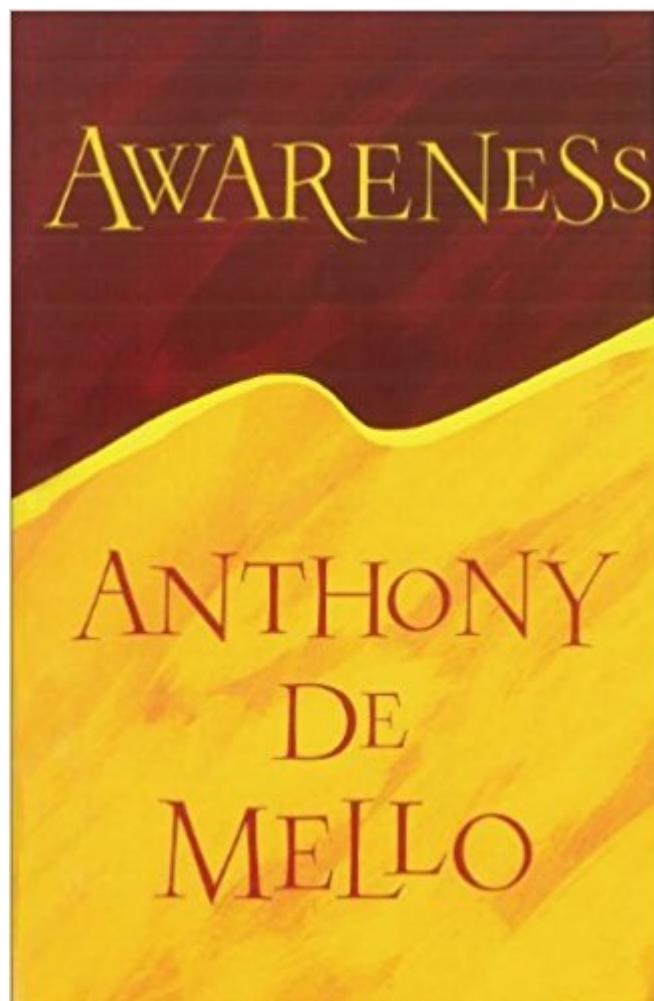


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## Awareness



## **Synopsis**

De Mello's spiritual classic remains at the top of the Fount bestsellers more than five years after its original publication.

## **Book Information**

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## **Customer Reviews**

De Mello's spiritual classic remains at the top of the Fount bestsellers more than five years after its original publication. One of the most gifted spiritual guides of the 20th century, de Mello uses humour, compassion and insight to help his readers into a real understanding of the importance of "awareness" in understanding ourselves and the world around us. Awareness is a comprehensive spiritual guide filled with wisdom as it tackles life's big questions--love, anger and fear, change, suffering, happiness and loss.

Anthony de Mello SJ was the director of the Sadhana Institute of Pastoral Counselling in Poona, India. A member of the Jesuit community, he became renowned across the world for his retreats, workshops and seminars on prayer and the spiritual life. He died in 1987.

Anthony de Mello is a superb spiritual teacher. He advance solid truths and practices in a clear and light mannered fashion.I recommend this book, the posthumous scribing of de Mello lectures by a close associate, to all who seek to broaden and improve the experience of life.In my world, this book is a must read, reread and read again, all the while practicing the suggested life approaches. A

much read and annotated copy of Awareness lives near and travels with me at all times; for me, a manual of being.

I am so grateful to my friend and mentor who recommended this book. It is like getting the gift of a new set of eyes with which to see the world. I found myself experiencing effortless, yet profound, shifts in my views of life. It helps realign and reaffirm what I held as true while expanding upon these and allowing me to realize even more relationships I had not considered. Words fail to convey the value of reading this book.

I use his stories as reference points for my daily meditation and path to insights. Very simple and profound. I have always thought stories to be simple and special ways to teach and convey truth about reality. As a long time Buddhist study and meditation, and many decades of teaching and psychotherapy, his writing resonated with me. After several readings, now I flip thru page randomly, savor his stories with deeper appreciation.

I've just finished my first read through of this most amazing work. I plan now to use it as a meditative practice, slowly absorbing its mighty insights for greater self understanding. That will be a slow process. I thought I was on the right path towards a certain degree of wisdom, but this book has instantly propelled me further that all the mistakes and thinking and insights I had accrued in my life to date. Awareness, both the state of being AND the book, is for anyone who suffers, and therefore it is for everyone. I imagine it might be especially useful for younger people who have forever abandoned hope that religion could teach them anything about love. De Mello agrees, especially if by "religion" we might all think of the dogmatic, ritualistic, dead exercise of some kind of ideology that specializes in separating sheep ("believers") from goats ("infidels") but does nothing to separate our true selves ("I") from our false selves ("me"). When was the last time a book went straight into your heart and pierced it?

This book is a meditation. I wish I would have read it 15 years ago. It is more of a conversation than a book, very light reading. I had to buy this for a class and I admit I was quite skeptical of it, assuming it would be some new age Oprah-styled dilution of common sense wisdom. But it is simply common sense wisdom. Even for a long time meditator this book is a gentle reminder. This book doesn't have tips or tricks in it. No special methods. What it does have is De Mello's gift for turning our minds back facing inward. Over and over. All this book is about is awareness.

Awareness Awareness Awareness Awareness. Nothing else. Fortunately awareness goes nicely with anything. My significant other was working in a foreign country and feeling depressed and lonely. I sent her this Ebook. Within half an hour her spirits had lifted. She finished the book, and is planning on reading it again. Anyone will benefit from reading this.

One of my favorite books. Change the way you think, open your mind, get over yourself and others and expectations we place on everything!! Freeing. be aware of how your life experiences shape your bias, the way how you feel, react, and listen to others and how to open yourself to others to understand their experiences purely and appreciatively for what they are.

This is the second book of Anthony De Mello's talks that I have read. While it has inspired me to read more books about the Zen philosophy, I think that I will keep referring back to Awareness, as I will need frequent reminders to focus on the "real" world, as opposed to the illusory one that most of us create by adding our emotions and prejudices to everything. He recommends that we step outside of ourselves and be a dispassionate observer of all that we see, hear and say. He promises that if we do that, our lives will change for the better. With this attitude of detachment we will learn a lot about ourselves and we will also know how to love everyone. We will no longer be vulnerable because our "self esteem" will not depend upon compliments and we will not be hurt by criticism.. He suggests we start with admitting that; "I'm an ass, you're an ass". He also asks that we face the fact that we often want to demand that other people change. Once we face this honestly it will affect all of our interactions. We don't have the right to demand that, but we do have the right to protect ourselves from anyone who would manipulate us. Anthony DeMello's words are much more convincing than mine. So if you are currently experiencing pain in your life, read this book. I have worked as a social worker for many yrs. and been to many seminars on all kinds of behavioral and psychological issues. I found this book to be more helpful than all of them combined.

Who would have thought it! Certainly, not I. Anthony DeMello makes a lot of sense. And to think that most of us don't even think like that because we are really not aware. DeMello has so many surprising views and insights that I will keep reading his Awareness over and over because of what I might have missed on prior readings. I intend to buy additional books to give to important people in my life, but I am keeping my kindle book for myself. Since reading Awareness, I have purchased other books, CD's, and DVD's by De Mello. If you noticed, I have not expressed any opinions on the actual contents of DeMello's Awareness. It is intentional. Let yourself be surprised.

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