

# OPENING TO THE MYSTERY

Unfolding from a Limited Self

“Reality is easy to see; unreality is hard to let go of.” —PETER BROWN

*Opening to the Mystery* traces one woman’s unfolding—a life shaped by early trauma, inner disorientation, and a longing she couldn’t name. Told with unflinching honesty and poetic understatement, what begins as a struggle to understand the pain carried since childhood slowly opens into something else entirely: a movement toward clarity, connection, and a deepening trust in what has always been here, beyond the mind.

Nancy Bennett’s exploration weaves through bodywork, psychotherapy, spiritual teachings, and hours alone immersed in nature. Dreams and uncanny synchronicities begin to echo her unfolding reality, revealing guidance beyond logic.

Questions of identity, worth, gender, depression, and the pressure to fulfill societal roles she never chose—all become threads in a tapestry she couldn’t see until much later.

The deeper turning comes through an obscure teacher of nondual awareness. Through the years of sitting with him, something loosens. Beliefs once held as truth fall away. What’s left isn’t something new—but what had always been here. A recognition, not of something gained, but of something never lost.

This is not a story of achieving or transcending. It’s a lived transmission of what it means to stop running, to stop fixing, and to start seeing what’s been here all along—already whole.

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Nancy’s unique, inviting, focused voice helps us open to our own experience as we quest into Mystery toward the reality of being and true presence.

Nancy doesn’t shy away from the sharp edges of her life—early conditioning, reactions, judgments—feeling special yet inadequate. She faces “parts of me that work against me” and ultimately discovers that even this is “consciousness perceiving itself.”

How isolating it can be to live as an individual asleep to essential relatedness with all coming into Presence. If you ever feel something is missing or question the meaning and purpose of your life, this is the book for you.

—AVROM ALTMAN, M.A., L.P.C., L.M.F.T.

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ISBN 979-8-9933055-0-9



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