



# Passionate Presence: Seven Qualities of Awakened Awareness

By Catherine Ingram

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Through her popular interactive Dharma Dialogues (*dharma* meaning "truth" or "the way"), Catherine Ingram has helped thousands of students in their quest for awakening by encouraging them to give up the quest and let their own "heart intelligence" guide them in life. Through her work, Ingram has found that most people are imbued with "passionate presence," but often overlook it because they are searching for something more dramatic elsewhere. In this book, she invites readers to simply to relax into their own passionate presence and the innate awakened qualities that come with this relaxation: Silence, Tenderness, Discernment, Embodiment, Authenticity, Delight, and Wonder. With illuminating anecdotes and personal reflections, she describes the seven traits, imparting a sense of the mystery of the world through direct experience, rather than through expounding any particular belief or tradition. *Passionate Presence* takes us on a heart journey that is an immediate experience of seven awakened qualities, speaking directly to the inherent wisdom within each of us. Inspiring and profound, it is a sojourn into the timeless wisdom secretly known by all.

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### Editorial Review

From Publishers Weekly

Trained in Buddhist teachings, Ingram (*In the Footsteps of Gandhi*) is also the founder of Living Dharma and conducts Dharma Dialogues for devotees and interested students. Transcending traditional religious practices, Ingram here offers a program of how to develop a heightened awareness of the self. This awareness may be achieved with or without a personal instructor (the author's teacher was the late H.W.L. Poonjajai of India) and involves developing the qualities of silence, tenderness, embodiment, genuineness, discernment, delight and wonder. According to Ingram, engaging in meditation (silence) may lead to heightened creativity that eludes those who pursue ego-driven ambition. She also believes that for noble causes (e.g., environmental movements) to have an effect on society, there must be a strong commitment on the part of individuals to treasure the interconnectedness of all life. Cultivating wonder means, in part, an acceptance that most of life is a mystery and what we understand best can only exist in the present moment. In this thoughtful and clearly written exploration, Ingram details ways to achieve all her stated qualities of heightened awareness at length from a humanistic/Buddhist perspective.

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### Review

"A reminder to the heart of sacred presence. Wise, tender, simple—*Passionate Presence* reads like a sigh of relaxation." -- *Jack Kornfield, author of A Path with Heart*

"The golden thread that runs through Catherine Ingram's excellent book is the possibility of immediate awakening." -- *Eckhart Tolle, author of The Power of Now*

### About the Author

Catherine Ingram is a renowned dharma teacher with communities serving several thousand students in the U.S., Europe, and Australia. Since 1992, she has led Dharma Dialogues, which are public events of inquiry into the nature of awakened awareness and its benefits in life. She is the founder and president of Living Dharma, an educational nonprofit organization dedicated to inquiry and service.

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#### Shawna Vaughn:

Here thing why this kind of *Passionate Presence: Seven Qualities of Awakened Awareness* are different and dependable to be yours. First of all examining a book is good nevertheless it depends in the content of the usb ports which is the content is as delicious as food or not. *Passionate Presence: Seven Qualities of Awakened Awareness* giving you information deeper and in different ways, you can find any publication out there but there is no guide that similar with *Passionate Presence: Seven Qualities of Awakened Awareness*. It gives you thrill looking at journey, its open up your personal eyes about the thing which happened in the world which is possibly can be happened around you. You can bring everywhere like in area, café, or even in your way home by train. Should you be having difficulties in bringing the paper book maybe the form of *Passionate Presence: Seven Qualities of Awakened Awareness* in e-book can be your alternative.

**John Householder:**

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**Tammy Clark:**

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