

The Unfolding Now: Realizing Your True Nature through the Practice of Presence

By A. H. Almaas

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The keys to self-knowledge and deep contentment are right here before us in this very moment—if we can simply learn to live with open awareness. In *The Unfolding Now*, A. H. Almaas presents a marvelously effective practice for developing the transformative quality of presence. Through a particular method of self-observation and contemplative exploration that he calls inquiry, we learn to live in the relaxed condition of simply "being ourselves," without interference from feelings of inadequacy, drivenness toward goals, struggling to figure things out, and rejecting experiences we don't want. Almaas explores the many obstacles that keep us from being present—including defensiveness, ignorance, desire, aggression, and self-hatred—and shows us how to welcome with curiosity and compassion whatever we are experiencing.

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Editorial Review

Review
"Almaas is a genius at revealing both the core qualities of Essence and the veils that obscure it, always in language that helps peel away those veils, always holding open the door to the unfolding presence and awareness that remains when the veils have dissolved. *The Unfolding Now* leads the reader through a masterful series of inquiry processes, invitations to sense and know ourselves at increasing levels of subtlety, gently walking us deeper and deeper into Truth."—Sally Kempton (Durgananda), spiritual teacher and author of *The Heart of Meditation: Pathways to a Deeper Experience*

"I love the unfolding Almaas! His clarity never diminishes, yet each book brings an increasing simplicity and gentleness. As I worked with this latest material, I felt like I was receiving a transmission of pure compassion. His strong, true voice reminds us that beyond the endless self-improvement projects and idealized mystical states with which the spiritual path is strewn lies the simple but exquisite taste of our own being."—Cynthia Bourgeault, author of *Mystical Hope*, *The Wisdom Way of Knowing*, and *Centering Prayer and Inner Awakening*

About the Author
A. H. Almaas is the pen name of Hameed Ali, the Kuwaiti-born originator of the Diamond Approach, who has been guiding individuals and groups in Colorado, California, and Europe since 1976. He is the author of *Spacecrusier Inquiry*, *The Pearl Beyond Price*, *Facets of Unity*, and other books.

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