

Pursuing Consciousness: The Book Of Enlightenment And Transformation By Peter Ralston

By Peter Ralston

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Over decades of martial arts and meditation practice, Peter Ralston discovered a curious and paradoxical fact: that true awareness arises from a state of not-knowing.

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Peter Ralston was raised in Asia and began studying martial arts at the age of nine. By the age
of nineteen he was a black belt in Judo and Jujitsu (Nidan), black

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