

# Big Mind, Big Heart



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Book & CD. Presents a highly original and accessible pathway to self-discovery and personal liberation. Since 1999 the Big Mind process has been experienced by many thousands of people in seminars across America. Big Mind employs a Jungian voice dialogue technique that enables people to step out of limited self-concepts into awareness of their many different sub-selves (emotions/mental states). In addition to exploration of the more familiar sub-voices like anger and fear, author Zen Master Dennis Genpo Merzel uses this technique to help people access the ever-present Big Mind/Big Heart awareness -- the clear, 'just being' awareness and the unconditional compassion that we all can experience. The Big Mind process is now available in book form to bring readers of all backgrounds many benefits including: access to our innate wisdom, compassion and equanimity; openness of mind and ability to shift perspectives; greater presence and empowerment; and appreciation for the wisdom within all of our many sub-selves even ones we tend to dislike or disown, like fear and anger.

作者介绍:

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## 标签

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## 评论

When we first go beyond the self, there is a tendency for the ego to appropriate that experience of the transcendent, and we can easily become stuck in what we call the absolute. This has happened for thousands of years, and teachers have always encouraged, and even pushed, their students through this phase, to return to including the relative.

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