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Self-observation, he asserts, is the most ancient, scientific, and proven means to

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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.

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Self Observation: The Awakening of  
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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

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public under age 35 suffers from...

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Today, we are going to talk about the  
power of self-observation as it relates to  
awakening. Developing the Observer,  
also known as the Witness, is  
fundamental on the journey to



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awakening. Because I talked about Witness before (see Week 3), I will stick to this term. What is the Witness? The Witness is pure presence in the here and now.

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Self-observation is the most ancient,

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scientific, and proven means to develop this crucial inner guide to awakening and a moral life. This book is for the lay-reader. 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

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Self Observation: The Awakening of  
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I discovered this book, "Self Observation-  
The Awakening Of Conscience-An  
Owners Manual" AFTER I had wrestled  
my way through Maurice Nicolls,  
"Commentaries". Mr Nicolls books are  
"Work Classics", and I love them, but

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THIS book really put "The Work" in layman's terms for me, and for that, I can't thank Red Hawk enough!

Self Observation The Awakening Of Self-observation, he asserts, is the most ancient, scientific, and proven means to develop this crucial inner guide to

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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.

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Self Observation: The Awakening of Conscience 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.

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Awakening of Conscience: An ...

(1) In many spiritual traditions, especially the Gurdjieff Work, self-observation is the foundation of the practical work of inner transformation and development. “For insight to develop into the working of our body, mind and emotions a spirit of observation and deep questioning must

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be kept in the forefront.

Self-Observation | Gurdjieff | Self-  
Sensing | Breathing ...

Self-observation, 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



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the advanced student of self  
observation.

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We will look at it as self-observation, in  
the sense of directing a ray of attention  
within me, to my inner functions. We will

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draw from the Genesis story of Creation,  
specifically, the Creation ...

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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.

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Self-Observation & Levels of Sensation.

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Though Gurdjieff's method of self-observation is a powerful tool of self-study, learning to open ourselves to ourselves in this way takes far more than the application of exercises and techniques. It also takes great knowledge, sincerity, and sensitivity.

Importance of Self-Observation - LIGHT:

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Self-observation, 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.

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Week 5 ~ Self-observation and  
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