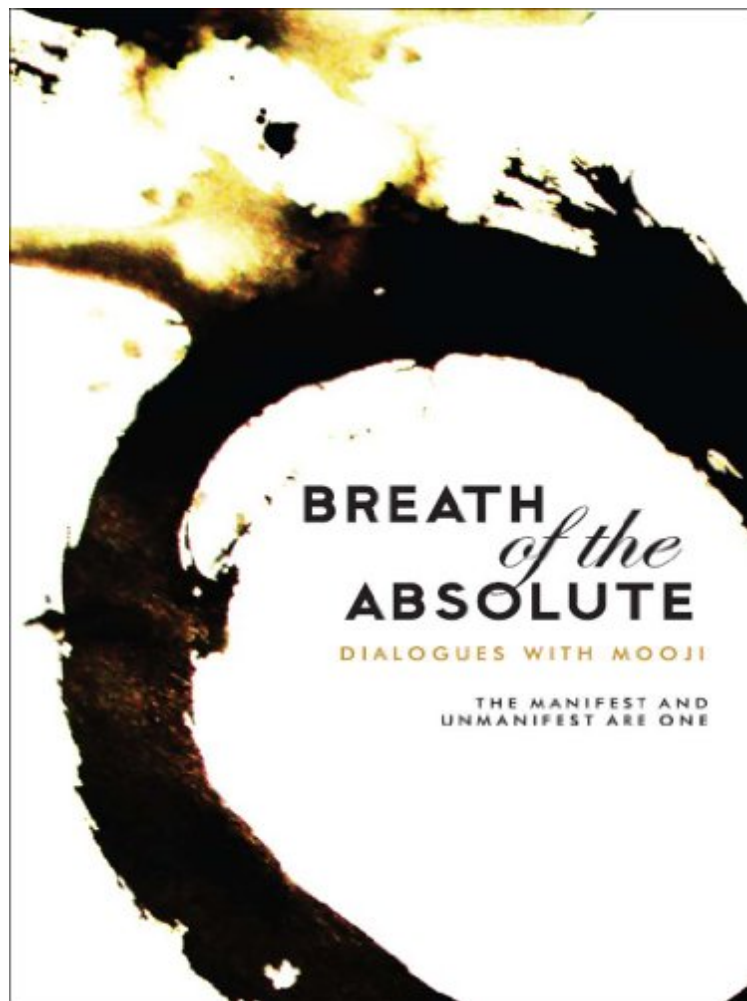


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## Breath of the Absolute - Dialogues with Mooji: The Manifest and Unmanifest are One (English Edition)

Von Mooji

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KurzbeschreibungBreath of the Absolute is a collection of dialogues between Mooji and sincere seekers of Truth that

took place in the winters of recent years at Arunachala, the sacred hill near the South Indian town of Tiruvannamalai. The subject of any of Mooji's talks, and so this book is no exception, is your own Self. Like a warm-hearted, loving parent he uses words like a bar of soap to rub off false beliefs and assumptions that have kept us imprisoned in a world of our own making. Before we take Mooji at his word and investigate what we believe we know, we may not have even realised that we are the creators of our own suffering. This is not to say that the search for Truth has any goal other than Its own recognition. Mooji points out the following: We exist; each and every one of us already knows this as a fact. But what is new and fresh is his invitation that we entertain this poignant question: As what do we exist? Even when this question has started to excite us, our proclivity to listen to and believe in mind keeps us still thinking that it is up to us to create and achieve our Self. Who we are in Truth requires nothing to be revealed to us except our willingness to look and to question the familiar suggestions of mind. The discovery is immediate, and no prior knowledge of any kind is needed. In fact, it is due to acquired knowledge and our belief in it that this simple Truth of our existence appears to us as obscured and inaccessible. Mooji discourages you from reading this book as if it were a textbook for study. He does not trust learning as a means for you to realise the Truth. The focus of his words of wisdom you find printed in these pages is entirely on arousing in you the determination to carry out and follow through with the investigation that is suggested. Hence, this publication is not to be read from cover to cover or even in sequential order. Go to any chapter that attracts you and read it paragraph by paragraph. Don't abide by convention that would have you read through an entire chapter all at once. The main purpose is for you to contemplate in your own heart what is being shared with you, without turning any of it into homework. This approach is supported by the brevity of the chapters that are also self-contained and arranged without any particular order. Thus, the presentation of the material does not assume any progression.

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