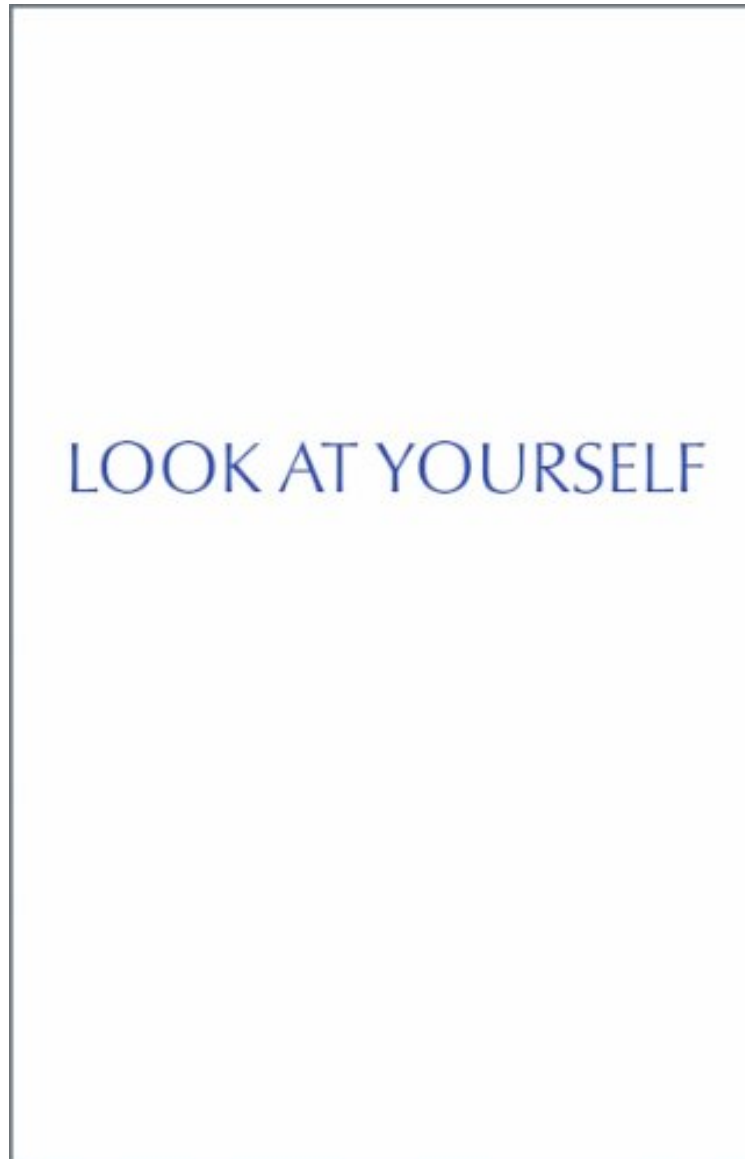


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Look At Yourself (English Edition)

Von John Sherman

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Von John Sherman : Look At Yourself (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Look At Yourself (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Say nothing, say all. The one, who is alone -all oneVon TimurIt's great! all there is to say. At least I have to write 20 words to publish my review but there's really nothing more to say than this: It's great. Read it yourself, look at yourself than

you are yourself. If there's something comparable which express the same stuff then it is the "Yoga Vasishtha Sara". For those who have problems to pay their rent or there are circumstances in their lives which makes anxiety all dominant take this medicine first or simultaneously: "Message of a master" from John McDonald. It might be helpful, because that what's called normality is the disease. It takes some time but some day you can say: I see you (me) ;-). You did failed it so often and therefore "Message of a master" could be the step between...the missing peace between, which can build the bridge you need to walk over in order to help yourself and then to help all the other "pieces of yourself" Namaste HUMAN BEING! 2 von 4 Kunden fanden die folgende Rezension hilfreich. Straight forward to the core Von MatHau This book is a jewel. I think that of all the Neo-Advaita books this one tells you what you can do without any spiritual or esoteric gimmicks. For me it combined the essence of J. Krishnamurti and Ramana Maharshi in a fresh, new and practical way. John Sherman knows what he is talking about. Perhaps it's the only book you need.

Kurzbeschreibung John Sherman presents a clear and coherent view of the actual problem that makes human life seem so unsatisfying, and suggests a simple and revolutionary method to bring an end to dissatisfaction and misery once and for all. This method is so simple that it requires nothing of you but the willingness to look within and notice yourself from time to time, whenever it occurs to you to do so. Like many of us, John spent most of his life believing himself to be trapped in a difficult, bewildering and probably meaningless life. Then, in the fall of 1994, he happened upon the world of spiritual aspiration and attainment, of wondrous tales of enlightenment and delicious insights of non-dual understanding and, not for the first time in his life, found himself head-over-heels in love with an idea; and, also not for the first time in his life, he threw himself headlong into seeking its promised fruit. Enlightenment ensued. After about a year of this, his "enlightenment" collapsed, all the beauty vanished, all sense of clarity and all vestige of spiritual attainment disappeared, and he was left empty-handed, wishing he had never even heard the word enlightenment all the while still caught in the grip of its sweet hope. He has spoken of that time as his 'year in hell.' He set out to find just one thing that he could do for himself that would settle, once and for all, the question whether human life without fear and misery was even possible.

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ber den Autor und weitere Mitwirkende Sherman is an independent literary translator. She obtained a Master of Arts Degree in Romance Languages and a Bachelor of Arts in French Portuguese. She is editor-in-chief at SilentHeart Press.