



DOWNLOAD



The Gentle Will: Meditative Guidelines for Creative Consciousness

By Georg Kuhlewind, Michael Lipson

SteinerBooks, Inc. Paperback. Book Condition: new. BRAND NEW, The Gentle Will: Meditative Guidelines for Creative Consciousness, Georg Kuhlewind, Michael Lipson, Every spiritual practice, every exercise of consciousness, all meditation -- indeed, every moment of true awareness -- we do with the 'gentle will', even if we are unaware of it initially and cannot fully activate it yet. Through practice, however, the gentle will begins to shine, and we gradually gain the ability to access it in our ordinary, daily activities, allowing our lives to become infinitely richer, meaningful and creative. The gentle will is relaxed, receptive, expressive, creative, soft, light and playful. It is not rigid or cramped. We use the gentle will in artistic activities such as playing a musical instrument, writing a poem, or painting a picture. In today's world, however, life is governed by the principles of usefulness, utility, comfort, and efficiency -- the hard will of egoism. Georg Kuhlewind writes in this book that the only hope he sees of avoiding global destruction is a change in human consciousness; the 'hard will' must become the 'gentle will'. To this end, he provides exercises through which we may transform the hard will into the gentle will.



READ ONLINE
[6.01 MB]

Reviews

This created ebook is great. it was writtern very properly and useful. Its been printed in an exceedingly easy way in fact it is just right after i finished reading this pdf where basically modified me, alter the way i think.

-- **Aglae Becker**

This ebook is definitely worth buying. It is definitely basic but excitement within the fifty percent in the ebook. Its been designed in an extremely straightforward way which is merely following i finished reading this ebook where basically changed me, alter the way in my opinion.

-- **Ward Morar**