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Free Medicine: Meditations on Nondual Awakening

Pir Elias Amidon

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Free Medicine is a collection of forty intimate meditations written by Sufi teacher Pir Elias Amidon. Whether describing a naked dive into a pond in the middle of the night, or a confrontation with soldiers in a Burmese temple, these meditations can serve as companions for those whose deepest desire is to know first-hand "the good news at the heart of reality." Human, accessible, and tender, *Free Medicine* has the power to open us up in ways we never expected.

In the words of Keith Dowman, author of *Natural Perfection*, "Although it comes packaged in different languages, cultures and religions, deep mystical insight spirals around a single heart-core: here is Elias Amidon's inspired Sufi reflection of that ineffable nondual reality."

Amidon's close connection with nature; his compassion for people in distress; his simple, clear observation of the mysteries of life and death; and his calm sense of humor combine in intriguing ways to reveal the uncaused happiness that is our essence. "Reading this book is a wonderful experience, full of brilliant insights, stories, images, lots of free medicine," says Coleman Barks, author of *The Essential Rumi*.

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