

On Having No Head

By Douglas Edison Harding

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'Reason and imagination and all mental chatter died down... I forgot my name, my humanness, my thingness, all that could be called me or mine. Past and future dropped away... Lighter than air, clearer than glass, altogether released from myself, I was nowhere around.' Thus Douglas Harding describes his first experience of headlessness, or no self. First published in 1961, this is a classic work which conveys the experience that mystics of all times have tried to put words to.

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