



Self Observation: The Awakening of Conscience: an Owner's Manual

By Red Hawk

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Self Observation: The Awakening of Conscience: an Owner's Manual By Red Hawk

This book is an in-depth examination of the much needed process of 'self'-study known as self observation. We live in an age where the "attention function" in the brain has been badly damaged by TV and computers - up to 90 percent of the public under age 35 suffers from attention-deficit disorder! This book offers the most direct, non-pharmaceutical means of healing attention dysfunction. The methods presented here are capable of restoring attention to a fully functional and powerful tool for success in life and relationships. This is also an age when humanity has lost its connection with conscience. When humanity has poisoned the Earth's atmosphere, water, air and soil, when cancer is in epidemic proportions and is mainly an environmental illness, the author asks: What is the root cause? And he boldly answers: failure to develop conscience! Self-observation, he asserts, is the most ancient, scientific, and proven means to develop this crucial inner guide to awakening and a moral life. This book is for the lay-reader, both the beginner and the advanced student of self observation. No other book on the market examines this practice in such detail. There are hundreds of books on self-help and meditation, but almost none on self-study via self observation, and none with the depth of analysis, wealth of explication, and richness of experience which this book offers.

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Editorial Review

About the Author

Red Hawk was the Hodder Fellow at Princeton University (1992-93) and currently a full professor at U. of Arkansas, Monticello. Author of 5 collections of poetry, he has been published in The Atlantic, Poetry, and Kenyon Review, and others journals. Red Hawk has given readings with Allen Ginsberg, Rita Dove, Miller Williams, Tess Gallagher, and Coleman Barks, and more than 70 solo-readings in the U.S. He has practiced self-observation for over 30 years, under the guidance of the Gurdjieff Society of Arkansas, meditation master Osho Rajneesh, and spiritual teacher, Lee Lozowick.

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