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Essence Revisited: Slipping Past the Shadows of Illusion

Darryl Bailey

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Essence Revisited: Slipping Past the Shadows of Illusion Darryl Bailey
Statements such as "there is no self," or "there is only God" are very simple descriptions of ordinary, everyday existence. All that's necessary for understanding them is a clear acknowledgement of your own life experience. Few people ever admit how life actually presents itself. This book points to your most basic experience of existence and asks you to consider what it reveals. Be prepared for surprises. Spontaneously drawn to meditation at age fourteen, Darryl spent the next seventeen years exploring awareness and concentration practices from Eastern and Western traditions. He went on to connect with Jiddu Krishnamurti and Robert Adams, as well as spending nine years apprenticed to mindfulness teacher Ruth Denison and another six years as a Buddhist meditation monk in the Thai forest tradition, under the guidance of Ajahn Sumedho. With these last two he was asked to begin teaching. He is the author of several books including *Dismantling the Fantasy*, also published by Non-Duality Press.

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