



Photo by Brian Spielmann

Gaylon Ferguson, PhD, graduated from Exeter, Yale University, and Stanford University. He received a doctorate in cultural anthropology at Stanford. A senior teacher (acharya) in the Shambhala Buddhist tradition, he has led meditation retreats for thirty-three years. As a core faculty member at Naropa University, in Boulder, Colorado, he teaches both Religious and Interdisciplinary Studies.

SHAMBHALA PUBLICATIONS, INC.  
HORTICULTURAL HALL  
300 MASSACHUSETTS AVENUE  
BOSTON, MASSACHUSETTS 02115

WWW.SHAMBHALA.COM

Jacket design by Graciela Galup

Jacket art: Zia Soleil/Iconica/Getty Images

©2009 Shambhala Publications, Inc.

Printed in U.S.A. (4/09)



“The advice in this book will be of tremendous benefit to those who have the courage to engage their mind and heart and develop their potential. As a result, it will benefit the greater world.”

—Sakyong Mipham, author of  
*Turning the Mind into an Ally*

“Many essential questions on the view and meditation practice of Buddhadharma—and everyday life—are answered here with great clarity and with a genuine heart of caring and loving-kindness.”

—Tulku Thondup Rinpoche, author  
of *The Healing Power of Mind*



SHAMBHALA  
BOSTON & LONDON

“Acharya Gaylon Ferguson is an exceptional meditation teacher, both for having been a student of Chögyam Trungpa Rinpoche as well as for being a senior meditation teacher of many years’ standing. Gaylon’s great learning and deep experience are reflected on every page. He has achieved a rare blend of subtle scholarship, readability, and practical use.”

—Traleg Kyabgon Rinpoche,  
author of *Mind at Ease*

“A wonderfully wise and practical introduction to mindfulness meditation that explores and addresses all the ins and outs of the practice, the obstacles and confusions, as well as the rewards of this path. This book is like a friendly, helpful companion, offering clear and trustworthy guidance and support for meditators. Highly recommended.”

—John Welwood, author of *Toward  
a Psychology of Awakening*



GAYLON  
FERGUSON

NATURAL  
WAKEFULNESS

Discovering  
the  
Wisdom We  
Were Born  
With



SHAMBHALA

“This welcoming book offers a wise, warm-hearted, and practical understanding of the awakened heart.”

—Jack Kornfield

# NATURAL WAKEFULNESS

Discovering the Wisdom We Were Born With



GAYLON FERGUSON

FOREWORD BY SAKYONG MIPHAM

\$21.95

(CANADA \$25.00)

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.

He begins by showing how to understand natural wakefulness in ourselves and how to gain confidence in it. Then he teaches the fundamentals of meditation and goes on to provide exercises and guided contemplations intended to help us experience innate wakefulness. Along the way, he shares selections from question-and-answer sessions with students from retreats that he’s led that provide practical advice for manifesting awareness in daily life. Finally he shows how we can reinforce and support each other in wakefulness through community.

This long-awaited first book from this renowned meditation teacher is a complete introduction to meditation and the spiritual path—suitable for both beginners and seasoned practitioners as a source of inspiration and insight.