



# The Unfolding Now: Realizing Your True Nature through the Practice of Presence

By A. H. Almaas

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The keys to self-knowledge and deep contentment are right here before us in this very moment—if we can simply learn to live with open awareness. In *The Unfolding Now*, A. H. Almaas presents a marvelously effective practice for developing the transformative quality of presence. Through a particular method of self-observation and contemplative exploration that he calls inquiry, we learn to live in the relaxed condition of simply "being ourselves," without interference from feelings of inadequacy, drivenness toward goals, struggling to figure things out, and rejecting experiences we don't want. Almaas explores the many obstacles that keep us from being present—including defensiveness, ignorance, desire, aggression, and self-hatred—and shows us how to welcome with curiosity and compassion whatever we are experiencing.

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### Editorial Review

#### Review

"Almaas is a genius at revealing both the core qualities of Essence and the veils that obscure it, always in language that helps peel away those veils, always holding open the door to the unfolding presence and awareness that remains when the veils have dissolved. *The Unfolding Now* leads the reader through a masterful series of inquiry processes, invitations to sense and know ourselves at increasing levels of subtlety, gently walking us deeper and deeper into Truth."—Sally Kempton (Durgananda), spiritual teacher and author of *The Heart of Meditation: Pathways to a Deeper Experience*

"I love the unfolding Almaas! His clarity never diminishes, yet each book brings an increasing simplicity and gentleness. As I worked with this latest material, I felt like I was receiving a transmission of pure compassion. His strong, true voice reminds us that beyond the endless self-improvement projects and idealized mystical states with which the spiritual path is strewn lies the simple but exquisite taste of our own being."—Cynthia Bourgeault, author of *Mystical Hope, The Wisdom Way of Knowing, and Centering Prayer and Inner Awakening*

#### About the Author

A. H. Almaas is the pen name of Hameed Ali, the Kuwaiti-born originator of the Diamond Approach, who has been guiding individuals and groups in Colorado, California, and Europe since 1976. He is the author of *Spacecrusier Inquiry, The Pearl Beyond Price, Facets of Unity*, and other books.

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This *The Unfolding Now: Realizing Your True Nature through the Practice of Presence* book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is usually information inside this reserve incredible fresh, you will get details which is getting deeper you read a lot of information you will get. This particular *The Unfolding Now: Realizing Your True Nature through the Practice of Presence* without we understand teach the one who studying it become critical in thinking and analyzing. Don't always be worry *The Unfolding Now: Realizing Your True Nature through the Practice of Presence* can bring when you are and not make your bag space or bookshelves' turn out to be full because you can have it in your lovely laptop even phone. This *The Unfolding Now: Realizing Your True Nature through the Practice of Presence* having fine arrangement in word and layout, so you will not truly feel uninterested in reading.

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