



## Beyond Mindfulness: The Direct Approach to Lasting Peace, Happiness, and Love

### Stephen Bodian

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Stephen Bodian's *Beyond Mindfulness* explores an out-there concept: there is another, accessible level of awareness even beyond mindfulness. In his book, Bodian shares his thoughts on how and why people should work toward it.

Bodian found that while he derived great benefits from years of meditation, at some point mindfulness left him disengaged with life, as if he were always observing events rather than participating.

Over time, he accessed awakened awareness, which he describes as authentic, spontaneously present, always accessible awareness of things as they truly are. Entering into such awareness breaks down the illusion of separateness from other beings and from the universe itself.

The book argues that people at all levels of meditation, even those who have never tried it before, can reach that realm of awareness. His recommendations may go over the heads of many; this is work that must be read and worked through consistently if one is to move toward a breakthrough.

There's not a clear path or set of steps that can be followed to achieve such awareness, which sometimes seems paradoxically explained; different aspects and qualities of awakened awareness are explored throughout. It may be a state that is accessible to all, but it doesn't seem to be one that is easily taught.

At the very least, *Beyond Mindfulness* brings awareness about such awareness, and the book's stories, meditations, and pointers may even open a window to experiencing the state itself.

SARAH WHITE (September/October 2017)

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