



The Simple Feeling of Being: Embracing Your True Nature

Ken Wilber

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"As you look deeply into your own awareness, and relax the self-contraction, and dissolve into the empty ground of your own primordial experience, the simple feeling of Being—right now, right here—is it not obvious all at once? Were you not present from the start? Did you not have a hand to play in all that was to follow? Did not the dream itself begin when you got bored with being God? Was it not fun to get lost in the productions of your own wondrous imagination, and pretend it all was other? Did you not write this book, and countless others like it, simply to remind you who you are?"

—Ken Wilber

The author of nineteen books of philosophy and psychology, Ken Wilber is a pioneering thinker who has developed an integral "theory of everything" that embraces the truths of both Eastern spirituality and Western science. Yet while he is best known for his scholarly research into the world's contemplative traditions, Wilber is also an accomplished spiritual practitioner and mystic in his own right. In order to highlight the personal wisdom of this popular author, the editors of *The Simple Feeling of Being* have assembled a collection of inspirational, mystical, and instructional passages drawn from his publications. These heartfelt writings, born of Ken's own meditation practice and inner experiences, include:

- Poetic passages of contemplative insights and reflections
- Inspired descriptions of Spirit, Nondual Awareness, the Witness, One Taste, and other topics
- Commentary on the spiritual contributions of figures such as Ralph Waldo Emerson, Saint Teresa of Ávila, Meister Eckhart, and Ramana Maharshi
- Anecdotes of personal experience and glimpses into Wilber's inner world
- Practical spiritual instructions and guided meditations

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