

# Seeds of Consciousness

*The Wisdom of Sri Nisargadatta Maharaj*



**EDITED BY JEAN DUNN**

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*I am that: talks with Sri Nisargadatta Maharaj.* Compiled and translated by Maurice Frydman; revised and edited by Sudhakar S. Dikshit. 3rd ed., 9th printing, 1995. xxii, 550 pages, illus. Paperback. "A Modern Spiritual Classic."

Maharaj's unique teaching, in this compilation, has been hailed as the direct path to the pathless goal of self-realization. The central core of master's teaching: Until man can free himself from false identifications, from pretensions and delusions of various kinds, he cannot come face to face with the eternal verity that is latent within his own self. "What the mind invents, the mind destroys. But the real is not invented and cannot be destroyed ..." says Maharaj.

*Prior to Consciousness: Talks with Sri Nisargadatta Maharaj.* Edited by Jean Dunn. 157 pages, illus. Paperback. (Selected talks, 1980-81.)

*Consciousness and the Absolute: the Final Talks of Sri Nisargadatta Maharaj.* Edited by Jean Dunn. 118 pages, illus. Paperback.

*Pointers from Nisargadatta Maharaj.* By Ramesh S. Balasakar; edited by Sudhakar S. Dikshit. xvi, 223 pages. Paperback. This publication is alive with the intensity and force of Nisargadatta Maharaj's spiritual realization, and the fierceness and dedication with which he relentlessly strove to accelerate others' liberation.

*Explorations into the Eternal: Forays into the teachings of Sri Nisargadatta Maharaj.* By Ramesh S. Balasakar. xiv,

# Seeds of Consciousness

*The Wisdom of Sri Nisargadatta Maharaj*

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The wisdom contained in this collection, edited by Jean Dunn, emerged from dialogues with those who came from all over the world to learn the mysteries of life at the feet of Sri Nisargadatta Maharaj, one of the most revered holy men of India.

The residence of this renowned spiritual guide was a tiny room in a crowded and noisy street in Bombay. Maurice Frydman, who immortalized Maharaj's teachings in the first collection of the dialogues, *I AM THAT*, in 1973, vividly describes the man and his surroundings: "In the humble abode of Sri Nisargadatta Maharaj, but for the electric lights and the noises of the street traffic, one would not know in which period of human history one dwells. There is an atmosphere of timelessness about this tiny room; the subjects discussed are timeless—valid for all times. The way they are expounded and examined is also timeless . . . one deals with matters immensely ancient and eternally new . . . Whence came it? What am I? Whether go I? Such questions have no beginning and will never end. And it is crucial to know the answers, for without the full understanding of oneself, both in time and in timelessness, life is but a dream, imposed upon us by powers we do not know, for purposes we cannot grasp."

Maharaj's admonition to "be" and to know what one "is"—in the sense of timeless being—emerges from these dialogues and will touch the lives of many for a long time to come. The conversations recorded by Jean Dunn, an ardent follower of Maharaj, in *Seeds of Consciousness* and a companion volume, *Prior to Consciousness*, make an invaluable contribution to the body of his spiritual testament. These conversations continue to provide insights for modern man in his spiritual journeys, leading him out of suffering and sorrow.

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## SEEDS OF CONSCIOUSNESS

*The Wisdom of  
Sri Nisargadatta Maharaj*

**EDITED BY JEAN DUNN**

# Seeds Of Consciousness

**Qingsong Shen, Van Doan Tran**



## **Seeds Of Consciousness:**

**Seeds of Consciousness** Nisargadatta (Maharaj),1982      **Seeds of Consciousness** Jean Dunn,1997      **Seeds of Love** Jerry Braza, Ph.D.,2012-02-28 Using the garden as a metaphor The Seeds of Love is a charming guide to creating your own mindfulness The development of the practice of mindfulness and its tools can help to maintain a state of awareness and openness to oneself and others In The Seeds of Love readers interested in Zen Buddhism will learn how to nurture metaphorical seeds such as compassion joy and generosity and how to use personal challenges such as jealousy anger and self doubt as a tool for growth The 20 chapters include Seeing It All Begins with the Gardener Being Watering the Seed of Mindfulness Watering Seeds of Love and Transforming Seeds of Suffering Deep Listening Creating a Legacy as a Master Gardener Tending Your Inner Garden Using precepts from many faiths and traditions The Seeds of Love offers simple basic actions to help readers reach the best within themselves and share it with those around them It will be an invaluable guide to anyone seeking deeper and more conscious relationships      **Seeds of Consciousness** María Cristina Preciado Delgadillo,2013-11-13 Today I want to share with you my experience in life hoping it will help remind how wonderful you are You came to the world to be happy it is your birthright If your life is perfect if you are happy and if you have all that you desire you keep doing the same thing But if you feel lost stressed and devalued and you feel that your life has no sense therefore this book is for you      **A Brief History of Chinese Buddhism and Buddhist Thought** Xiuping Hong,2024-06-17 This book provides a comprehensive but concise introduction to Chinese Buddhism and the study of Buddhism in China their Indic roots their Sinicization the development and philosophies of the three central lineages the natural exchange between Buddhist cultures and schools of thought the foundations of Buddhist studies in China and the chief schools and sects in Chinese Buddhism as well as their characteristics and ethos      **Asian Philosophies** John M. Koller,2017-10-03 With an inside view from an expert in the field solid scholarship and a clear and engaging writing style Asian Philosophies invites students and professors to think along with the great thinkers of the Asian traditions John M Koller is a scholar and teacher who has devoted his life to understanding Asian thought and practice He wrote this text to give students and professors access to the rich philosophical and religious ideas of both South and East Asia      **The Arabian Timekeeper** Mohammad Bahareth,01-06-2025,الوقت والخيال In the shadowed alleys of ancient Baghdad a descendant of Islamic scholars unlocks the secret to time travel not through machines but through divine quantum equations Hassan Ibn Yusuf Al Baghdadi was never after fame but destiny thrust upon him a power that could either save or enslave the world The Arabian Timekeeper is a thrilling fusion of science faith and philosophy blending Islamic heritage with visionary science fiction As Hassan journeys across the timeline he is faced with enemies who see time as a tool of control not wisdom This novel is a spiritual and intellectual odyssey about the responsibility that comes with knowledge the courage it takes to stand against tyranny and the legacy we leave for the next generation Rich in historical resonance and futuristic intrigue this is not

just a story it s a call to awaken the divine spark within us all      *Understanding Our Mind* Thich Nhat Hanh,2002-02-09

Thich Nhat Hanh pulls from 50 classic Buddhist verses to present the basic teachings of Buddhist applied psychology exploring the true nature of our feelings and perceptions Based on the 50 verses on the nature of consciousness taken from the great 5th century Buddhist master Vasubandhu and the teachings of the Avatamsaka Sutra Thich Nhat Hanh focuses on the direct experience of recognizing embracing and looking deeply into the nature of our feelings and perceptions Presenting the basic teachings of Buddhist applied psychology *Understanding Our Mind* shows us how our mind is like a field where every kind of seed is planted seeds of suffering anger happiness and peace The quality of our life depends on the quality of the seeds in our mind If we know how to water seeds of joy and transform seeds of suffering then understanding love and compassion will flower Vietnamese Zen Master Thuong Chieu said When we understand how our mind works the practice becomes easy      *Love's Garden* Peggy Rowe-Ward,Larry Ward,2008-05-10 A collection of real life Buddhist love stories with commentary and guided exercises for couples developed by Peggy Rowe Ward and Larry Ward senior students and ordained Dharma teachers in the tradition of Zen Master Thich Nhat Hanh These personal stories from couples of a range of different ages and experiences illustrate how Buddhist principles can help couples navigate any stage of their relationship It took the authors some good living and good loving before they realized that the love that they were seeking was already present and available in the depths of their hearts and mind Love does not depend on anything that is happening Out There and is not dependent on anything he or she might do It depends on our own willingness to look within and to act This insight is a result of practicing the teachings of the Buddha on right diligence and right effort The authors have been studying and practicing with Zen master Thich Nhat Hanh and they are happy to report that the practices work In *iLove s Garden* the authors offer key practices such as The Three Keyes see excerpt for the transformation of suffering and the establishment of happiness These practices have helped them see each other s happiness as their own They share stories and illustrations from their own life and also and those of their friends and students brbrThe practice is not difficult We simply need to get in touch with and nourish the practices that are helping us to experience peace And then we need to stop doing the things that keep us from experiencing peace Larry Ward      *Science and Philosophy in the Indian Buddhist Classics, Vol. 3* Thupten Jinpa,2022-12-13 Deepen your understanding of meaning and truth with the third volume of the Dalai Lama s esteemed series *Science and Philosophy in the Indian Buddhist Classics* *Science and Philosophy in the Indian Buddhist Classics* compiles classical Buddhist explorations of the nature of the material world the human mind reason and liberation and puts them into context for the modern reader This ambitious four volume series a major resource for the history of ideas and especially the history of science and philosophy has been conceived by and compiled under the visionary supervision of His Holiness the Dalai Lama himself It is his view that the exploratory thinking of the great masters of classical India still has much that is of interest to us today whether we are Buddhist or not These volumes make those insights accessible In this third volume the

focus turns to exploring the philosophical schools of India The practice of presenting the views of various schools of philosophy dates back to the first millennium in India when proponents of competing traditions would arrange the diverse sets of philosophical positions in a hierarchy culminating in their own school's superior tenets Centuries later relying on the Indian Buddhist treatises Tibet developed its own tradition of works on tenets grub mtha often centered on the four schools of Buddhist philosophy using them to demonstrate the philosophical evolution within their own tradition and within individual practitioners as they progressed through increasingly more subtle expressions of the true reality The present work follows in this venerable tradition but with a modern twist Like its predecessors it presents the views of seven non Buddhist schools those of the Samkhya Vaisesika Nyaya Mimamsa Vedanta Jaina and Lokayata followed by the Buddhist Vaibhasika Sautrantika Cittamatra and Madhyamaka schools arranging them like steps on a ladder to the profound But rather than following in the sharply polemical approach of its ancient predecessors it strives to survey each tradition authentically relying on and citing the texts sacred to each allowing the different traditions to speak for themselves What it asks are the basic components of the world we experience What is the nature of their ultimate reality And how can we come to experience that for ourselves See how the rich spiritual traditions of India approached these key questions where they agreed and how they evolved through dialogue and debate This presentation of philosophical schools is introduced by His Holiness and is accompanied by an extensive introduction and survey by Professor Donald Lopez Jr of the University of Michigan who is uniquely qualified to communicate the scope and significance of this literary and spiritual heritage to modern readers

*Philosophy of Science and Education* Qingsong Shen, Van Doan Tran, 1995      Xiong Shili's Treatise on Reality and Function Shili Xiong, 2023 Xiong Shili 1885-1968 is widely recognized as a founding figure of the modern New Confucian school of philosophy and seen by many as one of the most important and creative Chinese philosophers of the twentieth century His ultimate concern throughout his long intellectual career was to show that reality ti and function yong are non dual Reality is the locus that ontologically grounds the phenomenal yet is not different from the phenomenal His onto cosmology draws syncretically on a diverse range of resources in the Chinese philosophical tradition to construct his own overarching metaphysical vision *Treatise on Reality and Function* Ti yong lun is the mature expression of Xiong's signature metaphysical doctrine and sets out his developed account of his Confucian philosophy of mind and nature Published in 1958 Xiong considered it to be his most important philosophical achievement but it has never before appeared in English This annotated translation by John Makeham presents the text along with the original foreword attributed to Han Yuankai and Xiong's original preface      **Deleuze and the Humanities** Rosi Braidotti, Kin Yuen Wong, Amy K. S. Chan, 2018-03-14 The volume is inspired by Gilles Deleuze's philosophical project which builds on the critique of European Humanism and opens up inspiring new perspectives for the renewal of the field The book gathers leading scholars in the field of Deleuze while also bringing together scholars from Europe and North America the West as well from Asia the East in order to create a lively

academic debate and contribute to the growth and expansion of the field It provides both critical and creative insights into some key issues in contemporary social and political thought More specifically the volume hopes to start a critical evaluation of the reception and creative adaptation of Deleuze and of other Continental philosophers in the Austral Asian region with special focus on China

**The Art of Power** Thich Nhat Hanh, 2009-10-13 Power is good for one thing only to increase our happiness and the happiness of others Being peaceful and happy is the most important thing in our lives and yet most of the time we suffer we run after our cravings we look to the past or the future for our happiness Turning our conventional understanding of power on its head world renowned Zen master spiritual leader and national bestselling author Thich Nhat Hanh reveals how true power comes from within What we seek we already have Whether we want it or not power remains one of the central issues in all of our lives Every day each of us exercises power in many ways and our every act subtly affects the world we live in This struggle for control and authority permeates every aspect of our private and public lives preventing us from attaining true happiness The me first mentality in our culture seeps unnoticed into our decisions and choices Our bottom line approach to getting ahead may be most visible in the business world but the stress fear and anxiety it causes are being felt by people in all walks of life With colorful anecdotes precise language and concrete practices Thich Nhat Hanh illustrates how the current understanding of power leads us on a never ending search for external markers like job title or salary The Art of Power boldly challenges our assumptions and teaches each of us how to access the true power that is within our grasp

A Compendium of the Mahayana Asanga, 2019-02-05 The first complete English translation of Asanga's Mahayanasamgraha the most important and comprehensive Indian Yogacara text and all its available Indian commentaries Winner of the Khyentse Foundation Prize for Outstanding Translation The Mahayanasamgraha published here with its Indian and Tibetan commentaries in three volumes presents virtually everything anybody might want to know about the Yogacara School of Mahayana Buddhism It discusses in detail the nature and operation of the eight kinds of consciousness the often misunderstood notion of mind only cittamtra dependent origination the cultivation of the path and its fruition in terms of the four wisdoms and the three bodies kiyas of a buddha Volume 1 presents the translation of the Mahayanasamgraha along with a commentary by Vasubandhu The introduction gives an overview of the text and its Indian and Tibetan commentaries and explains in detail two crucial elements of the Yogacara view the alaya consciousness and the afflicted mind kliśāna Volume 2 presents translations of the commentary by Asvabhava and an anonymous Indian commentary on the first chapter of the text These translations are supplemented in the endnotes by excerpts from Tibetan commentaries and related passages in other Indian and Chinese Yogacara works Volume 3 includes appendices with excerpts from other Indian and Chinese Yogacara texts and supplementary materials on major Yogacara topics in the Mahayanasamgraha

**The Path of Emancipation** Thich Nhat Hanh, 2013-11-20 This is a book of wise and wonderful teachings a breath of fresh air for the heart It opens the doors to an awakened life Jack Kornfield author of After the Ecstasy the Laundry Thich Nhat Hanh is one of the greatest teachers of

our time He reaches from the heights of insight down to the deepest places of the absolutely ordinary Robert Thurman Professor of Indo Tibetan Buddhist Studies Columbia University The Path of Emancipation transcribes Thich Nhat Hanh s first twenty one day retreat in North America in 1998 when more than four hundred practitioners from around the world joined him to experience mindfulness This book deliberately preserves the tone and style of a retreat including soundings of the bell meditation breaks and the question and answer sessions This not only provides a genuine feeling of a retreat for those who have not had the chance to participate in one but it also preserves this wonderful practice time for those who have attended In The Path of Emancipation Thich Nhat Hanh translates the Buddhist tradition into everyday life and makes it relevant and transforming for us all Studying in depth the Discourse on the Full Awareness of Breathing he teaches how mindfulness can help us reduce stress and live simply confidently and happily while dwelling in the present moment When Thich Nhat Hanh discovered this discourse he said I felt I was the happiest person in the world **Practicing Mindfulness**

Jerry Braza,2020-10-06 ING\_08 Review quote **Decolonizing Global Citizenship Education** Ali A Abdi,Lynette Shultz,Thashika Pillay,2015-12-01 The ideas for this reader came out of a conference organized through the Centre for Global Citizenship Education and Research CGCER at the University of Alberta in 2013 With the high expansion of global citizenship education scholarship in the past 15 or so years and with most of this scholarship produced in the west and mostly focused on the citizenship lives of people in the so called developing world or selectively attempting to explain the contexts of marginalized populations in the west the need for multidirectional and decolonizing knowledge and research perspectives should be clear Indeed the discursive as well as the practical constructions of current global citizenship education research cannot fulfill the general promise of learning and teaching programs as social development platforms unless the voices of all concerned are heard and validated With these realities this reader is topically comprehensive and timely and should constitute an important intervention in our efforts to create and sustain more inclusive and liberating platforms of knowledge and learning This collection of cutting edge theoretical contributions examines citizenship and neo liberal globalization and their impacts on the nexus of the local and global learning production of knowledge and movements of people and their rights Case studies in the collection also provide in depth analysis of lived experiences that challenge the constructed borders which derive from colonial and imperial re structuring of the contemporary world and nation states The contributors articulate agency in terms of both resistance and proactive engagement toward the construction of an alternative world which acknowledges equality justice and common humanity of all in symbiosis with the social and natural environment It is a valuable reader for students scholars practitioners and activists interested in the empowering possibilities of decolonized global citizenship education N Dr *Crown Chakra and the Heavenly Sound* Seong Kap Kim,2023-06-03 Guanyin symbolizes the sound of heaven and represents the practice of enlightenment achieved by Avalokitesvara Bodhisattva Enlightenment is preceded by the elimination of karma which is the debt of past lives However without the aid of the Crown Chakra removing

karma is impossible If one cannot achieve the opening of the Crown Chakra then Guanyin merely represents the sound of heaven on a superficial level      **Together We Are One** Thich Nhat Hanh, 2006-05-09 Based on four retreats that Zen Master Thich Nhat Hanh led specifically for people of color this book is for people of all colors backgrounds and experiences who have ever felt excluded or alienated or anyone concerned with issues of social justice Although Together We Are One is based on teachings given to Buddhist practitioners of color readers of all backgrounds and walks of life will find it an inspirational and practical guide In chapters focusing on honoring our ancestors developing understanding and compassion and seeing the world in terms of interbeing Nhat Hanh shows how meditation and the practice of looking deeply can help create a sense of wholeness and connectedness with others Chapters are interspersed with mindfulness practice exercises and the personal stories of skilled writers such as Larry Ward author of Love's Garden Sr Chan Khong author of Learning True Love and Rev Hilda Ryumon Gutierrez Baldoquin editor of Dharma Color and Culture about their discovery of a spiritual path their experience of finding balance overcoming obstacles in an unpredictable world and maintaining and sharing insights Together We Are One is a valuable addition to the unique expression of Buddhism in the West As in all his writings Thich Nhat Hanh does not suggest we replace traditional beliefs and customs with Buddhism but rather emphasizes that a mindful approach to daily life and interactions can help overcome misperception and separation so that we might honor and transcend our differences Nhat Hanh's primary focus highlights the basic how to's of Buddhist practice such as mindful walking and eating the practice of Looking Deeply and a never before published multicultural version of the Touching the Earth Ceremony making them accessible possibilities for a better everyday life A companion movie to the book featuring Thich Nhat Hanh's retreat can be found at [www.colorsofcompassionmovie.com](http://www.colorsofcompassionmovie.com)



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