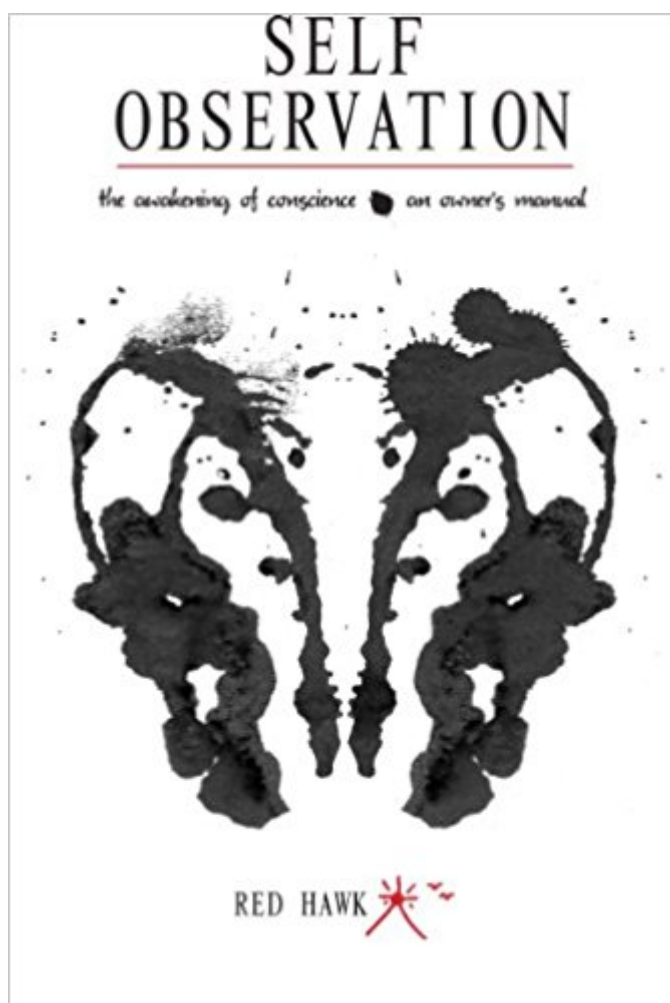


The book was found

# Self Observation: The Awakening Of Conscience: An Owner's Manual



## Synopsis

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.

## Book Information

Paperback: 162 pages

Publisher: Hohm Press; F First Paperback Edition Used edition (September 1, 2009)

Language: English

ISBN-10: 1890772925

ISBN-13: 978-1890772925

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 49 customer reviews

Best Sellers Rank: #132,231 in Books (See Top 100 in Books) #89 in [Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders](#) #452 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies](#) #885 in [Books > Health, Fitness & Dieting > Alternative Medicine > Meditation](#)

## Customer Reviews

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.

A great read in dealing with how we need to stop and look at ourselves and try not be mechanical in the way we talk to people. Red Hawk does a great job in explaining what he has learn from Gurdjieff of the fourth way and others who have reading about this in the past. He has a good list of reference that he has read including E.I Gold, Tsu Lao, Lee Lozowick, Osho, and P.D. Ouspensky.

I read this after the Self Remembering book.....it is another awesome book. Very useful. Helped clarify & deepen my understanding of several of the 4th Way/Work ideas. Am grateful for Red Hawk's books, especially since they are from his own perspective & experience while working with 4th Way ideas/exercises. Excellent simple writing which anybody could read & understand easily.

I have a love-hate relationship with the traditional 4th way. Although I think that its absolutely genius, it is also too inside to be accessible to the general public. There are some aspects of G's teachings that never set well with me either. Such as the convoluted esoteric numbers things, and the like. So finding a book like this is a great thing. It's short, practical, to the point. Unlike any other esoteric book, it doesn't go into spiritual gobbledy gook. It is directly how to work on and understand oneself. If only more people knew that contemplative practice doesn't have to be passive meditation or escapism from the world. You could judge this book many ways if you're looking for this or that type of spiritual teaching. This book delivers its point directly: how to develop a practice of self observation for you everyday life!

This short book covers the basics of the ideas taught by G. I. Gurdjieff to students from Russia, Europe, and the americas during the first half of the 20th century. Books by his students include most notably Ouspensky's In Search of the Miraculous, and Nicoll's 3 volume Psychological Commentaries on these teachings, among many others. Red Hawk's treatment of the basics, using the original English terminology, has an immediacy and freshness that even indispensable writers on the "Work" such as E.J. Gold have not achieved. The brief chapters are punctuated by his poems, many of which are wonderfully humorous or riveting in their import. For those who are

already acquainted with Gurdjieff's ideas as well as those who are only now discovering them, this is a book well worth reading and rereading.

One of the very best books that I have read on this subject. Red Hawk clearly spells out the difficulties and discipline required constantly, as well as the never ending vigilance and attention needed over a long period of time, before any breakthroughs can be expected. However, he clearly emphasises the very worthwhile gains that gradually accrue as the reader comes to understand and persist with both observation and remembering, both how and why the process works.

I discovered this book, "Self Observation-The Awakening Of Conscience-An Owners Manual" AFTER I had wrestled my way through Maurice Nicolls, "Commentaries". Mr Nicolls books are "Work Classics", and I love them, but THIS book really put "The Work" in layman's terms for me, and for that, I can't thank Red Hawk enough!! I belong to a "spiritual/earthy/crunchy/hippy" church that I love! We have a book group that picks a spiritual book, and meets once a week to read and discuss it. We picked "Self Observation", as our new book! The discussions birthed from this book have been creating amazing energy, and the seats have been full to overflowing! I sent Red Hawk a photo of our group holding up his book, and asked if he had any words of encouragement for us.....The book group members were so excited because he personally wrote us back a very kind, caring, uplifting email! This was evidence to me that besides knowing how to "write" about "The Work", Red Hawk endeavors to truly "LIVE" The Work!! I love this book and am really looking forward to his next book on Self Remembering!

The author brings a visual concept to a transformation process through analogies with basic physics, honesty about his personal experiences and building upon progressive steps of awareness. I can more clearly see the path and the practice required to stay on it. I would recommend this book to those ready for a deeper level of yoga practice and to those ready to explore new ways to apply connection, courage, and compassion in their life.

Very insightful and confirming.

[Download to continue reading...](#)

Self Observation: The Awakening of Conscience: an Owner's Manual Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Self Love: F\*cking Love Your Self Raise Your

Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) A New Owner's Guide to Chinese Crested (New Owner's Guide to Series) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) The Groom's Instruction Manual: How to Survive and Possibly Even Enjoy the Most Bewildering Ceremony Known to Man (Owner's and Instruction Manual) The Newlywed's Instruction Manual: Essential Information, Troubleshooting Tips, and Advice for the First Year of Marriage (Owner's and Instruction Manual) The Bride's Instruction Manual: How to Survive and Possibly Even Enjoy the Biggest Day of Your Life (Owner's and Instruction Manual) The Pregnancy Instruction Manual: Essential Information, Troubleshooting Tips, and Advice for Parents-to-Be (Owner's and Instruction Manual) Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your Chakras: [ A Beginner's Guide to Opening and Balancing Your Chakras ] (Mudra Healing Book 3) Book for kids: Awakening Of The Mobzilla: Mobzilla vs Steve & Herobrine (Minecraft Awakening 1) Book for kids: Awakening Of The Wither King: Herobrine vs. Wither King (Minecraft Awakening 3) Book for kids: Awakening Of The Burning Godzilla (Minecraft Awakening 5) [ [ [ Awakening Osiris: The Egyptian Book of the Dead (English, Egyptian) [ AWAKENING OSIRIS: THE EGYPTIAN BOOK OF THE DEAD (ENGLISH, EGYPTIAN) ] By Ellis, Normandi ( Author )Dec-12-1991 Paperback Samurai Awakening: (Samurai Awakening Book 1) Drawing the Nude: Structure, Anatomy and Observation Drawing from Observation: An Introduction to Perceptual Drawing Drawing Essentials: A Guide to Drawing from Observation Clinical Observation: A Guide for Students in Speech, Language, and Hearing

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)