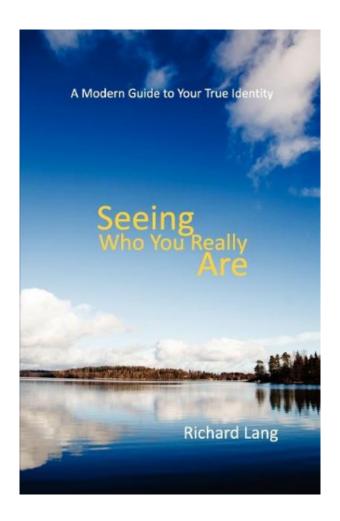
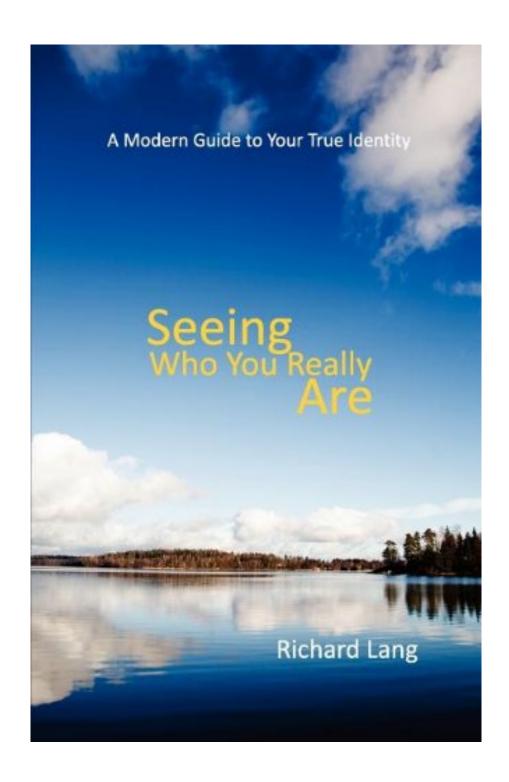
SEEING WHO YOU REALLY ARE BY RICHARD LISTER LANG



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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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This book is a step-by-step guide to the treasure of Who We Really Are, the one Self in all beings. It enables us to see this One. It is a modern Western method that uses practical experiments to test a hypothesis about you - you are not what you look like. From a distance you are a 'something' - at two metres, for example, you are a person. But at zero distance you are No-thing-full-of-Everything, the timeless Aware Space in which all things exist. You are not required to believe this. Through seeing (and the other senses) you test this claim about Who You Really Are. It is this straightforward. You will also be exploring the implications of Seeing Who You Really Are - how it revolutionises your life. This method, though modern and Western, guides us to the truth celebrated by all great mystics, no matter what their religion, or where and when they lived.

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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

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By Pen Name

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