



Radiant Mind
Peter Fenner

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16 Key Practices

Radiant Mind will take you inside your own mind and the minds of teachers whose work is inspired by unconditioned awareness. To a certain extent it will also take you inside the minds of nondual spiritual masters: Zen roshis, Advaita gurus, Dzogchen lamas. By entering their being-state, we'll discover what it's like inside them, how they experience others, and how you might experience like them the inner structure of nondual work. These practices are available to anyone who wants to take charge of their own psychological and spiritual evolution.

- Developing and expanding your contemplative practice.
- Gaining skills in observing and dissolving fixations.
- Exploring living in the here and now and finding a foundation for being and action that transcends your desires and preferences.
- Learning how to listen and speak from a space of pure openness.
- Learning how to communicate more effectively so you can be complete, moment-by-moment.
- Increasing your capacity for non-action, for not needing to know who or even where you are.
- Refining your ability to act with precision and clarity in the world while still being rooted in the experiences of non-compulsive action and not knowing.
- Learning how to produce deep and conscious transformation during the periods of silence that can arise in nondual teaching.
- The capacity to accept and integrate the experience of discomfort and heightened pleasure.
- The capacity to rest comfortably in unconditioned awareness when relating with others.
- The ability to observe people's predispositions and biases and share them in such a way that people can recognize them.
- Discovering how to bring your attention to what is happening in the here and now.
- Using deconstructive conversations to dismantle fixed ideas and rigid interpretations.

Contact Deidre Saddoris
(303) 665-3151 ext. 129
deidres@soundstrue.com

Sounds True
413 South Arthur Avenue | Louisville, Colorado 80027
(303) 665-3151 | www.soundstrue.com