



Eso es eso: Ensayos sobre la verdadera naturaleza (Spanish Edition)

Nirmala

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Eso es eso: Ensayos sobre la verdadera naturaleza es una colección de artículos y respuestas a preguntas planteadas por buscadores espirituales. Captura la esencia del cuestionamiento espiritual y provee una real transmisión de Presencia en cada página al lector. Es mucho más que una exposición de nuestra verdadera naturaleza como Unidad infinita, ofrece una exploración vivencial de quién somos en realidad, no solo a través de la transmisión de palabras, sino también a través de las múltiples preguntas que presenta. El corazón amable y la presencia acogedora de Nirmala hacen posible conocer el espacio que él tan elocuentemente describe, donde permanecen la paz, amor y alegría. Es un maestro en ayudarlo a enamorarse de la vida y de las múltiples expresiones del Ser que en realidad somos.

Eso es eso: Ensayos sobre la verdadera naturaleza (Spanish Edition) Details

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Tiffany says

It was hard for me to rate this book. It's the first thing I've ever read about mindfulness and/or true nature, so it was good in that it presented me with some perspectives I've never actually considered before, and I like that -- it's always exciting when I'm presented with a new way of looking at things, of playing with imagination and perception and a sense of being. But I think another author could have done a better job of it. It's obvious that this Nirmala character is not a writer, but a person who writes. Readability is not one of his strong points, though it seems that it will be at first. After the first few pages, though, you'll realize that the simple language and sentence structure isn't a favor to the reader, but an inability to pin down a thought in an astute manner. Add in his appallingly bad poetry (there's nothing that offends me more than bad poetry, even when I write it) and you get a book with an interesting premise that I just couldn't bring myself to like, even though I wanted to.

Pythagorean says

Nice set of pointers organized into short chapters that lent itself well to 'last thing before bed' reading. I downloaded this free for the Nook.

Debbi Stokes says

Very thought provoking and interesting

I enjoyed this book very much. It refreshed my knowledge but also made me think deeper about the topics. I learnt a lot. Great book. Highly recommend it.

Janelle Hanchett says

amazing.

Marti says

A bit repetitive and I found my thoughts frequently straying away from the book. I did enjoy the brief chapter on meditation.

Aman Raj says

Awakening Experience

The book, every word of it, tells you very lucidly about the essence of true nature. Makes you aware of the joke you have been seeking ever since.

Gina Lake says

Great collection of writings from Nirmala's website and blog at endless-satsang.com. An easy way to sample his teachings. Nirmala does a beautiful job leading us through an exploration of our true nature by raising questions and then exploring with us the nature of Self and Reality as well as the nature of the false self, or ego. This book will help you become happier and more at peace with life as it is, and it will help you move beyond the suffering and struggle caused by living too much in a mental world. I highly recommend it for anyone who is serious about becoming a lover of life and free of the pain caused by how we are programmed to think about ourselves and life.

Rajiv says

I loved the teachings in this book even though I have read a lot about power of presence, Nirmala have resumed and put things more easily. The questions of seekers are same as mine, so it was interesting to read those answers. It's worth reading for spiritual seekers.

Kimberly says

I found this book randomly. Read it. And now I'm free.

Dwight Zavitz says

NIRMALA'S BOOKS A TREASURE TROVE OF ADVAITA WISDOM

I came to Nirmala's books as a lifelong mystic and spiritual explorer who served as an ordained minister for 22 years. The mystics of the East and the West have inspired me for decades. After reading the Upanishads, the Bhagavad Gita, Shankara, many Buddhist teachers, and the Yoga Vasistha, I wanted to explore the Advaita tradition in more depth. I stumbled onto Nirmala's books after an on-line search. I only planned to read his book Nothing Personal: Seeing Beyond the Illusion of a Personal Self as a way of answering some questions about the Buddhist concept of No-Self. But after reading this book I was so delighted with what I found in its pages that I went on to read three more of his books, Meeting the Mystery: Exploring the Aware Presence at the Heart of All life; Living from the Heart; and That is That: Essays About True Nature.

What Nirmala (AKA Daniel Erway of Sedona, Arizona) does in these books is nothing short of remarkable. T.S. Eliot once wrote that the job of the poet is to make the most difficult truths of philosophy and religion as immanent as the fragrance of a rose. Nirmala has taken some of the most difficult truths of Eastern religion and philosophy, distilled them, and expressed them in clear, concise form. What might be called the metaphysics and ethics of Advaita non-dual thought have been clearly and simply expressed in Nirmala's books in ways that make them applicable to everyday life.

As he does this, Nirmala injects wry humor and amusing examples with which we can easily identify. He also shares a few snapshots of his own life and struggles, which bring these ideas to life for us. His approach is wonderfully refreshing especially after wading through the hundreds of repetitious pages of the Yoga Vasistha!

In addition to restating clearly the main ideas of Advaita non-dual thought, Nirmala adds many practical suggestions for applying these ideas to our lives. I found Nirmala's books treasure troves of wonderful insights and suggestions. Following are a few of his ideas that I found most helpful:

1. The real me is not this body or my ego but Awareness. This basic conscious awareness was never born and will never die. Knowing this gives one a cosmic perspective on everyday problems. When you know that you are Awareness you don't need to be a seeker anymore. You know that you already are what you wished to become. So just Be! (Here he echoes one of his sources Ramana Maharshi.)
2. When everyday problems besiege us it is wise to give them space and blast off from them up into the cosmic Awareness that we really are.
3. Wisdom and Truth expand the heart and quiet the mind. We can actually feel our hearts expand in the presence of truth and contract in the presence of lesser truth. If we put our hands over our heart and open our heart we can actually feel the flow of Being. This provides a powerful guide for living.
4. Judgment cuts us off from the flow of being as we close our hearts to what is. Accepting what is rather than engaging in denial or attack leads to insight and growth.
5. We learn and grow from all of our choices in life, both the bad ones and the good ones. Being just enjoys watching us explore and learn -- so you might say it's all good.
6. Everything is alive and aware, even a stone. It's all the dream of the one primal Awareness Being that we all are at different levels of awareness.
7. Hold all ideas lightly knowing that change is the norm.
8. Surrender to what is and explore it knowing that desire for what is not is what brings about suffering. Be grateful for whatever is, knowing that in the cosmic perspective all is well.
9. Be aware that Being is always working for our highest good, but also knowing that it gives us the freedom to choose lesser goods until we learn (the hard way!) to flow with the highest will of Being. The Wise man or woman aligns his or her will with the highest good of Being.

Well, I could go on and on listing the powerful insights in these books. But one last observation about Nirmala's work -- something I found most refreshing. He's humble about this work. He does not claim to be the divine revealer and he does not want us to accept him as our savior or guru -- or write him a check! He shares his ideas, but tells us to find our own way to our own truth. The only truth he seems to find non-negotiable is the Advaita truth that there is only the One Thing and we are all It. I am not exaggerating when I say that Nirmala's books have been enlightening and life changing for me. I hope they find wide readership. This is the kind of thought that our fragmented world needs desperately at this point in history.

Gratefully, Dwight L Zavitz, Jr.

Karuna says

Complete clarity transmitted through these pages. Highly recommend this heart opening book for anyone truly desiring awakening.
