secret chambers and temples where Mystery Schools practiced raising the dead Shows why this practice was branded a heresy and suppressed by the Church More than two thousand years before the resurrection of Jesus initiates from spiritual traditions around the world were already practicing a secret mystical ritual in which they metaphorically died and were reborn into a higher spiritual state During this living resurrection they experienced a transformative spiritual awakening that revealed the nature of reality and the purpose of the soul described as rising from the dead Exploring the practice of living resurrection in ancient Egyptian Phoenician Greek Persian Indian Japanese Chinese Celtic and Native American traditions Freddy Silva explains how resurrection was never meant for the dead but for the living a fact supported by the suppressed Gnostic Gospel of Philip Those who say they will die first and then rise are in error If they do not first receive the resurrection while they live when they die they will receive nothing He reveals how these practices were not only common in the ancient world but also shared similar facets in each tradition initiates were led through a series of challenging ordeals retreated for a three day period into a cave or restricted room often called a bridal chamber and while out of body became fully conscious of travels in the Otherworld Upon returning to the body they were led by priests or priestesses to witness the rising of Sirius or the Equinox sunrise Silva describes some of the secret chambers around the world where the ritual was performed including the so called tomb of Thutmosis III in Egypt which featured an empty sarcophagus and detailed instructions for the living on how to enter the Otherworld and return alive He reveals why esoteric and Gnostic sects claimed that the literal resurrection of Jesus promoted by the Church was a fraud and how the Church branded all living resurrection practices as a heresy relentlessly persecuting the Gnostics to suppress knowledge of this self empowering experience He shows how the Knights Templar revived these concepts and how they

survive to this day within Freemasonry Exploring the hidden art of living resurrection Silva shows how this personal experience of the Divine opened the path to self empowerment and higher consciousness leading initiates such as Plato to describe it as the pinnacle of spiritual development

Encyclopedia of World Problems and Human Potential Union of International Associations, 1994 The destruction of wildlife habitats organized crime AIDS illiteracy acid rain these are among the 130 000 topics documented and discussed in the new edition of the Encyclopedia But its truly unique goal is to present this complex set of issues in ways that facilitate an organized response To this end the book also focuses on the complex relationship between problems and society s own ideological relationship with these problems How do human priorities and perceptions aggravate or enable problems What are the established and alternative responses The Encyclopedia contains over 158 000 cross references between entries an extensive 91 000 practical key term index bibliographies and full cross referencing to the Yearbook of International Organizations For anyone concerned with the world community here are the means to explore and participate in today s most crucial endeavors Volume 2 Human Potential Transformation and Values contains 7 700 entries reflecting a spectrum of problem solving approaches based on such human development issues as self learning creativity and modes of awareness The volume also focuses on specific religious beliefs value systems and thought patterns

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