



Into the Stillness: Dialogues on Awakening Beyond Thought

Gary Weber, Richard Doyle

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At once extraordinarily wide-ranging and sharply focused, *Into the Stillness* offers several deceptively simple and informal conversations about life, existence, and identity in one book.

This is an important book. Don't be misled by the casually graceful repartee and lightness of touch. Without dogma, without heavy shoulds and should nots, authors Gary Weber and Richard Doyle point toward something eternal, framed in our twenty-first-century understanding of neuroscience, spirituality, and something that arises from, and returns to, the Stillness and the Silence.

In *Into the Stillness*, Weber and Doyle offer a practical investigation and guidance toward “the sweetest, fullest, most loving, caring, and manifesting experience that anyone could ever wish for.” Chapter headings include “Using dialogue for awakening,” “Can you ‘do nothing’ and awaken?”, “Why do we fear emptiness, silence, and stillness?”, and “Functioning without thoughts: sex, psychedelics, and non-duality.”

As a journey, this collection of dialogues is inspiring, shifting, and full of little moments of insight that will linger for a long time afterward.

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Spent a free the perfect time to be fun activity to try and do! A lot of people spent their leisure time with their family, or their own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Could possibly be reading a book might be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to try look for book, may be the reserve untitled Into the Stillness: Dialogues on Awakening Beyond Thought can be good book to read. May be it may be best activity to you.

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