# SELF OBSERVATION

the awakening of conscience be an owner's manual





# **Self Observation Red Hawk**

**Red Hawk** 

#### **Self Observation Red Hawk:**

Self Observation Red Hawl, 2012-07-23 This book is an in depth examination of the much needed process of self study known as self observation We live in an age where the attention function in the brain has been badly damaged by TV and computers up to 90 percent of the public under age 35 suffers from attention deficit disorder This book offers the most direct non pharmaceutical means of healing attention dysfunction. The methods presented here are capable of restoring attention to a fully functional and powerful tool for success in life and relationships. This is also an age when humanity has lost its connection with conscience When humanity has poisoned the Earth's atmosphere water air and soil when cancer is in epidemic proportions and is mainly an environmental illness the author asks What is the root cause And he boldly answers Failure to develop conscience Selfobservation he asserts is the most ancient scientific and proven means to develop this crucial inner guide to awakening and a moral life This book is for the lay reader both the beginner and the advanced student of self observation No other book on the market examines this practice in such detail There are hundreds of books on self help and meditation but almost none on self study via self observation and none with the depth of analysis wealth of explication and richness of experience which this book offers Red Hawk author of 5 collections of poetry was the Hodder Fellow at Princeton University 1992 93 and is currently a full professor at the University of Arkansas Monticello He has practiced self observation for over 30 years under the guidance of the Gurdjieff Society of Arkansas meditation master Osho Rajneesh and spiritual teacher Lee Lozowick Self Observation: The Awakening of Conscience Red Hawk, 2009 Presents an in depth examination of the much needed process of self study known as self observation This book offers direct non pharmaceutical means of healing attention dysfunction It is suitable for the lay reader both the beginner and the advanced student of self observation **Self Remembering** Red Hawk, 2015-05-11 With hundreds of books on the market today urging readers to develop mindfulness pointing to the condition of awakening that most religious philosophical traditions aim toward this new addition by Red Hawk stands head and shoulders above the crowd It offers detailed practical guidelines that allow one to know with certainty not from imagination theory thought or lying when one is Present and Awake it details the objective feedback mechanisms available to everyone for attaining this certainty Am I awake now How do I know Sincere readers will find that help in answering these two questions is invaluable and life changing Written from the perspective of a practitioner of more than thirty years one who has studied the significant work of his predecessors received instruction from two spiritual masters Osho Rajneesh and Mister Lee Lozowick and trained rigorously within daily life This book is the first detailed examination of the Practice of Presence called self remembering in the Gurdjieff tradition The author's aim is to give general guidelines in this practice discuss its implications and then offer specific instruction Self Remembering The Path to Non Judgmental Love is meant to be a companion piece volume ii to the author's previous book Self Observation The Awakening of Conscience which is fast becoming a classic Taken together they present the most

detailed examination of the practice available in English He clearly points out that self remembering is only one half of a foundational spiritual practice called self observation self remembering Where other authors teachers have gone wrong in the past is to take only one half of this practice and consider it the whole entire unto itself Mister Gurdjieff's student A R Orage 1873 1934 made this mistake with self observation contemporary teacher Robert Burton made a similar error with his book also titled Self Remembering While P D Ouspensky speaks of the practice of self remembering in his seminal book In Search of the Miraculous and Rodney Collin in The Theory of Celestial Influence there has not been a book length study on self remembering that examines the practice from the many angles that Red Hawk's does His chapters cover such diverse yet integrated topics as The Removal of Self Importance Kaya Sadhana or the wisdom of the body and Separation Grief i e addressing the terror of our current situation without denial or dramatics **Zelfobservatie** Red Hawk, 2017-02-14 Kijk volledig eerlijk naar jezelf met Red Hawks Zelfobservatie Begin bij je lichaam kom uit je hoofd en krijg toegang tot je lichaam jouw eerlijke raadgever Eeuwenlang wordt Ken uzelf al onderwezen als een belangrijk spiritueel principe Hierin staat de dualiteit tussen lichaam en geest vaak centraal Zelfobservatie zo dacht men altijd is alleen kijken naar de geest Red Hawk leert dat zelfobservatie juist bij het lichaam begint Door uit je hoofd te komen krijg je toegang tot je lichaam als jouw eerlijke raadgever Red Hawk laat je zelf ervaren hoe het observeren in zijn werk gaat Aan de hand van zijn basisprincipes kun je je zelfobservatie ontwikkelen tot een kostbaar instrument waardoor je dichter bij je authentieke zelf kunt komen en blijvende veranderingen in je leven teweeg kunt brengen Door eerlijk en zonder oordeel naar binnen te kijken en je gedachten en gevoelens met heel je lijf te beleven kun je gewoontes en patronen in jezelf herkennen en wat niet meer bij je past loslaten De energie die je dan vrijmaakt kun je geven aan onverdeelde aandacht voor het moment focus en zelf bewustzijn Je wordt een evenwichtiger en ontspannener mens je toon wordt gematigder en je gedachten en emoties kalmer **MOTHER GURU** Red Hawk, 2014-08-20 Mother Guru is a collection of refined devotional poetry in the tradition of Hafiz and Rumi whose poems of love continue to inspire millions throughout the world The fact that this poetry appears in contemporary dress is more gracious still The author Red Hawk is a widely published and awardwinning poet professor of English at the University of Arkansas at Monticello He is also an unabashed disciple of a great contemporary Master Mister Lee Lozowick 1943 2010 and one who is willing to bare that discipleship in poetry written as prayer expressly for and with his guru in mind and heart In this sense Mother Guru is a daring book and courageous as the author overlooks scholarly reputation trusting rather in the love that infuses what he writes He also risks the opprobrium of those who limit the expression of the spiritual to sweet words and lofty sentiments These are poems of a truly broken heart pleading poems begging poems prayers and curses bawdy ironic hilarious tough minded sometimes angry often just broken Few books of poetry today attempt to traverse this razor's edge fewer still can do so with respect dignity and passion Mother Guru is a guidebook to such a challenge and offers inspiration and a call to profound honesty to the sincere seeker of any mystical tradition **Stepping Outside the Secrets** 

**RETURN TO THE MOTHER ~ A Lover's Handbook** Red Hawk, 2017-08-28 For centuries the Tao Te Ching the book of ancient wisdom by Lao Tsu has offered insight inspiration and consolation to millions of readers Although numberless translations and commentaries exist around the world Return to the Mother A Lover's Handbook is a groundbreaking effort and a unique contribution to the canon of American poetry In this volume internationally known poet Red Hawk offers poetic reflections on these much loved ancient sutras This collection of 94 contemporary poems each 16 lines brings this perennial wisdom into the 21st century and adds the flavor and fragrance of Zen and Gurdjieff's dharma teachings in a spare poetic marriage with Lao Tsu Each poem invites the reader to bring this wisdom to his or her daily practice of self observation and self remembering The poet begs for a return to the true Self which he symbolizes as the place of the Mother within Our Mother has no words She is Silence She is the present herenow To be here now in this body is to return to Our Mother This volume is a companion and completion to the author s two previous volumes Self Observation The Awakening of Conscience An Owner's Manual and Self Remembering The Path to Non Judgmental Love A Practitioner's Manual RECOMMENDED FOR READERS OF THE AUTHOR S PREVIOUS BOOKS STUDENTS OF ANY SPIRITUAL OR WORK ON SELF PRACTICE SCHOLARS POETS UNIVERSITY LIBRARIES AND LOVERS OF POETRY Saved From Enlightenment Tarini Bauliya, 2015-10-05 A memoir of one woman's life viewed through the lens of her relationship with her spiritual teacher of over 20 years Her candid touching humorous stories are told in a voice that is authentic wry irreverent yet always colored with the note of longing for God that characterized her quest for something real from earliest childhood As she elaborates on various stepping stones and stumbling blocks encountered on her journey including the birth of her son several failed relationships and her wild and highly successful ride as a national sales executive her stories uniquely parallel the steps of any traditional spiritual path aimed at human transformation They also help to dispel the myths and expose the assumptions about enlightenment and other fantasy solutions to the hard work of simply being human that are so common on the Path She does this by shedding an honest heartfelt light on the real gifts graces of her soul s journey a teaching of profound wisdom a community of other dedicated devotees and a guru who would not let her settle for less than her own intrinsic goodness The author received this spiritual name from her guru the American Baul master Lee Lozowick at her own request A few years into her 20 year apprenticeship with him she was ready to make a serious break with her past and to enter into a relationship of dedicated spiritual practice and service Her request for a new name it translates loosely as Mad Wind Friend was symbolic of that transformational leap of faith In his company she candidly admits she found an access point toward fulfillment of her hunger for God Lee Lozowick 1943 2010 was an iconoclast and founder of the Western Baul path He was the lyricist and lead singer in a rock band and a blues band and led his troupe all over the States Europe India sharing his work rock music in street festivals and concert halls for over 20 years When Tarini stumbled into his company his effect on her life was both confronting transformational In the end she reports she was saved from enlightenment among other

invaluable treasures by the grace of God and skillful means of a worthy teacher Other seekers on any spiritual path will find here a story that can leave a smile a question and a small wound on a tender heart Her words will rekindle the longing that so many feel for a connection to their own deepest truth **Inviting a Monkey to Tea** Nancy Colier, 2015-03-15 To invite a monkey to tea is to be riend our own mind which is often compared to a drunken monkey for all its mad twists and turns A wild monkey is full of irrepressible desires and thus chases its own tail in its search for happiness This book is about learning to welcome the mind as ally without fear or resistance thus relaxing that frantic search and resting in the joy of who we already are As a psychotherapist author Nancy Colier has accompanied hundreds of people in their search for happiness for nearly two decades She has watched her clients try everything under the sun to be and stay happy Witnessing and participating in this process she has become an expert in happiness or more specifically in the monkey mind s search and demand for it and the unhappiness that all the striving ultimately creates Along the way the author has come to understand the workings of the mind both from her clients and by her own diligent practice of meditation and self observation This book distills the wisdom and experience of her dedicated work and offers readers a roadmap of the territory of mind plus a toolbox of practical means for identifying and working gently with the unrealistic expectations that keep us from the enjoyment of who we are Inviting a Monkey to Tea explains how to Identify addictive and dead end approaches to happiness Build a new relationship to self caretaking putting aside the tyranny of blame fear neglect and perfectionism Befriend the mind with gentleness and compassion Enter and stay rooted in the present moment Live with genuine wellbeing and lasting contentment This book takes the wisdom of Eastern philosophy and presents it in a way that people can feel safe to approach understand and ultimately apply within their lives The book is a handshake between self help and dharma spiritual teaching The author walks the reader step by step through the process of spiritual change toward and into a new identity free from dependency on the idea of happiness as savior Reading this book will generate its own profound metamorphosis Readers will be softened as they learn of others like themselves who have moved into this domain of self acceptance Nancy Colier is a brilliant guide who clearly marks this trail with her own presence kindness and compassion At this tea party the reader can relax renew intention self examine and choose a new road to lifelong contentment Nancy Colier reconsiders happiness in a way that dispels our illusions about it bringing the joy we seek ever closer to us Written from the perspective of someone who has walked the roads she takes us down MARIANA CAPLAN author Eyes Wide Open Cultivating Discernment on the Spiritual Path An outstanding guidebook for journeying beyond futile and superficial searches for happiness to cultivating deep and abiding sources of well being and grounded presence DIANE BERKE Founder Spiritual Director One Spirit Learning Alliance One Spirit Interfaith Seminary An engaging and readable guide to the process of befriending ourselves discovering our intrinsic well being and beyond that grounding in open wakeful presence free from the grip of thought and emotion The book s straightforward unpretentious style makes this journey accessible to everyone Highly recommended JOHN WELWOOD

author Toward a Psychology of Awakening Conscious Feelings Clinton Callahan, 2022-10-01 This book comprehensively details the path of feeling Once one has a long drink of the experience of feeling that Callahan writes about it will be difficult to guench one s thirst for it with less Timothy S Bennett writer artist and filmmaker An owner s manual for Sane Human Being Pretty soon you ll reclaim who you have always been who you came here to be deep and authentic feeling conscious life and a chance to play a part in the healing of our collective nightmare Malidoma Patrice Som PhD author healer African Shaman For modern seekers responding to the call for initiation into relationship here is an open invitation As with all true rites of passage there is no promise of safety along the way and the potential for transformation is boundless Sally Erickson artist psychotherapist community organizer and film producer This book is about feelings and the ways that we as individuals and as a culture have numbed ourselves against them It is about unleashing the possibility of using your conscious feelings to re shape your life around what really matters to you Conscious Feelings introduces readers to the concept of the personal numbness bar a measure set high by modern culture as a way of keeping everything cool under control and consequently out of touch This book provides the insight and the means for lowering that numbness bar You can feel more wisely and effectively the author asserts You can regain the intelligence and energy of your feelings so long denied and dressed up to appear acceptable Being cool Callahan states allows you to look the other way about schooling prescription drugs corporate wrongdoing corruption pollution injustice your life purpose your love life and your job and to accept the generic malaise that characterizes so many ordinary relationships The central framework of the book is built with the Ten Distinctions for Consciously Feeling including Learning the potent difference between thoughts and feelings Sorting out feelings based in the present from emotions based in the past on cultural or religious beliefs Experiencing how feelings are absolutely neutral energy and information neither good nor bad neither positive nor negative yet extremely useful in your adult life Each chapter is enriched with THOUGHTMAPS clear diagrams of ways you presently think and ways you could possibly think supported by an abundance of practical experiments t

Unveiling the Energy of Verbal Art: An Mental Sojourn through Self Observation Red Hawk

In some sort of inundated with monitors and the cacophony of fast interaction, the profound power and psychological resonance of verbal artistry often fade in to obscurity, eclipsed by the regular assault of noise and distractions. Yet, situated within the lyrical pages of **Self Observation Red Hawk**, a fascinating function of literary elegance that pulses with natural thoughts, lies an unforgettable journey waiting to be embarked upon. Written by a virtuoso wordsmith, this enchanting opus instructions viewers on a psychological odyssey, gently revealing the latent potential and profound impact stuck within the complex web of language. Within the heart-wrenching expanse of this evocative examination, we can embark upon an introspective exploration of the book is key styles, dissect its fascinating writing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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