



# From Self to Self

*Leo Hartong*

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## **From Self to Self** Leo Hartong

A compilation of expressions, questions and answers that came about in response to Leo's highly praised first book 'Awakening to the Dream'. Leo writes with characteristic insight and uses metaphor to illuminate the paradoxical and apparently confusing nature of non-dual reality. His original writing is reinforced by a vast knowledge of non-duality in other spiritual traditions and he weaves these together with his own direct path to present clear pointers to contemporary seekers. An appropriately chosen quotation taken from various sources appears at the end of each short chapter. Also included at the end of the book is the full text of the Hsin-hsin Ming by the third Chan patriarch Seng-ts'an "The words in this book repeatedly point to the essence which knows the reading as it takes place. Rather than an encouragement to follow a lengthy path, it is an invitation to step off the path. It does not point to 'your' awareness, but to Awareness itself in which the idea of 'you' appears. It does not point to 'your' beingness, but to the undeniable Beingness that appears as you."

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