

# Seeds of Consciousness

*The Wisdom of Sri Nisargadatta Maharaj*



**EDITED BY JEAN DUNN**

Also from the Acorn Press

*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*

Edited by Jean Dunn

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

**Thich Nhat Hanh**



## **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      **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      **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      **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

*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

*Just Awakening* Jessica X. Zu, 2025-03-18 *Just Awakening* uncovers a forgotten philosophy of social democracy inspired by Yogic and an ancient nondualistic Buddhist philosophy that claims everything in the perceptible cosmos is mere consciousness and consists of multiple karmically connected yet bounded lifeworlds This Yogic social philosophy emerged in the late nineteenth and early twentieth centuries among Chinese intellectuals who struggled against the violent Social Darwinist logic of the survival of the fittest Its proponents were convinced that the root cause of crisis in both China and the West was epistemic an unexamined faith in one common objective world and a subject object divide This dualistic paradigm in their view had dire consequences including moral egoism competition for material wealth and racial war Yogic insights about plurality interdependence and intersubjectivity however had the capacity to awaken the world from these deadly dreams Jessica X Zu reconstructs this account of modern Yogic philosophy arguing that it offers new vocabularies with which to reconceptualize equality and freedom Yogic thinking she shows diffracts the illusions of individual identity social categories and material wealth into aggregated recurring karmic processes It then guides the reassembly of a complex society through nonhierarchical noncoercive and collaborative actions sustained by new behavior patterns and modes of thought Demonstrating why Chinese Buddhist social philosophy offers powerful resources for social justice and liberation today *Just Awakening* invites readers to think with modern Yogic philosophers about other ways of building egalitarian futures

*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 Yogic 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 cittam tra dependent origination the cultivation of the path and its fruition in terms of the four wisdoms and the three bodies k yas of a buddha Volume 1 presents the translation of the Mah y nasa graha 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 Yog c ra view the laya consciousness and the afflicted mind kli amanas Volume 2 presents translations of the commentary by Asvabh va 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 Yog c ra works Volume 3 includes appendices with excerpts from other Indian and Chinese Yog c ra texts and supplementary materials on major Yog c ra topics in the Mah y nasa graha **When the Clouds Part** ,2015-02-17

A new translation of the primary Indian Buddhist text on buddha nature with Tibetan commentaries explaining how this text can be used to contemplate and realize one s own buddha nature Buddha nature tath gatagarbha is the innate potential in all living beings to become a fully awakened buddha This book discusses a wide range of topics connected with the notion of buddha nature as presented in Indo Tibetan Buddhism and includes an overview of the s tra sources of the tath gatagarbha teachings and the different ways of explaining the meaning of this term It includes new translations of the Maitreya treatise Mah y nottaratantra Ratnagotravibh ga the primary Indian text on the subject its Indian commentaries and two hitherto untranslated commentaries from the Tibetan Kagy tradition Most important the translator s introduction investigates in detail the meditative tradition of using the Mah y nottaratantra as a basis for Mah mudr instructions and the Shentong approach This is supplemented by translations of a number of short Tibetan meditation manuals from the Kadampa Kagy and Jonang schools that use the Mah y nottaratantra as a work to contemplate and realize one s own buddha nature [The Best Buddhist Writing 2011](#) Melvin McLeod,Editors of the Shambhala Sun,2011-09-20 A thought provoking mix of the most notable and insightful Buddhism inspired writing published in the last year The Best Buddhist Writing 2011 includes Karen Miller s story of love marriage and dishes Joanna Macy on the First Noble Truth and healing from the legacy of Chernobyl Brian Haycock s taxi ride on the Dharma Road His Holiness the Dalai Lama s manifesto on tolerance Dzogchen Ponlop on the rebel buddha inside you An adoption love story by Leza Lowitz Ira Sukrungruang s humorous meditation on death Elizabeth Mattis Namgyel on finding the courage to live in reality as it is Susan Piver on the wisdom of a broken heart Thich Nhat Hanh on healing the wounded child within Matthieu Ricard s answer to the question why meditate Rick Bass on the lessons of the Gulf oil spill Pico Iyer s insider s look at the heart of the Dalai Lama And much more **The Awakening of Faith and New Confucian Philosophy** ,2021-10-25 This innovative volume demonstrates how and to what ends the writings of Xiong Shili Ma Yifu Tang Junyi and Mou Zongsan adopted and repurposed conceptual models derived from the Buddhist text Treatise on Awakening Mah y na Faith It shows which of the philosophical positions defended by these New Confucian philosophers were developed and sustained through engagement with the critical challenges advanced by scholars who attacked the Treatise It

also examines the extent to which twentieth century New Confucians were aware of their intellectual debt to the Treatise and explains how they reconciled this awareness with their Confucian identity      **Buddhist Phenomenology** Dan Lusthaus, 2014-02-04 A richly complex study of the Yogacara tradition of Buddhism divided into five parts the first on Buddhism and phenomenology the second on the four basic models of Indian Buddhist thought the third on karma meditation and epistemology the fourth on the Trimsika and its translations and finally the fifth on the Cheng Wei shih Lun and Yogacara in China      **Facets Of Buddhism** Shotaro Iida, 2012-11-12 The author presents a selection of papers written over the last twenty or so years spanning the period from early research into the then nearly unknown Madhyamika writer Bhavaviveka or Bhavya amongst Tibetan refugees in India up to the recent past where their interests have perhaps somewhat broadened to include comparative religion The author has more or less left the essays in their original form and has introduced some consistency in the citing of the names of Japanese scholars in order to aid the English speaking reader unfamiliar with Japanese      Teaching Transformations 2010 Mohammad H. Tamdgidi, Vivian Zamel, Anna D. Beckwith, 2010-03-01 The Spring 2010 VIII 1 issue of Human Architecture Journal of the Sociology of Self Knowledge includes faculty and student papers and contributions from the 2010 Annual Conference of the Center for the Improvement of Teaching at UMass Boston on topics Constructing the Innocence of the First Textual Encounter Examining a First Amendment Court Case to Teach Argument Analysis to Freshman Writers at an Art College The Absent Professor Rethinking Collaboration in Tutorial Sessions Visual Literacy for the Enhancement of Inclusive Teaching When Literature Is Evangelical Pedagogies of Passion Creating Networking Communities Beyond the Classroom Framing Cultural Diversity Courses Post U S 2008 Presidential Elections The Difference Between You and Me Faculty Identities at Play in the Classroom Toward a Non Eurocentric Social Psychology The Contribution of the Yogacara Service Learning and Authenticity Achievement Academic Achievement of Turkish and American Students The Miseducation of Ms M Culturelessness and Culture Shock An American Asian Experience From Construction to Social Work Finding Value in Helping Others My Work Utopia Pursuing A Satisfactory Work Life Amid an Alienating World and The Loss of a Culture with an Accent A Sociological Reflection on My Assimilation into the American Culture Contributors Alex Mueller Cheryl Nixon Rajini Srikanth Angelika Festa Arianne Baker Kristi Girdharry Meghan Hancock Rebecca Katz Meesh McCarthy Jesse Priest Megan Turilli Mary Ball Howkins J Ken Stuckey Apostolos Koutropoulos Marjorie Jones Suzanne M Buglione James William Coleman John W Murphy Dana Rasch Eyyup Esen Melanie Robinson Tara Cianfrocca Albert Marks Irene Hartford Dora Joseph Anna Beckwith also as journal issue guest editor Vivian Zamel also as journal issue guest editor and Mohammad H Tamdgidi also as journal editor in chief Human Architecture Journal of the Sociology of Self Knowledge is a publication of OKCIR The Omar Khayyam Center for Integrative Research in Utopia Mysticism and Science Utopistics For more information about OKCIR and other issues in its journal s Edited Collection as well as Monograph and Translation series visit OKCIR s homepage      **Realizing the Profound View**

Dalai Lama XIV Bstan-'dzin-rgya-mtsho, Dalai Lama, Thubten Chodron, 2022-12-20 This second of three volumes on emptiness presents the analysis and meditations necessary to realize emptiness by forcefully and completely negating inherent existence With attention to Candrakirti's seven point examination Nāgārjuna's five point analysis and Pīśaśtras we investigate who or what is the person and if there is an inherently existent I thereby gaining clarity on two diverse meanings of self the person and inherent existence Not finding the person under ultimate analysis and having negated inherent existence it is equally important to establish what does exist illusion like dependent arisings for it is the dependently existing person that carries the karmic seeds from one lifetime to the next And so we learn the three levels of related dependent arising as noted by Tsongkhapa as well as His Holiness's way of delineating them his spectacular explanation of how for a person who has realized emptiness emptiness dawns as the meaning of dependent arising and dependent arising dawns as the meaning of emptiness which is the culmination of the correct view according to the Prasaṅgika Mādhyamaka tradition **Mahayana**

**Buddhism** Paul Williams, 2008-07-11 Originating in India Mahayana Buddhism spread across Asia becoming the prevalent form of Buddhism in Tibet and East Asia Over the last twenty five years Western interest in Mahayana has increased considerably reflected both in the quantity of scholarly material produced and in the attraction of Westerners towards Tibetan Buddhism and Zen Paul Williams Mahayana Buddhism is widely regarded as the standard introduction to the field used internationally for teaching and research and has been translated into several European and Asian languages This new edition has been fully revised throughout in the light of the wealth of new studies and focuses on the religion's diversity and richness It includes much more material on China and Japan with appropriate reference to Nepal and for students who wish to carry their study further there is a much expanded bibliography and extensive footnotes and cross referencing Everyone studying this important tradition will find Williams book the ideal companion to their studies **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)

**Handbook of Zen, Mindfulness, and Behavioral Health** Akihiko Masuda, William T. O'Donohue, 2017-07-03 This comprehensive handbook presents a Zen account of fundamental and important dimensions of daily living It explores how Zen teachings inform a range of key topics across the field of behavioral health and discuss the many uses of meditation and mindfulness practice in therapeutic contexts especially within cognitive behavioral therapies Chapters outline key Zen constructs of self and body desire and acceptance and apply these constructs to Western frameworks of health pathology meaning making and healing An interdisciplinary panel of experts including a number of Zen masters who have achieved the designation of roshi examines intellectual tensions among Zen mindfulness and psychotherapy such as concepts of rationality modes of language and goals of well being The handbook also offers first person practitioner accounts of living Zen in everyday life and using its teachings in varied practice settings Topics featured in the Handbook include Zen practices in jails Zen koans and parables A Zen account of desire and attachment Adaptation of Zen to behavioral healthcare Zen mindfulness and their relationship to cognitive behavioral therapy The application of Zen practices and principles for survivors of trauma and violence The Handbook of Zen Mindfulness and Behavioral Health is a must have resource for researchers clinicians professionals and graduate students in clinical psychology public health cultural studies language philosophy behavioral medicine and Buddhism and religious studies

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