



The Natural Bliss of Being

Jackson Peterson

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The author designed his book to be a transformative journey that conclusively reveals one's own "enlightened self-nature" directly, leaving no room for doubt or uncertainty. For those who are serious about self-realization, this book offers explanations, insights and practical methods that can easily be applied without prior knowledge or experience with meditation or Eastern practices. The key teachings originate in the Tibetan wisdom tradition known as the "The Great Perfection", but are inclusive of other traditions such as Zen, that offer insights and methods into discovering our True Nature immediately and directly, not after months or years of study, meditation and practice. The author also studied deeply the teachings of the Sufis in Kashmir, India which revealed the wisdom of the Heart and Love, both necessary qualities in realizing one's true nature. The approach shared is very direct and capable of revealing immediate benefits. The overall goal is the acquisition of a completely new perspective on life that is grounded in spontaneity, freedom, joy and unconditional love for the benefit of oneself and others. The journey includes delving into the nature of thought, mind and ego-self to learn how we create our own suffering. From there we are introduced to our own inner jewel of enlightened awareness and knowingness that has always been present but never or rarely noticed. We then learn methods of how to broaden the "recognition" and how to stabilize and integrate this wisdom awareness into all aspects of our lives. Finally we are introduced to the nature of our spiritual Heart the seat of unconditional love and True Being. We learn how we are all just "one life", and with this recognition we find joy for ourselves and love for all beings. The author has spent over forty-seven years in pursuit of the wisdom teachings that can bring about enlightenment and liberation from personal suffering. As a result his travels to meet actual masters who were themselves accomplished in this path, took him to India, China, Nepal, Japan, Korea, Israel, Egypt, and Saudi Arabia. This book represents the essence of those teachings yet are presented in a completely generic and unique approach that anyone can benefit from. The author shares: "It is my hope that seekers of all types may find the realization of their goals fulfilled through the reading and application of the teachings as offered in this book and are able to realize the immediate presence of the Natural Bliss of Being for themselves as I have, and realize: 'Relishing and celebrating life's journey is the realization of Enlightenment itself!'"

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Clayton Johnson:

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