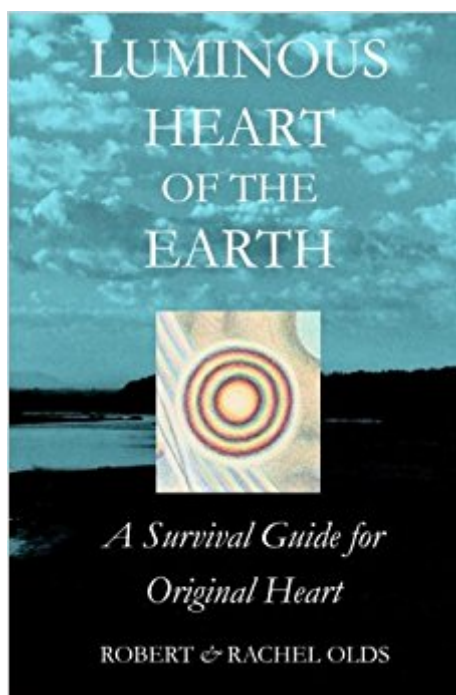


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# Luminous Heart Of The Earth: A Survival Guide For Original Heart



## Synopsis

Coming to direct experience of original heart, original nature, outside words and doctrine is crucial for the spiritual path. The luminous awareness abiding naturally in your heart finds clear reflection within the natural world. To go outside concepts and entanglements of the mind that cloud the heart's perception, the most powerful avenue is simply to go outside into the embrace of the natural world. This book is a trail guide for all those who feel an instinctive resonance between spiritual practice and nature, for those who are seeking direct experience of spiritual awakening rather than further ritual or elaboration, and for those who seek a way to deepen their connection with their hearts and the heart of all life.

## Book Information

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## Customer Reviews

Artists Robert and Rachel Olds spent nine years in spiritual retreat together in the mountains of northern California integrating Earth living and the practices of the heart essence of Dzogchen. They came to their retreat after years of spiritual inquiry through their artwork and years of letting go and simplifying their lives to connect more fully with the natural world. They share the unique perspective that their completion of the path of Togal brings to encourage recognition that this Earth, this vision we call life, is a sacred offering.

This is a gem! It has none of the hype and hyperbole that pervades the current business of spiritual development. The simple but profound exercises described in this book, if practiced with open attention and sweet intent, can nourish us and heal our human dissociation from the earth and all living things. Take this book, go sit on the ground, and allow Earth's loving awareness to touch you

and guide you. The authors have given us true pearls of practice, luminous markers along the trail to help us find our way home.

The words of this book are not for the mind but for the heart. In the buddhist tradition, there is ordinary truth and ultimate truth. This book is a powerful tool to get an insight of ultimate truth, which is the truth of the heart. There is nothing for the intellectual mind in there. The authors are just sharing their experience which is arising from natural state.

Not much truly useful information shared. It is mostly their feelings being presented in a somewhat disorganized and and in a very abstract manner. There maybe 1 or 2 pages of interesting material, the rest is ramblings.

This is a valuable book that goes straight to the heart of spiritual practice, describing the experience of life that is in harmony with nature, other people and the dharma. As is often the case with such books, the simplicity reflects a profound understanding of the processes that lead to a happy and connected life, as well as the distractions which represent another way of experiencing life's teachings. The good-hearted intention of the authors as well as their realization of what practice is about are evident on every single page. However, to see and appreciate the degree of insight offered, I believe that the reader must have logged many sitting hours under his/her belt. I strongly recommend this book.

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