



# Meeting the Mystery: Exploring the Aware Presence at the Heart of All Life

*Nirmala*

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## **Meeting the Mystery: Exploring the Aware Presence at the Heart of All Life** Nirmala

What is the source of the aliveness and awareness, which are fundamental to all life? What is the nature of desire, and how do our desires relate to suffering? How do we know what is true? What is the nature of belief, and how do our beliefs affect our ability to experience the deeper reality that is always here? And in the midst of these mysteries, how do we live our daily lives in the most satisfying and integrated way? Meeting the Mystery explores these questions and will help you discover new dimensions and possibilities in your life. This collection of articles and answers to questions posed by spiritual seekers is a springboard to ever deeper inquiry into the greatest mystery of all—Presence, which is who you really are.



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