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PRACTICE OF PURE AWARENESS: SOMATIC MEDITATION FOR TOUCHING INFINITY

SOUNDS TRUE INC, United States, 2015. CD-Audio. Condition: New. Language: English . Brand New. Accessing the Inherent Wakefulness at the Core of Your Being Your body is already awake. The journey of enlightenment, teaches Reggie Ray, ultimately leads you beyond the limits of the head space and into the living wisdom of the very cells that make up your physical form. With The Practice of Pure Awareness, Reggie shares what he sees as the essence of the Tibetan tantric tradition...

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- Authored by Reginald A. Ray
- Released at 2015



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