



The Mandala of Being: Discovering the Power of Awareness

Richard Moss

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Many people obstruct their innate potential through repeated patterns of emotional struggle and suffering. This practical, hands-on guide explains why and how people habitually fall into this trap and provides a program, easily incorporated into everyday life, that frees them from this destructive behavior. Using a simple mandala, the book illustrates the four places humans go when they feel threatened, uncomfortable, or aren't fully centered or grounded in the present moment. Like a trail of pebbles left behind on a hike, it helps trace the path back to the authentic self. Drawing on his three decades of teaching consciousness, Richard Moss plays the role of wise shepherd, accompanying and encouraging the reader on a journey toward the genius within and away from fear and other limitations. Most importantly, he offers an always-available compass that directs readers back to the true self, and into the magic of the present moment.

The Mandala of Being: Discovering the Power of Awareness Details

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From Reader Review The Mandala of Being: Discovering the Power of Awareness for online ebook

David says

A must read for anyone doing awareness work. I bit dense at times and in need of some additional editing. Important none-the-less.

Chris Armer says

Very few books get a five star rating from me. The ones that do contain what I feel are life transforming ideas that are communicated clearly and creatively. However, the book can be quite redundant at times. Nevertheless, I felt that every chapter of the book contained much thought provoking material. Now the hard part is in practicing. I will most likely read it again in the near future.

Lance says

One of the most important books I have ever read. Not for everyone because if you're not into self discovery and new thought it won't make much sense. But for seekers it is spectacular. Moss explains things in a way that made difficult concepts simple, and the Mandala as a tool is terrific. An easy five stars.

Tami says

Spend just a single day being completely aware of where your thoughts lead you. How often does your mind wander? How much time do you find yourself recalling or analyzing things that happened in your past? How much time do you spend worrying about what might happen in the future? What stories do you make up about yourself in your wanderings? Are you self-sacrificing, underappreciated, and undervalued? Are you hardworking and eagerly climbing the ladder of success? Are you bitter that everyone else seems to catch a break but you get nothing?

Anyone who has ever tried this exercise knows that the majority of our time is spent anywhere but at the present moment. We fixate on the past, we fantasize about the future, we create self serving stories in our minds, and we judge others. Very little of our time is actually fully focused on what we are doing and feeling in this exact moment. So in essence, we rarely focus on the here and now, on the moment.

The Mandala of Being guides the reader to a better understanding of this very human process explaining that these seemingly harmless distractions actually color the way we see ourselves. Basically, all of these stories do two things. They either feed our ego so that we feel that we are somebody special (hiding the underlying feeling that we are not enough as we are) or we open berate ourselves. The end result in both cases is the same, it reinforces the notion that somehow we have to be, act, or have something specific in order to be valuable human beings.

The simple solution is to have our thoughts stay in the here and now, to see events for what they really are, and to get in touch with our true selves. This may be easy to say but it is extremely hard to do. The Mandala of Being teaches us how to make a start in this attempt and how to counteract some of the major obstacles on this path.

Eddie Black says

Currently on page 75 and, while I really like the message... I find myself saying over and over, "the horse is dead, get on to the next point". More than once I looked at how thick the book is and wondered if the rest of the book follows suit and how thinner it would be.

There are good passages, however. I am sticking it out.

Miguel Acosta says

Many of us need answers to the What? and Why? questions as part of our life's journey. When the student is ready, the teacher shows up. Each of us has the responsibility to learn how to wake up and get beyond our own destructive thought patterns and conditioning.

The mandala is a large drawn circle with me at its focal point, concentrating on the stillness, the love, and the presence of my own me/Now. From this axis, I can step to different sections of the circle's circumference to question negative stories and feelings from the past I rely on to berate my being. I question, but I always return to the mandala's center to affirm myself. Reassured, I reach out around the circle touching others with newfound dignity, compassion, and empathy.

The Mandala Of Being is the condensation of Dr Richard Moss's life's work and teaching. It gives a good taste of the foundation of his work helping people transform their lives. By itself, it is illuminating and it will help a motivated seeker to begin their own work.

Marilyn says

I liked this book better than Eckhart Tolle's for awareness work as this gives practical applications - more how-to and hands-on. And I could relate more to his language than Tolle's pain-body. It is a bit repetitive and that gets old. Since I'm a very visual person, the diagrams help focus the attention and allow the mind a place to settle while trying to move into the physical and stay in the NOW.

Liz Baker says

amazing so far!

Paul says

Profound, deep, and inspiring.

Paul says

The book was a collection of psychobabble and new-age catch phrases. After reading the entire book, I'm still unclear of the message the author was trying to convey.

Stephlkallday@gmail.com says

One of my favorite books that I still sometimes look back on. Opened me to new ways of thinking; I think anyone could find something beneficial from this book.

Lakshmi Narayanan says

I found the ideas expressed in this book very similar to the ones that Eckhart Tolle did in his two books so I stopped some time after a third of the book.

However, Richard Moss does a very good job of representing the essence of his book in the three circular diagrams that he uses in his workshops as well.

I would recommend the book to anyone looking for yet another way to center one's self.

daniel smith says

The mindset he teaches in the book is very similar to the concepts of improv, being in the moment and such. He pretty much disses all religions which is fine with me but could be hard to digest it your "faithful" to some God. All religions but Buddhism that is, he has a lot of parallels.

Laurie says

Richard's Mosses' mandala encompasses you, me, past and future and the stories we make up in our heads about it all. The goal is to let go of those stories, live in the present, and do what he calls "start from the beginning of yourself".

"We can awaken gradually through hundreds and even thousands of moments of grace. Moment by moment, we can learn to draw from the richness of our beginning in the midst of all that life demands from us. To support this potential, which is actually a process of returning to the Now in the midst of daily life, I have created an inquiry process called the Mandala of Being."

Learning to interrupt thinking is the first step in this process. This also helps you to live in the now. After just finishing "The Art of Presence" by Eckhart Tolle, many of the concepts are the same. Living in the now is

not easy for any of us, but it can transform our lives.

"We hold the key to our freedom all along without realizing it. It lies in the quality of our attention, moment by moment."

One exercise he suggests is to do stream-of-consciousness writing and then relax or sit quietly to bring yourself until the present and help you become aware sooner when you collapse into and identify with either your thinking or emotions.

Richard says we express anger and fear because we are resisting the "untamed emotions". These emotions are very intense, but he says if we allow them to emerge and accept them, they will resolve on their own and we won't have to waste so much energy resisting them. Through this process of acceptance, we will learn to be less defensive, reactive and aggressive.

"The untamed emotions are like guardians at the gateway, the ultimate fears that we must face in order to begin to develop a strong sense of self".

He concludes with this wonderful quote:

"There may always remain the unsettling taste of the unknown and our lives will inevitably invite us to greater humility, but this begins to fill us with wonder instead of fear. A sense of how loving the universe is begins to grow until, eventually, we trust that we are flowing in harmony with life and are always supported, buoyed by a great and gracious current."

Great read. I highly recommend it.

Graham says

I am unexpectedly thrilled to be done with this book. Moss is a wise teacher and makes a strong case for his accessible and useful techniques. The problem is his tendency to repeat himself. I thought for awhile that he was repeating his ideas in order to emphasize them, but I think if he realized he was doing this he would say so. On his behalf, I told myself I was probably too thick to learn and apply his principles unless he repeated them multiple times. I wanted to like this book so much that I held him on a pedestal. This would be a damning conclusion but for the fact that Moss helped me to reach it. He'd probably approve of me realizing my inauthentic attachment to a negative "me story", even if it involved criticizing his book.

I'm ready to test what I've read here against William James. And possibly this is what (cue inspiring music) reading is supposed to be all about, progressive inquiry leading to increasingly rich discoveries and a personal philosophy which becomes increasingly distinct and refined. ...Time for a beer.

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previous thoughts on mandala:

I find myself wanting to brag here about becoming more enlightened having read this. Really, I feel very alone in my study of Moss's ideas. I've felt discomfort at his pointing out that I have no place to turn for spiritual comfort other than to the now. Why should this be a threatening idea, where have I been going instead? It's an interesting question, but a scary one, and Moss doesn't pretend to offer a more soothing alternative.

Practicing the mandala, staying at the center of consciousness, seems confining. Like a dog might be considered obedient for not straying ahead or behind its master, so does Moss insist that consciousness be kept in check lest it wander into past, future, me, or you stories. I remain skeptical of this. The alertness required to recognize self-avoidance would seem jeopardized by a monolithic idea such as the mandala. I'm reminded of Costanza's Dad shouting "serenity now!"
