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About the Author

Richard Lang is an enlightened mystic and teacher of spirituality. In 1970, searching for enlightenment, he attended a workshop with Douglas Harding, and under his guidance was astonished to discover that he actually saw his true Self - boundless, timeless and one with the world. He was so impressed with the effectiveness of Harding's experiments that he became involved in the work of giving workshops and teaching these methods to a wide audience

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SEEING WHO YOU REALLY ARE BY RICHARD LISTER LANG PDF

This is a course of nine lessons in the Art of Seeing- in discovering the priceless treasure of Who you really are. This is a practical book. The author uses experiments which demonstrate just how simple it is to look directly into the heart of yourself.

- Sales Rank: #17206587 in Books
- Published on: 2010-12-01
- Original language: English
- Number of items: 1
- Dimensions: 8.46" h x .31" w x 5.87" l, .0 pounds
- Binding: Hardcover
- 90 pages

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".. was blind, but now I see..."

By Sprezzatura

Nothing happened after reading this book. Nothing happened after doing the experiments presented when I read the instructions and did them. Then I went to bed. Out of the blue I tried the the "Touching Your No-Head" experiment lying in bed with only the little ambient light in the room. I touched my head and felt only sensations in the center of nothing and this nothing was me... I wanted to laugh, but muffled my laughter to not wake my wife. There it was, or more precisely there it wasn't, what I have been looking for - for so long. I know nothing will be the same and there's no one to consult, it was and is as clear as day. Your mileage may vary, not all paths resonate with everyone. In fact, this is not the first time I came across this set of pointers, but before there was no effect. By "accident" I tried again, and what a difference it's made. Worth investigating, experimenting and even if it does not have an effect, worth coming back to later.

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Seeing who you really are

By Pen Name

Richard encompasses all that's needed in conveying Douglas Harding's work. It can't really get any simpler in pointing to who we really are. All the tools provided allow one to explore and discover the truth In it all for themselves to see firsthand.

2 of 2 people found the following review helpful.

Five Stars

By eric mccarty

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