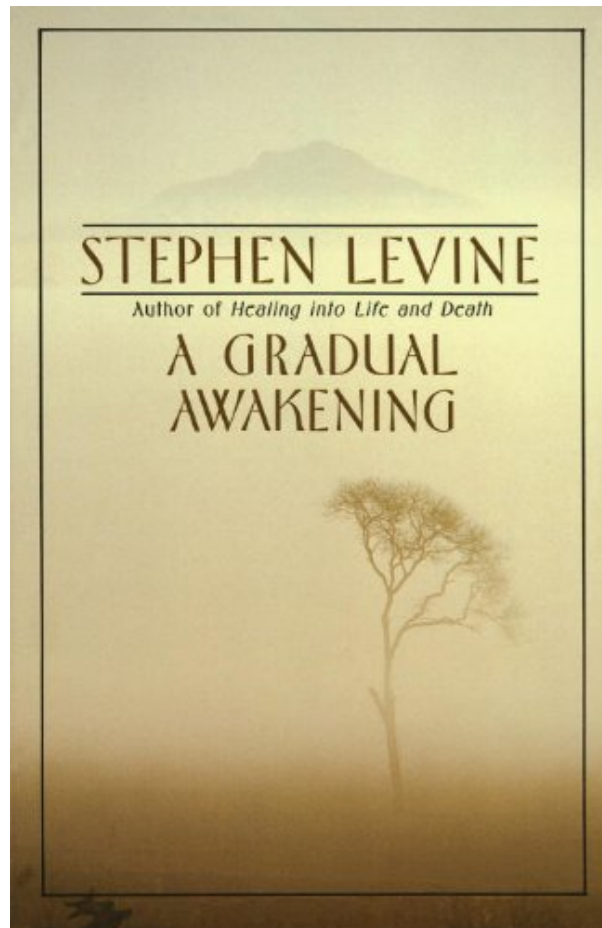
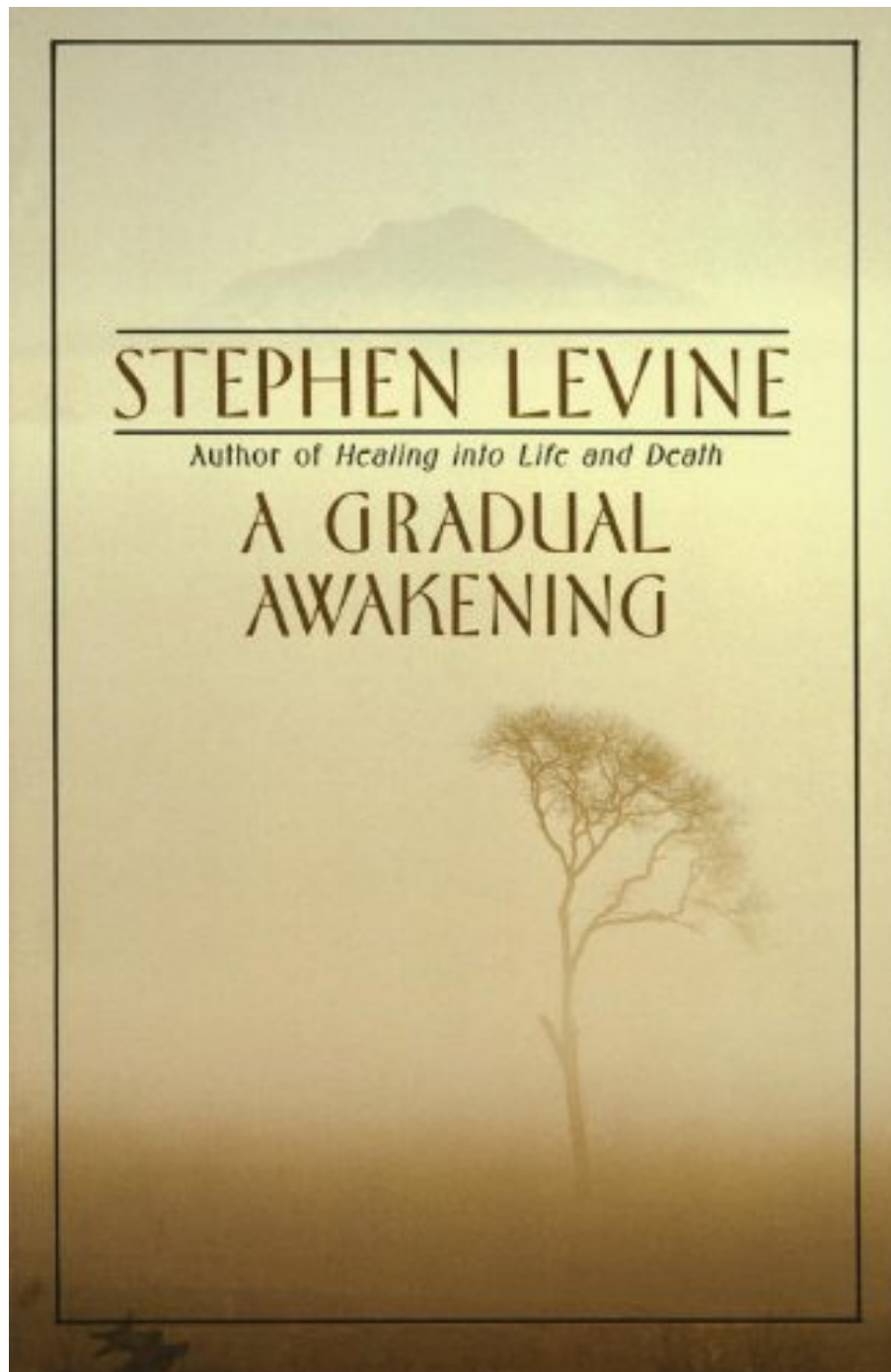


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About the Author

STEPHEN LEVINE 's many bestselling books include A Gradual Awakening and Who Dies? His renowned work in grief counseling has been featured in television programs on PBS and CNN, in radio segments, and in magazine articles. He lives in Chamisal, New Mexico.

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Great book!

By Lisa C

If you are on the path of discovering how to best live your life, this is a wonderful guide. Steve Levine writes clearly about the process of waking up to our way of being. Watching our thoughts and and behavior by becoming aware through mindfulness and meditation. This provided me an opportunity to realize I am not just a body and mind.

He offers a perspective on living life fully and accepting death. Accepting what is, and living life from the deepest expression of who we are.

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Exquisite!

By Matthew J. Schimpf

I find it difficult to convey the unmitigated, overwhelming profundity that this book offers. Mr. Levine uses a style of prose and imaginative metaphor to penetrate deeply into the machinations of the mind and awareness. The term "awareness" for me, had a much different connotation prior to reading this book than it

does now. Without drama and the extremes of over simplification or garish intellectualization; the reader is treated to a rendering of what is. One of my favorite similes used in this tome; which has now turned into a regular focus of meditation for me is the following {paraphrasing}: Imagine the sky - spacious, omnipresent, pure and innocent, this is awareness, the mind. Those things that pass through the mind: greed, fear, happiness, anger, various thoughts are like bubbles or clouds in the sky. They are not the sky (mind) but simply passing through.....

I must admit I was somewhat reticent to buy this book as superficially it seemed somewhat truncated and vague, based on what I could glean from the portions of the book I was allowed to examine via Amazon. Leaving this work behind would have been a serious mistake, I'm ecstatic that it found it's way to me - that is a lesson in and of itself.

5 stars with much gratitude.....

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