



# Into the Stillness: Dialogues on Awakening Beyond Thought

*Gary Weber PhD, Richard Doyle PhD*

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**At once extraordinarily wide ranging and sharply focused, *Into the Stillness* offers readers several deceptively simple and informal conversations about life, existence, and identity in one book.**

This is an important book. Don't be misled by the casually graceful repartee and lightness of touch. Without dogma, without heavy shoulds and should nots, authors Gary Weber and Richard Doyle point toward something eternal, framed in our twenty first century understanding of neuroscience, spirituality, and something that arises from, and returns to, the Stillness and the Silence.

In *Into the Stillness*, Weber and Doyle offer a practical investigation and guidance toward "the sweetest, fullest, most loving, caring, and manifesting experience that anyone could ever wish for." Chapter headings include "Using dialogue for awakening," "Can you 'do nothing' and awaken?," "Why do we fear emptiness, silence, and stillness?" and "Functioning without thoughts: sex, psychedelics, and non duality."

As a journey, this collection of dialogs is inspiring, shifting, and full of little moments of insight that will linger with readers for a long time afterward.

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