



Living Realization: A Simple, Plain-English Guide to Non-Duality

By Scott Kiloby

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LIVING REALIZATION is a contemporary approach or method created by noted author/speaker Scott Kiloby for realizing freedom, otherwise known as 'nonduality'. More specially, it's the realization that you are already free at the core of your experience and that all separation, both in space and time, is a belief system. Living Realization is known for its simplicity. The basic invitation invites us to: recognize awareness, let all appearances be as they are and see that all appearances are inseparable. These simple points are really all you need to recognize freedom in the midst of your life.

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Editorial Review

About the Author

Scott Kiloby is a noted author, teacher, and international speaker on the subject of non-dual wisdom as it applies to addiction, depression, anxiety, and trauma. He is founder of a worldwide community of Living Inquiries facilitators who work with people in over twelve different countries. He is also cofounder of The Kiloby Center for Recovery in Rancho Mirage, CA, the first addiction, anxiety, and depression treatment center to focus primarily on mindfulness.

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Gail Rodriguez:

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Virginia Carter:

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