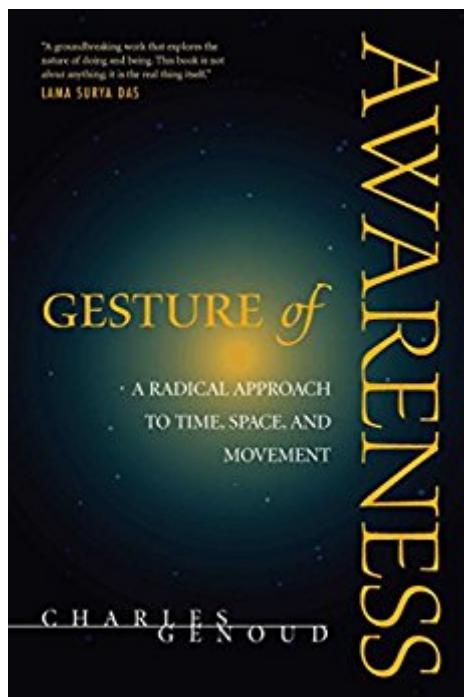


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# Gesture Of Awareness: A Radical Approach To Time, Space, And Movement



## **Synopsis**

From a major mind of Buddhism today comes this unique philosophical work, which hearkens back to the classical verse-form, but in a modern voice that speaks directly to the twenty-first century reader and practitioner. *Gesture of Awareness* involves a fascinating philosophical exploration of time, space, and movement but at the same time is a manual for an embodied "practice of exploration." Genoud is very well known to the leading lights of Buddhism today. He and his work are continually praised for their invention and importance. Well-versed in French and continental philosophies, as well as Eastern thought, he has produced a work that will be welcomed as a Buddhist book and a noteworthy contribution to the larger philosophical community.

## **Book Information**

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## **Customer Reviews**

Charles Genoud is my teacher and friend, so I'm not an unbiased reviewer. On the other hand, having attended his retreats and workshops for a dozen years or so, I'm in a position to attest that this book achieves something I thought was impossible: it catches on the printed page the flavor of Charles's uncatchable work. The *Gesture of Awareness* exercises that Charles has developed elude description, not because they're complex but because they're so subversively simple. Every

time you try to make something of them (some effort, some concept, some "special" experience), Charles pulls the rug out from under you once again. Suffice it to say that meditative and spiritual practices generally introduce the dimension of liberation first while doing the practice, with the eventual aim of transcending the practice so that liberation is present while you're doing nothing more cosmic than walking across the room. Charles takes you straight to that dimension while walking across the room.

This book by Charles Genoud is a pure pleasure to read. Poetry or teaching of wisdom...it is both!! Gesture of Awareness brings a new view of reality, our minds and our bodies. I have learned a new way to look at meditation and movement practices and it is changing the way I lead these practices.

Bought this book just because it was highly recommended, and I like to find clear expressions of the dharma so that I can suggest them to others.Unfortunately, what I found in this book was a bunch of wonderings from someone who has not apparently had much insight into dependent origination & anatta. Mr. Genoud suffers even from the pre vs trans-egoic fallacy (which Ken Wilber loves to point out), almost equating the non-conceptuality of babies (as well as the Hopi tribe) with some type of awakened state. At one point, Mr. Genoud seems to deny the importance of Right View entirely, saying something like "what do we really know about awakening, anyway? How do we know that Christians don't awaken just as well as Buddhists?"The author was really into the whole non-conceptual thing, but that is a trap until you have right view. After all, right view is a conceptual device. It is the "raft" that leads to the "other shore" (nibbana). The other shore is not just non-conceptual. It is without center or background, no splitting of awareness from appearances, no more reifying process into objects, nor more subsuming all into one, as everything is disjoint yet infinitely interpenetrating.Instead of trying to generically "be here now" (which can be done while doing all kinds of unskillful things), try to realize that nobody is here in the great natural & automatic perfection. Be here now in this effort to wake up from the delusion of identity.I am not affiliated with this blog, but I gained tremendous benefit from it, so let me just suggest that you google "Thusness six stages of awakening," and read the various important articles on the blog housing that very important article.

This a miraculous book that is almost impossible to describe. It must not be merely read, thought about or marveled at - although it is beautifully written, thought-provoking and marvelous. It must be savored and allowed to sink in. Above all, it must be experienced, because the ideas and movement

exercises offered here are pathways to directly experience the mystery of pure being. If that sounds abstract, have no fear. Charles will lead you step by step -- everywhere, nowhere and right here.

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