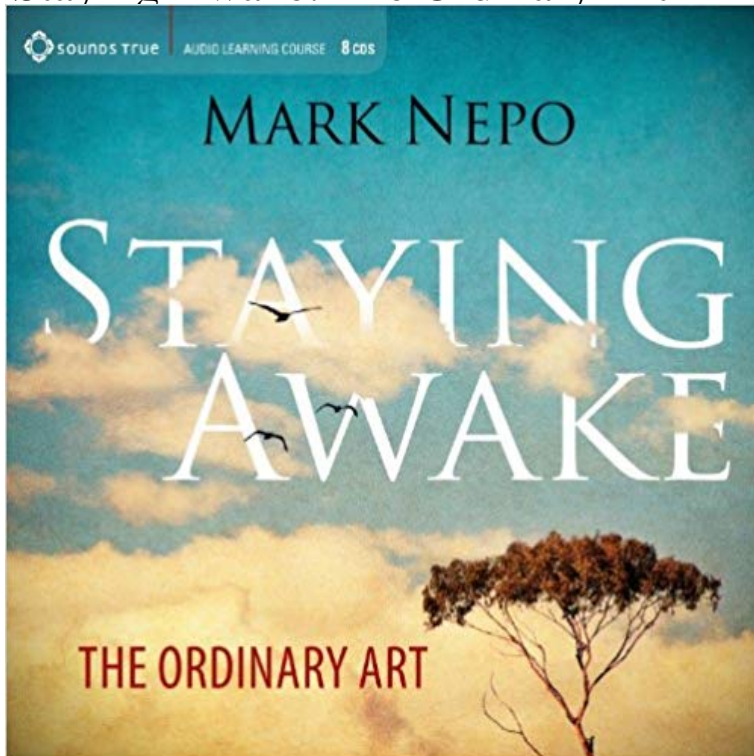


Staying Awake: The Ordinary Art



Most of us can remember a time when we felt completely awakefully present, deeply engaged, our heart and mind wide open. We also know those periods of sleepiness when our purpose is unclear, we lose our way in relationship, and lifes challenges seem more than we can bear. In *Staying Awake*, Mark Nepo invites us to inhabit our truest selves in all ways in all directions, as we find our own voices in the One Conversation in which each of our lives is a story waiting to be told. With a poets keen view of the vast and often hidden territory of the inner life, Mark Nepo talks directly about what a gift it is to be here and about the resources that the mysteries of being and experience reveal. Informed by his journey through cancer, he explores the lessons brought to us by the press of love and suffering. For each of us is born awake and yet it takes courage to stay awake, to remember that all we encounter is real. Sharing his own rich poetry along with the inspired writing of luminaries across generations, Nepo guides us in the central practice of staying awake: to be who we are, no matter what we face, and to enter our days and moments to the fullest. We do this, he teaches, by holding nothing back by bringing all of who we are to every situation, enlivening our connection with everything life has to offer. Using teaching stories and a series of exercises and reflections, Nepo invites us to listen to our own stories and to find our own wisdom. We are stronger, gentler, more resilient, and more beautiful than any of us imagine, teaches Mark Nepo. *Staying Awake* is his offering to all of us who seek the love of truth and the truth of love that help us live. Highlights

The direct tasting of life
The unwanted guest and what it asks of us
The deep listener, the deep speaker, and the deep questioner within
Metaphor and whole-mind thinking
The gifts of paradox
The risk to be present
The reliable truths that never change
Nine hours of

poetry, story, exercises, and explorations
for practicing the ordinary art of staying
awake

: Staying Awake: The Ordinary Art (Audible Audio Staying Awake: The Ordinary Art (CD-Audio) - Common [By (author) Mark Nepo] on . *FREE* shipping on qualifying offers. Enter Your Days to the **Staying Awake: The Ordinary Art: : Mark Nepo** Staying awake is an applied art of spirit. It is not something we can manipulate, but only live into. Each of us is born instinctively awake and yet **Staying Awake: The Ordinary Art: Mark Nepo - Emka** This journey offers a chance to work with Mark in a small group setting as a way to deepen your own path in the company of a small circle over **Staying Awake: The Ordinary Art by Mark Nepo - Goodreads** The mysterious and unending journey of how this happens is the ordinary art of staying awake. It involves the deep and continuous act of being present in all **Images for Staying Awake: The Ordinary Art** : Staying Awake: The Ordinary Art (Audible Audio Edition): Mark Nepo, Sounds True: Books. **Staying Awake: An Ordinary Art, a three-day/two-night - Patheos** Find great deals for Staying Awake: The Ordinary Art by Mark Nepo (CD-Audio, 2012). Shop with confidence on eBay! **Staying Awake: The Ordinary Art: Mark Nepo -** Staying Awake by Mark Nepo, 9781604076660, available at Book Depository with free delivery worldwide. Staying Awake : The Ordinary Art. **Staying Awake: The Ordinary Art - Audible** Make the commitment to being your truest self in all ways in all directions. Apply the ordinary art of staying awake through self-inquiry, journaling, personal **Staying Awake: The Ordinary Art By Mark Nepo - Edibuja** Listen to a free sample or buy Staying Awake: The Ordinary Art by Mark Nepo on iTunes on your iPhone, iPad, iPod touch, or Mac. **Staying Awake: An Ordinary Art, a three-day/two - Three Intentions** Staying Awake Audio Book. Oprah Winfrey called Mark Nepos The Book of Awakening (Conari Press, 2000) an answer to a prayer as she sought guidance in **Staying Awake: The Ordinary Art: Mark Nepo: : Libros** Listen to Staying Awake Speech by Mark Nepo, narrated by Mark Nepo. **Staying Awake: The Ordinary Art (CD-Audio) - Common: By (author** Staying Awake has 4 ratings and 2 reviews. Jeffrey said: Hi everyone I got the audiobook Im not quite through it all but Mark has a great way of speakin **Staying Awake: The Ordinary Art by Mark Nepo (CD-Audio, 2012** : Staying Awake: The Ordinary Art: Language: English . Brand New. Most of us can remember a time when we felt completely awake fully present, **9781604076660: Staying Awake: The Ordinary Art - AbeBooks** No one can be awake all the time. during a week of recording my box set of teaching conversations, Staying Awake: The Ordinary Art. **Staying Awake : Mark Nepo : 9781604076660 - Book Depository** Mark Nepo je pesnik in filozof, ki ze vec kot petindvajset let poucuje o poeziji in duhovnosti. Izdal je enajst knjig in posnel tri zgoscenke. **Staying Awake : The Ordinary Art by Mark Nepo (2012, CD - eBay** Find great deals for Staying Awake : The Ordinary Art by Mark Nepo (2012, CD,

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