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In this intelligent, accessible work, acclaimed poet and meditation teacher Stephen Levine introduces readers to meditation. Filled with practical guidance and advice—as well as extensive personal recollections— A Gradual Awakening explains the value of meditation as a means of attaining awareness, and provides readers with extensive advice on how establish a practice.

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A Gradual Awakening by Stephen Levine

He is the author of A Gradual Awakening, Healing into Life and Death, Guided Meditations, Explorations and Healings, and Who Dies?. Stephen Levine passed away in 2016 at the age of 78.
--This text refers to the paperback edition.

A Gradual Awakening - Kindle edition by Levine, Stephen

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Stephen Levine (1937-2016) was an American poet and teacher of guided meditation and healing techniques. His bestselling

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books in the United States and Europe (including Healing into Life and Death and A Gradual Awakening) are considered groundbreaking in their field.... More about Stephen Levine Paperback | \$16.00

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A Gradual Awakening by Stephen Levine (1989-01-16 ...

Overview. In this intelligent, accessible work, acclaimed poet and meditation teacher Stephen Levine introduces readers to meditation. Filled with practical guidance and advice—as well as extensive personal recollections— A Gradual Awakening explains the value of meditation as a means of attaining awareness, and

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Editions of A Gradual Awakening by Stephen Levine

Steve Levine writes clearly about the process of waking up to our way of being. Watching our thoughts and and behavior by becoming aware through mindfulness and meditation. This provided me an opportunity to realize I am not just a body and mind. He offers a perspective on living life fully and accepting death.

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A Gradual Awakening Quotes Showing 1-4 of 4 “The basis of the practice is to directly participate in each moment as it occurs with as much awareness and understanding as possible.” — Stephen Levine, A Gradual Awakening

A Gradual Awakening Quotes by Stephen Levine

'A Gradual Awakening' has been important to thousands of people as a clear, basic guide to meditation, covering both the method itself and the issues arising from it. It has become a standard teaching text (along with Stephen's bestselling title, 'Who Dies?') in countless meditation centres and educational establishments, including medical schools.

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In this intelligent, accessible work, acclaimed poet and meditation teacher Stephen Levine introduces readers to

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meditation. Filled with practical guidance and advice—as well as extensive personal recollections— A Gradual Awakening explains the value of meditation as a means of attaining awareness, and provides readers with extensive advice on how establish a practice.

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By Mary Nurrie Stearns: Stephen Levine is a poet, author, and

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teacher of guided meditation and healing techniques. His books include “Who Dies?” “Healing into Life and Death,” “A Gradual Awakening,” and, with his wife Ondrea, “Embracing the Beloved.”

Stephen Levine | Awaken

Stephen Levine Santa Cruz, California August 1978 A Gradual Awakening 1 Awareness Meditation for is many a foreign concept, somehow distant and foreboding, seemingly impossible to participate in. But another word Meditation The is for meditation motivation for meditating for each person.

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The book was Stephen Levine's A Gradual Awakening (all excerpts in italics): By gently letting go of everything—not through force, not by slaying it, but simply seeing all the content as passing show, as process and flow—we become the whole of

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our experience and open to our natural understanding.

Simply Being Awake to What Is - Mindful

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Stephen Levine (Author of A Year to Live)

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