

YOGA IN THE KASHMIR TRADITION: THE ART OF LISTENING

FOLLOWING THE TEACHINGS OF JEAN KLEIN

BILLY DOYLE

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YOGA IN THE KASHMIR TRADITION

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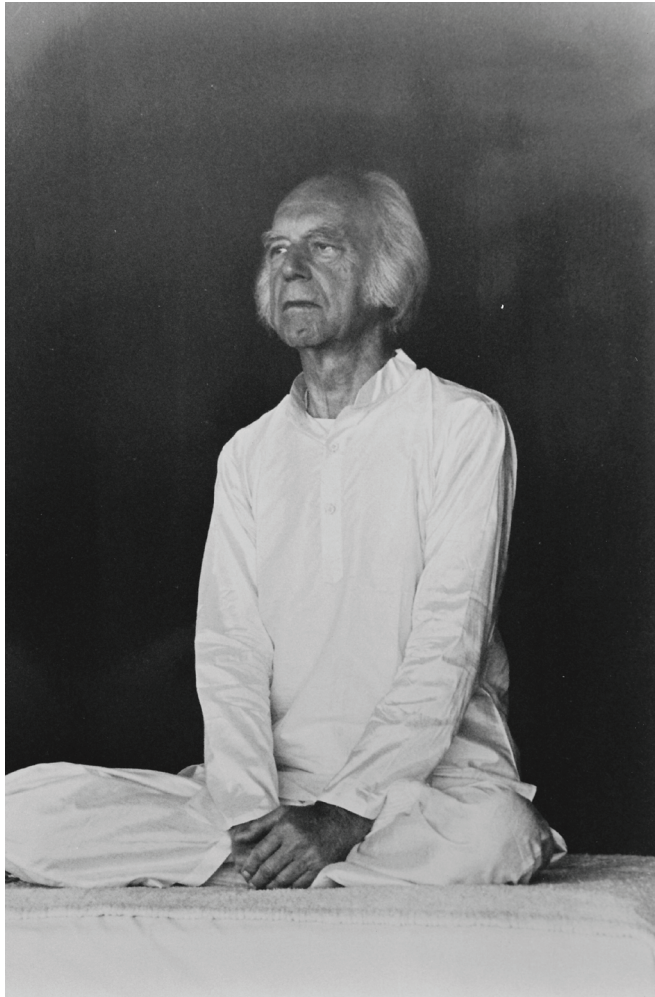
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in gratitude

to Jean Klein,

my teacher



It is important to live this directionlessness, this not-knowing, this waiting without waiting for anything. It acts on your cells, on your psychosomatic body, bringing them to dilation and harmony. All that remains is your directionless awareness. Live in this absolute absence of yourself. It is the threshold. You are in complete openness, open to nothing, free from all ideas, free from all hope. And when you are completely transparent, open to openness, you are taken by Truth, by Grace. That is certain.

Jean Klein, *The Book of Listening*

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