



The Power of AWAKE

Thich Dieu Thien

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Wake Up from ego to live truly happy and free always

"You are not the voice in your head, or the emotions, or the stress... You are what can recognize the voice, the emotions, and the stress. You are Awake."

-- Zen Master Thich Dieu Thien

Known internationally as a very inspiring teacher full of wisdom, clarity, and compassion, Zen Master Thich Dieu Thien easily engages people of all ages, cultures, religions, and backgrounds, and helps them to discover more about who they really are, transform all stress and conflict in daily life, and return to the Awake already within each person.

She uses practical, everyday language and modern examples to deliver her profound message about the power of Awake in ways that are open, honest, and direct. Each page of *The Power of AWAKE* contains a simple, profound, and easy to understand teaching from a variety of daily life topics, accompanied by a meaningful illustration. Each lesson helps the reader begin to distinguish the difference between Awake Mind and False Mind, supporting the reader to realize for themselves that Awake exists, is real, is possible. This little book fits into a large pocket and serves as a great reference guide to have for life!

Her teachings help each person to wake up from their ego...and all its beliefs, confusion, misunderstandings, and perceptions that keeps people in their patterns of stress and conflict. Based on her own personal experience, she reminds readers that our goal is not just to recognize ego but to fully realize the source and nature of it, break the system of ego, and live truly happy and free in any situation. In Awake, ego doesn't exist; in ego, Awake cannot appear.

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