# **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

Sounds True

awakening wisdom

## 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 incompletion 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

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

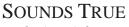
The intimate embrace: You are everything

# PART NINE

The ultimate medicine: Healing yourself with unconditional bliss

## PART TEN

Perfection everywhere: Universal completion



awakening wisdom