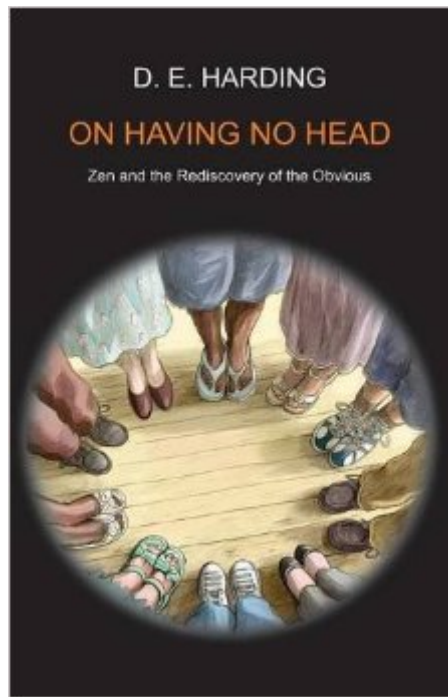


The book was found

On Having No Head



Synopsis

'Reason and imagination and all mental chatter died down... I forgot my name, my humanness, my thingness, all that could be called me or mine. Past and future dropped away... Lighter than air, clearer than glass, altogether released from myself, I was nowhere around.' Thus Douglas Harding describes his first experience of headlessness, or no self. First published in 1961, this is a classic work which conveys the experience that mystics of all times have tried to put words to.

Book Information

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Customer Reviews

Ancient Indian texts, whether Vedantic such as the 'Ashtavakra Gita,' or Buddhist such as the Prajnaparamita 'Heart Sutra,' even when quite short, are by no means easy to understand. One could easily spend a lifetime studying the original texts, their translations and commentaries, and still end up no wiser. Ultimately, what they demand is not so much understanding as insight. What is the 'Not-Two'? Traditionally one reads, studies, and assimilates the text. Then one meditates upon the text. Then, after prolonged meditation, insight may come. But meditation can take years, and we are busy and harassed modern folks. Is there a simpler, easier, faster way of arriving at this insight? Amazingly, there is. If you really want to grasp what all these great Indian and Tibetan and Chinese and Japanese Masters and Sages and Rishis have been trying to convey to their disciples down through the centuries, all you need do is read a short book of just eighty pages by Douglas E. Harding called 'On Having No Head.' Why, after these thousands of years, it should have been left to an Englishman to discover a simple mental act, an act which anyone can perform anywhere at any time and which unlocks the mystery of 'Not-Two,' I have no idea. But after spending more than

twenty years puzzling my head over Oriental texts before finally discovering Harding, I can assure you that his instructions for "reversing the arrow of attention" really do work. Make Harding your Master. Let him neatly sever your head. Then return to whatever text it is that you've been struggling with and you will find that the Not-Two is no longer a mystery. It will no longer be a mystery for you will have become it.

This was a useful read, for someone interested in their spiritual side, and wanting something more concrete than most of what is offered by spiritual leaders, teachers and writers. The main take-away is very simple and, in my experience so far (one never knows how such experiences dissipate or lose their punch over time, with repeated use, and with losing their freshness) very useful. However, there is a lot of background stuff, anecdotes, quotes and references that exhibit Harding's path of personal search and deep interest in his subject, which don't add much to the value of the read, especially if you have read other authors on the subject. It is reaffirming to see that much of what he highlights mirrors the teachings of people like Tolle and Chopra, and indeed Harris (Sam) and Harris (Dan), but again I am not sure this makes the book a particularly valuable addition to one's reading. Thus, 5 stars on substance, 3 stars on freshness.

A synthesis of the zen experience told in a unique, personal perspective. It has deepened my practice in ways I didn't expect.

Very insightful and helpful for the purpose of directly Seeing and experiencing one's true nature. A must read for anyone wondering "who am I?"

A brilliant, innovative approach to radically shifting how one perceives and grasps one's Self.

Unique and effective method of self-inquiry. I totally recommend this to all nondual seekers!

Love this book dearly, so refreshing

One of my favourites

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