



Cracked Open

J.C. Amberchele

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This book is a collection of reflections and observations about life before and after I came to prison, as currently seen from the perspective of this Awake Emptiness at my core. I am profoundly grateful to the late Douglas Harding and his friends for helping me to see Who I Really Am, and to thus break the bonds of contraction and confusion that defined my criminal past. Truly without deserving it, I have been blessed with the miracle of inner freedom, the turnaround of turnarounds, what Harding referred to as the no-meter path to heaven. This book is about living and failing to live the awakened life, and how discovering one's Emptiness—one's divinity—is the difference between the two, which, as it turns out, were never two to begin with. As Harding often said, you cannot fix yourself from the level of the self. Only the One who is Other and yet not other, who is both No-thing and Everything, who is at the very heart of you as Who You Really Are, can transform your life.

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Melvin Groth:

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