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What Do You Really Want? / Adyashanti
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Adyashanti Falling Into Grace
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There is something about you brighter than the sun and more mysterious than the night sky. Who are you when you are not thinking yourself into existence? What is ultimately behind the set of eyes reading these words? In Emptiness Dancing, Adyashanti invites you to wake up to the essence of what you are, through the natural and spontaneous opening of the mind, heart, and body that holds the secret to happiness and liberation. From the first stages of realization to its evolutionary

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implications, Adyashanti shares a treasure trove of insights into the challenges of the inner life, offering lucid, down-to-earth advice on topics ranging from the ego, illusion, and spiritual addiction to compassion, letting go, the eternal now, and more. Whether you read each chapter in succession or begin on any page you feel inspired to turn to, you will find in Adyashanti's wisdom an understanding and ever-ready guide to the full wonder of your infinite self-nature. Excerpt The aim of my teaching is enlightenment—awakening from the dream state of separateness to the reality of the One. In short, my teaching is focused on realizing what you are. You may find other elements in my teaching that simply arise as a response to people ' s particular

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needs of the moment, but fundamentally I ' m only interested in you waking up. Enlightenment means waking up to what you truly are and then being that. Realize and be, realize and be. Realization alone is not enough. The completion of Self-realization is to be, act, do, and express what you realize. This is a very deep matter, a whole new way of life—living in and as reality instead of living out the programmed ideas, beliefs, and impulses of your dreaming mind. The trust is that you already are what you are seeking. You are looking for God with his eyes. This truth is so simple and shocking, so radical and taboo that it is easy to miss among your flurry of seeking. You may have heard what I am saying in the past and you may even believe it, but my

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question is, have you realized it with your whole being? Are you living it? My speaking is meant to shake you awake, not to tell you how to dream better. You know how to dream better. Depending on what your mental and emotional state at the time is, I may be very gentle and soft with you, or not so gentle and soft. You may feel better after talking with me, but that is incidental to awakening. Wake up! You are all living Buddhas. You are the divine emptiness, the infinite nothing. This I know because I am what you are, and you are what I am. Let go of all ideas and images in your mind, they come and go and aren't even generated by you. So why pay so much attention to your imagination when reality is for the realizing right now?

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“ Falling Into Grace is a dazzling, clear, profound book—a cool drink of water for thirsty hearts everywhere.”

—Geneen Roth, author of *Women, Food, God* “ The path to enlightenment today is cluttered with concepts:

Adyashanti cuts through them with a sword so merciless and tender that only space remains. ” —Meg

Lundstrom, author of *What to Do When You Can ’ t*

Decide “ Adyashanti ’ s teachings point us toward what we most yearn for: realizing and embodying the love

and awareness that is our natural state. Falling Into

Grace is wonderfully lucid, simple, and powerful. It will remind you to stop the struggle and to relax back into

what you already are. ” —Tara Brach, author of *Radical*

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Acceptance Adyashanti asks us to let go of our struggles with life and open to the full promise of mindfulness and spiritual awakening: the end of delusion and the discovery of our essential being. In his many years as a spiritual teacher, Adyashanti has found the simpler the teaching, the greater its power to initiate this awakening. In *Falling into Grace*, he shares what he considers fundamental insights that will spark a revolution in the way we perceive life—through a progressive inquiry exploring the concept of a separate self and the choice to stop believing the thoughts that perpetuate suffering; “taking the backward step” into the pure potential of the present moment; why mindfulness and spiritual awakening can be a disturbing

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process; absolute union with every part of our experience and true autonomy—the unique expression of our own sense of freedom. Excerpt: When I was a young child, about seven or eight years old, one of the things I started to notice and ponder as I watched the adults around me was that the adult world is prone to suffering, pain, and conflict. Even though I grew up in a relatively healthy household with loving parents and two sisters, I still saw a great deal of pain around me. As I looked at the adult world, I wondered: How is it that people come into conflict? As a child, I also happened to be a great listener—some may even say an eavesdropper. I would listen to every conversation that went on in the house. In fact, it was a family joke that

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nothing happened in the house without me knowing about it. I liked to know everything that was going on around me, and so I spent a lot of my childhood listening to the conversation of adults, in my home and in the homes of relatives. Much of the time, I found what they talked about to be quite interesting, but I also noticed a certain ebb and flow to most of their discussions—how conversations moved into a little bit of conflict, then back away from it.

Who are you when you are not thinking yourself into existence? What is ultimately behind the set of eyes reading these words? In *Emptiness Dancing*, Adyashanti invites you to wake up to the essence of

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what you are, through the natural and spontaneous opening of mind, heart, and body that holds the secret to happiness and liberation.

More and more people are "waking up" spiritually. And for most of them, the question becomes: now what? "Information about life after awakening is usually not made public," explains Adyashanti. "It's most often shared only between teachers and their students." The End of Your World is his response to a growing need for direction on the spiritual path. Consider the book you hold in your hands Adyashanti's personal welcome to "a new world, a state of oneness."

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Join renowned spiritual teacher Adyashanti for a practice-based journey out of the thinking mind and into the awakened awareness beyond perceptual reality. For renowned teacher Adyashanti, every single moment contains a doorway into spiritual awakening. But what does it actually mean to “wake up” to the truth of reality? And what does it take to recognize these opportunities? In *The Direct Way*, Adya (as his students call him) offers a sequence of 30 practices intended to connect with and cultivate ever-greater awareness of the unseen dimensions of your being. From the simple expression of “I am,” to an exploration of the Spiritual Heart, and all the way into the fundamental ground of being, these exercises

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Adyashanti

emphasize that the process of awakening takes “ many small glimpses, experienced many times. ” Adya concludes with practical pointers on how to integrate transcendent experiences into the everyday fabric of life—including your career, personal goals, and intimate relationships. Here you will discover: How to dis-identify from conceptual, ego-based thinking Perceiving the ego as a tool to navigate consciousness rather than an obstacle The “ knowing yet empty ” quality of foundational awareness The surprising route to realizing awareness of the Spiritual Heart Feeling through the Spiritual Heart as a way to experience true interconnection The meaning of the Zen teaching phrase, “ This very body is the Buddha ” Exploring the

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exhilarating paradox of Being and Becoming How to establish anchor points to stabilize your journey into the Ground of Being What it means to live each day with “ enlightened relativity ” How awakening puts control of your experience in your hands—but also the responsibility for it No one experiences awakening quite the same. With The Direct Way, join Adya to discover pathways toward an awareness as wide as the sky and as personal as your innermost heart.

From esteemed teacher Adyashanti, a collection of writings on the search for the ultimate reality beneath the narrative of our lives “ Our inner lives are every bit as astonishing, baffling, and mysterious as the infinite

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vastness of the cosmos. ” —Adyashanti We all define our lives through the lens of stories. Whether we see ourselves as heroes or victims, good people or bad, everyone lives according to interwoven strands of narrative. “ And yet, ” teaches Adyashanti, “ the truth is bigger than any concept or story. ” Drawn from intimate, deep-dive talks, *The Most Important Thing* presents writings devoted to the search for the ultimate reality of a self that exists beyond the bounds of storytelling. Here you will find vivid anecdotes and teaching stories that illuminate the felt experience of Adyashanti ’ s teachings—those moments of grace in which every stone, tree, ray of light, and fraught silence reveal that none of us is alone and no one is

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ever truly isolated from the whole of existence. These selections consider: Exploration of the true meaning of birth, life, and death Why grace can arrive both through struggle and as an unexpected gift Meditation as the art of “ listening with one ’ s entire being ” Why a good question can be far more powerful than a concrete answer How the things you choose to serve shape your life Discovering the wisdom found in surprise, sadness, and uncertainty Embodying your innate and inextricable connection with the total environment The nature of ego and the ways it manifests The moments of grace upon which all great religions pivot What is the story of your life? Is it happy or adventurous? Sad or lonely? In *The Most Important Thing*, Adyashanti shows you how

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to look past your personal narratives, delve inward, and connect with the truths that fundamentally animate all of us.

For almost two millennia, the story of Jesus has shaped the lives of countless people. Yet today, even though the majority of us grew up in a culture suffused by the mythos of Jesus, many of us feel disconnected from the essence of his teachings. With *Resurrecting Jesus*, Adyashanti invites us to rediscover the life and words of Jesus as a direct path to the most radical of transformations: spiritual awakening. Jesus crossed all of the boundaries that separated the people of his time because he viewed the world from the perspective of

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what unites us, not what divides us. In *Resurrecting Jesus*, Adya embarks on a fascinating reconsideration of the man known as Jesus, examining his life from birth to Resurrection to reveal a timeless model of awakening and enlightened engagement with the world. Through close consideration of the archetypal figures and events of the Gospels, Adya issues a call to “live the Christ” in a way that is unique to each of us. “When the eternal and the human meet,” writes Adya, “that’s where love is born—not through escaping our humanity or trying to disappear into transcendence, but through finding that place where they come into union.” *Resurrecting Jesus* is a book for realizing this union in your own life, with heart and mind wide open to the

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mystery inside us all. With an all-new foreword by Episcopal priest and scholar Cynthia Bourgeault.

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This book is about the subtle energy of the life force,

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the pure consciousness beyond mind and the ecstatic experience of spiritual awakening. It also tells of physical collapse, psychic chaos, and personality upheaval, those elements of human transformation that uproot individuals to the core. It tells the stories of people, both ancient and modern, who have discovered and integrated an experience that pushes the edges of their sanity and their divinity. And it is a guide for survival and transformation. It appears that when people pray, meditate, or turn inward with great intensity to find God, what they may ultimately experience is the sat-chit-ananda of the ancient Indian scriptures. Sat is existence or beingness, the substance or essence that is all things. Chit is cosmic intelligence

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or knowledge that fills everything, a consciousness without personal identity. Ananda is ecstatic bliss. Indian pandits identify these three qualities as the essential nature of existence. Direct intuition of them becomes possible following the eruption of Kundalini energy, which is latent in each of us. This book is to help you recognize and support a unique, universal and ageless process related to spiritual experience and psychological wholeness and identified in ancient times as Kundalini awakening.

Discovering our true nature could be called the discovery of emptiness?of the vast stillness and loving silence that lies beyond and within all that exists. Our

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lives are the dance of this emptiness as it flowers into form. "Emptiness Dancing" offers dynamic teachings that come directly from this emptiness and draw the open heart into profound realization. Adyashanti reveals valuable insights and explores important themes relevant to those seeking and deepening into truth. He shares an enlightened perspective on:the seeker?s struggle the joys and challenges of awakening the symptoms of spiritual addiction the essence of sacred relationship the true meaning of enlightenment the simple secret to happiness

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