

SUDDEN AWAKENING

into direct realization



eli jaxon-bear

Sudden Awakening Into Direct Realization

Eli Jaxon-Bear



Sudden Awakening Into Direct Realization:

Sudden Awakening Eli Jaxon-Bear, 2012-08 Everyone wants to be happy This is a universal component of the human condition and may seem so self evident that it does not bear noting So why is it that so few people are truly happy If it is true that our nature is happiness and bliss why has it been so rare for people to realize this Why has it been so rare for people to live their lives in gratitude and love There is a living intelligence in all people that seeks ultimately to discover its true identity and source It is a fortunate and mysterious moment when the desire for happiness leads to the investigation into personal identity also known as self inquiry In the light of direct self inquiry limitations that once seemed to define oneself are discovered to be more like transparent lines drawn on water They exist only on the surface of consciousness in one s imagination When these illusions of mind are clearly exposed true limitless being reveals itself Front flap

Sudden Awakening Eli Jaxon-Bear, 2025-09-12 Everybody wants to be happy Unfortunately relatively few achieve bliss Eli Jaxon Bear explores how it is possible to achieve lives filled with gratitude and love True happiness and meaning are achieved he asserts when we wake up stop our minds and open our hearts It is then that we discover our true selves our core identity that is part of the ultimate living intelligence of the universe our true source Like Gangaji Jaxon Bear uses a method of self investigation called self inquiry In the light of direct self inquiry limitations that once seemed to define ourselves are discovered to be more like transparent lines drawn on water They exist only on the surface of consciousness in one s imagination When these illusions of mind are clearly exposed true limitless being reveals itself This is a book that will appeal to those who are fans of Gangaji Byron Katie and Eckart Tolle It is an articulate and helpful expression of a path to fulfillment for those wrestling with questions of identity and meaning

Numinous Awareness Is Never Dark, 2016-10-31 *Numinous Awareness Is Never Dark* examines the issue of whether enlightenment in Zen Buddhism is sudden or gradual that is something intrinsic to the mind that is achieved in a sudden flash of insight or something extrinsic to it that must be developed through a sequential series of practices This sudden gradual issue was one of the crucial debates that helped forge the Zen school in East Asia and the Korean Zen master Chinul s 1158 1210 magnum opus *Excerpts* offers one of the most thorough treatments of it in all of premodern Buddhist literature According to Chinul s analysis enlightenment is both sudden and gradual Zen practice must begin with a sudden awakening to the numinous awareness the sentience or buddha nature that is inherent in all sentient beings Such an awareness does not need to be developed but must simply be recognized or better re cognized through the unmediated experience of insight Even after this initial awakening however deeply engrained proclivities of thought and conduct may continue to disturb the practitioner these can only be removed gradually as his or her practice matures Chinul s sudden awakening gradual cultivation soteriology became emblematic of the Buddhist tradition in Korea *Excerpts* translated here in its entirety by the preeminent Western specialist in the Korean Buddhist tradition goes on to examine Chinul s treatments of many of the quintessential practices of Zen Buddhism including nonconceptualization or no thought and the

concurrent development of meditation and wisdom as well as for the first time in Korean Zen examining meditative topics kanhwa S n what we in the West know better as k ans after its later Japanese analogues Fitting this new technique into his preferred soteriological schema of sudden awakening gradual cultivation was no simple task for Chinul Numinous Awareness Is Never Dark offers an extensive study of the contours of the sudden gradual debate in Buddhist thought and practice and traces the influence of Chinul s analysis of this issue throughout the history of the Korean tradition Copiously annotated the work contains extensive selections from the two traditional Korean commentaries to the text In Buswell s treatment Chinul s Excerpts emerges as the single most influential work written by a Korean Buddhist author **Within the Space of the**

Moment Espen Vidar,2012-06-29 Simon Mollat woke up in the dunes of Arambol Beach Goa India with an agonizing hangover The year was 2000 and the apocalypse was still a figment of collective imagination the millennium celebration had lasted Simon for four consecutive months A more enlightened soul would have enjoyed the sunrise but not Simon He was being pissed on by a stray dog and somewhere in the back of his mind Pink Floyd wandered in and around his aching head Is there anybody out there Once he had been a promising young man from the land of the midnight sun Current status Man on the lam suffering from depression and aimlessness a stray dog s pissing post His thoughts turned to the stones he d stuffed in his pocket during the night the boat he could easily borrow that could take him away far into the water He would slip out of the boat and dive downward and away from all of his suffering Something intervened and took Simon out of his suicidal head and the recurring Pink Floyd soundtrack it was something itchy and stuffed in the neck opening of his t shirt It was a balled up piece of paper with the photograph of a withered Indian man and a message that read Freedom from this me and signed by someone named Raman Kavalam It smelled of incense and made Simon think of sects robes and cultist brainwashing Simon was by no means a religious person he didn t even believe in God But something compelled him forward to seek out this Raman Kavalam something much larger than himself And so begins the odyssey of Simon Mollat s spiritual awakening Within the Space of the Moment takes readers on an unforgettable journey from despair and outer pleasure to inner peace and the feeling of being intensely alive If there is any formula at all to discovering the truth of who you are it lies in the distinction between an occupied mind and a still or clear one **Searching for the Self** Dalai Lama XIV

Bstan-'dzin-rgya-mtsho,Dalai Lama,Thubten Chodron,2022-05-17 The view of absolutism superimposes false ways of existence whereas the nihilistic view negates what does in fact exist Chapter 10 looks more closely at the extreme of absolutism as this is the view that we ordinary sentient beings usually cling to Chapter 11 speaks of the two extremes as presented in the P li tradition and the three characteristics of impermanence du kha and not self that counter the absolutist views Chapter 12 goes into some of the many arguments presented in the P li tradition that help to overcome clinging to a false notion of the I Although the arguments to support selflessness in the Sanskrit tradition are expounded in the next volume of the Library of Wisdom and Compassion readers who are already familiar with these will see the similarities with

arguments found in the Pilsstras *Buddhist Faith and Sudden Enlightenment* Sung-bae Park, 1983-01-01 Buddhist Faith and Sudden Enlightenment explains how sudden enlightenment occurs through the awakening of patriarchal faith This is the non dual affirmation that one is already Buddha as opposed to the doctrinal dualistic faith that one can become Buddha The essence of the presentation is that patriarchal faith forms the basis for sudden enlightenment in Zen meditation For the practitioner this book establishes the Zen method of mind cultivation on a higher level by introducing a new understanding of awakening right faith Included is extensive material on the history of faith in Buddhism with the main attention devoted to Chan Zen and Hua yen There are also substantial discussions of Buddhist antecedents to these schools and of the Pure Land School This is the first book in English to examine the central role of faith in Mahayana Buddhism The author's approach develops from his personal experiences as a son Zen monk of the Chogyee order which was heavily influenced by the integration of meditation and scriptural study established by Chinul The Gift of Logos David Jones, Michael Schwartz, Jason M. Wirth, 2009-12-14 The Continental tradition has always placed great emphasis on the Logos The Gift of Logos Essays in Continental Philosophy celebrates and situates this emphasis in the genre of the gift and its giving The process of receiving or giving of the gift overcomes the existential alienation and separation that is so present in the human condition To ritualize giving and its gifting is to provide a syntax of solidarity that bespeaks our desire for cohesion and need for identities beyond our own To give a gift is to befriend The gift of logos is more than a gift from the gods and goddesses it is an act of giving for those friends of wisdom for those philosophers who give to each other and to their worlds and receive the blessings of logos from each other The increasing objectification of human being has mobilized a regressive narcissism that shows the ego's reassertion in the light of the meaningless quantifying forces from without By not reflecting deeply enough upon its conditions of existence in the modern world and on its ordinary moments philosophy itself has not been immune from this besotted sense of self Although not an invective against thinking nor against modern and contemporary philosophy's genuine advances The Gift of Logos portends to shed the delusion that theoretical re description is somehow the same as transforming who we are This transformation is our greatest gift to each other To give it voice is the gift of Logos and what this collection of essays commemorates **Tracing Back the Radiance** Robert E. Buswell, Jr., 1991-11-01 Chinul 1158 1210 was the founder of the Korean tradition of Zen He provides one of the most lucid and accessible accounts of Zen practice and meditation to be found anywhere in East Asian literature Tracing Back the Radiance an abridgment of Buswell's Korean Approach to Zen The Collected Works of Chinul combines an extensive introduction to Chinul's life and thought with translations of three of his most representative works **A Handbook of Korean Zen Practice** John Jorgensen, Sosan Taesa, 2015-02-28 S n Japanese Zen has been the dominant form of Buddhism in Korea from medieval times to the present A Handbook of Korean Zen Practice A Mirror on the S n School of Buddhism S n ga kwigam was the most popular guide for S n practice and life ever published in Korea and helped restore Buddhism to popularity after its lowest point in Korean history It

was compiled before 1569 by Ssan Hyujng 1520-1604 later famed as the leader of a monk army that helped defend Korea against a massive Japanese invasion in 1592. In addition to succinct quotations from sutras the text also contained quotations from selected Chinese and Korean works together with Hyujng's explanations. Because of its brevity and organization the work proved popular and was reprinted many times in Korea and Japan before 1909. A Handbook of Korean Zen Practice commences with the ineffability of the enlightened state and after a tour through doctrine and practice it returns to its starting point. The doctrinal rationale for practice that leads to enlightenment is based on the Mahayana Awakening of Faith but the practice Hyujng enjoins readers to undertake is very different a method of meditation derived from the kongan Japanese koan called hwadu Chinese huatou or point of the story the story being the kongan. This method was developed by Dahui Zonggao 1089-1163 and was imported into Korea by Chinul 1158-1210. The most famous hwadu is the mu no answer by Zhaozhou to the question Does a dog have a buddha nature. Hyujng warns of pitfalls in this practice such as the delusion that one is already enlightened. A proper understanding of doctrine is required before practicing hwadu. Practice also requires faith and an experienced teacher. Hyujng outlines the specifics of practice such as rules of conduct and chanting and mindfulness of the Buddha and stresses the requirements for living the life of a monk. At the end of the text he returns to the hwadu the need for a teacher and hence the importance of lineage. He sketches out the distinctive methods of practice of the chief Sŏn Chinese Chan lineages. His final warning is not to be attached to the text. The version of the text translated here is the earliest and the longest extant. It was translated into Korean from Chinese by one of Hyujng's students to aid Korean readers. The present volume contains a brief history of hwadu practice and theory a life of Hyujng and a summary of the text plus a detailed annotated translation. It should be of interest to practitioners of meditation and students of East Asian

Buddhism and Korean history. **Mind Seeing Mind** Roger R. Jackson, 2019-10-29. A definitive study of one of the most important practices in Tibetan Buddhism with translations of a number of its key texts. Mahamudra the great seal refers to the ultimate nature of mind and reality to a meditative practice for realizing that ultimate reality and to the final fruition of buddhahood. It is especially prominent in the Kagy tradition of Tibetan Buddhism so it sometimes comes as a surprise that mahamudra has played an important role in the Geluk school where it is part of a special transmission received in a vision by the tradition's founder Tsongkhapa. Mahamudra is a significant component of Geluk ritual and meditative life widely studied and taught by contemporary masters such as the Dalai Lama. Roger Jackson's *Mind Seeing Mind* offers us both a definitive scholarly study of the history texts and doctrines of Geluk mahamudra and masterful translations of its seminal texts. It provides a skillful survey of the Indian sources of the teaching illuminates the place of mahamudra among Tibetan Buddhist schools and details the history and major textual sources of Geluk mahamudra. Jackson also addresses critical questions such as the relation between Geluk and Kagy mahamudra and places mahamudra in the context of contemporary religious studies. The translation portion of *Mind Seeing Mind* includes ten texts on mahamudra history ritual and practice. Among these are

the First Panchen Lama's root verses and autocommentary on mahamudra meditation his ritual masterpiece Offering to the Guru and a selection of his songs of spiritual experience Mind Seeing Mind adds considerably to our understanding of Tibetan Buddhist spirituality and shows how mahamudra came to be woven throughout the fabric of the Geluk tradition

Reimagining Chan Buddhism Jimmy Yu, 2021-11-14 This book is the first socio intellectual history of the Dharma Drum Lineage of Chan Zen a new lineage of Buddhism founded by the late Chinese Buddhist cleric Sheng Yen 1931-2009 arguably one of the most influential Chan masters in contemporary times The book challenges the received academic and popular image of Chan Buddhism as a meditation school that bypasses scriptural learning Using Sheng Yen's doctrinal classification Chn panjiao chart as an example the book shows Sheng Yen's Chan as a synthesis of both Indian and Chinese premodern forms of Buddhism and as the summum bonum of Han transmission of Chinese Buddhism Chn Hanchuan fojiao The book demonstrates how Sheng Yen's presentation of Chan was intimately related to the volatile social and political realities of his life the Communist takeover of China and the subsequent industrial boom that impacted Taiwanese society In short this book presents a historically and culturally embodied approach to the formation of Buddhist doctrine and practice Drawing on the works of postcolonial theories that integrate the role of the researcher into the research the book also offers a more integrated approach between emic and etic insider and outsider perspectives to research Advancing the field of Buddhist studies the book will be of interest to scholars of Buddhism in the modern period twentieth century religious history of China and Taiwan Chan Zen studies World Religions Asian civilizations and Modern Biographies

The Mystique of Transmission Wendi L. Adamek, 2007-05-15 The Mystique of Transmission is a close reading of a late eighth century Chan Zen Buddhist hagiographical work the Lidai fabao ji Record of the Dharma Jewel Through the Generations and is its first English translation The text is the only remaining relic of the little known Bao Tang Chan school of Sichuan and combines a sectarian history of Buddhism and Chan in China with an account of the eighth century Chan master Wuzhu in Sichuan Chinese religions scholar Wendi Adamek compares the Lidai fabao ji with other sources from the fourth through eighth centuries chronicling changes in the doctrines and practices involved in transmitting medieval Chinese Buddhist teachings While Adamek is concerned with familiar Chan themes like patriarchal genealogies and the ideology of sudden enlightenment she also highlights topics that make Lidai fabao ji distinctive formless practice the inclusion of female practitioners the influence of Daoist metaphysics and connections with early Tibetan Buddhism The Lidai fabao ji was unearthed in the early twentieth century in the Mogao caves at the Silk Road oasis of Dunhuang in northwestern China Discovery of the Dunhuang manuscripts has been compared with the discovery of the Dead Sea Scrolls as these documents have radically changed our understanding of medieval China and Buddhism A crucial volume for students and scholars The Mystique of Transmission offers a rare glimpse of a lost world and fills an important gap in the timeline of Chinese and Buddhist history

The Path of the Human Being Dennis Genpo Merzel, 2005-02-15 Dennis Merzel one of the most highly regarded American Zen

teachers explains how meditation can gradually lead us to becoming more and more familiar with our minds allowing us to better understand ourselves and the nature of human life He explores the practice of meditation in depth as well as a range of related topics including connecting meditation practice to everyday life understanding central Zen concepts working with a teacher and practicing meditation in the midst of difficult times **Sophos Ontology** Lee Irwin,2024-01-04 Sophos Ontology On Post Traditional Spirituality discusses religious plurality and post traditional perspectives on emergent forms of sacred sensibility particularly for those identifying as spiritual but not religious This book is divided into three parts The first part is a retrospective account of multiple religious traditions with emphasis on esoteric thought as influenced by mystical writings covering western eastern and Native American traditions The second part discusses the need for a new conceptualization of the sacred as expressed through multiple spiritual perspectives relevant to a pansentient post traditional process ontology Other topics in this section include the importance of an ethically shaped spirituality collective influences dreams imagination and the role of pluralism in shaping beliefs Part three explores the role of faith redefined as spiritual commitment mysticism as direct experiential knowledge and transpersonal theory influenced by comparative studies in altered states of consciousness paranormal research and the metaphysics of discovery all contributing to the development of present and future spirituality **Rude Awakening** P. T. Mistlberger,2012-05-25 We live in the Golden Age of publishing for spiritual esoteric and new age books of all conceivable stripes and then there is the Internet Amongst this wild proliferation of available information there has occurred a cheapening effect in which many teachings have been watered down to make them palatable for a public with diminishing attention spans and suffering from information overload For the sincere spiritual seeker there needs to be an awareness of the various ways we can go astray on the path or fall off the path altogether The whole idea of spirituality is to be awake yet it is all too easy to simply end up in yet another dream world thinking that we have found some higher truth Rude Awakening Perils Pitfalls and Hard Truths of the Spiritual Path is dedicated to examining under a sharp light the many ways our spiritual development goes wrong or disappears altogether in the sheer crush of books and the routine grind of daily life **Chan Buddhism in Ritual Context** Bernard Faure,2005-09-27 The essays in this volume attempt to place the Chan and Zen tradition in their ritual and cultural contexts looking at various aspects heretofore largely and unduly ignored In particular they show the extent to which these traditions despite their claim to uniqueness were indebted to larger trends in East Asian Buddhism such as the cults of icons relics and the monastic robe The book emphasises the importance of ritual for a proper understanding of this allegedly anti ritualistic form of Buddhism In doing so it deconstructs the Chan Zen rhetoric of immediacy and its ideological underpinnings **The Buddhist World** John Powers,2015-10-05 The Buddhist World joins a series of books on the world s great religions and cultures offering a lively and up to date survey of Buddhist studies for students and scholars alike It explores regional varieties of Buddhism and core topics including buddha nature ritual and pilgrimage In addition to historical and geo political

views of Buddhism the volume features thematic chapters on philosophical concepts such as ethics as well as social constructs and categories such as community and family The book also addresses lived Buddhism in its many forms examining the ways in which modernity is reshaping traditional structures ancient doctrines and cosmological beliefs

Natural Radiance Lama Surya Das, 2010-10-29 One moment of total awareness is one moment of perfect enlightenment This is the ultimate insight of Dzogchen or the Great Perfection the pinnacle teaching of Tibetan Buddhism With his previous bestselling books including *Awakening the Buddha Within* American born Tibetan Buddhist teacher Lama Surya Das has taught millions about the innate wakefulness and liberation that can be our natural ways of being Now with *Natural Radiance* he offers his first complete daily practice program for the personal experience of the swift and direct path of Dzogchen Dzogchen affirms that we are all Buddhas by nature infinitely open luminous compassionate wise and free This profound realization say the teachings cannot be understood intellectually or studied mentally but it can be passed from teacher to student through the spoken word With *Natural Radiance* you can now learn these time honored practices as they have been shared for centuries through direct transmission from an accomplished master of the tradition Join Lama Surya Das as your trusted guide to help you awaken to the sky like nature of mind what is known in Tibetan as rigpa or total and pure presence This is the time of Dzogchen says Lama Surya Das when we most need this immediate teaching of the inherent perfection of being the natural state of enlightenment Includes CD with seven guided Dzogchen techniques **Religion and the**

Philosophy of Life Gavin Flood, 2019-01-10 *Religion and the Philosophy of Life* considers how religion as the source of civilization transforms the fundamental bio sociology of humans through language and the somatic exploration of religious ritual and prayer Gavin Flood offers an integrative account of the nature of the human based on what contemporary scientists tell us especially evolutionary science and social neuroscience as well as through the history of civilizations Part one contemplates fundamental questions and assumptions what the current state of knowledge is concerning life itself what the philosophical issues are in that understanding and how we can explain religion as the driving force of civilizations in the context of human development within an evolutionary perspective It also addresses the question of the emergence of religion and presents a related study of sacrifice as fundamental to religions views about life and its transformation Part two offers a reading of religions in three civilizational blocks India China and Europe the Middle East particularly as they came to formation in the medieval period It traces the history of how these civilizations have thematised the idea of life itself Part three then takes up the idea of a life force in part three and traces the theme of the philosophy of life through to modern times On the one hand the book presents a narrative account of life itself through the history of civilizations and on the other presents an explanation of that narrative in terms of life The Shamanic Bones of Zen Zenju Earthlyn Manuel, 2022-02-08

Conceived at the crossroads of Buddhism and indigenous earth based practice *The Shamanic Bones of Zen* explores the deep human traditions of transformation that are made possible by meditation ceremony ritual dreams and spiritual connection to

one's ancestry In *The Shamanic Bones of Zen* celebrated author and Buddhist teacher Zenju Earthlyn Manuel undertakes a rich exploration of the connections between contemporary Zen practice and shamanic or indigenous spirituality Drawing on her personal journey with the black church with African Caribbean and Native American ceremonial practices and with Nichiren and Zen Buddhism she builds a compelling case for discovering and cultivating the shamanic or magical elements in Buddhism many of which have been marginalized by colonialist and modernist forces in the religion Displaying reverence for the Zen tradition creativity in expressing her own intuitive seeing and profound gratitude for the guidance of spirit Manuel models the path of a seeker unafraid to plumb the depths of her ancestry and face the totality of the present The book conveys guidance for readers interested in Zen practice including ritual preparing sanctuaries engaging in chanting practices and deepening embodiment with ceremony I often felt my ancestors at ease with my practice of Zen I felt they had led me through other traditions to this practice of ritual and ceremony writes Manuel The ancestors needed me to be still and breathe as they approached with what they had to offer my life

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