



## Standing as Awareness: The Direct Path

By Greg Goode



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Inspired by Sri Atmananda (Krishna Menon), the Direct Path is a “pathless path.” It simply articulates the being of you and the world as loving, open, clear awareness. If this truth is realized as your experience, then nothing need be done. The path disappears, and life is lived in sweetness and celebration! But if there are still questions or doubts, the Direct Path contains unique and powerful resources that stabilize this truth as your everyday reality. This is a revised edition of the book, expanded to add chapters on the Direct Path in addition to its selection of dialogs from a decade of “Nondual Dinner” gatherings. The first three chapters unfold the basics of the Direct Path, such as standing as awareness, being in love with awareness, and exploring awareness. Included are several experiments that help establish your everyday experience as awareness, always and already. The dialogs cover questions such as the desire for enlightenment experiences, the relationship between the brain and awareness, the question of “nondually correct” language, the belief in physical and mental objects, the idea of having a sage’s experience, and more.

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## **Standing as Awareness: The Direct Path** By Greg Goode Bibliography

- Rank: #471155 in Books
- Brand: Brand: Non-Duality Press
- Published on: 2009-09-20
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .30" w x 5.51" l, .38 pounds
- Binding: Paperback
- 128 pages

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## **Editorial Review**

### Review

“Greg is known for offering hands-on assistance with a direct inquiry that savors the reality of our experience. Dissolving belief itself, his radical approach helps you discover the nondual nature of the world, body and mind as one awareness, from bow to stern, leaving no stones unturned. This is Greg's great gift: he's as clear as a bell.”

—**Chris Hebard**, editor of StillnessSpeaks.com

### About the Author

**Greg Goode** is known for a unique combination of penetrating insight, comfort with both Eastern and Western sources, and a down-to-earth sense of humor. He is author of *Standing as Awareness, Nondualism in Western Philosophy*, and many popular articles. Goode studied psychology at California State University, and philosophy at the University of Rochester and the Universität zu Köln. He became drawn to self-inquiry initially through the work of Brand Blanshard, George Berkeley, the Chinmaya Mission, and Arsha Vidya Gurukulam. His spiritual search came to its sweet conclusion through the Direct-Path influences of Francis Lucille and Sri Atmananda. Goode is a member of the American Philosophical Practitioners Association, and serves as the technical consultant for their peer-reviewed journal *Philosophical Practice*. He resides in New York, NY.

## **Users Review**

### **From reader reviews:**

#### **Mary Gillon:**

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#### **Paula Salas:**

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