Headless Way Books Audiobooks & Videos

Full Catalogue

INTRODUCTION

This catalogue is the current collection of Headless Way books by Douglas Harding and others, plus audio books, videos and the Youniverse Explorer model. This is a continually growing collection in different languages. We will update it as more books etc. become available.

You are

the sole and final authority

on what it's like

being you

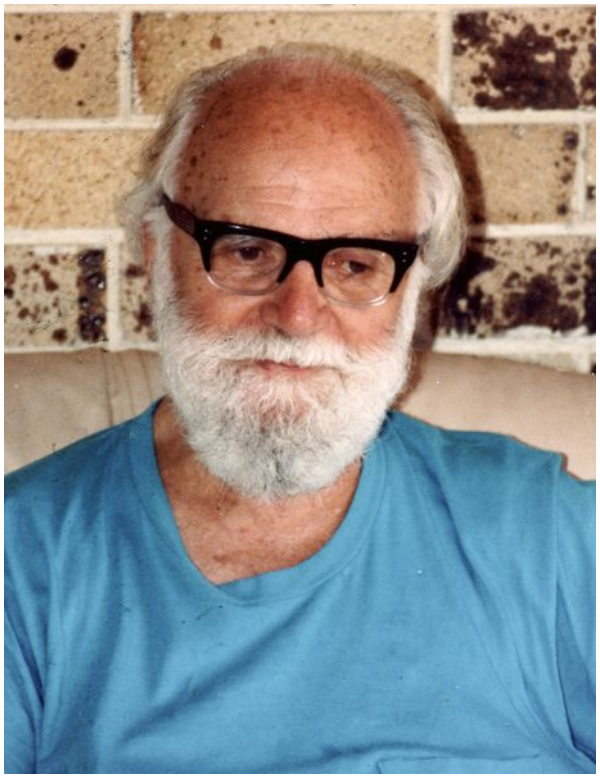
now,

right where you are.

Nobody else

is in a position to say.

Douglas Harding



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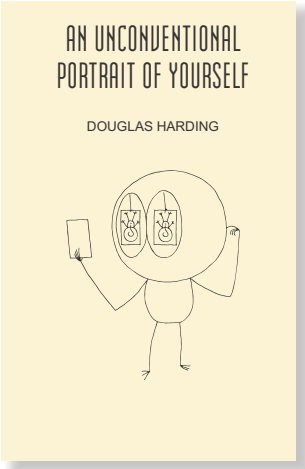

An Unconventional Portrait Of Yourself

Douglas Harding

This book was completed by Douglas Harding in 1941, so it shows his thinking about a year before he saw he was headless. Challenging the conventional view of who you are, Harding demonstrates how everything is within you, that you do not stop at the boundary of your skin but encompass the whole universe. An inspiring book, clearly written, with many illustrations.

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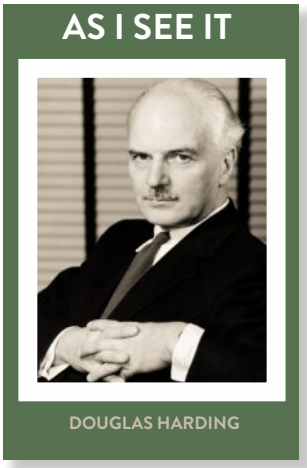

As I See It

Articles, selected by Richard Lang

Douglas Harding

Douglas Harding is best known for his book On Having No Head, and for the development of his 'headless way experiments'. Harding also wrote many articles. The collection of articles in As I See It, arranged in chronological order, span the period of Harding's life (1909–2007) from the early 1940s to the late 1990s. As I See It is not a collection of all of Harding's articles but of those not in print elsewhere.

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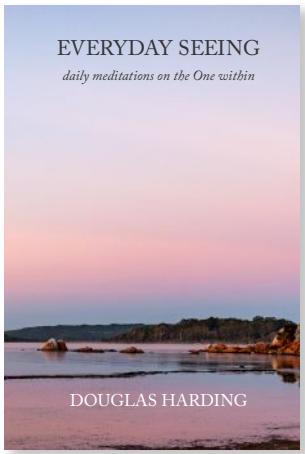

Everyday Seeing

Daily meditations on the One within

Douglas Harding

An inspiring quotation for every day of the year, selected from the books and talks of Douglas Harding.

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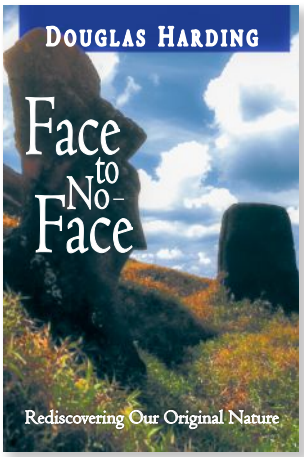

Face to No-Face

Rediscovering Our Original Nature

Douglas Harding

(Ed. David Lang)

In this distinctive series of dialogues, Douglas Harding, author, philosopher, and mystic, discusses the fundamental issue of life: how to awaken to the natural freedom that is our true self. Through a unique series of 'exercises,' Harding guides us to where we can clearly perceive our original nature.

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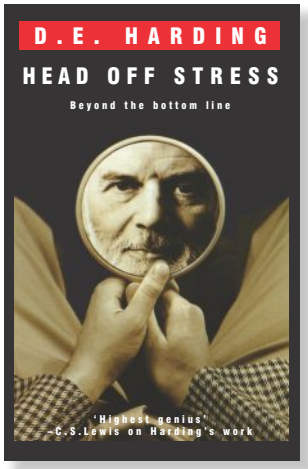

Head Off Stress

Beyond the Bottom Line

Douglas Harding

An infallible guide to eliminating stress by Douglas Harding, author of On Having No Head.

When we come up against stressful situations in our everyday life our automatic reaction is to turn away and escape. If, on the other hand, we can accept stress, allow it to become part of us, the conflict disappears.

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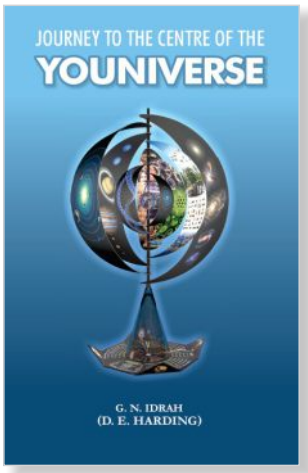

Journey to the Centre of the Youniverse

Douglas Harding

In search of the singer of a beautiful song, the hero Youlysees journeys through every layer of the Youniverse, chased by the Wormwolf, till he comes to the very Centre where all is revealed. Douglas Harding retells his great book, The Hierarchy of Heaven and Earth, in the form of a dramatic story.

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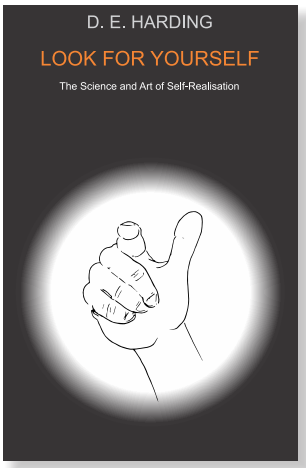


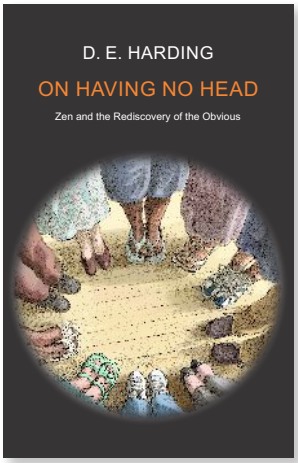
BUY ONLINE

Look For Yourself

The Science and Art of Self-Realisation

Douglas Harding

29 essays by Douglas Harding (his first collection of essays) including How To Surrender, Tales Of Tenderness, The Shortest Path, and Mapping The First Person.



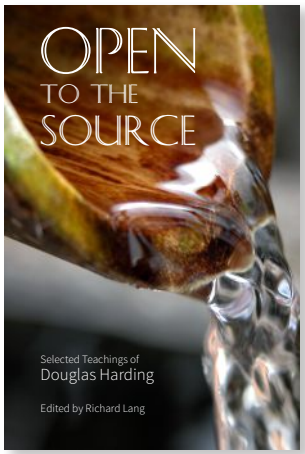
BUY ONLINE

On Having No Head

Zen and the Rediscovery of the Obvious

Douglas Harding

This was the first book for a popular audience by Douglas Harding, first published in 1961. It has become a spiritual classic. Harding added new material to it in 1985––The Eight Stages of the Headless Way. The book starts with the famous passage: "The best day of my life––my rebirthday, so to speak––was when I found I had no head... It was when I was thirty-three that I made the discovery..."



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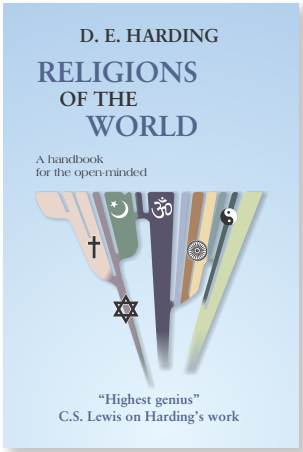
Open To The Source

Selected Teachings of Douglas Harding

Douglas Harding

(Ed. Richard Lang)

Quotations from Douglas Harding's books and talks, beautifully illustrated by photographs on every page.



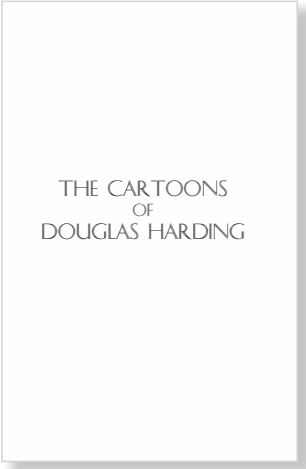
BUY ONLINE

Religions of the World

A handbook for the open-minded

Douglas Harding

This is a revised and extended version of the original book, first published in 1966. Douglas Harding revised it in the 1980s. With his direct insight into the Heart of the world's major religions Harding shares his deep understanding of the unique contribution of each religion within the family of religions. Harding also shows how science supports the central insight of religion.



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The Cartoons of Douglas Harding

Douglas Harding

In India, between 1937 and 1943, Douglas Harding, author of On Having No Head, drew cartoons that were published in the principal daily paper in India, The Statesman. We are publishing this collection of Harding's cartoons partly because we like them. But also because it gives insight into the varied creative life and character of a man who was a skilled artist as well as what he later became — a great writer, philosopher and spiritual teacher.

BUY ONLINE

The Crimson Tiger

Short Stories

Douglas Harding

If these tales had been written by an unknown author, then they would simply be entertaining reflections on a childhood and youth lived in the early 20th century. But they gain in interest and significance because of who wrote them, for they provide an insight into the life and mind of a youngster who later became a great philosopher and spiritual teacher.

The Face Game

Liberation without Dogmas, Drugs or Delay

Douglas Harding

The Face Game is the game of pretending to be a person. When we see Who we really are we stop playing the Face Game and begin living a game-free life, the fruits of which are love, joy and peace. This game-free life is also known as Liberation, Enlightenment, Salvation.

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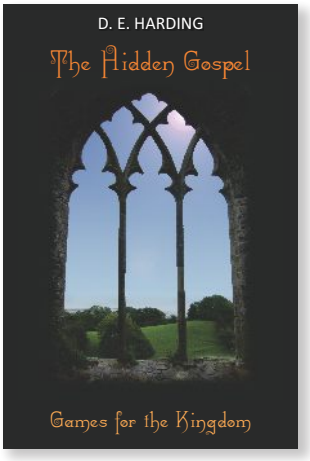

The Hidden Gospel

Games for the Kingdom

Douglas Harding

The Hidden Gospel presents an exciting new interpretation of the teachings of Jesus. In this workshop manual Douglas Harding invites you to do his breakthrough experiments and experience, directly, the Reality that Jesus was talking about.

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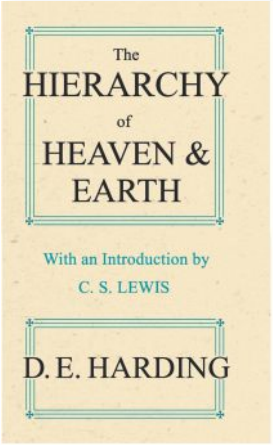

The Hierarchy of Heaven and Earth

A New Diagram of Man in the Universe **(abridged)**

Douglas Harding

This book begins with the question 'Who am I?' and immediately sets off in an astonishingly original direction. Why didn't anyone before Harding think of responding to this question like this? It's so obvious, once you see it.
This is the abridged version, originally published by Faber & Faber

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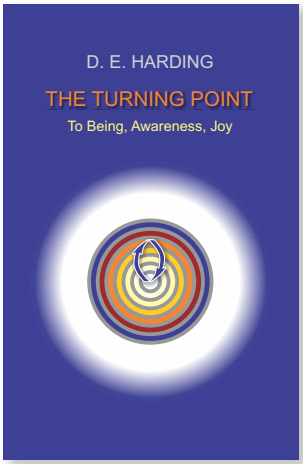

The Turning Point

To Being, Awareness, Joy

Douglas Harding

From the Foreword by Douglas Harding: This book has three essential components. (1) A lot of words, plus the points they make. (2) Pictures and diagrams of mine to help make sense of those points. (3) Half a dozen experiments or tests or exercises designed to reveal what you can see you are, in sharp distinction from what you think you are and are told you are.

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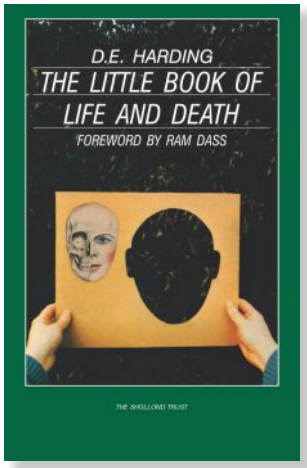

The Little Book of Life and Death

Douglas Harding

In this book Douglas Harding, author of On Having No Head, takes a fresh look at death, and points to that which is before and beyond death - our true self.

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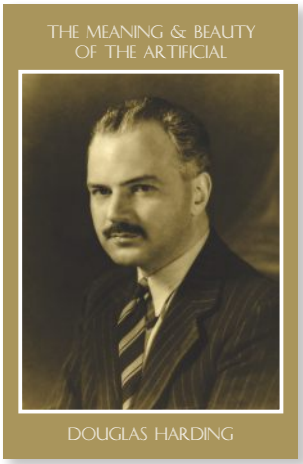

The Meaning and Beauty of the Artificial

Douglas Harding

This book is the first work of non-fiction by Douglas Harding, written in the 1930s, before he had his 'headless' experience. In this book Harding explores the proposition that tools are 'extensions of the body', that there's no absolute boundary between the 'natural' and the 'artificial'.

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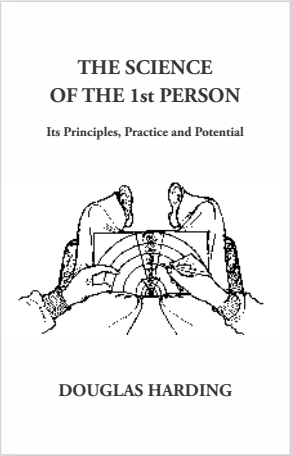

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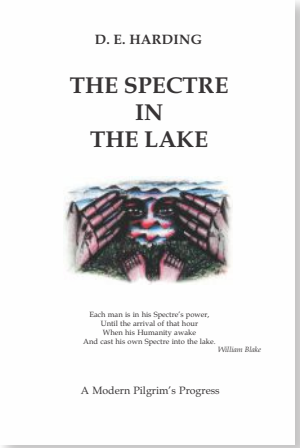

The Spectre in the Lake

Douglas Harding

This book, by the author of the well-known classic *On Having No Head,* is a kind of Pilgrim's Progress for the Third Millennium. It is also a condensation, in the form of a romantic adventure story, of Harding's major work, *The Hierarchy of Heaven and Earth.*

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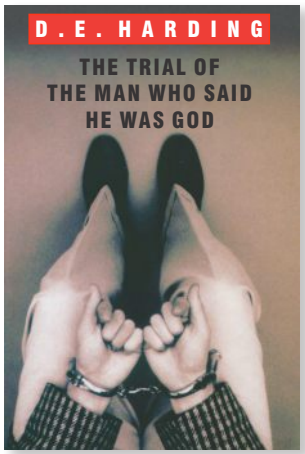

The Trial of the Man Who Said He was God

Douglas Harding

This remarkable work by the author of On Having No Head is didactic fiction in the English tradition of More, Bunyan, Butler, Orwell and Huxley. Taking the form of a court case in the year 2003 AD in which a man is tried for blasphemy, the book dramatises Harding's highly original techniques for Seeing Who We Are.

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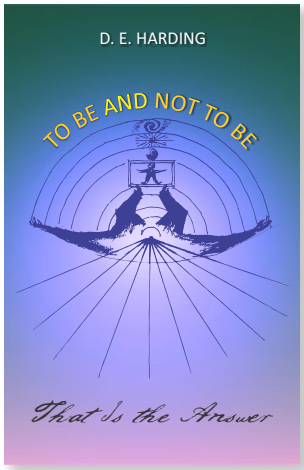

To Be And Not To Be: That Is The Answer

Douglas Harding

A great collection of essays by Douglas Harding, first published in 2002. As usual, Douglas is inspired!

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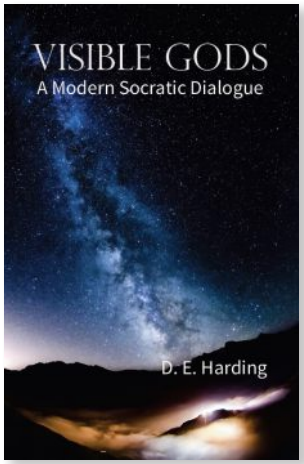

Visible Gods

A Modern Socratic Dialogue

Douglas Harding

The argument for the living universe, presented in the form of a conversation between Socrates and several moderns––an astronomer, a Freudian analyst, a biologist and a biochemist. Written in the 1950s, this book will open your eyes to the *living* universe.

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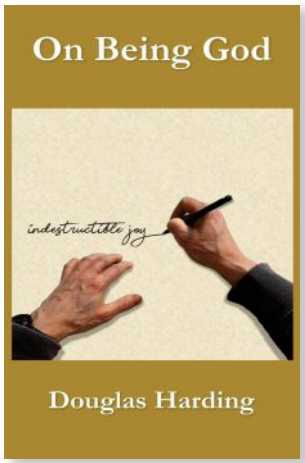

On Being God

A Modern Socratic Dialogue

Douglas Harding

Harding did a superb job of morphing *On Being God* into *The Face Game*, a book that took Transactional Analysis to a new level. But happily, the original chapters of *On Being God* were still in Harding's papers after he died, for they have a tone and message that is different from the form they took in *The Face Game*. *On Being God* stands on its own as a powerful, inspiring text.

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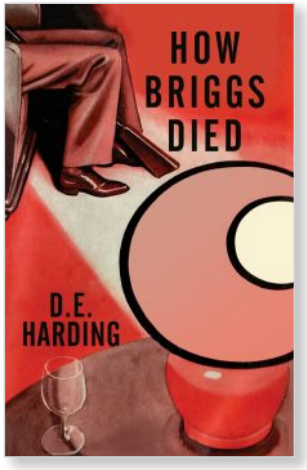

How Briggs Died

Douglas Harding

A detective novel by Douglas Harding. See if you can solve the puzzle before the detective does. It is an unusual plot. And, something happens in the story that has a bearing on Harding's discovery of his 'headlessness' just a few years after he wrote this novel. Curiouser and curiouser...

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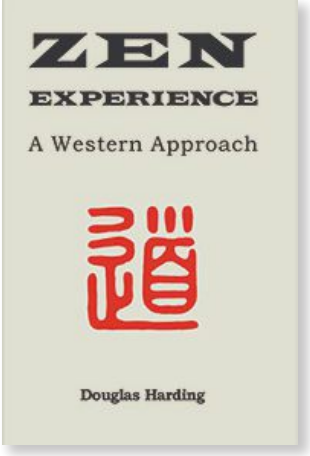

Zen Experience: A Western Approach

Douglas Harding

The Void which is the topic of this book, this Emptiness or Nothing which stands so magnificently alone, is certainly no mere Void, no common Emptiness, no negligible Nothingness: for it is conscious of itself as Void and Empty and Nothing.

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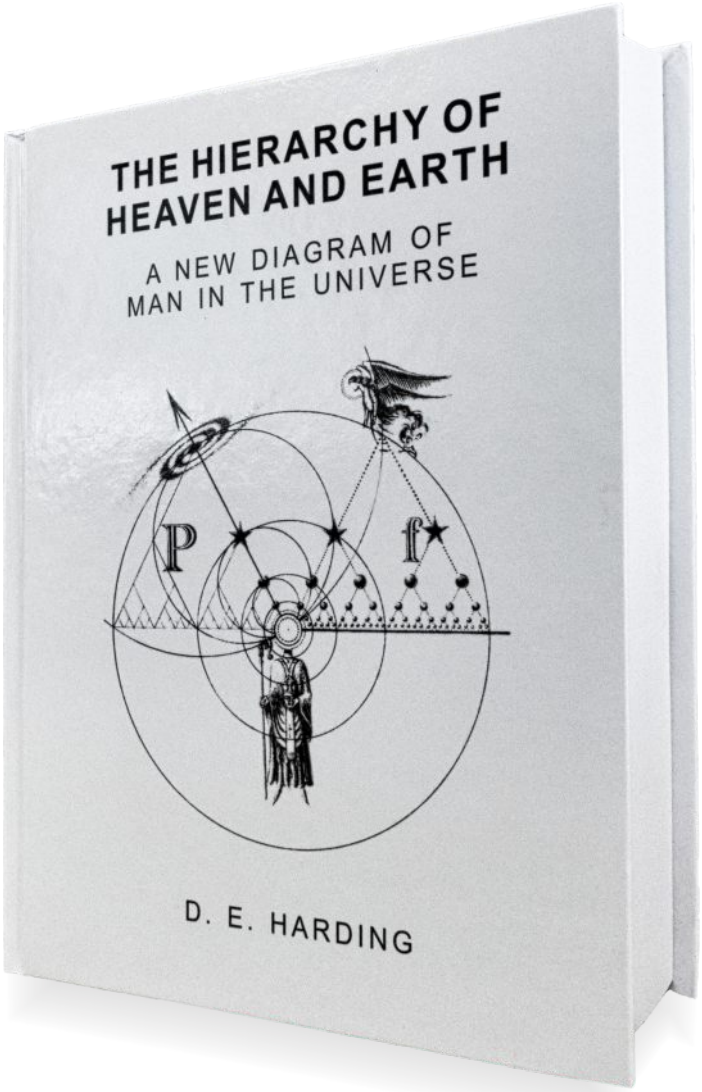


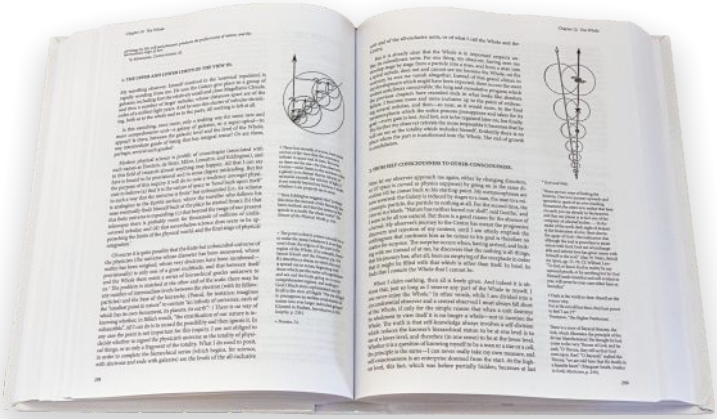
The Hierarchy of Heaven and Earth (A New Diagram of Man in the Universe) by Douglas Harding is a very great book.

Harding starts with the question 'What am I?'. Immediately he takes a highly original approach, providing a stunningly simple and obvious observation about his own, and everyone's, identity. Why, in the whole of philosophy, has no one pointed out what Harding points out? Once you see what he is referring to, it is so obvious and so important. It changes everything. This is a work of pure genius. It is also a work of immense passion and hard work. It took ten years to write.

The Hierarchy of Heaven and Earth is beautifully and clearly written. It is beautifully and clearly designed. It is profoundly knowledgeable––the information in the margins alone is an education. It is over 700 large pages and has more than 400 drawings by the author. (This is a reproduction of the original huge typescript. A condensed version is also available.)

This book will change how we see ourselves and our place in the universe. It is a game-changer.

This edition has taken years to prepare by a whole army of volunteers. We are very proud of our achievement.



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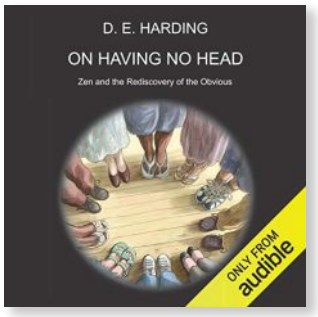

On Having No Head

Douglas Harding

Read by Richard Lang

This was the first book for a popular audience by Douglas Harding, first published in 1961. It has become a spiritual classic. Harding added new material to it in 1985––The Eight Stages of the Headless Way. The book starts with the famous passage: "The best day of my life––my rebirthday, so to speak––was when I found I had no head... It was when I was thirty-three that I made the discovery..."

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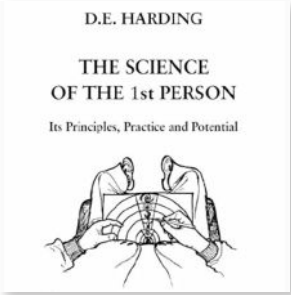

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Douglas Harding

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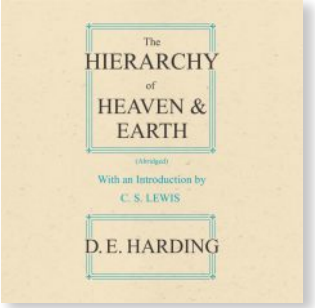

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A New Diagram of Man in the Universe **(abridged)**

Douglas Harding

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Harding presents a new vision of our place in the universe that uses the scientific method of looking to see what is true.

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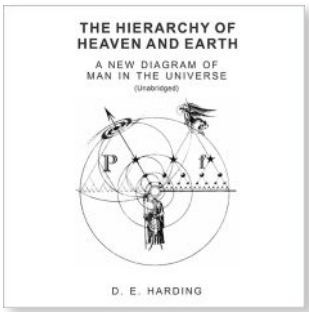

The Hierarchy of Heaven and Earth

A New Diagram of Man in the Universe **(unabridged)**

Douglas Harding

This unabridged original version of The Hierarchy of Heaven and Earth is a very great work of philosophy. There is nothing like it. It is a profound breakthrough in terms of how we see ourselves in the world.

The Hierarchy of Heaven and Earth was originally published in a condensed form (condensed by Harding) in 1952 and described by C.S. Lewis as "a work of the highest genius".

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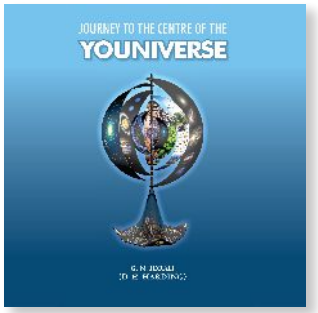

Journey to the Centre of the Youniverse

Douglas Harding

A story that takes you all the way to the centre of the Youniverse. It is a story that transforms you in the process and reveals the greatest of all treasures, hidden in plain sight.

This is a dramatic story, a wild dream, at times a nightmare, at times a hilarious and subversive satire.

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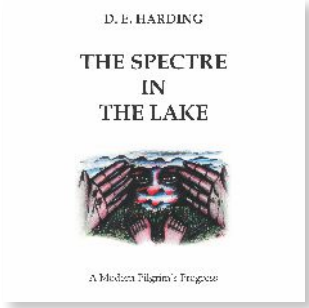

The Spectre in the Lake

Douglas Harding

This book, by the author of the well-known classic *On Having No Head*, is a kind of Pilgrim's Progress for the Third Millennium. It is also a condensation, in the form of a romantic adventure story, of Harding's major work, *The Hierarchy of Heaven and Earth*.

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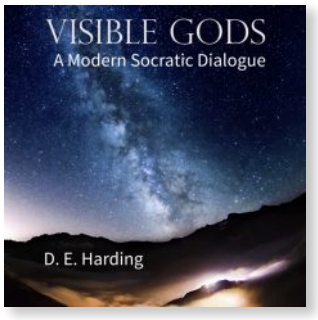

Visible Gods

Douglas Harding

Visible Gods takes the form of an imaginary dialogue between Socrates and several fictitious modern-day scientists. Socrates' world-view is of a living cosmos with man only half-way up the tree of life; above him reign suprahuman beings of great majesty and power – the visible gods.

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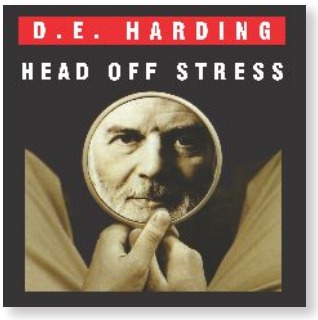

Head off Stress

Douglas Harding

An infallible guide to eliminating stress by the author of On Having No Head.

When we come up against stressful situations in our everyday life, our automatic reaction is to turn away and escape. If, on the other hand, we can accept stress, allow it to become part of us, the conflict disappears.

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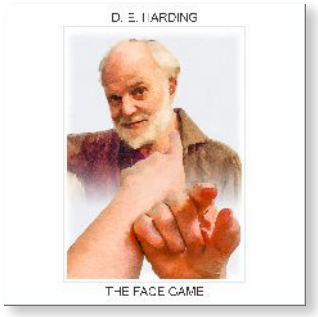

The Face Game

Douglas Harding

The Face Game is the game of pretending to be a person. When we see Who we really are we stop playing the Face Game and begin living a game-free life, the fruits of which are love, joy and peace. This game-free life is also known as Liberation, Enlightenment, Salvation.

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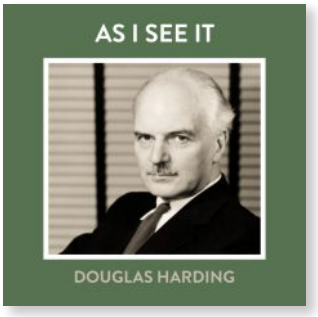

As I See It

Douglas Harding

The articles in this book, arranged in chronological order, span the period of Harding's life (1909–2007) from the early 1940s to the late 1990s. And though they are the sound of a needle stuck on one subject—the changeless subject of our true identity—the only Subject!—they reveal something of the wide repertoire Harding composed.

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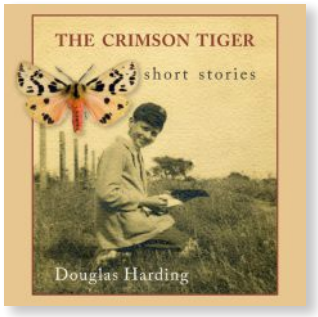

The Crimson Tiger

Douglas Harding

These stories open a window on Douglas Harding's early life – their autobiographical nature is only thinly disguised. After reading them, you will know and understand Douglas Harding in a new and more intimate way.

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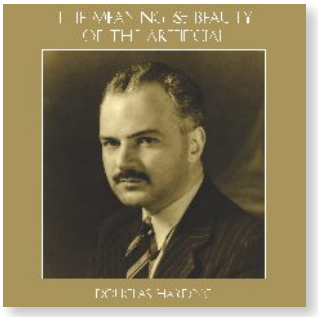

The Meaning and Beauty of the Artificial

Douglas Harding

This book is the first work of non-fiction by Douglas Harding, written in the 1930s, before he had his 'headless' experience. In this book Harding explores the proposition that tools are 'extensions of the body', that there's no absolute boundary between the 'natural' and the 'artificial'.

BUY ONLINE

The Little Book of Life & Death

Douglas Harding

In this book Douglas Harding takes a fresh look at death, and points to that which is before and beyond death - our True Self.

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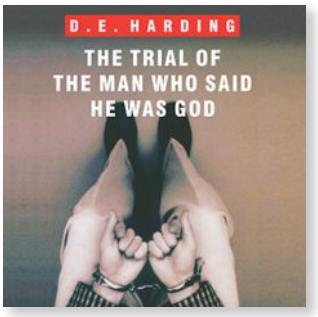

The Trial of the Man Who Said He Was God

Douglas Harding

Taking the form of a court case in the year 2003 in which a man is tried for blasphemy, this book dramatises Harding's highly original techniques for Seeing Who We Are, and gauges our myriad ideas about our relationship with the Divine.

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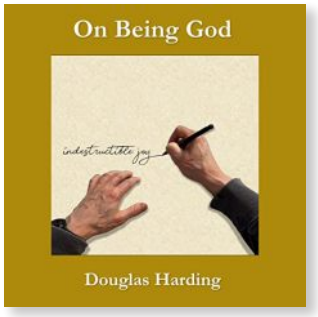

On Being God

Douglas Harding

This book demands the listener's courage and sincerity. It insists that he shall start all over again, dropping all ideas about what he's supposed to be, and taking a fresh look at himself to see what he actually is.

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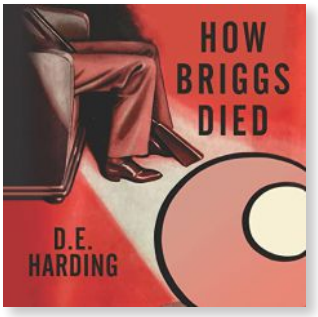

How Briggs Died

Douglas Harding

A detective novel by Douglas Harding. See if you can solve the puzzle before the detective does. It is an unusual plot. And, something happens in the story that has a bearing on Harding's discovery of his 'headlessness' just a few years after he wrote this novel. Curiouser and curiouser...

BUY ONLINE

Zen Experience

Douglas Harding

The Void which is the topic of this book, this Emptiness or Nothing which stands so magnificently alone, is certainly no mere Void, no common Emptiness, no negligible Nothingness: for it is conscious of itself as Void and Empty and Nothing.

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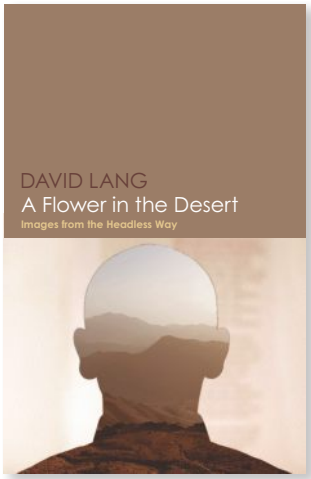

A Flower in the Desert

Images from the Headless Way

David Lang

At seventeen, following the directions of the philosopher and mystic Douglas Harding, David Lang pointed his finger at his own face and discovered he didn't have one. Instead, he found himself staring at nothing. But it was a very special nothing—a nothing filled with everything.

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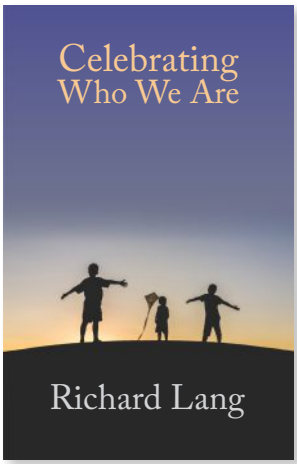

Celebrating Who We Are

Edited transcripts of
Headless Way workshops

Richard Lang

You are alive! But do you realise you are not just your appearance — the person you see in the mirror? The one looking in the mirror is in reality, at zero inches, boundless and timeless. This is not something to believe — the point is to experience this Clear Space yourself. See your Single Eye, then live consciously from this Openness.

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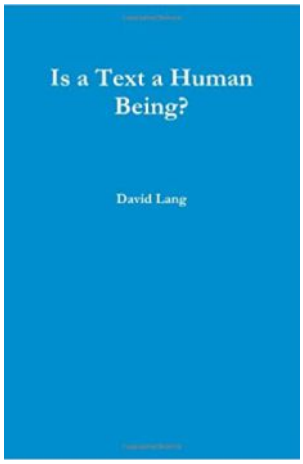
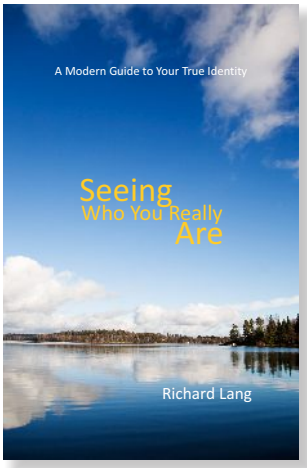


BUY ONLINE

Is A Text A Human Being?

David Lang

Is a Text a Human Being? applies a non-dual approach to composition and reading theory. Challenging the conventional model in which reader and writer are separate, the author presents an alternate model of the self in which mind is shared. He then applies this model to the experiences of reading and writing. The book originated as a master's thesis.

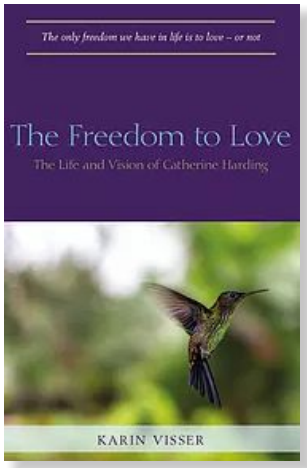


BUY ONLINE

Seeing Who You Really Are

Richard Lang

This is a practical book for seeing Who you really are, and for living from this truth. Richard Lang guides you through experiments that point directly to your True Self, and explores with you the meaning, applications and benefits of this awareness.



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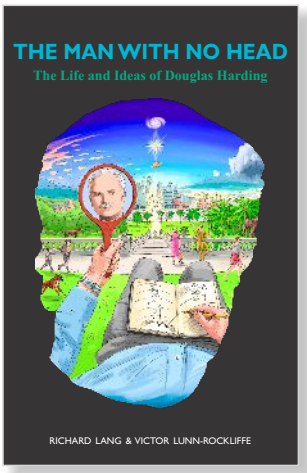
The Freedom to Love

The Life and Vision of Catherine Harding

Karin Visser

Catherine's life story provides a backdrop to the direct and practical experiments of perceiving who we really are, found in the appendix to this book and developed by Harding.



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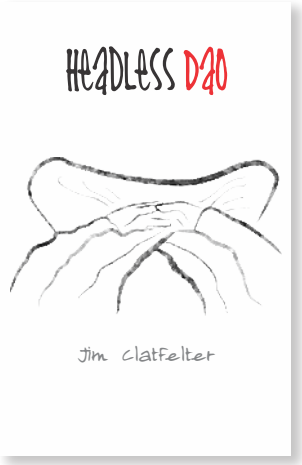
The Man With No Head

The life and ideas of Douglas Harding

Richard Lang
& Victor Lunn-Rockliffe

The story of Douglas Harding's life in the form of a graphic biography. Beautifully illustrated.



Headless Dao

Jim Clatfelter

These verses were written in the late 1990s on the ***Look For Yourself*** internet forum. I wrote them to draw attention to the similarities of the verses in Laozi's ***Dao De Jing*** to the writings of Douglas Harding on what he called Headless Seeing. The commentaries attempt not only to explain the connections between the Dao De Jing and Headless Seeing, but also to give you the means for seeing them yourself.

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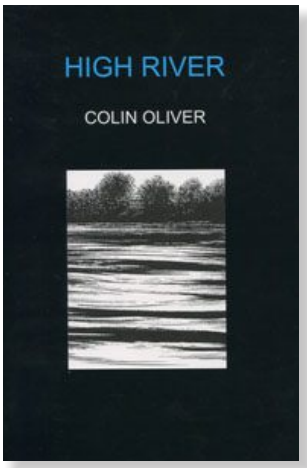

High River

Colin Oliver

Illustrations by
Malcolm Ryan

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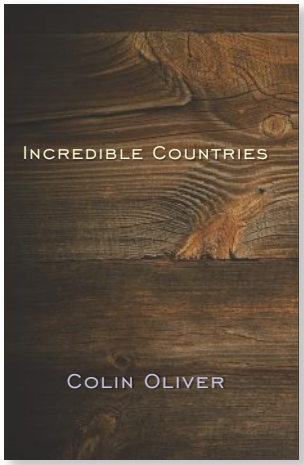

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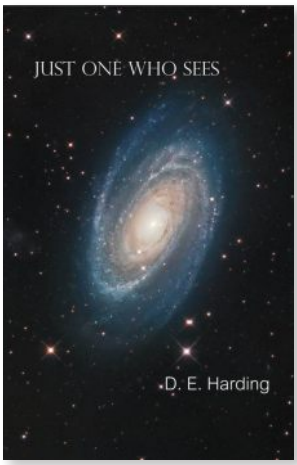
Incredible Countries

A gathering of poems

Colin Oliver

The poems are arranged in roughly chronological order. Many early ones are expressive of seeing into that transparent inner nature which I believe we all share but so often overlook. Later poems widen the scope but are suffused, I think, with the same essential awareness. I have carried some home from the fields and hedgerows intent on keeping observations spare and scrupulous.



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Just One Who Sees

Douglas Harding

Here are Douglas Harding's poems: engaging, passionate, quirky and original. They are selected from those he wrote in his last months, a late flowering of his remarkable creativity.

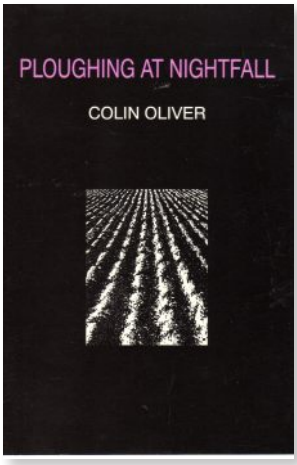
All his life Douglas had imbibed poetry, from the King James Bible to Hopkins, Yeats and Frost. Lines committed to memory were quoted enthusiastically and incisively in conversation.

BUY ONLINE

Nothing But This Moment

Colin Oliver

Many early poems are directly expressive of seeing into that transparent inner nature which I believe we all share but so often overlook. Later poems widen the scope but are suffused, I think, with the same essential awareness. There are also bitter-sweet memories that have emerged into the light of the present involving people and experiences which I hold with a tenderness.



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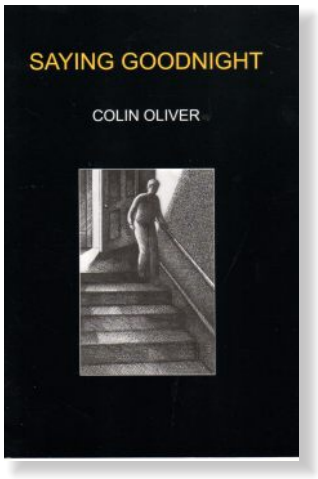
Ploughing at Nightfall

Colin Oliver

Cover design by
Malcolm Ryan



Saying Goodnight

Colin Oliver

Cover design by
Malcolm Ryan

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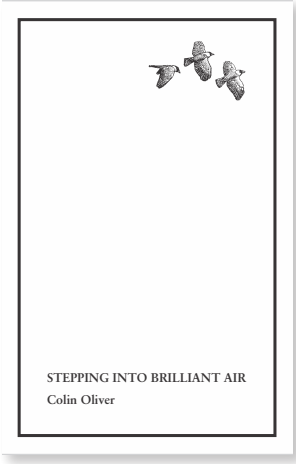

Stepping Into Brilliant Air

Colin Oliver

This book is made up of poems and prose pieces written by Colin Oliver between 1967 and 1999. It includes poems from three collections: In The Open, Seeing, and Speaking Trees. Colin Oliver was a good friend of Douglas Harding, author of On Having No Head, and his poems are profoundly influenced by Seeing (who you really are).

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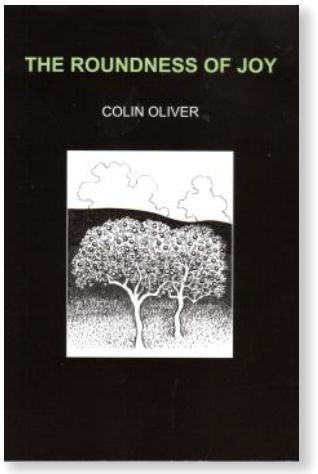

The Roundness of Joy

Colin Oliver

Cover design by
Malcolm Ryan

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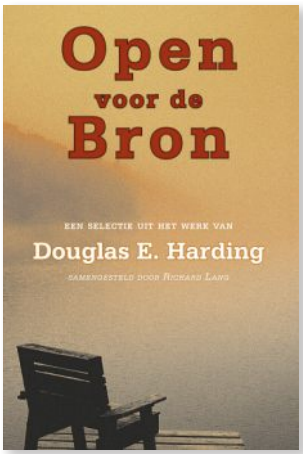
Nederlandse Boektitels

BUY ONLINE

De Wetenschap van de Eerste Persoon

Douglas Harding

Het oogmerk van dit boek is om de essentiële leringen en het doel van spirituele religie, namelijk Ontwaken, Verlichting of Bevrijding, te plaatsen in onze compromisloze moderne Westerse wereld. Ik streef ernaar te laten zien hoe naadloos deze oude, pre-wetenschappelijke wijsheid, zodra zij is ontdaan van haar traditionele versieringen, sektarische eigenaardigheden en heilige taal, past in de hedendaagse wetenschap.



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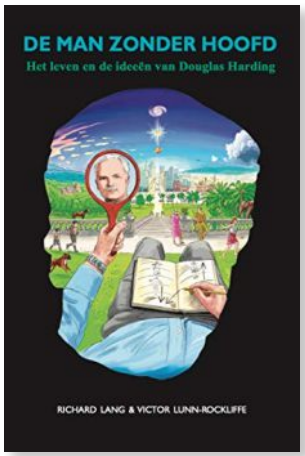
Open voor de Bron

Een selectie uit het werk van

Douglas Harding

De selectie is verzameld door Richard Lang en geeft een uitstekend beeld van Hardings gedachtenwereld.

Harding is heel goed thuis in de geschriften van de grote mystici van de wereld.



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De man zonder hoofd

Het leven en de ideeën van Douglas Harding

Richard Lang (auteur)
Victor Lunn-Rockliffe (Illustrator)
Luc Vermeeren (Vertaler)

Richard Lang en Victor Lunn-Rockliffe hebben een fantastisch praktisch en heel inspirerend verhaal gecreëerd over het leven en werk van Douglas Harding.

BUY ONLINE

Zien Wie Je Werkelijk Bent

Een Moderne Gids Naar Je Ware Identiteit

Richard Lang

Dit is een stapsgewijze gids naar de schat van Wie we werkelijk zijn, het ene Zelf in alle wezens. Hij stelt ons in staat om deze Ene te zien.

Het is een moderne Westerse methode die praktische experimenten gebruikt om een hypothese over jou te testen: je bent niet wat je lijkt te zijn. Van een afstand ben je een 'iets'.

BUY ONLINE

De wereld en haar godsdiensten

Douglas Harding

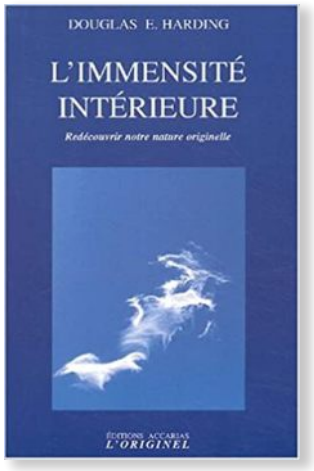
Een compacte en indringende beschrijving van de voornaamste godsdiensten in de wereld. Leringen en praktijk van Hindoeïsme, Boeddhisme, Confucianisme, Taoïsme, Zen, Jodendom, Christendom en Islam worden op duidelijke wijze uiteengezet.

BUY ONLINE

De hoofdloze weg

Douglas Harding

Op een dag, begin jaren 1940, loopt een keurig sprekende Engelse architect met de naam Douglas Harding over een bergpad in de Himalaya. Plotseling komt hij erachter dat hij geen hoofd heeft. 'Dit is geen goeddoordachte openingszin, geen woordgrap alleen maar bedoeld om de aandacht te trekken,' schrijft hij in dit prikkelende kleinood De hoofdloze weg, dat inmiddels zo'n 60 jaar oud is.



L'immensité intérieure

Douglas Harding

Ed. David Lang
Traduit par Catherine Harding

Nous ne sommes pas ce petit moi limité auquel la plupart du temps nous nous identifions. Nous sommes Espace Infini.
Il nous faut, conseille Douglas Harding, retourner notre regard vers nous-même et voir à partir de quoi nous regardons.

ACHETER EN LIGNE

Vivre sans stress

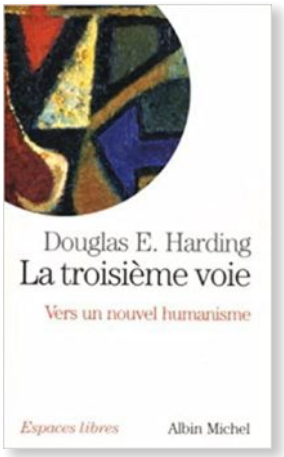
L'accès direct à votre paix intérieur

Douglas Harding

Traduit par Catherine Harding

"Le but de ce livre - son hypothèse à vérifier par tous les moyens possibles et tous les jours - c'est que la prise de conscience de soi est la réponse, la clé du royaume dont vous êtes le roi, le remède souverain à tous vos problèmes, quels qu'ils soient."

ACHETER EN LIGNE



La Troisieme Voie

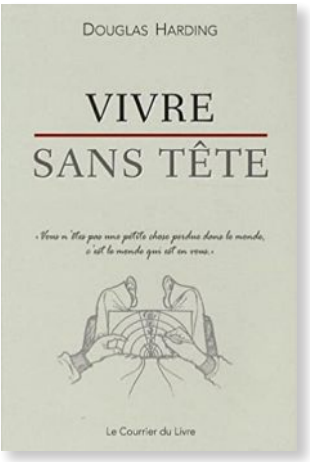
Vers un nouvel humanisme

Douglas Harding

Traduit par Catherine Harding

Par-delà leurs oppositions, la science et la religion visent un même but : éclairer l'homme sur sa place dans l'uni- vers et lui faire découvrir sa véritable nature. Pour autant, nous dit Douglas Harding, il existe une troisième voie, plus directe, et que les deux précédentes finissent tou jours par rejoindre : la voie de la Vision.

ACHETER EN LIGNE



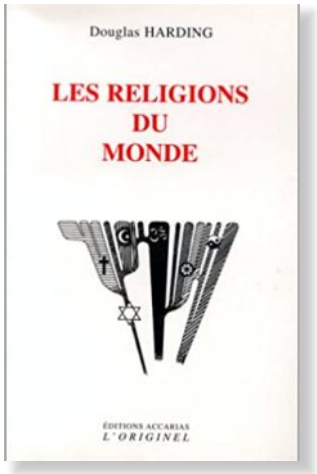
Vivre Sans Tête

Douglas Harding

Traduit par Jean Van Harck

"La Vision Sans Tête", l'expérience de la Vacuité à laquelle aspirent tous les mystiques de tous les temps, est une voie directe d'éveil à notre véritable Nature. Dans ce livre, devenu un classique, Douglas Harding - philosophe-mystique de notoriété internationale - donne une description magistrale de sa première expérience de cette Vision.

ACHETER EN LIGNE



Les religions du monde

Douglas Harding

Traduit par Catherine Harding

Après avoir redéfini ce que signifie vraiment la religion et rectifié un certain nombre d'idées fausses, Douglas E.Harding nous guide jusqu'au coeur des principales religions du monde: hindouisme, bouddhisme, zen, taoïsme, confucianisme, judaïsme, christianisme et Islam.

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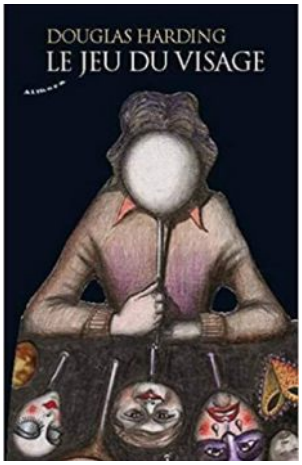


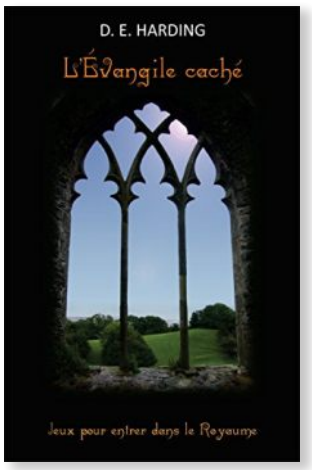
Le jeu du visage

Douglas Harding

Traduit par Catherine Harding

Ce livre parle de ce que les Hindous appellent la libération, et le zen, l'illumination (ou satori, ou vision de son visage originel), et ce que d'autres traditions spirituelles nomment l'éveil, la réalisation du Soi ou l'union mystique avec Dieu.

ACHETER EN LIGNE



L'Évangile caché

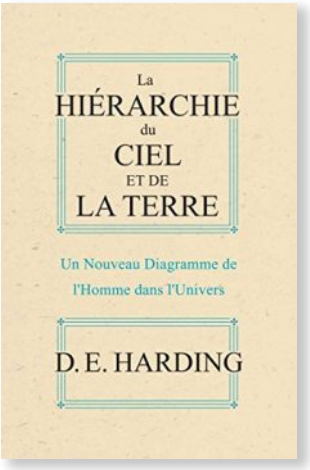
Jeux pour entrer dans le Royaume

Douglas Harding

Traduit par Dominique Anglesio

Jeux pour entrer dans le Royaume

ACHETER EN LIGNE



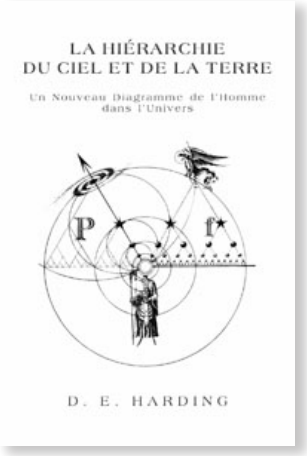
La Hierarchie du Ciel et de La Terre

Un Nouveau Diagramme de l'Homme dans l'Univers

Douglas Harding

Traduit par Dominique Anglesio

ACHETER EN LIGNE



La Hierarchie du Ciel et de La Terre

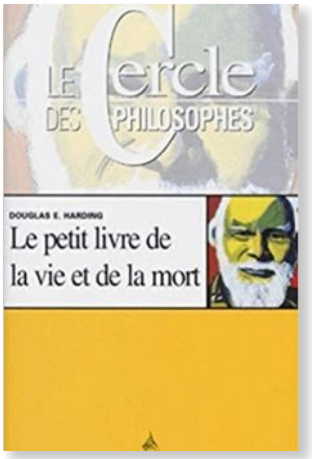
Un Nouveau Diagramme de l'Homme dans l'Univers

Douglas Harding

Traduit par Beaucoup de gens

Nouvelle édition du manuscrit originel, près de 730 pages grand format, avec des illustrations et des dessins en marge de chaque page. Un véritable « grand œuvre », bien écrit et joliment édité.

ACHETER EN LIGNE



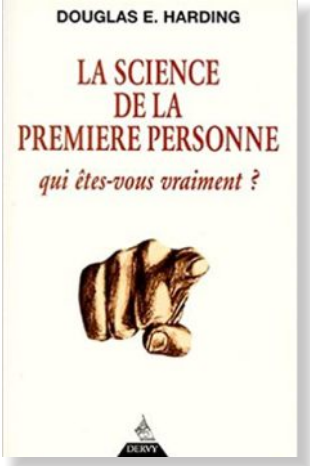
Le petit livre de la vie et de la mort

Douglas Harding

Traduit par Catherine Harding

Le petit livre de la vie et de la mort est un régal. Il résonne de l'écho du rire cosmique. L'humour et la simplicité de son style sont à la hauteur de la tâche qu'il s'est fixée, c'est-à-dire affronter les démons conceptuels de la mortalité et dénoncer le mensonge de la mort.

ACHETER EN LIGNE



La Science de la 1ère Personne

Douglas Harding

Traduit par Catherine Harding

Après avoir redéfini ce que signifie vraiment la religion et rectifié un certain nombre d'idées fausses, Douglas E.Harding nous guide jusqu'au coeur des principales religions du monde: hindouisme, bouddhisme, zen, taoïsme, confucianisme, judaïsme, christianisme et Islam.

ACHETER EN LIGNE

Le Proces De L'homme Qui Disait Qu'il Etait Dieu

Douglas Harding

Traduit par Catherine Harding

Dans ce livre, Douglas imagine un homme, John a-Noke, accusé de blasphème, pour avoir affirmé son identité avec Dieu. Douglas raconte comment cet homme se défend devant la cour et devant les témoins qui l'accusent.

ACHETER EN LIGNE

Être et ne pas être

Douglas Harding

Quelle serait l'intensité de la vie vécue à partir de son centre ? Nous souhaitons tous la même chose : être heureux et en paix, libre de la peur et de l'angoisse, être aimé et aimer, voir le sens de notre vie. Il y a diverses recettes pour atteindre ce but. A en juger par l'état du monde, peu d'entre elles fonctionnent.

ACHETER EN LIGNE

Des Dieux Visibles

Douglas Harding

Traduit par Dominique Anglesio

Des Dieux visibles prend la forme d'un dialogue imaginaire entre Socrate et quatre personnages fictifs modernes. La vision du monde de Socrate est celle d'un cosmos vivant, avec l'homme étant à mi-chemin de l'arbre de vie ; au-dessus de lui règnent des êtres suprahumains d'une grande majesté et d'un grand pouvoir – les dieux visibles.

ACHETER EN LIGNE

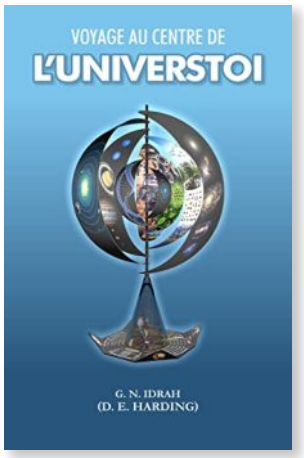
Sagesse pour le XXIe siècle

Douglas Harding

(Ed. Jose le Roy)

Ce livre présente sous forme d'abécédaire l'enseignement spirituel de Douglas Harding. Douglas Harding est un philosophe et un mystique anglais né en 1909 et mort en 2007. En 1943, après de longues années de recherches, il a vécu une expérience d'éveil qui lui a permis de répondre à la question : «Qui suis-je ?».

ACHETER EN LIGNE



Voyage au Centre de L'Universtoi

Douglas Harding

Catherine Harding (Traduction)

Ce livre présente sous forme d'abécédaire l'enseignement spirituel de Douglas Harding. Douglas Harding est un philosophe et un mystique anglais né en 1909 et mort en 2007. En 1943, après de longues années de recherches, il a vécu une expérience d'éveil qui lui a permis de répondre à la question : «Qui suis-je ?».

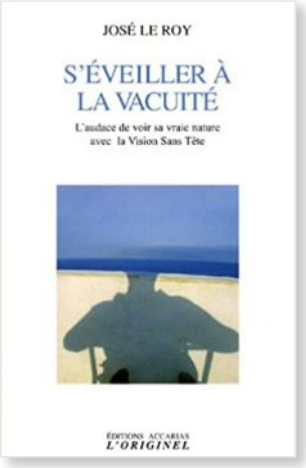
ACHETER EN LIGNE

Voir son visage originel

José Le Roy

Que veut dire voir son vrai visage? Son visage originel ? Ce livre explique le koan du visage originel à partir de l'enseignement de Douglas Harding.

ACHETER EN LIGNE



S'éveiller à la vacuité

José Le Roy

Le livre est une introduction à la Vision Sans Tête de Douglas Harding. Cette voie, science de la première personne, permet une plon¬gée dans l'être essentiel, au-delà du moi social et conditionné, au-delà des pensées et des émotions.

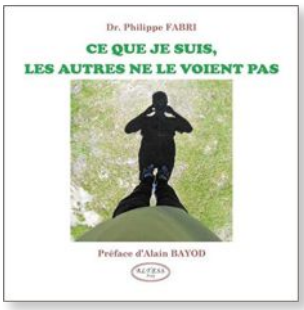
ACHETER EN LIGNE

Retour à soi, retour au Soi

José Le Roy

José Le Roy présente ici le coeur de la spiritualité et de l'enseignement de Douglas : le retournement de l'attention. José Le Roy s'appuie ici sur les grands philosophes et maîtres d'Orient et d'Occident pour nous montrer l'importance de la conversion dans la philosophie et la spiritualité.

ACHETER EN LIGNE

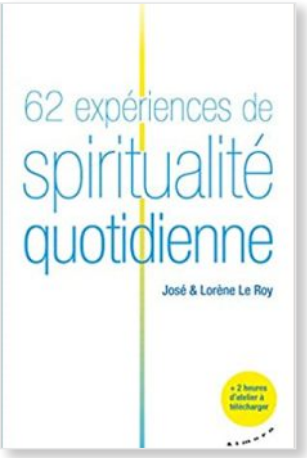


Ce Que Je Suis

Philippe Fabri

Livre qui présente les expériences de Douglas Harding avec de nombreuses photos

ACHETER EN LIGNE

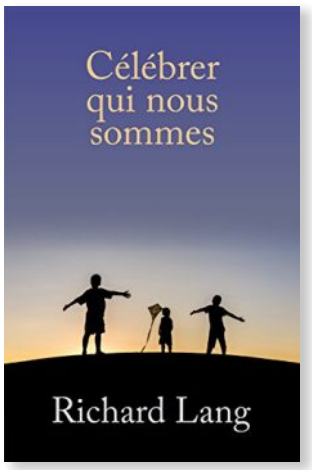


62 expériences de spiritualité quotidienne

José et Lorène Le Roy

Ce livre présente l'ensemble des exercices de la Vision Sans Tête mis au point par Douglas Harding. Illustrations de Lorène Le Roy.

ACHETER EN LIGNE



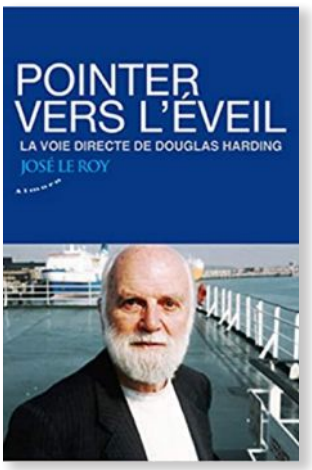
Célébrer qui nous sommes

Transcription éditée d'Ateliers de Vision Sans Tête

Richard Lang

Vous êtes vivant ! Mais est-ce que vous réalisez que vous n'êtes pas seulement votre apparence – la personne que vous voyez dans le miroir ? Celui qui regarde dans le miroir est en réalité, à zéro centimètre, sans limites et intemporel.

ACHETER EN LIGNE



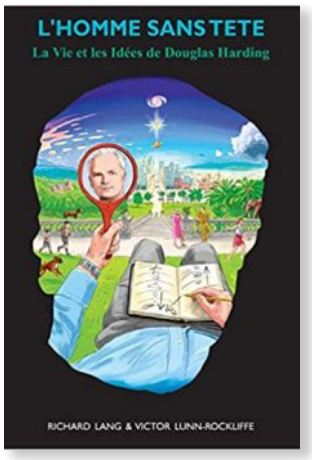
Pointer vers l'éveil

La voie directe de Douglas Harding

José Le Roy

Ce texte présente de manière simple et brève l'enseignement du philosophe et mystique anglais Douglas Harding (1909-2007). Douglas Harding est un des enseignants spirituels les plus importants du xxe siècle qui a mis au point une voie directe d'éveil.

ACHETER EN LIGNE



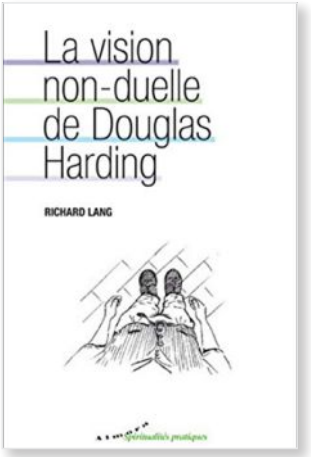
L'homme Sans Tete:

La Vie et les Idées de Douglas Harding

Richard Lang & Victor Lunn-Rockliffe

L'histoire de la vie de Douglas Harding sous la forme d'une biographie graphique. Magnifiquement illustré.

ACHETER EN LIGNE



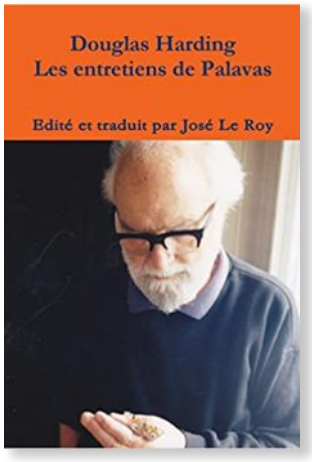
La vision non-duelle de Douglas Harding

Richard Lang

Steven Steensels

Comment accéder au message central des spiritualités du monde ? Comment trouver ce trésor de paix et de connaissance dont les textes et les maîtres nous parlent ? Richard Lang expose ici de manière simple et claire la voie d′un philosophe et mystique anglais de génie Douglas Harding (1909-2007) reconnu comme un des plus grands sages du xxe siècle.

ACHETER EN LIGNE



Les entretiens de Palavas

Douglas Harding et José Le Roy

Ce livre contient des entretiens entre Douglas Harding et José Le Roy, qui se sont déroulés en avril 2005. Il nous livre ici un témoignage exceptionnel sur la spiritualité contemporaine et nous montre comment nous pouvons nous éveiller directement et simplement à notre vraie nature.

ACHETER EN LIGNE

Die Entdeckung unserer wirklichen Natur

Douglas Harding

(Ed. David Lang)

Übersetzt von Wolfgang Hohn

"Die Bemühung, zu sehen, wer du wirklich bist, wird in jedem Fall verschieden belohnt. Ich mache da keine besonderen Versprechungen. Das Erste ist zu sehen, wer du bist. Der zweite Schritt ist, weiter zu praktizieren, bis es natürlich wird, natürlich zu sein.

ONLINE KAUFEN

Die Entdeckung der Kopflosigkeit

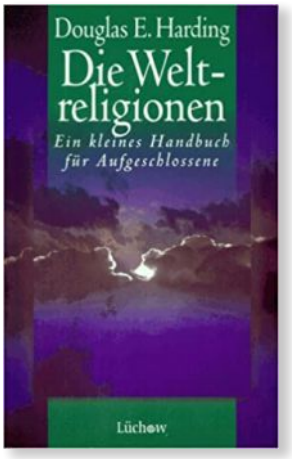
Einfach sehen wer ich wirklich bin

Douglas Harding

Übersetzt von Gisela Bongart

Douglas Harding (1909-2007) war ein britischer Philosoph und Mystiker. Er entdeckte einen modernen, experimentellen Weg zur Beantwortung der Frage „Wer bin ich?“. Sein „Kopfloser Weg“ nutzt die Beobachtungsmethode der Wissenschaft, um zur eigenen zentralen Identität zu finden.

ONLINE KAUFEN



Die Weltreligionen

Douglas Harding

Übersetzt von
Dr. Henning von der Osten

ONLINE KAUFEN

Das Buch von Leben und Tod

Douglas Harding

Übersetzt von Thero Kierdorf

ONLINE KAUFEN

Hörbuch

Die Entdeckung der Kopflosigkeit

Einfach sehen wer ich wirklich bin

Douglas Harding

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ONLINE KAUFEN

Feiern wer wir sind

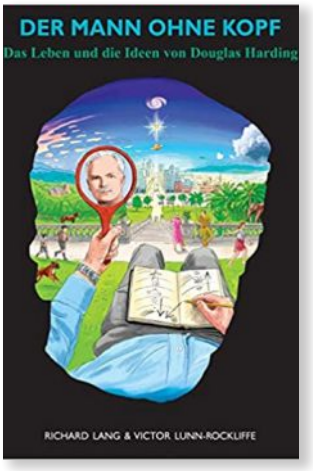
Überarbeitete Mitschriften
von Kursen zum "Kopflosen Weg"

Richard Lang

Übersetzt von Hildegarde Franke

Du bist lebendig! Aber erkennst du auch, dass du nicht nur deine äußere Erscheinung bist - die Person, die du im Spiegel siehst? Derjenige, der in den Spiegel schaut, ist in Wirklicheit, in null Zentimetern Entfernung, unbegrenzt und zeitlos.

ONLINE KAUFEN



Der Mann Ohne Kopf

Das Leben und die Ideen
von Douglas Harding

Richard Lang
& Victor Lunn-Rockliffe

Die Geschichte des Lebens von Douglas Harding in Form einer grafischen Biografie. Schön illustriert.

ONLINE KAUFEN

Gelebte Mystik heute (Geschenkbändchen)

Underhill, Harding, Osborne

ONLINE KAUFEN

Sehen wer du wirklich bist

Richard Lang

Das Buch „Sehen, wer du wirklich bist“ von Richard Lang (Untertitel: „Ein moderner Leitfaden zu deiner wahren Identität“) ist nun erstmals in deutscher Übersetzung erschienen.

Worum geht es?

ONLINE KAUFEN

COMPRARE ON LINE

Aprirsi Alla Sorgente

Selezione Degli Insegnamenti
Di Douglas Harding

Douglas Harding

"Vedere Chi sono è una sorprendente esperienza fisica. E' come un'energia, è come un potenziamento, un tonificarsi fisicamente, un elevarsi, un radicamento, coraggio, un avventurarsi nel mondo. E' vivificante." Douglas Harding.

COMPRARE ON LINE

Guarda tu stesso

La Scienza e l'Arte della
Realizzazione del Sé

Douglas Harding

"Seguendo la tradizione del Buddha che ci diffidò a cercare altre parole riguardanti la verità dell'esistenza, ma piuttosto ci invitò a sperimentarla in prima persona, Douglas Harding creò un certo numero di esperimenti stimolanti per se stesso e per noi, ad uno ad uno, stravolgono i preconcetti riguardo a noi stessi." Ram Dass, autore di Still Here Now e Journey of Awakening.

COMPRARE ON LINE

Il Processo All'Uomo Che Diceva Di Essere Dio

Douglas Harding

COMPRARE ON LINE

La Scienza della 1a Persona

Douglas Harding
(Tr. Ma Prem
Shanti M.L. Costantini)

Il Lettore troverà che l'Illuminazione non è, dopo tutto, un mistero irragiungibile, ma perfettamente naturale ed istantaneamente accessibile a chiunque faccia il semplice test – l'esperimento di base della Scienza della 1a Persona – che questo libro descrive, e del quale fornisce l'apparato.

COMPRARE ON LINE

A Proposito Del Non Avere Una Testa

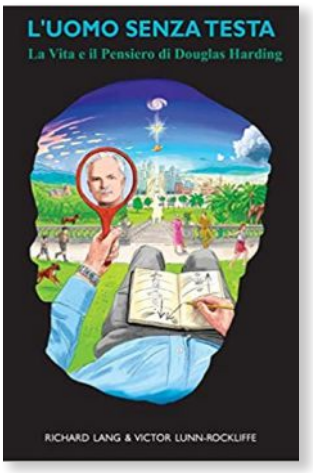
Douglas Harding
(Tr. Ma Prem
Shanti M.L. Costantini)

L'argomento di A Proposito Del Non Avere Una Testa siete voi–la vostra 'vera identità'. In modo incredibilmente diretto, Harding indica un posto inaspettatamente glorioso dentro di voi, la fonte eternamente creativa di tutte le cose.

Celebrare chi siamo veramente

Richard Lang

COMPRARE ON LINE



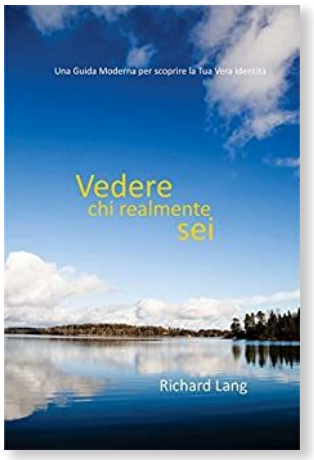
L'Uomo Senza Testa

La Vita e il Pensiero di Douglas Harding

Richard Lang & Victor Lunn-Rockliffe

La storia della vita di Douglas Harding sotto forma di biografia grafica. Splendidamente illustrato.

COMPRARE ON LINE



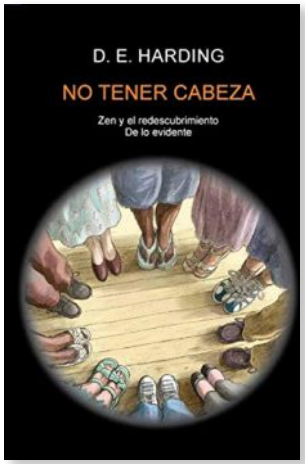
Vedere Chi Realmente Sei

Una Guida Moderna per scoprire la Tua Vera Identità

Richard Lang

Richard Lang vide per la prima volta chi era veramente nel 1970, in un seminario con Douglas, autore di On Having No Head. Da allora ha continuato ad esplorare e a condividere questo metodo diretto per risvegliarsi, conducendo gruppi in varie parti del mondo.

COMPRARE ON LINE



No Tener Cabeza

Zen y el redescubrimento
de lo evidence

Douglas Harding

Pedro Rodrea (Traductor)

Uno de los libros más claros y brillantes sobre el tema de la iluminación. El clásico de Harding describe su experiencia de descabezamiento, una forma de despertar y tener mayor conciencia de uno mismo y del mundo.

COMPRAR EN LINEA

Abierto A La Fuente

Enseñanzas Selectas
De Douglas Harding

Douglas Harding

Diego Merino Sancho (Traductor)

'Abierto a la Fuente' es una compilación global de los escritos que mejor transmiten el mensaje y el método de Douglas Harding.

COMPRAR EN LINEA

La Jerarquía del Cielo y La Tierra

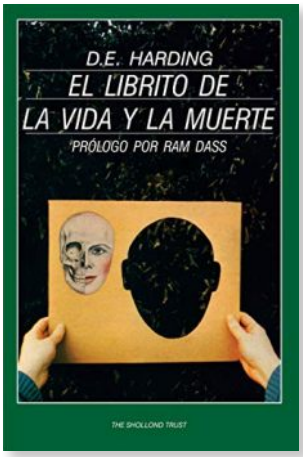
Un nuevo diagrama
del Hombre en el Universo

Douglas Harding

Traducido por muchas personas

Una nueva edición del manuscrito original, casi 700 páginas de gran formato, contando con numerosas ilustraciones y dibujos en cada uno de sus márgenes. Un auténtico opus magnum, hermosamente escrito y editado.

COMPRAR EN LINEA



El Librito de la Vida y la Muerte

Douglas Harding

Pedro Rodrea (Traductor)

"El 'secreto abierto' ya no es secreto. El Librito de la Vida y la Muerte, de Douglas Harding, hace que las ideas de los sabios sean accesibles para todos.

COMPRAR EN LINEA

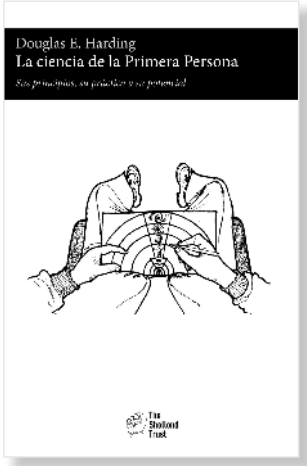
Un retrato poco convencional de ti mismo

Douglas Harding

Diego Merino Sancho (Traductor)

Douglas Harding terminó de escribir Un retrato poco convencional de ti mismo en 1941, por lo que este libro es una buena muestra de cómo era su pensamiento aproximadamente un año antes de descubrir que no tenía cabeza.

COMPRAR EN LINEA



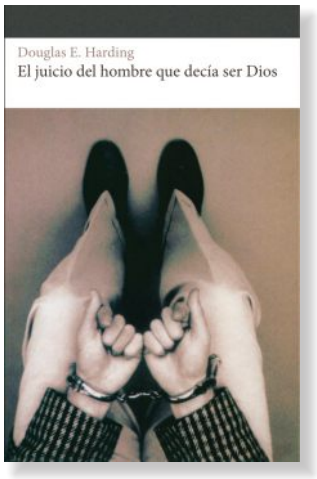
La cienca de la Primera Persona

Douglas Harding

Traducido por Diego Merino Sancho

Los temas principales de este libro son: el corazón o núcleo central de la experiencia religiosa, es decir, la Iluminación —que consiste en encontrar la verdad sobre uno mismo—, la ciencia —que consiste en encontrar la verdad sobre todo lo demás— y la relación que existe entre ambas.

COMPRAR EN LINEA



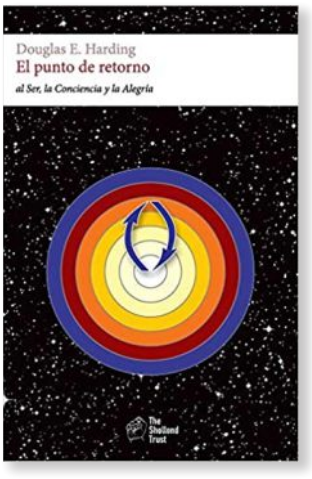
El juicio del hombre que decía ser Dios

Douglas Harding

Traducido por Diego Merino Sancho

Esta obra excepcional escrita por el autor de 'Vivir sin cabeza' se enmarca dentro de la más pura tradición de la ficción didáctica inglesa propia de autores como More, Bunyan, Butler, Orwell o Huxley.

COMPRAR EN LINEA



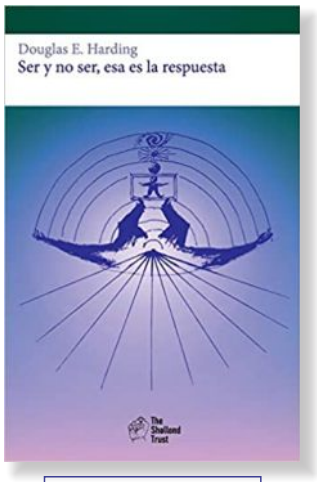
El punto de retonra

Douglas Harding

Traducido por Diego Merino Sancho

Este libro consta de tres componentes esenciales. Un montón de palabras, junto con las cuestiones que estas tratan de explicar. Imágenes y diagramas míos para ayudar a dar sentido a dichas cuestiones.

COMPRAR EN LINEA



Ser y no ser, esa es la respuesta

Douglas Harding

Traducido por Diego Merino Sancho

Todos queremos las mismas cosas: ser felices, estar en paz, liberarnos de todo miedo y ansiedad, amar y que nos amen, disfrutar de una vida plena y llena de sentido. No obstante, hay distintas formas de alcanzar todo esto.

COMPRAR EN LINEA

COMPRAR EN LINEA

Celebrando lo que somos

Transcripciones editadas de los talleres de la Vía sin cabeza

Richard Lang

Traducido por Diego Merino Sancho

Estás vivo! Pero, ¿te das cuenta de que no eres únicamente tu apariencia —la persona que ves en el espejo—? Tú, ese que está mirando al espejo, eres en realidad, a distancia cero, ilimitado y atemporal. Esto no es algo que simplemente tengas que creer, sino que se trata de experimentar este Espacio Claro que eres tú mismo.

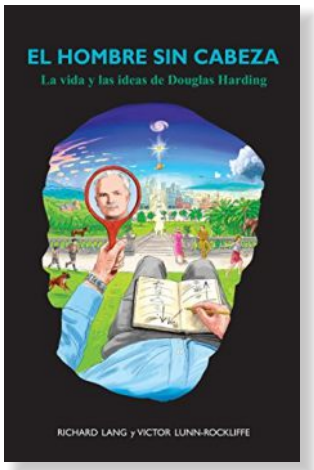
COMPRAR EN LINEA

Ver Lo Que Realmente Somos

Richard Lang

Traducido por Fernando Mora Zahonero

El presente libro contiene un curso estructurado en nueve lecciones sobre el Arte de la Visión que nos permiten descubrir el maravilloso tesoro de lo que realmente somos. No somos lo que parecemos.



COMPRAR EN LINEA

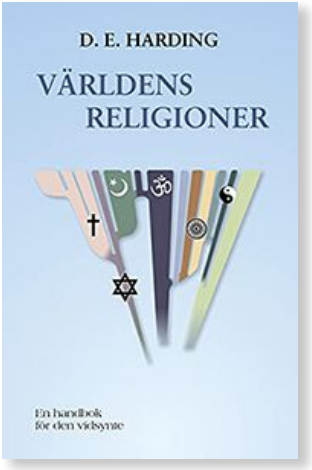
El hombre sin cabeza

Transcripciones editadas de los talleres de la Vía sin cabeza

Richard Lang & Victor Lunn-Rockliffe

Traducido por Diego Merino Sancho

La historia de la vida de Douglas Harding en forma de biografía gráfica. Bellamente ilustrado.



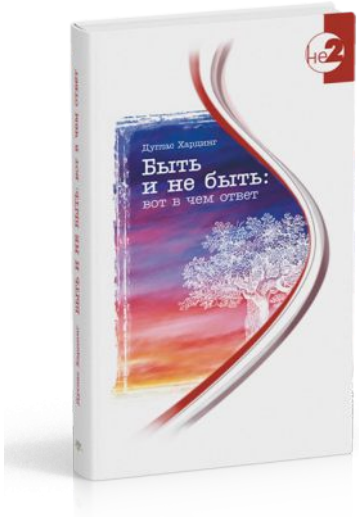
COMPRAR EN LINEA

Världens Religioner

Douglas Harding
(Tr. Olof Rehn, Axel Wernhof, Gustaf Rehn)

Detta är en reviderad och utökad version av den ursprungliga utgåvan av Världens Religioner som publicerades 1966. Douglas Harding reviderade den på 1980-talet. Med sin insikt om kärnan, själva hjärtat i de stora världsreligionerna delar Harding här med sig av sin djupa förståelse för vad som är unikt för varje religion och hur varje religion bidrar till helheten i familjen Världens Religioner.

Русские названия книг



Быть и не быть, вот в чем ответ

Дуглас Хардинг

Переведено А. Чепезухоу

93-летний автор с восхищающей глубиной и остроумием описывает на своем собственном опыте осуществление Союза Бытия и Небытия и щедро делится своими открытиями с читателем.

КУПИТЬ ОНЛАЙН

Жизнь без головы

Дуглас Хардинг

Переведено Х. Ропухоу

В 1961 году к Дугласу Хардингу пришел опыт его истинной природы - он назвал его "безголовостью". То, что он считал "собой", внезапно ушло вместе с сокрушительным бременем прошлого.

КУПИТЬ ОНЛАЙН

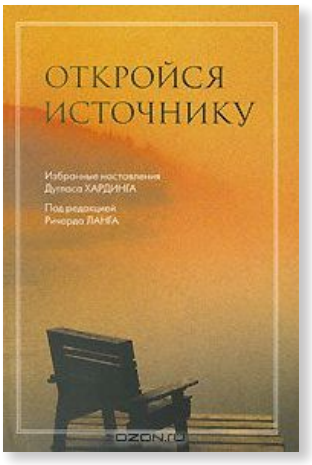
Маленькая книга жизни и смерти

Дуглас Хардинг

Переведено Е Xuruhckou

Книга написана с юмором и простотой, достойными поставленной перед ней задачи — противодействовать концептуальным страхам смерти и разоблачить ошибочные представления о том, что вы считаете «собой» и что является смертным.

КУПИТЬ ОНЛАЙН



ОТКРОЙСЯ ИСТОЧНИКУ

Дуглас Хардинг

Под редакцией Ричарда Лэнга

«Откройся Источнику» представляет собой подборку высказываний Дугласа Хардинга, современного просветленного учителя, взятых из разных его книг, а также аудио- и видеозаписей интервью и семинаров.

КУПИТЬ ОНЛАЙН

Религии мира

Дуглас Хардинг

Переведено М. Пычакоба

В этой книге Дуглас Хардинг проводит нас в самое сердце великих религий мира. Он описывает индуизм, буддизм (тхеравада, махаяна, чань / дзен), конфуцианство, даосизм, иудаизм, христианство и ислам.

КУПИТЬ ОНЛАЙН

Кто ты на самом деле

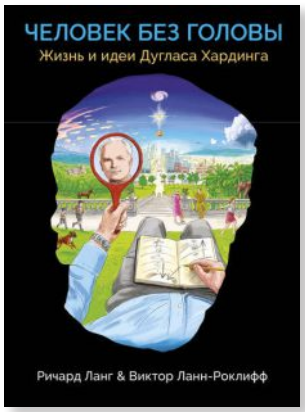
Ричард Ланг

Переведено Х. С Дедопоба

В этой книге описан метод самоисследования, иногда называемый «безголовостью» или «видением, кто ты на самом деле», изобретенный просветленным учителем из Англии Дугласом Хардингом.

КУПИТЬ ОНЛАЙН

Русские названия книг



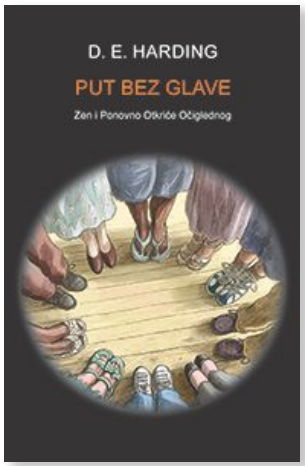
Человек без головы

Ричард Ланг

Жизнь и идеи Дугласа Хардинга – философа, ученого, художника, мистика.

КУПИТЬ ОНЛАЙН

Српске књиге



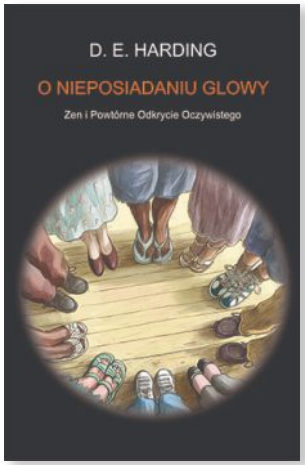
Put Bez Glave

Douglas E Harding
(Tr. Djole Stankovic)

Put bez glave govori o vama – o vašem „pravom identitetu". Na neverovatno neposredan način, Harding ukazuje na neočekivano čudesno mesto u vama, večito kreativan izvor svih stvari.

КУПИТЬ ОНЛАЙН

Język polski



KUP ONLINE

O Nieposiadaniu Głowy

Douglas Harding

Przetłumaczone przez Dariusz Laskowski

Najlepszym dniem mego życia – dniem mojego odrodzenia się, że tak powiem – jest dzień, w którym stwierdziłem, że nie mam głowy. Dokonałem tego odkrycia mając trzydzieści trzy lata. Choć z pewnością stało się to niespodzianie, było odpowiedzią na usilne dociekanie.

Limba Română

CUMPARA ONLINE

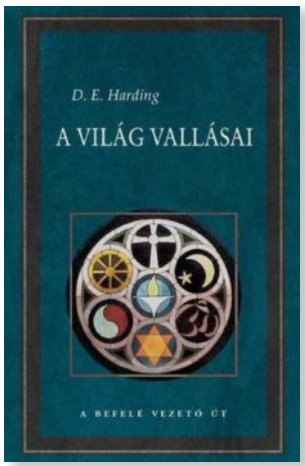
A trai fara cap

Douglas Harding

Tradus de Anca Cristina Ilie

„Cea mai buna zi din viata mea – ziua renasterii mele, ca sa spun asa – a fost atunci cand mi-am dat seama ca nu am cap. Acesta nu este doar un artificiu literar, o gluma menita sa atraga atentia cu orice pret. Spun acest lucru cu cea mai mare seriozitate: eu nu am cap... Ceea ce s-a intamplat de fapt a fost ceva extrem de simplu si nespectaculos: am incetat pentru o clipa sa mai gandesc."

Magyar nyelv



ONLINE VÁSÁRLÁS

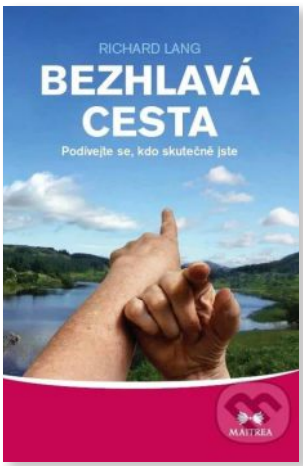
A világ vallásai

Douglas Harding

Fordította Malik Toth Istvan

Ebben a könyvben a szerző a hat nagy világvallást mutatja be. Felvázolja helyüket a vallások nagy családjában, mindvégig a megélt vallási élményt tartva szem előtt. D. E. Harding gondolatébresztő sorait olvasva nemcsak más kultúrákat és világnézeteket ismerhetünk meg

Český jazyk



KOUPIT ONLINE

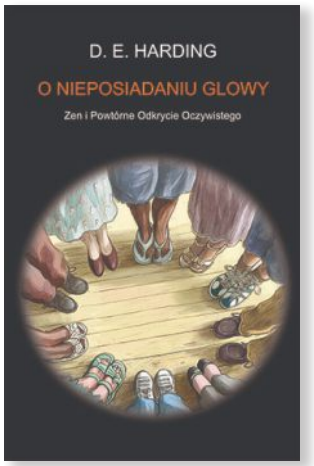
Bezhlavá cesta

Richard Lang

Přeloženo Jana Zlabkova

Tento kurz Bezhlavé cesty má devět lekcí, během nichž objevíte nesmírně cenný poklad, jímž je zjištění, kdo skutečně jste. Nejste to, jak vypadáte – z nulové vzdálenosti nejste nic – jste celistvá prázdnota obsahující úplně všechno.

Język polski



KUP ONLINE

O Nieposiadaniu Głowy

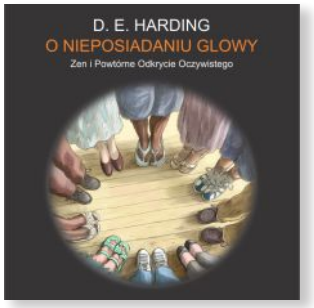
Douglas Harding

Przetłumaczone przez Dariusz Laskowski

Najlepszym dniem mego życia – dniem mojego odrodzenia się, że tak powiem – jest dzień, w którym stwierdziłem, że nie mam głowy. Dokonałem tego odkrycia mając trzydzieści trzy lata. Choć z pewnością stało się to niespodzianie, było odpowiedzią na usilne dociekanie.

Audiobook

O Nieposiadaniu Głowy



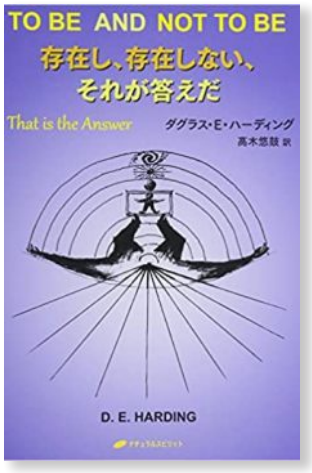
Douglas Harding

Przetłumaczone przez Dariusz Laskowski

Najlepszym dniem mego życia – dniem mojego odrodzenia się, że tak powiem – jest dzień, w którym stwierdziłem, że nie mam głowy. Dokonałem tego odkrycia mając trzydzieści trzy lata. Choć z pewnością stało się to niespodzianie, było odpowiedzią na usilne dociekanie.

KUP ONLINE

日本語

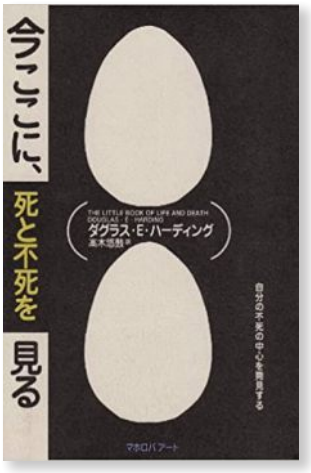


インターネットで買う

存在し、存在しない、それが答えだ

ダグラス・E・ハーディング

高木悠鼓



インターネットで買う

今ここに、死と不死を見る

ダグラス・E・ハーディング

高木悠鼓

インターネットで買う

顔があるもの 顔がないもの

ダグラス・E・ハーディング

高木悠鼓

インターネットで買う

頭がない男

ダグラス・E・ハーディング

高木悠鼓

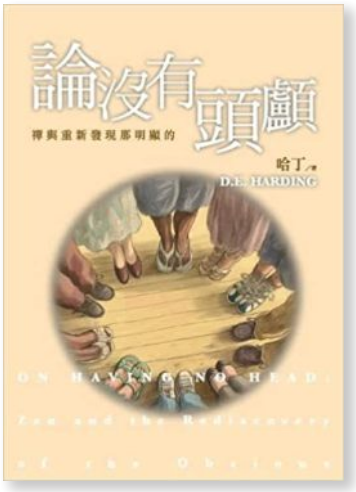
私は頭をもってない!
この驚くべき主張を生涯追究した、知られざる20世紀の天才哲学者の
生涯と哲学をイラストと文章で描いたグラフィック伝記。

網上購物

消除生活　力的禅

者道格拉斯· 哈丁

道格拉斯・哈丁(Douglas Harding)是一位思想活跃、思路敏捷的作家。他曾经参与建筑业的开发，还在剑桥大学教过比较宗教学。战争期间，他创造了一种成功激励士兵们土气的独特方法。他研究的领域被称为是心理学、物理学、哲学和宗教的汇合点，其创作的作品广泛地涉及到宗教领域，阐述了人类生与死的哲理，其中包括了一些犯罪心理系列小说以及



網上購物

論沒有頭顱

者道格拉斯· 哈丁

《論沒有頭》的主題是你—你的「真正身分」。以驚人地直接的方式，哈丁指向你裡面一個光榮得難以形容的地方，萬物那有無限創意的源頭。

沒有甚麼要求你盲目相信。哈丁讓你看到，你可以怎樣經驗你的真我。

接著哈丁探討看見你實際是誰的深刻意義和好處。

網上購物

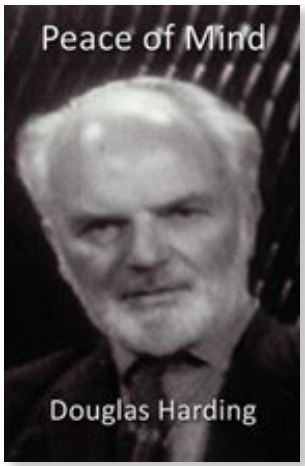
论没有头颅

哈丁

《论没有头》的主题是你—你的「真正身分」。以惊人地直接的方式，哈丁指向你里面一个光荣得难以形容的地方，万物那有无限创意的源头。

没有甚么要求你盲目相信。哈丁让你看到，你可以怎样经验你的真我。

接着哈丁探讨看见你实际是谁的深刻意义和好处。



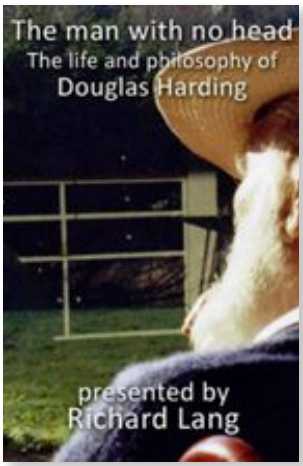
Peace of Mind

Inteverview with
Douglas Harding

Perhaps the first video recording of Douglas Harding, probably in the late 1960s.

Duration: 24 minutes.

BUY ONLINE



The Man With No Head

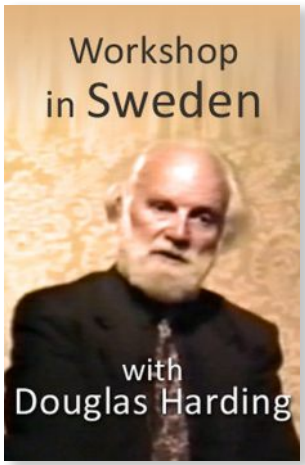
The life & philosophy of
Douglas Harding

Presented by
Douglas Harding

The life and philosophy of Douglas Harding, author of ***On Having No Head***

Duration: 34 minutes

BUY ONLINE



Workshop in Sweden

Workshop in Sweden with
Douglas Harding

Duration: 1 hour 49 minutes

BUY ONLINE

Melbourne Talk

Talk by
Douglas Harding

Douglas Harding giving an inspiring talk, with experiments, in Australia, 1991.

Duration: 1 hour 47 minutes

BUY ONLINE

Interview with
Douglas Harding
Parts 1 & 2

An in-depth interview with Douglas Harding in 2001

Duration: 1 hour 34 minutes

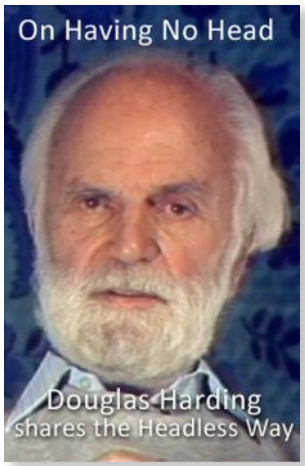
BUY ONLINE

Interview with
Douglas Harding
Parts 3 & 4

An in-depth interview with Douglas Harding in 2001

Duration: 1 hour 43 minutes

BUY ONLINE



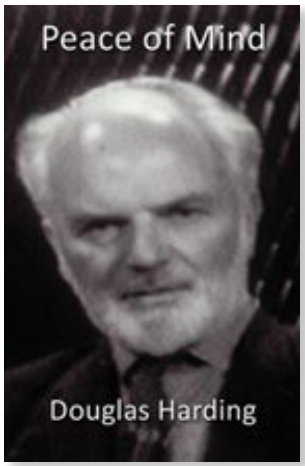
BUY ONLINE

On Having No Head

Presentation by
Douglas Harding

Douglas Harding recorded this hour long video in 1985 at his home in England.

Duration: 1 hour 29 seconds



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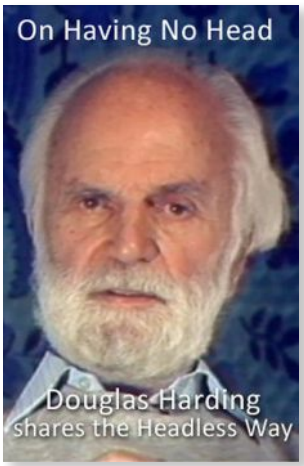

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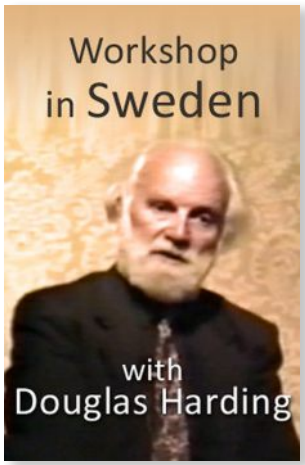

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BUY ONLINE

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Parts 3 & 4

An in-depth interview with Douglas Harding in 2001

Duration: 1 hour 43 minutes

BUY ONLINE

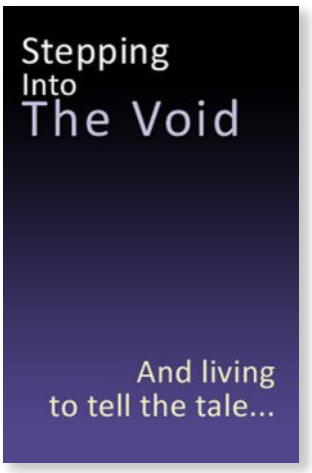
BUY ONLINE

Who are we really?

Presentation by
Richard Lang

A video presentation of the Headless Way including many experiments

Duration: 50 minutes



BUY ONLINE

The Man With No Head

Presntation by
Richard Lang

And living to tell the tale... A short film inviting you to step into the void - the void just above your shoulders...

Duration: 9 minutes 23 seconds

Una entrevista con
Douglas Harding
Partes 1 y 2

Una entrevista con Douglas Harding
Su vida y su filosofía
Entrevistador: Richard Lang
Grabado el 15 de Julio del 2001

Duration: 1 hour 33 minutes

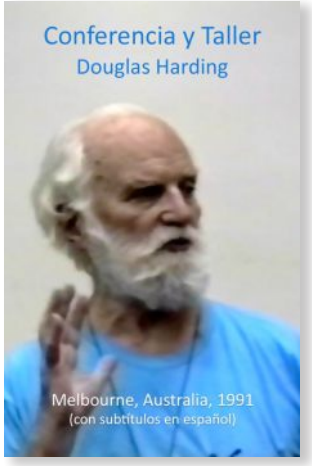
COMPRAR EN LINEA

Una entrevista con
Douglas Harding
Partes 3 y 4

Una entrevista con Douglas Harding
Su vida y su filosofía
Entrevistador: Richard Lang
Grabado el 15 de Julio del 2001

Duration: 1 hour 43 minutes

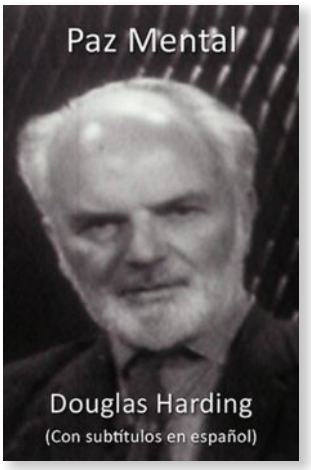
COMPRAR EN LINEA



Conferencia y Taller, Melbourne, Australia
Douglas Harding

Duration: 1 hour 46 minutes

COMPRAR EN LINEA



Paz Mental
Douglas Harding

Este es quizás, el vídeo más antiguo de Douglas Harding, probablemente grabado a finales de los años 60.

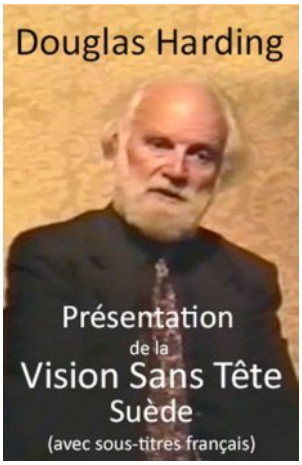
Duration: 24 minutes

COMPRAR EN LINEA

ACHETER EN LIGNE

L'homme sans tête
La vie et la philosophie de
Douglas Harding

Duration: 34 minutes



ACHETER EN LIGNE

Atelier en Suède
Douglas Harding

Présentation de la Vision Sans Tête. 1992.

Duration: 1 hour 49 minutes

ACHETER EN LIGNE

Une interview avec Douglas Harding
Parties 1 & 2

Sa vie et sa Philosophie
par **Richard Lang**
Première et Deuxième Parties
Filmé le 15 juillet 2001

Duration: 1 hour 33 minutes

ACHETER EN LIGNE

Une interview avec Douglas Harding
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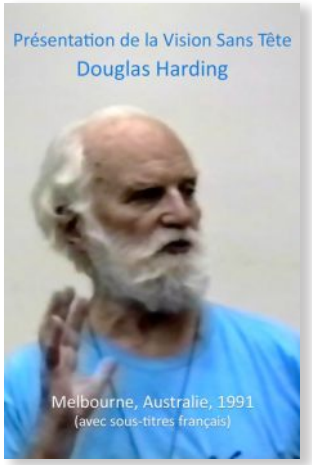
Filmé le 15 juillet 2001

Duration: 1 hour 43 minutes

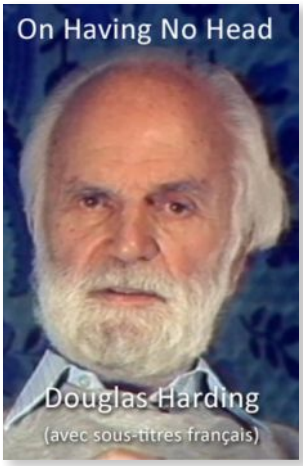


ACHETER EN LIGNE

Douglas Harding
Conférence et Atelier
à Melbourne, Australie, 1991

Douglas Harding - Conférence et Atelier à Melbourne, Australie, Mars 1991.

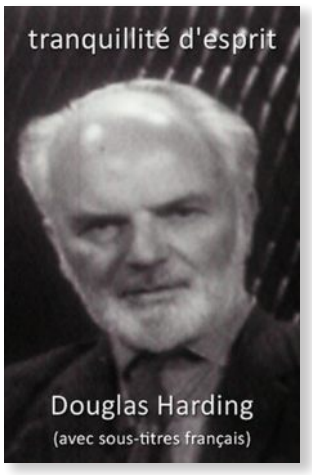
Duration: 1 hour 47 minutes



ACHETER EN LIGNE

Vivre sans tête
Douglas Harding.

Duration: 1 hour 31 seconds

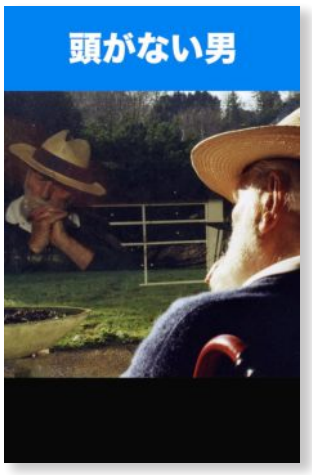


ACHETER EN LIGNE

Tranquillité d'esprit
Douglas Harding

Ceci est peut-être la plus ancienne video de Douglas Harding
Enregistrée sans doute à la fin des années 60.

Duration: 24 minutes



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頭がない男

ダグラス. E. ハーディング

ダグラス　ハーディングは、イギリスの哲学者で、　的教師でした。

インターネットで買う

ダグラス・ハーディング
講演とワークショップ
オーストラリア、メルボルン
1991年3月

インターネットで買う

へのインタヴュ
ダグラス・ハーディング
第1部&　第2部

インターネットで買う

へのインタヴュ
ダグラス・ハーディング
第3部&　第4部