



LUMINOUS
NIGHT'S
JOURNEY

*An Autobiographical
Fragment*

BY A. H. ALMAAS

Luminous Nights Journey An Autobiographical Fragment

A. H. Almaas



Luminous Nights Journey An Autobiographical Fragment:

Luminous Night's Journey A. H. Almaas, 2000-09-05 In *Luminous Night's Journey* Almaas shares excerpts from his personal journal which describe a certain thread in his own journey of realization and the processes involved in integrating that realization. This publication marks a fortunate development in our knowledge of how Being is realized in and through the human soul. The process of realization and integration of true nature described in the voice of one who articulates precisely and vividly the psychological and epistemological barriers which confront the individual consciousness as realization is integrated in the context of personal life. Almaas describes how his participation in the unfolding manifestation of Being ushers him into realms that expose and transform increasingly deep ego structures and attachments. *Luminous Night's Journey* clarifies how the unveiling of Being and the exposure of ego structures constitute one process leading to the soul's integrated realization of absolute nature and the manifestation of the human being as a personal embodiment of that nature.

Diamond Heart: Inexhaustible Mystery A. H. Almaas, 2011-07-12 The final volume in A. H. Almaas' masterwork on the contemporary spiritual path known as the Diamond Approach. From one perspective we can see ourselves merely as human beings struggling in a crowded and chaotic world of suffering. *Inexhaustible Mystery* opens our eyes to a different reality, one that turns our familiar world inside out. We need only explore with curiosity and love our true potential as human beings in order to discover infinite depth and creativity in our lives as we act and interact in the world. When time and space expand their meaning we come to know ourselves as having infinite dimensions of being and qualities of spirit and uncover new mysteries about ourselves, one another, and the reality we live in. This is the last of the five-volume *Diamond Heart* series of transcribed and edited talks given by A. H. Almaas to inner work groups in California and Colorado. **The Point of**

Existence A. H. Almaas, 2000-09-05 The founder of the Diamond Approach to Self-Realization examines narcissism through a spiritual lens, presenting it as our greatest barrier to understanding our truest self. In this book the author explores the underlying spiritual understanding of narcissism. He presents a detailed map of the steps involved in working through barriers that prevent us from recognizing the most essential nature of our true identity. Almaas is one of the most significant voices for a new and remarkably integrated spiritual vision. His work connects the personal, the universal, the psychological, and the spiritual not as pieces put together but as the inseparable mandala of the sacred that we are. I respect his work to the highest degree and commend it to anyone interested in living the life of the spirit. Jack Kornfield, Ph.D., author of *After the Ecstasy, the Laundry*. **Figures of Buddhist Modernity in Asia** Jeffrey Samuels, Justin Thomas McDaniel, Mark Michael

Rowe, 2016-07-31 This book introduces contemporary Buddhists from across Asia and from various walks of life. Eschewing traditional hagiographies, the editors have collected sixty-six profiles of individuals who would be excluded from most Buddhist histories and ethnographies. In addition to monks and nuns, readers will encounter artists, psychologists, social workers, part-time priests, healers, and librarians, as well as charlatans, hucksters, profiteers, and rabble rousers, all whose lives

reflect changes in modern Buddhism even as they themselves shape the course of these changes The editors and contributors are fundamentally concerned with how individual Buddhists make meaning and display this understanding to others Some practitioners profiled look to the past lamenting the transformations Buddhism has undergone in recent times while others embrace these Some have adopted a new asceticism while others are eager to explore different religious traditions as they think about their own ways of being Buddhist Arranging the profiles according to these themes looking backward forward inward and outward reveals the value of studying individual Buddhists and their idiosyncratic religious backgrounds and attitudes thus highlighting the diversity of approaches to the practice and study of Buddhism in Asia today Students and teachers will welcome sections on further readings and additional tables of contents that organize the profiles thematically as well as by tradition Theravada Mahayana Vajrayana region and country

Spacecruiser Inquiry A. H. Almaas, 2002-04-30 Over the past twenty five years A H Almaas widely recognized as a leader in integrating spirituality and psychology has been developing and teaching the Diamond Approach a spiritual path that integrates the insights of Sufism Buddhism Gurdjieff and other wisdom traditions with modern psychology In this new work Almaas uses the metaphor of a spacecruiser to describe a method of exploring the immediacy of personal experience a way of investigating our moment by moment feelings thoughts reactions and behaviors through a process of open ended questioning The method is called the practice of inquiry and Spacecruiser Inquiry reveals what it means to engage with this practice as a spiritual path its principles challenges and rewards The author explores basic elements of inquiry including the open ended attitude the focus on direct knowledge the experience of not knowing and the process of questioning He describes the experience of Diamond Guidance the inner wisdom that emerges from our true nature and how it can be realized and applied In this process Almaas looks at many of the essential forms of Diamond Guidance including knowing clarity truth love intelligence compassion curiosity courage and determination Also included are exercises and questions and answers from the original talks by Almaas on which the book is based

The Wiley-Blackwell Handbook of Transpersonal Psychology Harris L. Friedman, Glenn Hartelius, 2013-10-07 THE WILEY BLACKWELL HANDBOOK OF Transpersonal Psychology The new Handbook of Transpersonal Psychology is a necessity today Many transpersonal psychologists and psychotherapists have been waiting for such a comprehensive work Congratulations to Harris Friedman and Glenn Hartelius May this book contribute to an increasingly adventurous creative and vibrant universe Ingo B Jahrsetz President The European Transpersonal Association The Handbook of Transpersonal Psychology is an outstanding comprehensive overview of the field It is a valuable resource for professional transpersonal practitioners and an excellent introduction for those who are new to this wide ranging discipline Frances Vaughan PhD Psychologist author of *Shadows of the Sacred Seeing Through Spiritual Illusions* Finally the vast literature on transpersonal psychology has been collected in what is clearly the essential handbook for psychologists and others who have either too apologetically endorsed or too critically rejected what undoubtedly will define psychology in the future If you are not a

transpersonal psychologist now you will be after exploring this handbook No longer can one dismiss the range of topics confronted by transpersonal psychologists nor demand methodological restraints that refuse to confront the realities transpersonal psychologists explore This is a marvelous handbook critical expansive and like much of what transpersonal psychologists study sublime Ralph W Hood Jr University of Tennessee Chattanooga With contributions from more than fifty scholars this is the most inclusive resource yet published on transpersonal psychology which advocates a rounded approach to human well being integrating ancient beliefs and modern knowledge Proponents view the field as encompassing Jungian principles psychotherapeutic techniques such as Holotropic Breathwork and the meditative practices found in Hinduism and Buddhism Alongside the core commentary on transpersonal theories including holotropic states science with chapters on neurobiology and psychometrics and relevance to feminism or concepts of social justice the volume includes sections describing transpersonal experiences accounts of differing approaches to healing wellness and personal development and material addressing the emerging field of transpersonal studies Chapters on shamanism and psychedelic therapies evoke the multifarious interests of the transpersonal psychology community The result is a richly flavored distillation of the underlying principles and active ingredients in the field

The Void A. H. Almaas, 2000-09-05 The first volume in an eye opening series on the Diamond Mind a deep understanding of human nature that combines Freudian psychology with Eastern philosophy and spirituality In this book the founder of the Diamond Approach brings together concepts and experiences drawn from contemporary object relations theory Freudian based ego psychology case studies from his own spiritual practice and teachings from the highest levels of Buddhist and other Eastern practices He challenges us to look not only at the personality and the content of the mind but also at the underlying nature of the mind itself

Brilliancy A. H. Almaas, 2006-05-09 Intelligence is one of the defining characteristics of human beings an inherent ability to respond to the world with awareness knowledge learning and insight Most considerations of human intelligence are based on the notion that intelligence is a product of brain functioning A H Almaas introduces here a radically different viewpoint one that recognizes an actual quality of consciousness as the source of intelligence He calls this source the Brilliancy of our true nature The presentation of his understanding of intelligence is followed by in depth dialogues with his students on the various barriers to recognizing and embodying this essential quality In particular an unresolved relationship with one's father is found to shape the experience of Brilliancy Using a Socratic method that draws upon techniques of body centered Gestalt psychodynamic and cognitive psychologies Almaas helps participants work through their defenses and conflicts surrounding this issue and then diverging from psychotherapeutic practice guides them in discovering their own Brilliancy

The Alchemy of Freedom A. H. Almaas, 2017-03-28 Well known spiritual teacher A H Almaas uses the metaphor of the mysterious philosopher's stone to discuss a tremendous liberating power that leads to endless enlightenment For millennia alchemists sought the philosopher's stone the miracle substance believed to be the key to all the secrets of existence The quest was fueled by some of the prime

questions of human existence What am I Why am I here How has this world come to be A H Almaas shows that the tremendous liberating power of the mysterious philosophers stone is closer to us than we realize In fact it is the true nature of all reality in all times and all places without being limited to being anything in particular Through the philosophers stone real transformation can happen our consciousness can become free and we can open to all the possibilities of reality Almaas discusses the factors that are involved in igniting the catalytic property of the philosophers stone and then begins to unpack the properties of true nature when it is free of constraints Finally we are left with the revelation that true nature is endlessly knowable and yet nothing we can know or say about it exhausts its mystery and power The result is a new understanding of what liberation and practice are and a view of what it s like when seeking ceases and life becomes a process of continual discovery We begin to appreciate that the freedom of reality expressed in the complete and fulfilled life all human beings seek and few find is actually the simplicity of the ordinary

The Unfolding Now A. H. Almaas,2008-06-10 The keys to self knowledge and deep contentment are right here before us in this very moment if we can simply learn to live with presence and open awareness In The Unfolding Now A H Almaas presents a marvelously effective practice for developing the transformative quality of presence Through a particular method of self observation and contemplative exploration that he calls inquiry we learn to live in the relaxed condition of simply being ourselves without interference from feelings of inadequacy drivenness toward goals struggling to figure things out and rejecting experiences we don t want Almaas explores the many obstacles that keep us from being present including defensiveness ignorance desire aggression and self hatred and shows us how to welcome with curiosity and compassion whatever we are experiencing

The Power of Divine Eros A. H. Almaas,Karen Johnson,2013-09-17 Two innovative spiritual teachers show how to use desire and passion eros as a gateway to realizing our fullest potential What do desire and passion have to do with our spiritual journey According to A H Almaas and Karen Johnson they are an essential part of it Conventional wisdom cautions that desire and passion are opposed to the spiritual path that engaging in desire will take you more into the world into egoic life And for most people that is exactly what happens We naturally tend to experience wanting in a self centered way **The Power of Divine Eros** challenges the view that the divine and the erotic are separate When we open to the energy aliveness spontaneity and zest of erotic love we will find it inseparable from the realm of the holy and sacred When this is understood desire and passion become a gateway to wholeness and to realizing our full potential Through guided exercises the authors reveal how our relationships become opportunities on the spiritual journey to express ourselves authentically to relate with openness and to discover dynamic inner realms with another person Through embodying the energy of eros each of us can learn to be fully real and alive in all of our interactions

The Diamond Approach John Davis,2021-05-25 A revised and expanded edition of the definitive guide to the Diamond Approach the modern contemplative practice that integrates psychology and spirituality and emphasizes the importance of self inquiry The Diamond Approach has been developed and taught over the last forty five

years by Hameed Ali who is known chiefly by his pen name A H Almaas This book the first to offer a full overview of the Diamond Approach is now revised and expanded with a new foreword by Almaas a new preface by the author and a new chapter that explores the most recent developments in Almaas s teaching and practice methods Author John Davis offers a rich compelling introduction to the unique spiritual tradition that philosopher Ken Wilber recommends as the most balanced of the widely available spiritual psychologies therapies Influenced by ancient traditions such as Sufism and Buddhism as well as by modern psychology the Diamond Approach is particularly well suited to twenty first century seekers who embrace both spirituality and science Beginning with an account of his own work with the Diamond Approach Davis proceeds to outline the tradition s central practice of Inquiry a form of open ended exploration of present moment experience akin to mindfulness practice From there he launches readers into an exploration of metaphysical concepts such as soul space Essence self realization and the dimensions of Being Complex yet concise profound yet accessible The Diamond Approach offers readers bold new perspectives on reality and human potential Runaway Realization A. H. Almaas,2014-10-21 Spiritual teacher A H Almaas presents the highest level and most profound teachings of the Diamond Approach on the true nature of reality and the path to enlightenment The teaching in this book is off the map because reality itself cannot be captured in a map In fact reality is far more alive far more mysterious than anything we can conceive of It is always revealing itself by knowing itself and knowing reality and living it becomes the fulfillment of our life Here A H Almaas the originator of the Diamond Approach presents a new paradigm for understanding reality the view of totality He reveals that our life can become an endless revelation of reality an adventure with neither beginning nor end A H Almaas has been developing and teaching the Diamond Approach a spiritual path of self realization and maturity based on an original synthesis of modern discoveries in the field of psychology and a new paradigm about spiritual nature for more than thirty years The Diamond Approach aims to realize the truth at progressively deeper levels until one reaches the ultimate Truth the Absolute and to become integrated into that truth so that we are a living presence and embodiment of it The teachings of this path have been unfolding over time and Runaway Realization presents for the first time in print the highest level of teachings in the Diamond Approach in the most profound work by Almaas so far Almaas offers a detailed look at the true nature of reality and the nature of enlightenment He also talks about practice what it is and what it isn t and how it relates to the process of realization He looks at what it is to be a human being and what our role is in the totality of the universe The material includes a discussion of the nature of space and time as well as a view of more and more subtle levels of realization **Diamond Heart: Elements of the Real in Man** A. H. Almaas,2000-09-05 The opening installment in a five volume series on the Diamond Approach a path to greater self and spiritual realization presented by its founder Founded by spiritual teacher A H Almaas the Diamond Approach presents a unique path to enlightenment that borrows from modern psychology and therapy Through the method s core practice of inquiry practitioners engage with their inner world the very qualities and experiences that make them human as a means of

unlocking their potential and discovering the true power of their spiritual nature This five volume series is a collection of Almaas lectures on the Diamond Approach In Elements of the Real Man he covers topics such as faith commitment nobility and suffering truth and compassion allowing and growing up Through these talks Almaas offers valuable guidance and advice for those on a spiritual path and he explores the challenges and psychological barriers faced by those seeking self realization

Perceiving the Divine through the Human Body T. Cattoi,J. McDaniel,2011-11-07 Cattoi and McDaniel present a selection of articles on the role of the body and the spiritual senses our transfigured channels of sensory perceptions in the context of spiritual practice The volume investigates this theme across a variety of different religious traditions within Christianity Hinduism Buddhism and Daoism

Integrative Spirituality Patrick J. Mahaffey,2018-10-26 In Integrative Spirituality Patrick J Mahaffey elucidates spirituality as a developmental process that is enhanced by integrating the teachings and practices of multiple religious traditions Jungian depth psychology and contemplative yoga In the postmodern world of religious pluralism Mahaffey compellingly argues that each of us must fashion a unique path to wholeness which integrates aspects of life and of the self that have become disconnected and disowned Integrative Spirituality uniquely conjoins four components exemplary religious pluralists from three traditions individuation the forms of contemplative Hindu yoga that have been successfully transmitted to the West and a presentation of two models for integrating psychological growth and spiritual awakening The book presents pioneering practitioners in each field who exemplify how we may fashion our own approach to integrating both spiritual awakening and psychological development and delineates an array of spiritual practices that integrate the somatic psychological interpersonal and spiritual aspects of life Ultimately Mahaffey contends that integrative spirituality is a mode of being that fully embraces the divinity inherent in each of us and in the world Integrative Spirituality will be essential reading for academics and students of Jungian and post Jungian studies transpersonal and Jungian psychology and religious studies and contemplative education It will also be of interest to analytical and depth psychologists in practice and in training and to anyone seeking a greater understanding of spirituality psychological growth religious traditions individuation and contemplative yoga

Love Unveiled A. H. Almaas,2020-04-28 A passionate and deep exploration of how love is essential to our spiritual growth and development from beloved author and teacher A H Almaas Love is a universal energy and a primary force that powers our movement toward spiritual illumination All the ways we need love are simply reflections of our need for spiritual growth In Love Unveiled A H Almaas explores three dimensions of love appreciative love the true liking of somebody or something merging or connecting love a force that melts away separateness and passionate ecstatic love capable of consuming us from inside In their own way each reveals the beauty and exquisiteness of our spiritual heart which is the heart of the divine However the path of spiritual love is not without challenges Almaas explores the barriers that tend to block our experience of loving awakening and provides experiential exercises throughout the book to help readers along their path The exercises focus on the obstacles or

misunderstandings that commonly arise for each quality or dimension of love Presented in the form of writing or monologuing prompts readers can work independently or in small groups to confront the emotional obstacles on their spiritual path Regardless of where you are on your path Love Unveiled will help you explore love in three essential dimensions and gain a deeper connection to yourself *Dwelling in a New World* Robert Gold,2012-07 Dwelling in a new world introduces you to a new technological concept This technology obliterates linearity Answering machines texting e mails TV programming Google searches computer programs and other systems and schedulers as we know them will disappear In their place a virtual world appears Virtual companions support what is important to you anticipate your needs and acquire support form necessary resources Does this sound like fiction Hardly We have the technology but it is currently designed to be something separate from us as devices programs and tools we must use *Lives in Spirit* Harry T. Hunt,2012-02-01 Lives in Spirit explores the dynamic conflicts that both energized and distorted the spiritual development of key precursor figures of a contemporary secular or this worldly mysticism With its historical roots in the early Gnostics and Plotinus this characteristically Western spirituality re emerges with the secularization and loss of traditional religious belief of modernity The lives works and direct experiences of Nietzsche Emerson Thoreau Jung Heidegger Gurdjieff Crowley and contemporary feminist mysticism are considered in terms of transpersonal psychology Almaas the sociology of mysticism Weber and Troeltsch and contemporary psychoanalysis Winnicott Bion Kohut Spiritual or essential experience is seen as an inherent form of human intelligence which while potentially and even increasingly impacted by personal dynamics and social crisis is not reducible to them *Mystics, Masters, Saints, and Sages* Robert Ullman,Judyth Reichenberg-Ullman,2001-10-01 Organized chronologically starting with Buddha and ending with contemporary seekers this book focuses on the moment of enlightenment in the lives of saints and masters that led to their witnessing divine reality

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Luminous Nights Journey An Autobiographical Fragment**

In a world inundated with screens and the cacophony of immediate connection, the profound power and mental resonance of verbal art usually disappear into obscurity, eclipsed by the regular barrage of sound and distractions. Yet, located within the musical pages of **Luminous Nights Journey An Autobiographical Fragment**, a charming perform of literary brilliance that impulses with fresh thoughts, lies an wonderful trip waiting to be embarked upon. Written with a virtuoso wordsmith, this mesmerizing opus guides viewers on a mental odyssey, gently exposing the latent possible and profound impact stuck within the complex internet of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is central styles, dissect their captivating writing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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