

Download Ebook Know Yourself An Explanation
Of The Oneness Of Being

Know Yourself An Explanation Of The Oneness Of Being

Discover your true self and align your life journey around your core beliefs, values and perspective. Designed as both a companion piece to the author's previous book, The Power of Understanding People, and a stand-alone work, The Power of Understanding Yourself provides readers with a blueprint for examining their true purpose and approach to life and a map for achieving greater personal happiness, professional success and self-awareness. It explores personal attributes related to interactive style, diving deeper into the concepts from the

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author's previous book, provides exercises for exploring how to connect your current life status to a desired future state and encourages readers to engage in a deep exploration of their core values, beliefs, mission and vision to become their best self.

- Find the key to self-discovery and personal development

- Uncover your true purpose
- Use helpful exercises to reveal the best you
- Develop strategies to maximize your potential

The Power of Understanding Yourself is an empowering tool to help you find your best possible self and flourish.

Two classic works of military strategy that shaped the way we think about warfare: The Art of War by Sun Tzu and On War by Karl von Clausewitz, together in one volume “Civilization might have been spared much of the damage suffered in the

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world wars . . . if the influence of Clausewitz's On War had been blended with and balanced by a knowledge of Sun Tzu's The Art of War.”—B. H. Liddel Hart *For two thousand years, Sun Tzu's The Art of War has been the indispensable volume of warcraft. Although his work is the first known analysis of war and warfare, Sun Tzu struck upon a thoroughly modern concept: “The supreme art of war is to subdue the enemy without fighting.” Karl von Clausewitz, the canny military theorist who famously declared that war is a continuation of politics by other means, also claims paternity of the notion “total war.” On War is the magnum opus of the era of the French Revolution and the Napoleonic wars. Now these two great minds come together in a single volume that also*

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features an introduction by esteemed military writer Ralph Peters and the Modern Library War Series introduction by Caleb Carr, New York Times bestselling author of The Alienist. (The cover and text refer to The Art of War as The Art of Warfare, an alternate translation of the title.)

This book is the first comprehensive attempt to explain Ibn 'Arabî's distinctive view of time and its role in the process of creating the cosmos and its relation with the Creator. By comparing this original view with modern theories of physics and cosmology, Mohamed Haj Yousef constructs a new cosmological model that may deepen and extend our understanding of the world, while potentially solving some of the drawbacks in the current models such as the historical

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Zeno's paradoxes of motion and the recent Einstein-Podolsky-Rosen paradox (EPR) that underlines the discrepancies between Quantum Mechanics and Relativity.

The purpose of The Transparency of Things is to look clearly and simply at the nature of experience, without any attempt to change it. A series of contemplations leads us gently but directly to see that our essential nature is neither a body nor a mind. It is the conscious Presence that is aware of this current experience. As such, it is nothing that can be experienced as an object, and yet it is undeniably present. However, these contemplations go much further than this. As we take our stand knowingly as this conscious Presence that we always already are, and reconsider the objects of the body, mind, and

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world, we find that they do not simply appear to this Presence; they appear within it. And further exploration reveals that they do not simply appear within this Presence but as this Presence. Finally, we are led to see that it is in fact this very Presence that takes the shape of our experience from moment to moment while always remaining only itself. We see that our experience is and has only ever been one seamless totality, with no separate entities, objects, or parts anywhere to be found.

The Mashahid al-asrar of Ibn 'Arabi

Contemplation of the Holy Mysteries

Conversations with Sri Ramana Maharshi

Racism, Antiracism, and You

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Being Aware of Being Aware

The Hidden Forces that Shape Behavior

The Book of Ibn 'Arabi Translation & Introduction Paul Smith

In the West he is known as the Doctor Maximus and in the Islamic world as The Great Master. Born in Murcia in Spain in 1165 his family moved to Seville. At thirty-five he left for Mecca where he completed his most influential book of poems The Interpreter of Ardent Desires (Tarjuman al-Ashwaq) and began writing his masterpiece, the vast Meccan Revelations. In 1204 he began further travels. In 1223 he settled in Damascus where he lived the last seventeen years of his life, dying in 1240. His tomb there is still an important place of pilgrimage. A prolific writer, Ibn 'Arabi is generally known as the prime exponent of the idea later known as the 'Unity of

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Being'. His emphasis was on the true potential of the human being and the path to realizing that potential and becoming the Perfect or complete person. Hundreds of works are attributed to him including a large Divan of poems most of which have yet to be translated. Introduction... on his life and poetry, forms he composed in & Sufism in poetry, Selected Bibliography. Appendix: The Tarjuman al-Ashwaq of Ibn 'Arabi, Translation of Poems & Commentary by Reynold A. Nicholson. The correct rhyme-structure has been kept as well as the beauty and meaning of this selection of his beautiful, mystical poems in the forms of qit'as, ghazals and a qasida. Large Format Paperback 7" x 10" 227 pages. COMMENTS ON PAUL SMITH'S TRANSLATION OF HAFIZ'S 'DIVAN'. "It is not a joke... the English version of ALL the ghazals of Hafiz is a

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great feat and of paramount importance. I am astonished. If he comes to Iran I will kiss the fingertips that wrote such a masterpiece inspired by the Creator of all and I will lay down my head at his feet out of respect." Dr. Mir Mohammad Taghavi (Dr. of Literature) Tehran. "Superb translations. 99% Hafiz 1% Paul Smith." Ali Akbar Shapurzman, translator of works in English into Persian and knower of Hafiz's Divan off by heart. "Smith has probably put together the greatest collection of literary facts and history concerning Hafiz." Daniel Ladinsky (Penguin Books). Paul Smith is a poet, author and translator of over many books of Sufi poets of the Persian, Arabic, Urdu, Turkish, Pashtu and other languages... including Hafiz, Sadi, Nizami, Rumi, 'Attar, Sana'i, Jahan Khatun, Obeyd Zakani, Mu'in, Amir Khusrau, Nesimi, Kabir, Anvari,

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Ansari, Jami, Omar Khayyam, Rudaki, Yunus Emre, Mahsati, Lalla Ded, Abu Nuwas, Ibn Farid, Majnun, Iqbal, Ghalib, Baba Farid, and many others, as well as his own poetry, fiction, plays, biographies, children's books and a dozen screenplays.
www.newhumanitybooks.com

"What does everyone in the modern world need to know? [The author's] answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. [The author discusses] discussing discipline, freedom, adventure and responsibility, distilling the world's wisdom into 12 practical and profound rules for life"--

The great 13th century Muslim philosopher explores the mysteries of divine love and wisdom, using the symbolic

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examples of Biblical figures, prophets and holy men, from Adam to Muhammad.

Know Yourself An Explanation of the Oneness of Being Anchor Books The Art of War Diamond Pocket Books Pvt Ltd Hiroshima

The Art of Talking to Yourself

A Practical Guide to Know Yourself

The Satanic Verses

Read People Like a Book: How to Analyze, Understand, and Predict People's Emotions, Thoughts, Intentions, and Behaviors

The Direct Way

'Of ways you may speak, but not the Perennial Way; By names you may name, but not the Perennial Name.' The

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best-loved of all the classical books of China and the most universally popular, the Daodejing or Classic of the Way and Life-Force is a work that defies definition. It encapsulates the main tenets of Daoism, and upholds a way of being as well as a philosophy and a religion. The dominant image is of the Way, the mysterious path through the whole cosmos modelled on the great Silver River or Milky Way that traverses the heavens. A life-giving stream, the Way gives rise to all things and holds them in her motherly embrace. It enables the individual, and society as a whole, to harmonize the disparate demands of daily life and achieve a more profound level of understanding. This new translation draws on the latest archaeological finds and brings out the word play

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and poetry of the original. Simple commentary accompanies the text, and the introduction provides further historical and interpretative context. ABOUT THE SERIES: For over 100 years Oxford World's Classics has made available the widest range of literature from around the globe. Each affordable volume reflects Oxford's commitment to scholarship, providing the most accurate text plus a wealth of other valuable features, including expert introductions by leading authorities, helpful notes to clarify the text, up-to-date bibliographies for further study, and much more.

THE MILLION COPY INTERNATIONAL BESTSELLER
Drawn from 3,000 years of the history of power, this is

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the definitive guide to help readers achieve for themselves what Queen Elizabeth I, Henry Kissinger, Louis XIV and Machiavelli learnt the hard way. Law 1: Never outshine the master Law 2: Never put too much trust in friends; learn how to use enemies Law 3: Conceal your intentions Law 4: Always say less than necessary. The text is bold and elegant, laid out in black and red throughout and replete with fables and unique word sculptures. The 48 laws are illustrated through the tactics, triumphs and failures of great figures from the past who have wielded - or been victimised by - power.

(From the Playboy interview with Jay-Z, April 2003) PLAYBOY: Rap

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careers are usually over fast: one or two hits, then styles change and a new guy comes along. Why have you endured while other rappers haven't? JAY-Z: I would say that it's from still being able to relate to people. It's natural to lose yourself when you have success, to start surrounding yourself with fake people. In *The 48 Laws of Power*, it says the worst thing you can do is build a fortress around yourself. I still got the people who grew up with me, my cousin and my childhood friends. This guy right here (gestures to the studio manager), he's my friend, and he told me that one of my records, *Volume Three*, was wack. People set higher standards for me, and I love it. In this inspiring guide to successful leadership, New

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York Times bestselling author John C. Maxwell shares his tried and true principles for maximum personal growth. Are there tried and true principles that are always certain to help a person grow? John Maxwell says the answer is yes. He has been passionate about personal development for over fifty years, and for the first time, he teaches everything he has gleaned about what it takes to reach our potential. In the way that only he can communicate, John teaches . . . The Law of the Mirror: You Must See Value in Yourself to Add Value to Yourself The Law of Awareness: You Must Know Yourself to Grow Yourself The Law of Modeling: It's Hard to Improve When You Have No One But Yourself to Follow The Law of the Rubber Band:

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Growth Stops When You Lose the Tension Between Where You are and Where You Could Be The Law of Contribution: Developing Yourself Enables You to Develop Others This third book in John Maxwell's Laws series (following the 2-million seller The 21 Irrefutable Laws of Leadership and The 17 Indisputable Laws of Teamwork) will help you become a lifelong learner whose potential keeps increasing and never gets "used up."

J.K. Rowling, one of the world's most inspiring writers, shares her wisdom and advice. In 2008, J.K. Rowling delivered a deeply affecting commencement speech at Harvard University. Now published for the first time in book form, **VERY GOOD LIVES** presents J.K. Rowling's

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words of wisdom for anyone at a turning point in life. How can we embrace failure? And how can we use our imagination to better both ourselves and others? Drawing from stories of her own post-graduate years, the world famous author addresses some of life's most important questions with acuity and emotional force.

Socrates and Self-Knowledge

Attached

From the Treatise on Being (Risale-t-ul-wujudiyyah)

Daodejing

Mere Christianity

The Book of Ibn 'Arabi

In the classic Mere Christianity, C.S.

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Lewis, the most important writer of the 20th century, explores the common ground upon which all of those of Christian faith stand together.

Bringing together Lewis' legendary broadcast talks during World War Two from his three previous books The Case for Christianity, Christian Behavior, and Beyond Personality, Mere Christianity provides an unequalled opportunity for believers and nonbelievers alike to hear this

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powerful apologetic for the Christian faith.

"A new edition with a final chapter written forty years after the explosion."

Fiction. Translated from the Italian by William Weaver. Luigi Pirandello's extraordinary final novel begins when Vitangelo Moscarda's wife remarks that Vitangelo's nose tilts to the right. This commonplace interaction spurs the novel's unemployed, wealthy narrator to

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examine himself, the way he perceives others, and the ways that others perceive him. At first he only notices small differences in how he sees himself and how others do; but his self-examination quickly becomes relentless, dizzying, leading to often darkly comic results as Vitangelo decides that he must demolish that version of himself that others see. Pirandello said of his 1926 novel that it "deals with the disintegration of the personality. It

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arrives at the most extreme conclusions, the farthest consequences." Indeed, its unnerving humor and existential dissection of modern identity find counterparts in Samuel Beckett's Molloy trilogy and the works of Thomas Bernhard and Vladimir Nabokov.

On Indic philosophy.

Building Ontologies with Basic Formal Ontology

One, No One, and One Hundred Thousand

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Changepower!

An Explanation of the Oneness of Being
"Whoso Knoweth Himself--"

Ibn Al' Arabi

The explosion of a jetliner over India triggers an Apocalyptic battle that sweeps across the subcontinent.

Reprint.

Explores the subtle, secret influences that affect the decisions we make--from what we buy, to the careers we choose, to what we eat.

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“Rupert Spira is one of the great souls. Read his books, and be clarified.” –Coleman Barks, translator of Rumi, including Soul Fury A contemplative poem about the intimate, impersonal, infinite nature of being. In A Meditation on I Am, Rupert Spira contemplates the essential nature of our self before it has been conditioned or qualified by the content of experience. It is a poem, a prayer and a hymn of praise to the simple fact of

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being that is the source of the peace and happiness for which we long above all else. For seasoned spiritual seekers and newcomers alike, this meditative poem explores and celebrates the truth of what we essentially are: the awareness of being that shines in each of our minds as the knowledge "I am," which is temporarily coloured by experience but is never modified, changed or harmed by it.

"Overcoming the negative effects of

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self-help dogma on our personal journey, and using self-awareness to understand our patterns of mental self-talk, behaviour, and emotion."--

The Meccan Revelations

Live Them and Reach Your Potential

37 Secrets to Habit Change Success

Very Good Lives

How to Be True to Yourself and Make
Your World a Better Place!

"The 21 Indispensable Qualities of a Leader gets

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straight to the heart of leadership issues. Maxwell once again touches on the process of developing the art of leadership by giving the reader practical tools and insights into developing the qualities found in great leaders." - Kenneth Blanchard, Coauthor of The One Minute Manager® "Dr. John Maxwell is the authority on leadership today. His innovative yet timeless principles on how to effectively lead others have personally impacted my life and my business. This is a must-read for any organization that wants to succeed in the new millennium." -Peter Lowe, President of Peter Lowe International and Peter Lowe's SUCCESS Seminars "My dear friend John

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Maxwell has proven his ability to lead leaders. I anticipate learning even more from his new book."

-Max Lucado, Author of Just Like Jesus

Our brains seek order and resist the unexpected, inconsistent, and counterintuitive. But life is more often paradoxical than predictable — which is why formulas for fulfillment and success often fail.

Instead of fighting the tide of contradiction and confusion, Marc Lesser asserts, we can learn to understand and even embrace them using the simple tools he presents in these pages. Readers learn to master five core competencies: Know Yourself, Forget Yourself; Be Confident, Question Everything;

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Fight for Change, Accept What Is; Embrace Emotion, Embody Equanimity; and Benefit Others, Benefit Yourself. The result is balance, a version of Buddhism's "middle way," which prompts understanding of what is required in any given moment and actions through which we skillfully "dance" with paradox in enriching and joyful ways. Bolstered by the latest in neuroscience, this guide is nuanced and direct, profound and practical. An introduction to the field of applied ontology with examples derived particularly from biomedicine, covering theoretical components, design practices, and practical applications. In the era of "big data,"

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science is increasingly information driven, and the potential for computers to store, manage, and integrate massive amounts of data has given rise to such new disciplinary fields as biomedical informatics. Applied ontology offers a strategy for the organization of scientific information in computer-tractable form, drawing on concepts not only from computer and information science but also from linguistics, logic, and philosophy. This book provides an introduction to the field of applied ontology that is of particular relevance to biomedicine, covering theoretical components of ontologies, best practices for ontology design, and

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examples of biomedical ontologies in use. After defining an ontology as a representation of the types of entities in a given domain, the book distinguishes between different kinds of ontologies and taxonomies, and shows how applied ontology draws on more traditional ideas from metaphysics. It presents the core features of the Basic Formal Ontology (BFO), now used by over one hundred ontology projects around the world, and offers examples of domain ontologies that utilize BFO. The book also describes Web Ontology Language (OWL), a common framework for Semantic Web technologies. Throughout, the book provides

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concrete recommendations for the design and construction of domain ontologies.

The #1 New York Times bestseller! This chapter book edition of the #1 New York Times bestseller by luminaries Ibram X. Kendi and Jason Reynolds is an essential introduction to the history of racism and antiracism in America RACE. Uh-oh. The R-word. But actually talking about race is one of the most important things to learn how to do. Adapted from the groundbreaking bestseller Stamped: Racism, Antiracism, and You, this book takes readers on a journey from present to past and back again. Kids will discover where racist ideas came from, identify

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how they impact America today, and meet those who have fought racism with antiracism. Along the way, they'll learn how to identify and stamp out racist thoughts in their own lives. Ibram X. Kendi's research, Jason Reynolds's and Sonja Cherry-Paul's writing, and Rachelle Baker's art come together in this vital read, enhanced with a glossary, timeline, and more.

Thirty Practices to Evoke Awakening

The Book of War: Includes The Art of War by Sun Tzu & On War by Karl von Clausewitz

The Transparency of Things

Becoming the Person Others Will Want to Follow

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The New Science of Adult Attachment and How It Can Help You Find--and Keep-- Love
Perplexities of Consciousness

The first systematic study of Socrates's interest in selfhood, examining ancient philosophical ideas of what constitutes the self.

The Art of War is an enduring classic that holds a special place in the culture and history of East Asia. An ancient Chinese text on the philosophy and politics of warfare and military strategy, the treatise was written in 6th century B.C. by a warrior-philosopher now famous all over the world as Sun

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Tzu. Sun Tzu's teachings remain as relevant to leaders and strategists today as they were to rulers and military generals in ancient times. Divided into thirteen chapters and written succinctly, The Art of War is a must-read for anybody who works in a competitive environment.

Join renowned spiritual teacher Adyashanti for a practice-based journey out of the thinking mind and into the awakened awareness beyond perceptual reality. For renowned teacher Adyashanti, every single moment contains a doorway into spiritual awakening. But what does it

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actually mean to “wake up” to the truth of reality? And what does it take to recognize these opportunities? In *The Direct Way*, Adya (as his students call him) offers a sequence of 30 practices intended to connect with and cultivate ever-greater awareness of the unseen dimensions of your being. From the simple expression of “I am,” to an exploration of the Spiritual Heart, and all the way into the fundamental ground of being, these exercises emphasize that the process of awakening takes “many small glimpses, experienced many times.” Adya concludes with practical pointers on

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how to integrate transcendent experiences into the everyday fabric of life—including your career, personal goals, and intimate relationships. Here you will discover: How to dis-identify from conceptual, ego-based thinking Perceiving the ego as a tool to navigate consciousness rather than an obstacle The “knowing yet empty” quality of foundational awareness The surprising route to realizing awareness of the Spiritual Heart Feeling through the Spiritual Heart as a way to experience true interconnection The meaning of the Zen teaching phrase, “This very body is the Buddha”

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Exploring the exhilarating paradox of Being and Becoming How to establish anchor points to stabilize your journey into the Ground of Being What it means to live each day with “enlightened relativity” How awakening puts control of your experience in your hands—but also the responsibility for it No one experiences awakening quite the same. With *The Direct Way*, join Adya to discover pathways toward an awareness as wide as the sky and as personal as your innermost heart. “Over a decade after its publication, one book on dating has people firmly in its grip.” —The New

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York Times We already rely on science to tell us what to eat, when to exercise, and how long to sleep. Why not use science to help us improve our relationships? In this revolutionary book, psychiatrist and neuroscientist Dr. Amir Levine and Rachel Heller scientifically explain why some people seem to navigate relationships effortlessly, while others struggle. Discover how an understanding of adult attachment—the most advanced relationship science in existence today—can help us find and sustain love. Pioneered by psychologist John Bowlby in the 1950s, the field

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of attachment posits that each of us behaves in relationships in one of three distinct ways: • Anxious people are often preoccupied with their relationships and tend to worry about their partner's ability to love them back • Avoidant people equate intimacy with a loss of independence and constantly try to minimize closeness. • Secure people feel comfortable with intimacy and are usually warm and loving. Attached guides readers in determining what attachment style they and their mate (or potential mate) follow, offering a road map for building

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stronger, more fulfilling connections with the people they love.

The Art of Explanation

A Novel

Being Myself

Invisible Influence

The 21 Indispensable Qualities of a Leader

Ibn 'Arabî - Time and Cosmology

Everybody is aware, all seven billion of us. We are aware of thoughts, feelings, sensations, and perceptions. All people share the experience of being aware, but relatively few people are aware that they are aware. Most people's lives

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consist of a flow of thoughts, images, ideas, feelings, sensations, sights, sounds, and so on. Very few people ask, 'What is it that knows this flow of thoughts, feelings, and perceptions? With what am I aware of my experience?' The knowing of our being—or rather, awareness's knowing of its own being in us—is our primary, fundamental and most intimate experience. It is in this experience that the peace, happiness and love for which all people long reside. The happiness we have sought so long outside of ourselves, in situations, objects and relationships, turns out to be always present and available in the simple knowing of our own being as it truly is. The knowing of our own being shines in each of us as the experience 'I am' or 'I am aware', or simply the knowledge 'I'. This obvious, familiar and intimate experience

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has no objective qualities and is, therefore, overlooked or ignored by the majority of people. This overlooking of our own being is the ultimate cause of unhappiness. What is the nature of the experience of being aware or awareness itself? The exploration of this question is the subject matter of this book and the essence of the Direct Path to peace and happiness. * * * The Essence of Meditation Series presents meditations on the essential, non-dual understanding that lies at the heart of all the great religious and spiritual traditions, compiled from contemplations led by Rupert Spira at his meetings and retreats. This simple, contemplative approach, which encourages a clear seeing of one's experience rather than any kind of effort or discipline, leads the reader to an experiential understanding of their own essential being and

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the peace and fulfillment that are inherent within it. Being Aware of Being Aware is the first and introductory volume in The Essence of Meditation Series.

A major work of mystical literature, this account focuses on 14 visions in the form of dramatic conversations with the divine, interspersed with dazzling visionary episodes regarding the nature of existence, humans' relationship with reality, and the way to achieve true happiness. The introduction presents a resume of Ibn 'Arabi's life and examines in detail the style and symbolism of the contemplations. Presented for the first time in English, this work is a superb example of Ibn 'Arabi's inimitable style and deep perception.

In *Changepower! 37 Secrets to Habit Change Success*, author Meg Selig guides readers through a step-by-step

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process that will help them achieve any habit change goal. Whether the reader wants to break a hurtful habit like smoking or overeating, or build a healthy habit like exercising or speaking up, *Changepower!* provides a springboard for change. Selig helps habit-changers move beyond willpower and succeed with changepower - the synergy that comes from combining willpower with other resources, useful outside supports, and wise strategies. In *Changepower!*, she shows habit-changers how to beef up both their willpower and their changepower to achieve habit change success. The key is revving up motivation. Selig reveals the most powerful motivators for change - pain motivators, the Eight Great Motivators, and even not-so-noble motivators. Research has shown that most changes take place in stages rather than

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overnight. Selig provides a step-by-step plan for each stage, leaving plenty of room for flexibility depending on each person's needs. First-person stories, pithy quotes, and how-to exercises provide inspiration, humor, and encouragement as readers embark on their habit change journeys.

Speed read people, decipher body language, detect lies, and understand human nature. Is it possible to analyze people without them saying a word? Yes, it is. Learn how to become a "mind reader" and forge deep connections. How to get inside people's heads without them knowing. Read People Like a Book isn't a normal book on body language of facial expressions. Yes, it includes all of those things, as well as new techniques on how to truly detect lies in your everyday life, but this book is more about understanding human

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psychology and nature. We are who we are because of our experiences and pasts, and this guides our habits and behaviors more than anything else. Parts of this book read like the most interesting and applicable psychology textbook you've ever read. Take a look inside yourself and others! Understand the subtle signals that you are sending out and increase your emotional intelligence. Patrick King is an internationally bestselling author and social skills coach. His writing draws of a variety of sources, from scientific research, academic experience, coaching, and real life experience. Learn the keys to influencing and persuading others. •What people's limbs can tell us about their emotions. •Why lie detecting isn't so reliable when ignoring context. •Diagnosing personality as a means to understanding motivation.

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- Deducing the most with the least amount of information.
- Exactly the kinds of eye contact to use and avoid Find shortcuts to connect quickly and deeply with strangers. The art of reading and analyzing people is truly the art of understanding human nature. Consider it like a cheat code that will allow you to see through people's actions and words. Decode people's thoughts and intentions, and you can go in any direction you want with them.

The Art of War

An Antidote to Chaos

The Money Game

The Key to Self-Discovery, Personal Development, and Being the Best You

Know Yourself

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Making your Ideas, Products, and Services Easier to Understand

Being Myself is a contemplative exploration of the essential nature of our self. Everyone has the sense of 'being myself,' but not everyone knows their self clearly. In most cases, our sense of self is mixed up with the content of experience and, as a result, its natural condition of peace and happiness is veiled. Through investigation and analogy, the meditations in this collection take us back to our true nature again and again, until we begin to find our self naturally and effortlessly established there, as that. In time, experience loses its capacity to veil our being, and its innate peace and joy emerge from the

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background of experience. * * * The Essence of Meditation Series presents meditations on the essential, non-dual understanding that lies at the heart of all the great religious and spiritual traditions, compiled from contemplations led by Rupert Spira at his meetings and retreats. This simple, contemplative approach, which encourages a clear seeing of one's experience rather than any kind of effort or discipline, leads the reader to an experiential understanding of their own essential being and the peace and fulfilment that are inherent within it.

Through Healthy Sense of Self, LLC, Antoinetta offers education on what can go wrong with our relationship

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to self and others, when, in early childhood, we are not acknowledged as the (potentially) autonomous person we are. She has developed exercises and techniques to overcome the effects of this condition. Your guide to becoming an explanation specialist. You've done the hard work. Your product or service works beautifully - but something is missing. People just don't see the big idea - and it's keeping you from being successful. Your idea has an explanation problem. The Art of Explanation is for business people, educators and influencers who want to improve their explanation skills and start solving explanation problems. Author Lee LeFever is the founder of Common Craft, a company known around

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the world for making complex ideas easy to understand through short animated videos. He is your guide to helping audiences fall in love with your ideas, products or services through better explanations in any medium. You will learn to: Plan: Learn explanation basics, what causes them to fail and how to diagnose explanation problems. Package: Using simple elements, create an explanation strategy that builds confidence and motivates your audience. Present: Produce remarkable explanations with visuals and media. The Art of Explanation is your invitation to become an explanation specialist and see why explanation is now a fundamental skill for professionals.

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A philosopher argues that we know little about our own inner lives. Do you dream in color? If

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you answer Yes, how can you be sure? Before you recount your vivid memory of a dream featuring all the colors of the rainbow, consider that in the 1950s researchers found that most people reported dreaming in black and white. In the 1960s, when most movies were in color and more people had color television sets, the vast majority of reported dreams contained color. The most likely explanation for this, according to the philosopher Eric Schwitzgebel, is not that exposure to black-and-white media made people misremember their dreams. It is that we simply

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don't know whether or not we dream in color. In Perplexities of Consciousness, Schwitzgebel examines various aspects of inner life (dreams, mental imagery, emotions, and other subjective phenomena) and argues that we know very little about our stream of conscious experience. Drawing broadly from historical and recent philosophy and psychology to examine such topics as visual perspective, and the unreliability of introspection, Schwitzgebel finds us singularly inept in our judgments about conscious experience.

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