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The Book of Not Knowing: Exploring the True Nature of Self, Mind, and Consciousness

Peter Ralston

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Over decades of martial arts and meditation practice, Peter Ralston discovered a curious and paradoxical fact: that true awareness arises from a state of not-knowing. Even the most sincere investigation of self and spirit, he says, is often sabotaged by our tendency to grab too quickly for answers and ideas as we retreat to the safety of the known. This "Hitchhiker's Guide to Awareness" provides helpful guideposts along an experiential journey for those Western minds predisposed to wandering off to old habits, cherished presumptions, and a stubbornly solid sense of self. With ease and clarity Ralston teaches readers how to become aware of the background patterns that they are usually too busy, stressed, or distracted to notice. *The Book of Not Knowing* points out the ways people get stuck in their lives and offers readers a way to make fresh choices about every aspect of their lives, from a place of awareness instead of autopilot.

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