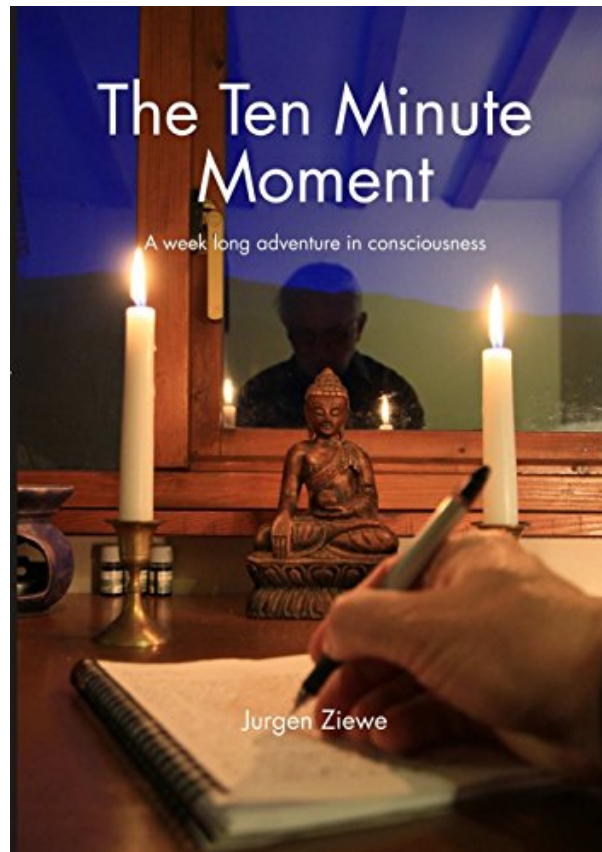
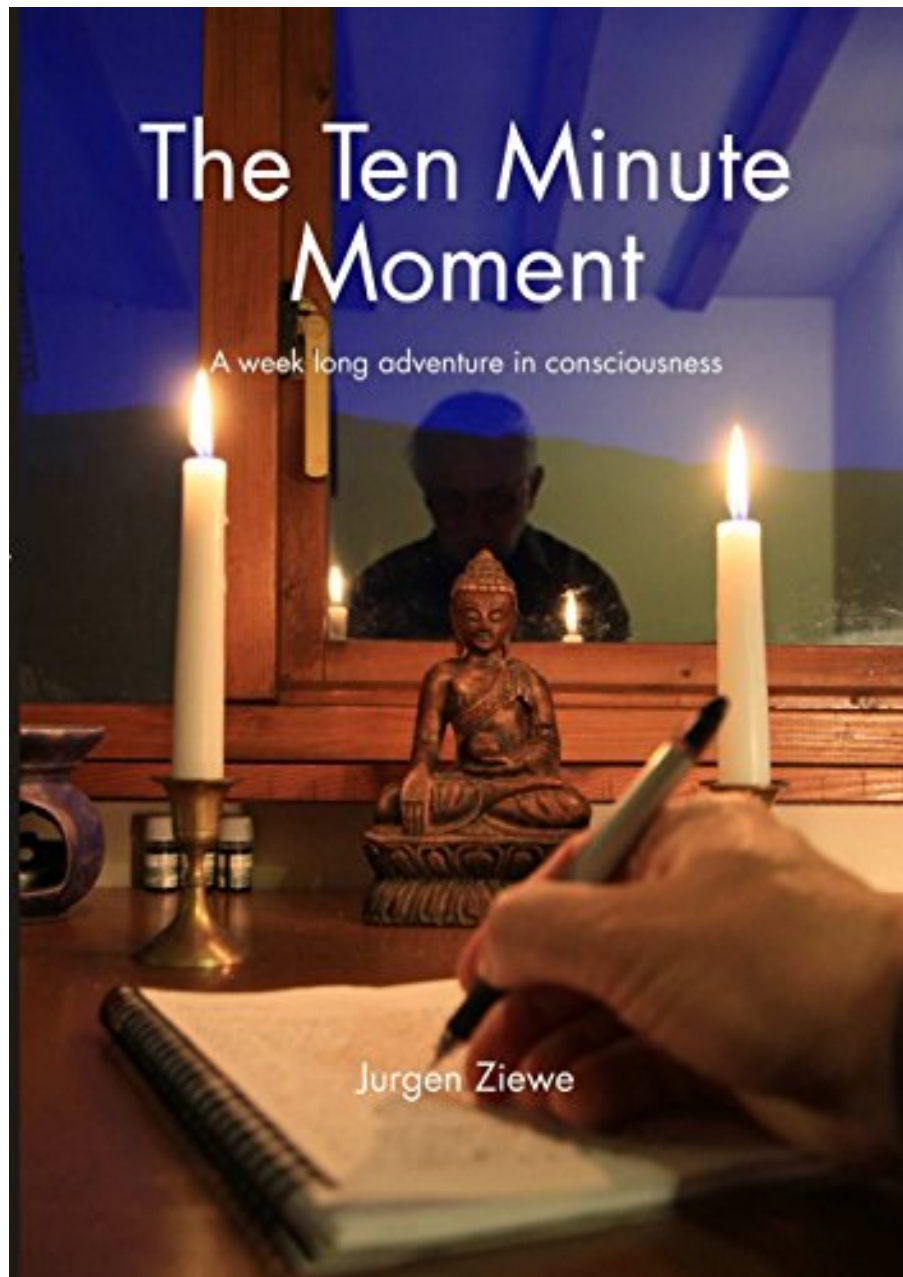


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What happens when attention is focused on Attention for one week? What does it feel like when you step over the very edge of human consciousness and cross the great divide which separates individual identity from a unified and cosmic sense of being? In his previous book, 'Multidimensional Man', Jurgen Ziewe chronicled his out-of-body experiences over a forty year period. More recently he spent a week in a remote mountain cabin in one of the most picturesque parts of Scotland. Undisturbed by modern life, he found out what happens when Consciousness focuses on itself. He kept an authentic account describing his observations during deep meditation which ultimately led to an experience of Cosmic Consciousness.

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11 of 13 people found the following review helpful.

Stunning Narrative, Questionable results.

By PaleShadow

Stunning, is the only word I can use to describe this book. Somewhere around pg. 90 of this 132 page "Notebook", is the Authors encounter with the essence of Consciousness that sustains the Reality that we all share. At this point, his Meditations baring fruit, he is at the place of true Enlightenment, the place Siddhartha was at nearly 2600 years ago....and he missed his chance. He clung instead, to his individuality. The place or thing he encountered is well described in the Enlightenment writing of the Buddha (Siddhartha) and the Buddha did live after this experience....until he was around 80....so the Author assumed annihilation, when no such thing could ever occur. To be utterly destroyed, would mean that God destroyed Himself, or a part of Himself, be it ever so illusory. This same point in Meditation is described in the PATH OF THE MASTERS, the Great Void, the Whirlwind of passing into the higher dimensions of the Reality of God....which many have done, no death occurs, except the death of the Ego. I will not spoil the book for you, but the author has what seems to me, a mild apology for his failing to let go on his spiritual journey. To my mind, he is still in his Ego and has not reached the enlightenment, the True Realization, but given that his experiences are true, and not the tales of a very good writer, like Carlos Castenada....he did touch the shore of the Ocean, waded in a few feet, then returned. Good reading, but keep this in mind....Anyone, can write as if they are enlightened....you have to meet them in person and feel their energy, to really know. Buy the book, and decide for yourself.

4 of 4 people found the following review helpful.

Beautifully Written, Moving

By M. J. Phillips

This book is almost a dreamlike meditation in and of itself. I found myself reading sentences, then drifting off into daydreams or thoughts inspired of the beautiful prose and lovely descriptions. It's more of a tableau of the beauty of life and nature. I very much enjoyed it and may read it again, which says a lot.

I would have liked to hear more of the author's specifics about meditating - although I realize this was not his purpose, but he threw out several tantalizing clues about what he likes to do in meditation. One example: early on he states that "after he mastered the mind" he found many meditation techniques to be effective. Such a powerful tidbit, left only as a teaser. What, exactly, did the author do to master the mind and its myriad thoughts? Some more background, please...and what, oh what, did his lovely wife think of his excursions...many questions left open to imagination.

Also, again I realize it wasn't the author's purpose, but given he had such a powerful and transformative experience, an epilogue written a few months/years after would be so awesome, to describe to the reader how the author's life changed as a result of his momentous experience.

In any case, this is not so much a criticism as a request that in a second edition, a mite bit more detail be brought to bear on the subject, being the whole book is about meditation and life and consciousness. It did make me interested in the subject, but given his frightful experience, also caused me to shy away from it as well - after all if waiting for us is a very dramatic and scary step to give up our total beings, then I as a little "I" am terrified to proceed.

All in all, it's still quite a lovely read, more an artistic romp through the vagaries of consciousness, life, the universe, and everything. Definitely worth reading.

0 of 0 people found the following review helpful.

Sweet little book.

By James Lester

Sweet little book about the Enlightenment experience from one fellow traveler. Inspiring and touching.

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