



The Law of Attention: Nada Yoga and the Way of Inner Vigilance

By Edward Salim Michael

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How to achieve a direct inner experience of your higher nature and the after-death state from which you originate and will return

- Provides techniques for listening to the primordial sound within
- Offers yoga and meditation techniques that are still little known in the West

This book--at once simple and powerful--stands as a monument to the lifelong spiritual struggles of Edward Salim Michael, struggles that he heroically surmounted on his path to enlightenment. Due to the circumstances of his birth, Michael had no education, no mother tongue, and no book learning when he was drafted at the age of 19 into the British Royal Air Force during World War II. After learning to read and write he became an accomplished classical composer in France. In 1949, after seeing a statue of a Buddha for the first time, he experienced a powerful awakening of his innate Buddha Nature, which inspired him to begin a sustained and extremely disciplined meditation practice. Michael abandoned his career as a composer and went to India, the home of his maternal grandmother, where he lived for seven years fully focused on his spiritual awakening.

Michael's spiritual teachings reveal techniques of yoga and meditation that can open the door to one's higher nature and to directly experience the after-death state. Nada yoga (meditation on the inner sound) is one of the core techniques for this realization. There is a vast luminous consciousness already within us, but it is obscured by the clouds of our incessant thoughts. With sincerity, moral integrity, and inner vigilance, which, when embodied, implies that we have internalized the basic tenets of the law of attention, we can move beyond the promptings of our lower nature and break through the clouds of our ordinary mind to realize our own divine nature. Emphasizing inner attention and an awareness of attitude, Michael's practices can help aspirants make direct contact with the divine source each of us unknowingly carries deep within.

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Editorial Review

Review

“This fine book offers, without doubt, the clearest and most comprehensive description of ‘Nada Yoga’ (meditation on the inner sound) that is available in the English language. This is a practice that is known in Vedic, Buddhist, and other traditions to be a powerful and liberating spiritual discipline and is also one that I have used for more than 25 years, to great benefit.” (*Ajahn Amaro, co-abbot of Abhayagiri Monastery in the Forest lineage of the Theravada Buddhist tradit*)

“Edward Salim Michael’s teaching goes straight to the heart, making us realize the commitment, energy, and love it takes to realize the truth at the deepest level. This book is a spiritual friend and guide for all seekers of Truth.” (*Ajahn Sundara, Theravada nun, Amaravati Monastery*)

“*The Law of Attention* is a remarkable guide for all those who wish to find the treasure that lies within each of us. Edward Salim Michael has given us a guide to the path that leads within and words of encouraging instruction when the way is difficult. His words reflect a life dedicated to spiritual practice.” (*Rev. Serena Seidner, Shasta Abbey*)

“The Law of Attention is a remarkable book filled with clear guidance that presents a strong call for the total dedication of one’s life in the quest of supreme enlightenment. With Edward Salim Michael’s uncompromising emphasis on integrity and effort this is not a book for the fainthearted or dilettante, but I would recommend all serious aspirants to read this book again and again both for its inspiration and its precise instructions. Although not a specifically Buddhist text, the path mapped out and advice so meticulously given render it a suitable companion and guide for any spiritual traveler.” (*Jetsunma Tenzin Palmo, founder of Dongyu Gatsal Ling Nunnery (subject of Cave in the Snow by Vicki M)*)

From the Back Cover

MEDITATION / SELF-TRANSFORMATION

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--Jetsunma Tenzin Palmo, founder of Dongyu Gatsal Ling Nunnery and author of *Reflections on a Mountain Lake*

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--Ajahn Amaro, co-abbot of Abhayagiri Monastery

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