

Radiant Mind

Peter Fenner, Ph.D.

SESSION ONE

Radiant Mind

Introduction

The three types of mind

The non-dual approach to spirituality

Unconditioned awareness

The ultimate medicine

Purity, depth, and duration

Our natural homing instinct

SESSION TWO

Obstacles to Radiant Mind

PART ONE

Introduction

Our attachment to suffering

PART TWO

Exercise: Analyzing your suffering

Our need to be doing something

Our need to know

The construction of meaning

Our projections about unconditional awareness

PART THREE

Exercise: What are our projections?

SESSION THREE

Spiritual Practice

PART ONE

Introduction

Unconditional awareness cannot be lost

Just sitting

PART TWO

Exercise: Just sitting

SESSION FOUR

Practice and the Spiritual Path

Introduction

The non-dual approach to practice

Your current relationship to practice

Contemplation of our conditioning

Spiritual bypassing

SESSION FIVE

Love and Intimacy

PART ONE

Introduction

The boundary between yourself and the world

PART TWO

Guided exercises to open to another

The union of love and wisdom

SESSION SIX

Complete in the Here and Now

Introduction

Completing incompleteness

Desirelessness as our guide for life

A guided contemplation on gratitude

SESSION SEVEN

Fixations

Introduction

What is a fixation?

Observing your fixations

SESSION EIGHT

Broadening the River of Life

Introduction

The process of deconstruction

Methods of avoiding reality

Accepting our circumstances

The healing power of bliss

Scripting your own death

SOUNDS TRUE

awakening wisdom

Page 1 of 1

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SESSION NINE

Non-Dual Practices of Pure
Listening, Deconstructive Inquiry,
and “Showing Nothing”

PART ONE

Introduction
Pure listening
Pure speaking
Deconstructive inquiry
The practice of serenity

PART TWO

Guided exercise: Checking questions
Paradox
The journey to this moment

PART THREE

Introduction to the guided practices

PART FOUR

Deep relaxation: Nothing to do,
going nowhere

PART FIVE

Just sitting: Beyond duality

PART SIX

Pure unconditioned awareness

PART SEVEN

The eternal present: There is only now

PART EIGHT

The intimate embrace: You are everything

PART NINE

The ultimate medicine: Healing yourself
with unconditional bliss

PART TEN

Perfection everywhere: Universal
completion