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## Anthony de mello awareness pdf download windows 10 64-windows 10 64 bit

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They're not coming from love, they're coming from negative feelings. You're not controlled by it; you're not enslaved by it. That would set at rest so many questions people have because we're always living under the illusion that we know. Wakefulness, happiness—call it what you wish—is the state of nondelusion, where you see things not as you are
but as they are, insofar as this is possible for a human being. They never told you this. You can lean on no one.""When you go through life with preferences but don't let your happiness depend on any one of them, then you're awake. You'd rather do something? That's the difference.""If you could grasp this, you'd hit upon the secret of awakening.
That's the terrible thing about religion. But what does it mean to understand? What is said is what matters. Because if you desire to change what is into what you think should be, you no longer understand? What is said is what matters. Because if you desire to change what is into what you think should be, you no longer understand? What is said is what matters. Because if you desire to change what is into what you think should be, you no longer understand? What is said is what matters.
 with no comment, no judgment, no attitude, no interference, no attempt to change, only to understand. But life has no meaning; it cannot have meaning is a formula; meaning is a
leading to a clearer perception of reality, if God isn't leading to life, of what use is religion except to create more division, more fanaticism, more antagonism? A member of the Jesuit province of Bombay, he was widely known in English- and Spanish-speaking countries for his retreats, workshops, seminars on prayer, and therapy courses—work which
he was involved in for over eighteen years around the world. You are never in love with anyone. That makes very good sense to me, because the enlightened person can do no wrong. Problems exist only in the human mind. It took me years to get over it.' That's what spirituality is all about, you know: unlearning. Fair warning: This book is not for the
close-minded or faint-hearted. The first test of whether you've been brainwashed and have introjected convictions and beliefs occurs the moment they're attacked. This thing that we choose to call reality, whatever is beyond words and concepts. Through understanding. Talk about a mechanical life that was stamped into you." "There have been some
interesting studies in brainwashing. Not belief, but faith. To know God as unknown. In reality, you don't really think of 'I' and 'me.'" "When we talk about self-worth, are we not talking, really, about how we are reflected in the mirrors of other people's minds? You're putting on a great act. One observes it, one watches it. Then you will love them. How
do we get to this awareness? The moment you pick up a technique, you're programmed again. Well, I've got news for you. He's cut all those strings; he's not a puppet any longer. It means that you do not personalize what is happening to you. 'If the eye is unobstructed, it results in sight; if the ear is unobstructed, the result is hearing; if the nose is
 unobstructed, the result is a sense of smell; if the mouth is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of smell; if the mouth is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of smell; if the mouth is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mouth is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a sense of taste; if the mind is unobstructed, the result is a
 matter of weeks. That's what causes the depression. The fact is that no matter what labels you think of (except perhaps human being) you should apply them to 'me.' 'I' is none of these things. They don't have anything to do with truth. Our conditioning? You would be happy forever. But how do you achieve that? And to give it the response it
deserves.""An attachment destroys your capacity to love. Go on, put out more effort, more and more effort. You become aware of the programming. Can I know what 'I' is? It means to watch everything in you and around you as far as possible and watch it as if it were happening to someone else. I'm a psychologist myself, and I practice psychotherapy
and I have this great conflict within me when I have to choose sometimes between psychology and spirituality." "Psychology and spirituality (as we generally understand it) transfer the bomb from your lap to under your seat. I was just doing my dance. The person who is asleep always thinks he'll feel better if somebody else changes. Father Arrupe
gave him a lovely reply. You don't change. That's what the world is suffering from, not from a lack of religion. You are disidentifying from 'me.'"Sc
 that's what we have been talking about. Awareness releases reality to change you." "But what does self-change entail? The only tragedy there is in the world is unwakefulness and unawareness. These are just analogies, images, so you cannot take them literally. You must be willing to enter De Mello's teachings with an open mind. There is so much
filtering going on that sometimes you won't see things that are there." "Somebody brainwashed me into thinking I need his or her love. In fact, Thomas Aquinas (he's not only a theologian but also a great philosopher) says repeatedly, 'All the efforts of the human mind cannot exhaust the essence of a single fly." "In the prologue of his Summa
Theologica, which was the summary of all his theology, he (Thomas Aquinas) says, 'About God, we cannot say what He is but rather what He is but rather what He is but rather what He is not. Real change will come when it is brought about, not by your ego, but by reality. Through awareness. Suffering points out that there is falsehood somewhere. Though everything is a mess, all is well
Spirituality. They come from projecting outside of us the conflict that is inside. But don't suppress desire, understand it. That's why you're in the mess that you're in right now. We want other things. You have somehow said to yourself, 'The well-being of 'I,' almost the existence of 'I,' is tied up with this desire.' All suffering is caused by my identifying
myself with something, whether that something is within me or outside of me. "The important thing is not to know who 'I' is or what 'I' is. Suffering occurs when you clash with reality. There's something seriously wrong with you. You're ready to die for an idea that never was yours." "It's not easy to listen, especially when you get emotional about an
idea. Loneliness is not cured by human company. Externally, everything will go on as before, but though you will no longer be of it." (Note: Reminds me of the Zen Koan, "Before enlightenment; chop wood, carry water. It keeps moving, it keeps changing. It's always going to be that way until we solve the problem
called 'you.'""When I speak to Hindus, I tell them, 'Your priests are not going to be happy to hear this' (notice how prudent I am this morning), 'but God would be much happiness. To drop illusions, to see things, to see reality.
Sleeping people read the scriptures and crucify the Messiah on the basis of them. Oh, I'm so thrilled, I've got it!' But how long does that last? That's where life finally becomes meaningful. After a while, it doesn't matter; one is aware, because one lives. You're only in love with your prejudiced and hopeful idea of that person. The more you do, the
 worse it gets. We don't want to look. But we keep looking back, don't we? It helped you, that's wonderful. First, insight. Suffering is a sign that you're out of touch with the truth. Can the poor psychologist do? The highest knowledge of God is to
 know God as unknowable. When you see a stone as a stone and a scrap of paper as a scrap of paper as a scrap of paper, you don't think that the stone is a precious diamond anymore and you don't think that the stone is a precious diamond anymore and you don't think that the stone is a check for a billion dollars. That's part of asceticism, not awareness. Francis Stroud, S.J. "Enjoy the book. You've got to take it yourself. You
don't possess these things; you surrender to them." "I was saying that we don't want to be happy. Call it awareness, call it love, call it spirituality or freedom or awakening or whatever. He said, 'A system is about as good or as bad as the people who use it.' People with golden hearts would make capitalism or communism or socialism work
beautifully." Brainwashing, Conditioning, & Programming "Who's living in you? That's what brings happiness, a moment-by-moment contact with reality. Can the eye see itself? You no longer desire to impress anyone. Your beliefs give you a lot of security, but faith is insecurity. The other book? She's got to change.' No! The world's all right. That's
useless. You're still asleep. Get in touch with things, look at them. This will help you imagine he is saying all the words you'll read in this summary. The concept is not the same as the reality. How easy it is to love everyone when you don't identify with what they imagine you are or they are. When you wake up, you will know what to do or what not to
do." "The scriptures are always hinting of that, but you'll never understand a word of what the scriptures are saying until you wake up. If you wish to love, you must learn to see again. The greatest evil is sleeping people, ignorant people." "The only tragedy there is in the world is ignorance; all evil comes from that. The reason: They're brainwashed.
That's not happiness, that's addiction. ""A nice definition of an awakened person who no longer marches to the drums of society, a person who dances to the tune of the music that springs up from
within." To Know God & the Unknowable "This is what is ultimate in our human knowledge of God, to know that we do not know. But there's always that conflict inside; there's always that conflict in
substitute one cruelty for another, one injustice for another. J. They tell us that millions of cells in our body are changed or are renewed every minute, so that by the end of seven years we don't have a single living cell in our body that was there seven years before. If you could get one second's experience of that, you'd be breaking through your prison
and getting a glimpse of the sky. No person on earth has the power to make you unhappy. You do not change if you merely change your exterior world. This is quite unlike what most people are accustomed to thinking." "Here's a lovely one: It's from an Oriental sage, though I don't remember which one. What are you renouncing? Grief is a sign that I
made my happiness depend on this thing or person, at least to some extent." True Happiness & Love "Do you want to be happy? We don't want to see with a vision that is clear and unclouded by fear or desire. It will require you to lay down your identifications, labels, and
attachments—and be willing to have them shattered in front of you. But we are filtering things out constantly. You're ready to listen.""It is said widely in the East, 'Those who know, do not say; those who say, do not know.' It cannot be said; only the opposite can be said. They taught me
everything else. I will prescribe a medicine for your neighbor!' The patient replies, 'Thank you very much, Doctor, that makes me feel much better.' Isn't that absurd? But as you begin to move ahead on this path, you'll discover them for yourself." Truth & Reality "No theory adequately covers reality. We might add: in the stupid, sleeping human mind
It's like when you throw black paint in the air; the air remains uncontaminated. You want the good feeling that you've made it. Are you with? Someday, maybe, you will even fly.""I am delighted!' You certainly are not delighted! You certainly are not delighted. Even your self-sacrifice gives
you a good feeling, doesn't it? You are the problem. You don't know. I cannot describe the truth. Religion is supposed to be about a lack of awareness, of waking up." "If you think that unless you get God you're not going to be happy, then this 'God' you're thinking of has nothing to do with the real God. They see it; they're different. You might or might
not. What we're really searching for is the thinker. My, you are still asleep. And so in order to wake up, the one thing you need the most is not energy, or strength, or youthfulness, or even great intelligence. I've said it in so many words, over and over, but now I'm going to break it down into little segments. Can the tooth bite itself? We cannot
conceive of being happy without them. As one man said, 'I got a pretty good education. The first step to waking up is to be honest enough to admit to yourself that you don't like it. What we need to do is to help you understand, under
two different reactions.""If we really dropped illusions for what they can give us or deprive us of, we would be alert. How about beginning with yourself? I'm sacrificing myself? I'm sacrificing mys
matter what their religion—are unanimous on one thing: that all is well, all is well, all is well, all is well, to exchange your dreams for facts, that's the way you find it all
You identified with 'me' and that is the problem. Mixing Christian spirituality, Buddhist parables, Hindu breathing exercises, and psychological insight, de Mello"s words of hope come together in Awareness in a grand synthesis. In short chapters for reading in quiet moments at home or at the office, he cajoles and challenges: We must leave this go-go-
go world of illusion and become aware. You don't need all those cars to live. But the moment you become attached in my sense of the word, then you're not violent, you're not violent, you're not violent, you're not earful.""A Jesuit once wrote a note to Father Arrupe, his superior general, asking him about the relative
value of communism, socialism, and capitalism. Everything passes, everything passes, everything passes, everything to not cling.""Love entails clarity of perception, objectivity; there is nothing so clear-sighted as love." Self-Observation "The only way someone can be of help to you is in
challenging your ideas. I encourage you to watch at least part of this video to get a sense of his tone and delivery. We lose our capacity to love. Has that ever struck you? It is not selfish to live your life as you see fit." Nobody was mean to you. How about that! You're deluded. And the tragedy is that most people are starving to death." We differ from
 others—from criminals, for example—only in what we do or don't do, not in what we are. "Loneliness is when you're missing people, aloneness and the you're missi
is far too much God talk; the world is sick of it. You'd be without energy and that would be terrible. S. It's called self-observation. Could we say that 'I' is none of the labels we attach to it? Awareness means to watch, to observe what is going on within you and around you. Summary Contents: Click a link to jump to a section below A Tough Love
Approach to Spirituality: Awareness by Anthony de Mello (Book Summary) About Anthony de Mello "Anthony de Mello "Anthony
 worth. If we want to follow the analogy, you would be the sky, observing the clouds. Waking up. Though he died suddenly in 1987, he leaves a rich legacy of spiritual teaching through his written and recorded words.""That was what his work was all about, waking people up to the reality of their greatness. 'You mean I helped you? But when I watch
 'me,' I am constantly aware that this is a reflection. There is no event on earth that has the power to disturb you or hurt you. You say, 'I'm depressed.' But that is false. Awareness." "There's nothing so important in the world as awakening. I thought of a nice image for that, a sailboat. When I move from one religion to another, has the 'I' changed?
When people say they really want to experience every moment, they're really talking awareness, except for that 'wanting.' You don't want to experience awareness; you do or you don't.""When someone is anxious about being aware all the time, you can spot the mild anxiety. You're moving toward wakefulness. That's what life is all about. You have to
 make sure of who you are before you act. What does that last sentence mean? And as I told you, it is extremely important if you want to wake up to go in for what you're thinking, be aware of how you're acting. He tells the truth; he has become
fearless; he has stopped being human.' Human! Behold! A human being at last! He broke out of their prison. "You don't have to do anything to acquire happiness. The enlightened person is free. When your falsehoods clash with truth, then you have suffering. Most people have no idea of
this whatsoever. We're always dissatisfied, we're always dissatisfied, we're always pushing. What is this thing I call self? As the Japanese Zen masters say, 'Don't seek the truth. And so we cannot speak about how He is but rather how He is not.' And in his famous commentary on
 Boethius' De Sancta Trinitate he says there are three ways of knowing God: (1) in the creation, (2) in God's actions through history, and (3) in the highest form of the knowledge of God—to know God tamquam ignotum (to know God as the unknown). I'm ready to be happy provided I have this and that and the other thing. It is the image of the dancer
and the dance. Show me an individual in whom there is no inner self-conflict and I'll show you an individual in whom there is no violence. See through people. That's where you'll find God; that's where you'll find happiness.""Happiness is a state of nonillusion, of dropping the illusion.""There's only one reason why you're not experiencing what in India
 we call anand—bliss, bliss. It's a hint, a clue, not a description. And this only happens, he insists, by becoming alive to the needs and potential of others, whether at home or in the workplace. Here, then, is a masterful book of the spirit, challenging us to wake up in every aspect of our lives. What's that? You're thrilled, all right, but you're just preparing
the way for your next depression. Otherwise, what you call change is simply moving the furniture around. If you want to be accurate, you might say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can hardly say, 'I am depression right now.' But you can ha
concerned? It's not human, it's programmed, conditioned.""Come home to yourself. When you're aware of it, you're free from it. That's spirituality, that's everything. Is my religion an essential 'I'. Oh, what a relief. This is a spiritual
exercise—connected with spirituality—connected with breaking out of your cage, out of the imprisonment of the concepts and words." Awareness is salvation; in awareness is spirituality, in awareness is growth; in awareness is love; in awareness is love; in awareness is ruth; in awareness is spirituality, in awareness is spirituality, in awareness is growth; in awareness is love; in awareness is
awakening. As a matter of fact, you will have to let them take care of themselves because you'll be too preoccupied with getting in touch with reality. I need to break out into reality. That's why people are so tired, so weary. Here it is:
You're suffering. From them comes fear, and from fear comes everything else.""Some say that there are only two things in the world: God and fear; love and fear are the only two things. You are a passive, detached observer. Anthony de Mello's book Awareness (Amazon) was a much-needed dose of spiritual tough love. But 'I' seems to persist. Who's
doing the filtering? And even when you don't get emotional about it, it's not easy to listen; you're always listening from your profession tomorrow, it's just like changing my clothes. You're not interfering. Consider how we're enslaved by various attachments; we're striving
to rearrange the world so that we can keep these attachments, because the world is a constant threat to them.""You will never understand yourself. The harder you try to change yourself. The harder you try to change yourself if you seek to change yourself. The harder you will have for life." — Foreword by J. Francis
Stroud, the editor of Awareness, is a Jesuit priest who worked closely with Anthony de Mello. Title: Awareness: Conversations With The Masters Product dimensions: 192 pages, 7.98 X 5.2 X 0.5 in Publisher: The Crown Publishing Group Appropriate for ages: All ages This book summary has a companion
post for Premium Members: Wake up! How to Apply "Awareness" by Anthony de Mello in Your Life (+ 3 Actionable Visuals) Awareness was brought to my attention when I noticed it was one of only two books on reading recommendation lists from both Eckhart Tolle and Naval Ravikant. Self-absorption is self-preoccupation, where you're concerned
 about yourself, worried about yourself. He can only relieve the pressure. I'm talking about self-observation. Until people come awake, they are simply accepting to things in the past and cling to things in the present.""What does it mean to love? Take away human
beings from this planet and life would go on, nature would go on, nature would go on in all its loveliness and violence. And there's not a single evil in the world that you cannot trace to fear. You'll notice that many here are paragraph-long excerpts, but here are some wisdom-filled one-liners to get you started: "What's the earthly use of putting a man on the moon when
 we cannot live on the earth?""Life is a banquet. I repeat: You have added something ... a negative reaction in you. 'So we've got to get rid of him. That's a pretty good sign—not infallible, but a pretty good sign—that we're dealing with brainwashing. Watching what? Step by step, let whatever happens happen. It is you who have to seek. Ha! Whom are
you loving? Honor or disgrace meant nothing to them. Our culture? That is why you're asleep. Don't renounce it, see through it. Unlearning all the rubbish they taught you." "Spirituality means waking up." "Is psychology more practical than spirituality? This is a canonized saint of the Roman Catholic Church, the prince of theologians for centuries.
 Somebody was mean to what he or she thought was you, but not to you. You think you're being so loving. There's only one good in the world, love. The one thing you need most of all is the readiness to learn something new. You can be happy in your anxiety. How about my beliefs? You have to flow with it. What will we see? But that's what we all do.
 But do we need to depend on that? And living doesn't mean working in government, or being a big businessman, or performing great acts of charity. I mean that, nothing. Everything changes and you become addicted to awareness." Who am I? In other words, is my name an essential part of me, of the 'I'? I say I am a Catholic, a Jew—is that an
 essential part of 'I'? The faces of people, the shapes of trees, a bird in flight, a pile of stones, watch the grass grow. Even our language can be a filter. Because you are free, but there probably isn't a gesture, a thought, an emotion, an attitude, a beliefunction and the control of the 
in you that isn't coming from someone else. It's pretty horrifying when you come to know that. How do you control a person like this? The selfish thing is to demand that someone else live their life as YOU see fit. The guru cannot give you the truth. This is another way of saying: If you woke up, you'd simply drop the desire for it." Suffering "'If you're
suffering, you're asleep.' Do you want a sign that you're asleep? Change takes place through you, in you." Wisdom "Wisdom is to be sensitive to this person, uninfluenced by any carryover from the past, without residue from the experience of the past. You might say the body is part of 'I,' but it is a changing part. How much are you
ready to take?""Want to wake up? Through observation. You don't want to be happy.""The second step is a readiness to understand, to listen, to challenge your whole belief system. No one can give you a method. Those are the swings of the pendulum. Always. The reason: They're hypnotized; they're asleep.""Now this is exactly what your society did
And it isn't easy to listen to someone who would challenge those ideas of yours which have come to be so precious to you." "We don't want to look, because if we do, we may change. When you renounce something, you're tied to it." (Note: I've also seen this called "spiritual narcissism") "Some people see awareness as a high point, a plateau, beyond
experiencing every moment as it is. But once you get there, your concepts are useless.""As soon as you look at the world through an ideology you are finished. Now, that is what I call an attachment. However, the book is on the shorter side, so it's worth reading it in full if this summary piques your interest. No one can." "When your illusions drop,
you're in touch with reality at last, and believe me, you will never again. Your behavior is changed, but not you." "Let's talk more about effortlessness in change, unfortunately, all the emphasis is concentrated on changing the world and very little emphasis is given to waking up. You miss God because you think you know. It
happens happen; if I'm awake, fine, and if I'm asleep, fine.' The moment you make a goal out of it and attempt to get it, you're seeking ego glorification, ego promotion. If I don't get you, I refuse to be happy, we were told. Something similar happens here.
You cannot make me happy. The concept is a help, to lead you to reality, but when you get there, you've got to intuit or experience it directly.""Ideas actually fragment the vision, intuition, or experience of reality as a whole. What you do not understand and are not aware of, you repress. You thought you were the dancer; you now experience yourself
dream state; you're thinking of your concept. For others, it will be a refreshing breath of fresh air. You've got to wake up to make sense out of the scriptures. If you look, you lose control of the life that you are so precariously holding together. We identify the labels with the 'I.'" "We're lost in our minds, in our ideas and ideals and so on, and its always
go, go, ""How liberating it is not to depend emotionally on anything. Congratulations to you. Truth cannot be put into words, into a formula. What is love? If it doesn't hit one person might hit another. But try to convince the average American of this. But how easy it is to love people
when you understand this. What is scripture, then? Then you might swing into action. Nobody ever rejects you; they're only rejecting what they think you are. How about being transformed yourself first? Suffering is given to you that you might open your eyes to the truth, that you might understand that there's falsehood somewhere, just as physical
pain is given to you so you will understand that there is disease or illness somewhere. That's why theologians tell us very beautifully that Jesus could do no wrong. Am I my body? Are you your name? God is viewed as the dancer and spiritual
conferences. Wouldn't it be wonderful if we had a world where everybody said, 'We don't know'?""The fact is that you're surrounded by God and you don't see God, because you 'know' about God. Read my story. Just as we have the same name for Niagara Falls, but Niagara Falls is constituted by water that is constantly changing. Whatever is good
will be fostered. No event, condition, situation, or person. Some of these mystics reply, 'Can the knife cut itself? You see things you've never seen before. "I've given you a whole program for life, haven't I?" De Mello has plenty of memorable messages. I just said to you that one cannot do evil in awareness. Let the words slip into your soul and listen
as Tony would suggest, with your heart. They are having a nightmare." "Waking up is unpleasant, you know. Stop identifying with them. No one else can help you. We have the same name for it but it constantly changes. If you have that, you have God. The guru can only point out your errors. Watch! Observe!" "The reason you suffer from your
depression and your anxieties is that you identify with them. And don't just renounce the objects of your desire, understand them; see them in their true light. You want happiness? Things, thoughts, thinker. Where would the problem be? But you'll never be able to put it into words. Reality is lovely; it is an absolute delight. When you get your brand-
new car, how long does the thrill last? Isn't that strange? You're willing to observe it as it passes by. They don't really solve your problems. Many people swing into action only to make things worse. A few minutes, a few days at the most. We cannot know. The final barrier to the vision of God is your God concept. You mean you understood everything
else in the world and you didn't understand this? That's shocking, particularly to someone in the Western culture. And in awareness you will understand that honor doesn't mean a thing. Otherwise there is no suffering." False Happiness & Love "Happiness to something you acquire; love is not something you produce; love is not something that you
have; love is something that has you. How do you change yourselves? If you seek kicks or thrills, get ready for depression. You're not a dancer at all. Can the 'I' know itself?'""Listen to this: Am I my thoughts, the thoughts that I am thinking? The mystics keep trying to tell us that reality is all right. Didn't anyone tell you that? Examples of illusions
abound. That's what all the mystics are saying." You May Also Enjoy: Top book summaries (or browse all book summaries) A Deep Look at "A New Earth" by Eckhart Tolle (Book Summary #1) 10 Life-Transforming Themes from "Tao Te Ching" by Lao Tzu (Book Summary) Hi, I'm Kyle—the human behind Sloww. Loneliness is cured by contact with
reality. "Agreement and disagreement have to do with words and concepts and theories. You are not my happiness. You're thrilled but you pick up the anxiety behind that: How can I make it last? But self-observation—watching yourself—is important. But the label doesn't really matter. You were not allowed to enjoy the solid, nutritious food of life—
namely, work, play, fun, laughter, the company of people, the pleasures of the senses and the mind. That's an image of what happens when change is by changing your understanding. We're too distracted with this attachment." Identification & Labels "We spend so
much of our lives reacting to labels, our own and others'. If you profit from it, fine; if you don't, too bad! As the Arabs say, 'The nature of rain is the same, but it makes thorns grow in the marshes and flowers in the gardens.'""We're surrounded with joy, with happiness, with love. It has nothing to do with the 'I.' Don't define your essential self in terms are labels.
of that feeling." "It will pass. It is you who have to digest your food, it is you who have to understand. When you do 'make it,' you won't know." "Reality cannot be put into a formula. In another place St. Thomas even says: as unknowable." "Reality cannot be put into a formula. In another place St. Thomas even says: as unknowable."
God, divinity, truth, love are unknowable; that means they cannot be comprehended by the thinking mind. You feel stunned, you react emotionally. Do you want to break out of your prison? Happiness at last!" Being before Doing "It's not your actions, it's your being that counts. Don't interfere. Quick Housekeeping: All quotes are from the author
unless otherwise stated. I've added emphasis (in bold) to quotes throughout this post. This summary is organized by themes I've identified (not necessarily by the author's chapters). So does reality. You only change through awareness and understanding. You don't need a television set to live. They've been programmed.
That's selfish. Now, this is not an Oriental Zen master speaking. Otherwise you spend the whole time grappling with your wrong notions of them, with your llusions that are constantly crashing against reality, you bump into something that
destroys the sense you made. Don't seek to fulfill desire so much as to understand desire. It is that addition that makes you unhappy. You created the problem. Your depressions and your thrills have nothing to do with happiness. Words cannot give you reality. Sloww is my synthesis of the world's wisdom on the art of living for students of life. Reader
Interactions With no interference or judgment on your part. He would be much more pleased by your known adoration.' And when I talk to Moslems, I say, 'Your Ayatollah and your mullahs are not going to be happy to hear this, but God is going to be much more pleased by your being transformed into a loving person than by saying,
 'Lord, Lord.' It's infinitely more important that you be waking up. Or that you change your desire, and you attempt to
renounce the object of your desire, you are likely to be tied to it. "What we need to do for you is not what so-called spirituality attempts to do—namely, to get you to make sacrifices, to renounce things. So they work and strive to get the desired object that will make them happy. So when you step out of yourself and observe 'me,' you no longer identify
with 'me.' Suffering exists in 'me,' so when you identify 'I' with 'me,' so when you go beyond meaning is only found wh
it's not me changing me. There's too little dropping of errors, dr
that lovely Arab saying: 'The nature of the rain is the same and yet it produces thorns in the marsh and flowers in the garden.' It is you who have to do it. This is what the mystics are perpetually telling us. Aside from the fashion styles in the crowd, it could have been recorded today. Before, you had a worldly ego and now you've got a spiritual ego,
but you've got an ego all the same, a refined one and one more difficult to cope with. First, can you pick up the desire under that suffering, that there's something you desire very keenly or else you wouldn't be suffering. It isn't as if God is the big dancer and you are the little dancer. That's where the evil comes from psychologically. Do you know why?
Does the observer ever change? Are you your profession? Here it is: Drop your false ideas. Clouds come and go: some of them are large, others small. Ideals do a lot of damage. If you stop being opinionated, you would know. Truth is sighted suddenly, as a result of a certain attitude.""An openness to the truth,
no matter what the consequences, no matter where it leads you and when you don't even know where it's going to lead you. We think we know, that is our tragedy; so we never discover. 'Going on' is pretty accurate: Trees, grass, flowers, animals, rock, all of reality is moving. You are called upon to be aware." 'In other words, come to reality, and let
tension or the calmness take care of itself. They react differently. It is really none of my business, even though I say to you at times, 'Wake up!' My business is to do my thing, to dance my dance. It doesn't affect you. Oh no. Life only makes sense when you perceive it as mystery and it makes no sense to the conceptualizing mind." Illusions "Anytime
you have a negative feeling toward anyone, you're living in an illusion. Did you think happiness was excitement or thrills? But one can do evil in knowledge or information, when you understand it, it changes.""Tear away the tentacles of society that
have enveloped and suffocated your being. Every time you are unhappy, you have added something to reality. Are you imprisoned by your concepts? As we say in the East, 'When the sage points to the moon, all the idiot sees is the finger.'""To know reality you have to know beyond knowing." Attachment "When we were young, we were programmed
to unhappiness. The one who has to change is you." "For instance, the illusion, the error of thinking that, by changing the exterior world, you will change. Jesus was free and because he was free an
now you have everything you need to be in bliss.""So if you want to live, you must have no permanent abode. Then you're free." 4) The fourth step: "How do you change things? Nobody ever accepts you either. See how devastating it is to go deeply into that. Don't 'fix' anything. How do we go about it? Love is sensitivity, love is consciousness.""A
loving heart is sensitive to the whole of life, to all persons; a loving heart doesn't harden itself to any person or thing. That's the reason the wise guru will not attempt to wake people up. One end of the pendulum swings to the other.""Your society is not going to be happy to hear this, because you become terrifying when you open your eyes and
understand this. But this is really to say to our friend or to our God or to anyone, 'You are my happiness. That isn't reality. You are a sleeping scientist." "The great mystics of the East are really referring to that 'I,' not to the 'me.' As a matter of fact, some of these mystics tell us that we begin first with things, with an awareness of things; then we
move on to an awareness of thoughts (that's the 'me'); and finally we get to awareness of the thinking 'me' does a lot of bad thinking, too. As you begin to understand this, you stop making demands on yourself, you stop having expectations of
everything that's being said in terms of your hypnotic state or your conditioning or your programming.""We all have our positions, don't we? We're always fixing things, aren't we? Our great tragedy is that we know too much. You mean you understood astronomy and black holes and quasars and you picked up computer science, and you don't know
 who you are? There will be effective, even hard, action in him, but no hatred.""You don't need conscience when you have consciousness; you don't need conscience when you have sensitivity. Evidently not, because I can change my name without changing the 'I.' How about my career? The feeling is in you, not in reality." 3) The third step: "Never
be said while maintaining respect. I'm an ex-marketing executive turned corporate dropout and solopreneur who found and created my life purpose after an existential crisis. You cannot change by an effort of the will; you cannot change through building up new habits. Your behavior may change, but you don't. It's
like imagining that you change your handwriting by changing your pen. Do I have a new 'I' or is it the same 'I' that has changed? Not even the greatest guru in the world can take a single step for you. Nothing is more practical than spirituality. The way we were taught to see things and to experience them? We're surrounded by it, like the fish in the
 ocean, but we have no notion about it at all. Tao Te Ching. Our programming? There's no violence anymore in your attempt to change yourself. You're suffering because you are asleep, but you're thinking, 'How wonderful life would be if somebody else would change; how wonderful life would be if my neighbor changed, my wife changed, my boss
changed.""You keep insisting, 'I feel good because the world is right.' Wrong! The world is right because I feel good. "Wisdom from one of the greatest spiritual masters of our time."—James Martin, SJ, author of Jesus: A Pilgrimage The heart of Anthony de Mello"s bestselling spiritual message is awareness. "The great masters tell us that the most
 important question in the world is: 'Who am I?' Or rather: 'What is 'I'?' What is this thing I call 'I'? One understands one's personal worth when one no longer identifies or defines one's self in terms of these transient things." Words & Concepts "Believe it or not, every concept that was meant to help us get in touch with reality ends up by being a
barrier to getting in touch with reality, because sooner or later we forget that the words are not the thing. When you have attained wisdom, who can enslave you?" 4 Steps to Wisdom "Put this program into action, a thousand times: (a) identify the negative feelings in you; (b) understand that they are in you, not in the world, not in external reality; (c)
do not see them as an essential part of 'I'; these things come and go; (d) understand that when you change, everything changes." 1) "The first thing you need to do is get in touch with negative feelings are in you. No one else
make me happy; my happiness does not lie in you. No one can show you a technique. I am untouched. The doctor says, 'Very well, I've understood your symptoms. Until your next attachment is threatened!" Renunciation "Anytime you're practicing renunciation, you're deluded. When a sailboat has a mighty wind in its sail, it glides along so effortlessly
that the boatman has nothing to do but steer. What is that desire? Isn't that horrible? You and I were trained to be dissatisfied with ourselves. You are not depressed. And you don't know it. He makes no effort; he doesn't push the boat. Anthony de Mello liked to repeat themes over and over again to drive them home, so you'll notice some overlap in
the various themes below. But I really don't. Take a minute to think about that: You are never in love with anyone, you're in love with your prejudiced idea of that person.""We never feel grief when we lose something that we have allowed to be free, that we have never in love with anyone, you're in love with your prejudiced idea of that person.""We never feel grief when we lose something that we have allowed to be free, that we have never in love with anyone, you're in love with your prejudiced idea of that person.""We never feel grief when we lose something that we have allowed to be free, that we have allowed to be free, that we have allowed to be free in love with your prejudiced idea of that person.""We never feel grief when we lose something that we have allowed to be free, that we have allowed to be free in love with your prejudiced idea of that person.""We never feel grief when we lose something that we have allowed to be free in love with your prejudiced idea of that person.""We never feel grief when we lose something that we have allowed to be free in love with your prejudiced idea of that person."
analogies, and anecdotes throughout the book to illustrate his key points. No problem. You don't need all those clothes to live. I've got a big surprise for you, lots of good news! You don't have to do anything. If they don't wake up, they're always going to have these other minor ills like hunger, wars, and violence. When someone tells you, 'There is
nothing you can do about it,' you say, 'There is, I can wake up!' All of a sudden, life is no longer the nightmare that it has seemed. That isn't living. They only point, they only indicate. You're focusing on what you don't have. It's there, but you're not affected by it. And so it goes. Now there's human living for you. The consequence of not doing this isn't living.
name? That can only come from awareness. You are always a slave to what you're not aware of. If you see through everyone. We've been taught to place our happiness, but let's not use those words either. If you're
ready to listen and if you're ready to be challenged, there's one thing that you can do, but no one can help you. So am I my body? Not one. ""As the life of awareness settles on your darkness, whatever is evil will disappear. Neill Seeing & Understanding "When you awaken, when you understand, when you see, the world becomes right." "The most
difficult thing in the world is to listen, to see. It's a social convention, that's all. I was enjoying myself. To see at last with a vision that is clear and unclouded by fear or desire." "We see people and things not as they are, but as we are. For some, this will be extremely difficult. You do not have the wind, the stars, and the rain. You can't decide that until
you're awake. True happiness is uncaused. Hopefully you will then break out of these rigid patterns we have all developed, out of what our thoughts and our words have imposed on us. You would never be unhappy again. It's irritating to be woken up. That's what the gospels were saying, that religious people 'knew,' so they got rid of Jesus. Cells come
and go. Nobody told you this; they told you the opposite. Ideas about love, ideas about happiness, and so forth. It's called happiness. That's faith. We cannot imagine being happy without those conditions. Life is beyond that. No matter what happens to you, you remain uncontaminated. So I can speak to you, not of the truth, but off the truth 
obstacles to the truth. That's why I said earlier that self-observation is such a delightful and extraordinary thing. After enlightenment; chop wood, carry water.") Change & Transformation "Do I do anything to change myself? Not just your religious beliefs, your political beliefs, your psychological beliefs, but all of them.""Understand
that maybe you've got the wrong ideas and it is these ideas that are influencing your life and making it the mess that it is and keeping you asleep. They want to be awake, to find out if they're really awake or not. Reality provides the stimulus, you provide the reaction. And understand: That is not selfish. The great Meister Eckhart said very beautifully.
 'God is not attained by a process of addition to anything in the soul, but by a process of subtraction.' You don't do anything to be free, you drop something. Sometimes they succeed—for about five minutes—and they get a little respite, but they are tense even during that respite, because life is always flowing, life is always changing.""Another illusion
is that someone else can do this for you, that some savior or guru or teacher can do this for you. There's only one reason why you're thinking or focusing on what you don't have. Meister Eckhart says, 'It is not by your actions that you will be saved' (or awakened; call it by any word
you want), 'but by your being. An attachment is a belief that without something you are not going to be happy. They come and go. ""As you identify less and less with the 'I,' you will be more at ease with everybody and with everything. Nobody can seek for you. It is not from lack of religion in the ordinary sense of the world is suffering, it was a seek for you.
like a new world, doesn't it? Understand its true value and you won't need to renounce it; it will just drop from your hands.""Do not suppress desire, because then you would become lifeless. It's when you are asking yourself, 'Am I crazy, or are all of them crazy?'" Spirituality "They didn't teach me how to live at school. Do you know what I will do?
How essential it is for the human being not just to observe himself or herself, but to watch all of reality. That's making a goal out of awareness. It has been shown that you're brainwashed when you take on or 'introject' an idea that isn't yours, that is someone else's. Where there is love there are no demands, no expectations, no dependency. The
fanaticism of one sincere believer who thinks he knows causes more evil than the united efforts of two hundred rogues. You've got to make sure of your 'being' before you swing into action. Delight may be in you right now, but wait around, it will change; it won't last: it never lasts; it keeps changing. In fact, they react less and act
more. The unaware life is a mechanical life. They're born asleep, they live asleep, they breed children in their sleep, they breed childre
place to rest your head. Wake up!""Part of waking up is that you will wake up are in direct proportion to the amount of
evident.""The pain is in your knee, not in the table. Anything, you are tied forever to the thing you renounce." "The only way to get out of this is to see through it. Anything. There are no words for it. It is not by what you do, but by what you are that you will be judged.'" The Dance "To lose the self is to sudden!"
realize that you are something other than what you thought you were. Be aware of where you're coming from, what your motives are. They were living in another world, in the world of the awakened." Asleep "Most people, even thought you were living in another world, in the world of the awakened." Asleep "Most people, even thought you were living in another world, in the world of the awakened." Asleep "Most people, even thought you were living in another world, in the world of the awakened." Asleep "Most people, even thought you were living in another world, in the world of the awakened." Asleep "Most people, even thought you were living in another world, in the world of the awakened." Asleep "Most people, even thought you were living in another world, in the world of the awakened." Asleep "Most people, even thought you were living in another world, in the world of the awakened."
Mello at his best, proclaiming the message of 'awareness,' seeing the light we are to ourselves and to other way, no other way.""The religion that makes
people good makes people bad, but the religion known as freedom makes all people good, for it destroys the (inner) conflict that makes people devils." — A. There are many things you must understand here, or rather, just one thing that can be expressed in many ways." "Imagine a patient who goes to a doctor and tells him what he is suffering from.
No reality fits an ideology. Understand it. You say to the awakened person, 'Why are you happy?' and the awakened person replies, 'Why not?' Happiness is our natural state." "You become happy by contact with reality. Listen to this pathetic story—your story, everybody's story; 'Until I get this object (money, friendship, anything) I'm not
going to be happy; I've got to strive to get it, I've got to strive to get it, I've got to strive to keep it. I hope I'm going to be wise here and make no attempt whatsoever to wake you up if you examine what you have
added, there is always an illusion there, there's a demand, an expectation, a craving. It means that you look at things as if you have no connection with them whatsoever." "Do you want to change the world? And if what you seek is truth, then you must do this. Uninterrupted happiness is uncaused. Labels belong to 'me.' What constantly changes is
'me.' Does 'I' ever change? All you have to do is understand." "There's only one way out and that is to get deprogrammed! How do you do that? That is why people are always searching for a meaning to life. And if you wish to see, you must learn to give up your drug. They taught us that in order to be happy you need money, success, a beautiful or
handsome partner in life, a good job, friendship, spirituality, God—you name it. This is a great illumination. That isn't the truth. In the East we have an image for this. Living is to have dropped all the impediments and to live in the present moment with freshness." Ignorance, Fear, Conflict, & Evil "The mystics, saints, and others make great efforts to
wake people up. As the great Confucius said, 'The one who would be constant in happiness must frequently change,' Flow. Eternal life is now. You will have to experience that for yourself," Nobody does wrong in awareness. Come to my country and you'll see that. Can you imagine the relief when you don't have to impress anybody anymore? Once you
get convinced of that—and it gets into our subconscious, it gets stamped into the roots of our being—you are finished." "When the average American says he or she is making a living, it isn't a living they're making, oh no! They have much more than they need to live. Observe yourself. No. Thoughts come and go; I am not my thoughts. Hopefully we
will see. Then look; observe; spend hours observing. Life becomes beautiful.""That's what enlightenment is like. When you see that, you change Truth isn't something you search for. They really don't. Get ready for the hangover. You use them as pointers to get to reality. It's terrifying. And you will leave pain to take care of itself." "Are you going to
substitute one greed—a spiritual greed—for the other greed? Then you worship 'in spirit and in truth.' When you are transformed into love." Spiritual Greed "When you are transformed into love." Spiritual Greed 
not your spiritual greed. Strange paradox, to be sure. And you're willing to let this cloud come in, because the more you give it. When you drop your errors, you will know the truth.""The one who knows, does not know.' All revelations, however divine, are never any more than a finger
pointing to the moon. You're always getting something out of everything you do, until you wake up. "The first thing I want to wake up. is that you don't want to wake up, is that you don't want to wake up. If you understood, you'd simply drop the desire for it. We use the same name for an ever-changing reality. No judgment, no commentary, no
attitude: one simply observes, one studies, one watches, without the desire to change what is. And you don't even know it. You remain at peace. ""When you've got all your energy, you've got all your energy, you've got all your energy, you've got all your energy.
the healthy sense of the word is energy, and the more energy we have, the better. It's sometimes called happiness or freedom or peace or joy or God or whatever. What is this most important thing of all? Isn't that crazy? They're coming from quilt, anger, hate; from a sense of injustice or whatever. They just give you a clue, a hint; they're only
pointers, don't forget." "'I am He who is; you are she who is not.' Have you ever experienced your is-not-ness? Truth is never experienced your is-not-ness? Truth is never experienced your really, but most people spend all their energies trying to rearrange their exterior world to suit their tastes. You were given a taste for the drug called approval, appreciation,
attention." Waking Up "You want to wake up. Or let's put it more accurately: We don't want to be unconditionally happy. You had a problem, now you exchange it for another one.
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