



# Looking into Mind: How to Recognize Who You Are and How You Know

*Anthony Damiani*

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## **Looking into Mind: How to Recognize Who You Are and How You Know** Anthony Damiani

Looking into Mind is an invitation to discover and explore the vital core of one's own mind from two standpoints. From the practical side, it shows how to use meditation to experience the mind directly, free of any images. From the intellectual side, its compelling, accessible look into our everyday experience shows its mental nature, and explores how the world we say we know is thought into existence by the same mental power that thinks our "I." Damiani presents this combined approach as the most direct way to intimate knowledge of one's soul, the surest route to spiritual independence, awakening, and realization.

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