

D. E. HARDING

ON HAVING NO HEAD

Zen and the rediscovery of the obvious
Foreword by Huston Smith



On Having No Head Zen And The Rediscovery Of The Obvious

Graeme Lynn



On Having No Head Zen And The Rediscovery Of The Obvious:

On Having No Head D. E. Harding, 1988-06-01 An extensively revised edition of Harding's classic work which conveys the immediacy simplicity and practicality of Zen here formulated in terms which are easily accessible to the Western reader

On Having No Head Douglas Edison Harding, 1986 On Having No Head Douglas Edison Harding, 2013-07-08 Reason and imagination and all mental chatter died down I forgot my name my humanness my thingness all that could be called me or mine Past and future dropped away Lighter than air clearer than glass altogether released from myself I was nowhere around Thus Douglas Harding describes his first experience of headlessness or no self First published in 1961 this is a classic work which conveys the experience that mystics of all times have tried to put words to *Metapsychology for Contemporary Psychoanalysis* Richard Sembera, 2017-04-28 Metapsychology for Contemporary Psychoanalysis is a complete revision of the theoretical underpinnings of psychoanalysis and psychodynamic psychotherapy It seeks to replace the traditional drive defence model of Freudian tradition with an information processing model of the mind This book argues that the central human need is for self knowledge and that drives are best understood as means towards this end Richard Sembera begins with a close reading of Freud's own metapsychological writings isolating the many unresolved difficulties and inconsistencies which continue to burden psychoanalytical theory today By returning to the actual observable clinical phenomena in the analytic situation it is shown that an alternative interpretation is possible that eliminates the theoretical difficulties in question In the analytic situation Sembera argues that clinicians do not in fact see individuals struggling against the expression of biological drives rather they observe individuals struggling to clarify their experience of themselves in the presence of the analyst and put this experience into words When this process is formalized and expressed in theoretical terms it is found to consist of three distinct aspects objectification imagination and symbolization This process as a whole ascent towards the other relationship with the other disclosure of self in the light of the other is termed the dialectical structure of the self It is conceptualized as the main accomplishment of the core mental process the process of contextualization This work is distinguished from other attempts at theoretical revision by its fundamental commitment to coherence and clarity as well as its determination to challenge accepted psychoanalytic dogma It argues for the complete irrelevance of biology and neuroscience to the psychoanalytic enterprise and rejects the theory of drives in its entirety Instead it affirms the centrality of the traumatic response to mental functioning emphasises the social matrix in which drives are embedded re-examines the concepts of free will accountability and responsibility and concludes with an attempt to understand waking life as a creative product analogous to the lucid dream Drawing on major psychoanalytic thinkers including Bollas and Benjamin and current philosophy of mind this book provides readers with a clear updated model of metapsychology Metapsychology for Contemporary Psychoanalysis will appeal to psychoanalysts and psychotherapists as well as philosophy scholars and anyone with an interest in the philosophy of psychoanalysis BipolART Denys N.

Wheatley, 2012-10-23 Written with disarming honesty by a long term sufferer of bipolar disorder with more than half a century's experience of intervention and treatment this highly personal volume traces the effectiveness of a therapy modality for mental illness that has gained much ground in the past two decades art The author began to use art and in particular doodling from 1998 as a way of externalizing his feelings Its expressiveness accessibility and energy efficiency was ideally suited to the catatonia he experienced during the bouts of depression that are a feature of bipolar disorder while as the low moods lifted and his energy surged he completed more ambitious and elaborate works As well as being highly eclectic Wheatley's assembled oeuvre has afforded him both insights and therapeutic intervention into his condition once deemed highly debilitating and taboo but much more socially accepted now that well known sufferers such as Stephen Fry have recounted their experiences of the condition After an opening account of how the images were generated the volume reproduces a gallery of selected work and then offers an extended epilogue analyzing the art's connections with the disorder as well as the author's assessment of how each attempt at visual self expression was for him a therapeutic intervention Wheatley a cell biologist who has enjoyed a full career in cancer research has had no formal training in art yet his haunting pictures many of them resembling life forms are brought to life by his perceptive self aware commentary This book will be of interest to psychologists and psychiatrists among the wider medical profession as well as people suffering from any form of bipolar disorder whatever the severity

The Spiritual Universe Fred Alan Wolf, 1999-01-01 From a National Book Award winner methodical and clear provides physics phobics a wide bridge to understanding some often arcane material Booklist Why do we believe in the soul Does it actually exist If so what is it Does it differ from the self Does it survive the body after death In *The Spiritual Universe* Fred Alan Wolf brings the most modern perspective of quantum physics to the most ancient questions of religion and philosophy Taking the reader on a fascinating tour of both Western and Eastern thought Wolf explains the differing view of the soul in the works of Plato Aristotle and St Thomas the ancient Egyptian's belief in the nine forms of the soul the Qabalistic idea of the soul acting in secret to bring spiritual order to a chaotic universe of matter and energy and the Buddhist vision of a nonsoul Wolf then mounts a defense of the soul against its modern critics who see it as nothing more than the physical body One of the few pathfinders who have discovered the versatility and potency of the new quantum paradigm based on consciousness Amit Goswami Professor of Physics and author of *The Self Aware Universe* The questions are exhilarating and the conclusions are properly mysterious and profoundly inconclusive you'll love the spirited journey Thomas Moore author of *Care of the Soul* and *The Re Enchantment of Everyday Life* Wolf is a new Thales for a new physics of the soul his book will blow your mind and quicken your spirit Michael Grosso Ph D author of *The Millennium Myth* and *Frontiers of the Soul*

I AM YOU; YOU ARE I AM Dr. Herman L King, *I am You You are I am* is a transformative guide that bridges ancient wisdom with modern understanding revealing the divine nature already present within you Through eleven progressive chapters Dr Herman L King provides practical tools and insights for recognizing and embodying

your true divine essence Unlike traditional spiritual texts that merely describe enlightenment this book offers a systematic approach to living divine consciousness in daily life Dr King introduces groundbreaking concepts like the Three A s Method and the power of Let as a divine key making spiritual transformation accessible and practical The journey begins with understanding your divine nature progresses through mastering conscious creation and culminates in living as the embodied I AM Each chapter builds upon previous insights while offering standalone wisdom allowing readers to progress at their own pace Drawing from both timeless spiritual traditions and contemporary scientific research this book presents a comprehensive roadmap for personal transformation Learn how to Access your innate divine authority Master the mechanics of conscious creation Transform fear and doubt through unconditional love Live from unified awareness beyond duality Navigate continuous spiritual growth Whether you re beginning your spiritual journey or seeking to deepen your existing practice this book provides clear guidance for recognizing and expressing your divine potential Begin your journey of divine recognition today Get I AM YOU YOU ARE I AM now on Amazon and discover the transformative power of your true nature

Awakening Somatic Intelligence Graeme Lynn,2016-10-21 Detailed and original Awakening Somatic Intelligence reveals the potential of somatic learning methods to transform movement using The Alexander Technique The Feldenkrais Method and Hatha Yoga

Robert Smithson, Land Art, and Speculative Realities Rory O'Dea,2023-10-23 This book explores the ways Robert Smithson s art revealed and defamiliarized the constructs of rational reality in order to allow radically speculative alternatives to emerge In this way his art is conceived as a true fiction that eradicates a false reality By tracing the web of correspondences between Smithson and science fictional speculative and mystical modes of thought Rory O Dea explores the aesthetic encounters engendered by his art as a means to warp the contours of reality and loosen the boundaries of being human Given the current and impending catastrophes of the Anthropocene which represents the ever expanding planetary shadow cast by humanism the possibility of being other than human posited by Smithson s art is a matter of urgent concern The book will be of interest to scholars working in art history contemporary art American studies and environmental humanities

Jung and the New Age David John Tacey,2001 David Tacey offers a theoretical and philosophical account of the New Age phenomenon and the archetypal imperatives that have brought it about

Detox Your Mind Dr Neil Shah,2025-08-11 Detox Your Mind Find Inner Peace in a Distracted World By Dr Neil Shah Psychiatrist and Mindfulness Coach Are you overwhelmed by constant overthinking stress or anxiety Do you feel like your mind is always busy yet your heart remains empty In a world where distractions are endless and peace feels out of reach Detox Your Mind offers a refreshing path to clarity calm and inner strength Written by a psychiatrist who blends modern psychology with timeless Eastern wisdom this book is your practical guide to healing your mind not just managing symptoms but understanding the root causes of mental suffering Inside you ll discover A Mental Detox Framework Powerful tools to overcome stress anxiety and emotional overload Real life stories and dialogues that make complex concepts simple Techniques from mindfulness

shadow work and developmental psychology Step by step practices to align your thoughts feelings and actions Whether you re a spiritual seeker a professional struggling with burnout or someone simply trying to find peace in the chaos this book will give you the mental clarity and emotional resilience to thrive in today s noisy world It s more than a book It s a journey of awakening guided by someone who has walked the path from breakdown to breakthrough **Living as a River**

Bodhipaksa,2010-10-01 To face reality is to embrace change to resist change is to suffer This is the liberating insight that unfolds with Living as a River A masterful investigation of the nature of self this eloquent blend of current science and time honored spiritual insight is meant to free us from the fear of impermanence in a world defined by change An interesting lively and genuinely illuminating teaching of dharma Jack Kornfield author of A Path with Heart A Guide Through the Perils and Promises of Spiritual Life At a time when it s increasingly challenging to find clear and honest direction on the spiritual path Living as a River offers contemporary insight into an ancient practice and wise counsel we can trust This book is both beautifully written and useful to all serious seekers Mariana Caplan PhD author of Eyes Wide Open Cultivating Discernment on the Spiritual Path and Halfway Up the Mountain The Error of Premature Claims to Enlightenment The primary vehicle for this journey is Buddhism s traditional Six Element Practice a deconstructive process of deep reflection that helps us let go of the belief in a separate static self the root of unhappiness Bodhipaksa takes readers through a systematic yet poetic analysis of the self that supports the realization of A sense of spaciousness and expansiveness that transcends the limitations of the physical body Profound gratitude awe and a feeling of belonging as we witness the extent of our connectedness with the universe Freedom from the psychological burden caused by clinging to a false identity The relaxed experience of consciousness pure and bright Engrossing and incisive Living as a River is at once an empowering guide and a meditative practice we can turn to again and again to overcome our fear of change and align joyfully with the natural unfolding of creation

The Lost Art of Silence Sarah Anderson,2023-12-05 A unique celebration of silence in art literature nature and spirituality and an exploration of its ability to bring inner peace widen our perspectives and inspire the human spirit in spite of the noise of contemporary life Silence is habitually overlooked after all throughout our lives it has to compete with the cacophony of the outside world and our near constant interior dialogue that judges analyzes compares and questions But if we can get past this barrage there lies a quiet place that s well worth discovering The Lost Art of Silence encourages us to embrace this pursuit and allow the warm light of silence to glow Invoking the wisdom of many of the greatest writers thinkers contemplatives historians musicians and artists Sarah Anderson reveals the sublime nature of quiet that s all too often undervalued Throughout she shares her own penetrating insights into the potential for silence to transform us This celebration of silence invites us to widen our perspective and shows its power to inspire the human spirit in spite of the distracting noise of contemporary life

Constructive Psychotherapy Michael J. Mahoney,2003-07-16 An invaluable teaching text and clinical resource this is a book about how to do psychotherapy how to apply the science of change to the

complexities of helping people develop new meanings in their lives Explaining constructivist principles and illuminating what a skilled clinician actually does in day to day practice Michael J Mahoney shows how to nurture the therapeutic relationship while implementing such creative interventions as centering techniques problem solving pattern work meditation and embodiment exercises drama and dream work and spiritual exploration Appendices feature reproducible client forms handouts and other useful materials

What I Don't Know about Death C.W. Huntington, 2021-09-07 A Buddhist scholar reflects on life death and the ways we blind ourselves to the inevitable as he confronts his own mortality In the winter of 2020 a renowned scholar of Asian religions lifelong meditator and novelist accustomed to vigorous health received a terminal diagnosis By summer his cancer had run its course In the short time in between C W Sandy Huntington faced his own impending death leading him to reconsider the teachings and practices as well as philosophy and literature he had spent a lifetime pursuing In this his last book you ll join Sandy as he traverses the gap between knowledge and true wisdom Sandy Huntington urges his readers to face up to life s fragility as well as its many gifts Written with elegance and verve What I Don t Know about Death is a deep meditation on what it means both to wake up to and to let go of life Drawing on his lifelong engagement with Buddhism Huntington remains a consummate teacher who demands intellectual honesty humility and compassion from his readers no less than from himself This book is an intellectual and spiritual offering to Huntington s students past and future Leora Batnitzky Ronald O Perelman Professor of Jewish Studies and professor of religion Princeton University What I Don t Know about Death is a deeply personal intellectually rigorous and philosophically profound exploration of death and in particular of Sandy s own death which he faced with exemplary grace honesty and clarity as he wrote this book This is a gift of remarkable beauty that can open our hearts and minds to this most difficult topic Read it and weep with tears of grief gratitude and illumination Jay L Garfield Smith College and the Harvard Divinity School

The Psychology of Awakening Gay Watson, Stephen Batchelor, Guy Claxton, 2012-03-31 The Buddhist view of the mind how it works how it goes wrong how to put it right is increasingly being recognised as profound and highly practical by scientists counsellors and other professionals In The Psychology of Awakening this powerful vision of human nature and its implications for personal and social life are for the first time brought to a wider audience by some of those most influential in exploring its potential for the way we live today These include David Brazier Jon Kabat Zinn Francisco Varela Joy Manne Geshe Thubten Jinpa Mark Epstein Gay Watson Maura Sills Guy Claxton Stephen Batchelor Deeply relevant accessible and authoritative The Psychology of Awakening will be of interest to all those who wish to understand the workings of their minds a little better and who are also seeking new ways of mastering the challenges personal professional and cultural with which modern life confronts us all

Your Essential Self Richard Harvey, 2013 Helps you learn how to attain the three stages of human awakening the process of self discovery the transformation into authenticity and the source of consciousness on the inner journey to your true self This guide describes how spiritual attainment is not an unreachable fantasy but a logical

extension of human development **Pioneering the Possible** Scilla Elworthy, 2014-10-07 Three time Nobel Peace Prize nominee Dr Scilla Elworthy a realist with 40 years experience at the sharp end of politics and conflict presents a bold but realistic vision for the future in *Pioneering the Possible* Human beings worldwide are anxious afraid for their children's futures dissatisfied by their lives but unsure what to do Our global ecosystems and supply chains are under threat and our leaders appear to have failed us *Pioneering the Possible* addresses these anxieties head on by envisioning a future that could work for everyone rich and poor demonstrating with real life examples how that future is already emerging *Pioneering the Possible* tackles the deeply embedded 20th century values that get in the way of addressing global problems and shows how these destructive values can be and are being reversed We know the world is in crisis we are spoiling our planet at such a rate that soon it may be unable to sustain human life This crisis is in fact a vast opportunity because a secure and satisfying future for all of humanity is perfectly possible if we make the right choices But building such a future will require the leap in consciousness that Einstein indicated when he said No problem can be solved from the consciousness that created it *Pioneering the Possible* investigates what this new consciousness is and takes us to meet the leaders who have learned to apply it With profiles of individuals who exemplify transformative leadership such as Dr Desmond Tutu and Aung San Suu Kyi Dr Elworthy demonstrates how anyone can develop the magnificent inner power to build their own personal contribution to the future and become a 21st century pioneer of what's possible The book then contrasts the value systems that underpin our current decisions with the kind of values that would enable us to make better choices those that could get us out of the mess we're in To envision the kind of future that is possible a lift off into life as it could be Elworthy calls on some experienced specialists to look through their telescopes into the future then brings in the pragmatists who know what to do in their fields because they've done it tested it and made it work *Pioneering the Possible* ultimately helps you find your unique way to be useful as Dr Elworthy says to discover your mission and put it into action instead of worrying on the sidelines is to find peace of mind and a heart full of love **FREEDOM** Michael P. DeMaria, 2021-11-21 Do we have free will Or is our sense of personal agency merely an illusion Moreover what does free will have to do with our well being This book explores the concept of free will and its implications on our lives combining memoir and analysis from the perspective of Michael DeMaria LCSW a clinical social worker Zen practitioner and martial artist It reveals a fresh perspective on the meaning of freedom and how to find it within our lives **The Blind Spot** Adam Frank, Marcelo Gleiser, Evan Thompson, 2024-03-05 A compelling argument for including the human perspective within science and for how human experience makes science possible This is by far the best book I've read this year Michael Pollan Professor of the Practice of Non fiction Harvard University 1 New York Times bestselling author A stimulating manifesto for changing the way we look at things Wall Street Journal It's tempting to think that science gives us a God's eye view of reality But we neglect the place of human experience at our peril In *The Blind Spot* astrophysicist Adam Frank theoretical physicist Marcelo Gleiser and philosopher Evan Thompson call for a

revolutionary scientific worldview where science includes rather than ignores or tries not to see humanity's lived experience as an inescapable part of our search for objective truth. The authors present science not as discovering an absolute reality but rather as a highly refined, constantly evolving form of human experience. They urge practitioners to reframe how science works for the sake of our future in the face of the planetary climate crisis and increasing science denialism. Since the dawn of the Enlightenment, humanity has looked to science to tell us who we are, where we come from, and where we're going, but we've gotten stuck thinking we can know the universe from outside our position in it. When we try to understand reality only through external physical things imagined from this outside position, we lose sight of the necessity of experience. This is the Blind Spot, which the authors show lies behind our scientific conundrums about time and the origin of the universe, quantum physics, life, AI, and the mind, consciousness, and Earth as a planetary system. The authors propose an alternative vision: scientific knowledge is a self-correcting narrative made from the world and our experience of it, evolving together. To finally see the Blind Spot is to awaken from a delusion of absolute knowledge and to see how reality and experience intertwine. The Blind Spot goes where no science book goes, urging us to create a new scientific culture that views ourselves both as an expression of nature and as a source of nature's self-understanding, so that humanity can flourish in the new millennium.

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