Natural Wakefulness is our natural state: enlightened, complete, perfect in wisdom and compassion. It’s not something outside ourselves that we need to attain or become. But it’s also true that some effort is required to get in touch with it—and that effort is what spiritual practice is about. Gaylon Ferguson highlights two essential aspects of the path of awakening: learning to trust that we are already naturally awake and committing to meditation practice. And he shows how each supports the other in our efforts to become fully who we are. However, Gaylon Ferguson’s Natural Wakefulness: Discovering the Uniqueness We Were Born With, is down to earth and full of examples from our everyday life. It almost seems like Ferguson could read our thought processes. For instance, a topic sentence reads: “Much of our present experience is based on reruns.” That pinch is the awakening of insight. I’ve caught a glimpse of my internal cage, The tight mental prison, I drag along with me wherever I go.” The beauty and usefulness of this book is that it speaks of our everyday mental life. We see the patterns of our thoughts and self-created identities and more. We could spend years meditating and discovering them for ourselves; however, Ferguson helps us recognize them now, and gives us methods to deal with them.

Book Review: Natural Wakefulness: Discovering the Wisdom We Are Born With (Gaylon Ferguson). Follow 1 Follower. Todd Mayville (25,920). In his first book, Naropa University professor and meditation instructor Gaylon Ferguson explores meditation not from the standpoint as a path towards enlightenment per se, but as a path towards simply waking up, towards claiming our innate sense of who we are. Written in a warm, almost conversational style, Natural Wakefulness has something to offer the novice and experienced practitioner alike. From Shambhala Publications and available from your local, independent bookstore. (Shop local, shop independent, and tell ’em you saw it on Elephant Journal!)