



Who Am I?: The Sacred Quest

Jean Klein

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In his well known, clear and lucid style, Jean Klein offers a book that is fundamentally about ourselves, about our own reality, and how we can start to realise our true nature, our inner stillness and wholeness.

Unique among Jean Klein's works, the dialogues contained in this book have been organised by subject. Topics include: Relationship; The Nature of Thinking; The Art of Listening; A conversation on Art, etc.

Questioner: "In certain situations in life I feel blocked by a fear which prevents me from acting. How can I be free from this obstacle?"

Jean Klein: "First free yourself from the word, the concept, "fear." It is loaded with memory. Face only the perception. Accept the sensation completely. When the personality who judges and controls is completely absent, when there is no longer a psychological relationship with the sensation, it is really welcomed and unfolds. Only in welcoming without a welcomer can there be real transformation.

"We are in essence one with all existence; when we truly observe ourselves there is ultimately no observer, only observation--awareness."

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