

Falling Into Grace Adyashanti

You are Not Here: Your practical guide to recognizing the amazing illusion you are experiencing. Have you noticed that the life you are living is just a fantastic illusion; what relevance is that to you ? You have bills to pay and people to look after. Whether you are living in a universe of non-existent matter is not one of your pressing concerns. However, it turns out that not only are you living in a world entirely constructed out of non-existent matter, but you also determining everything that happens to you. Is this a fantastic claim ? The only way to verify its authenticity is to check this out for yourself. The Great Simulator is a cutting edge description of how the illusion you have engineered is created. The book contains a simple step-by-step guide to verifying that you are indeed the creator of this illusion. If you want to change your life, learn how you really can.

What do you really want—isn't it happiness? And what keeps you from

being happy? Could it be that your need to cling so tightly to what you believe—about yourself and life, about how things should be—is what’s holding you back? In *The Unbelievable Happiness of What Is*, a contemporary spiritual teacher in the non-duality tradition reveals how confronting and letting go of our negative beliefs about ourselves and the world ultimately sets us on the path toward an awakened life of profound joy, meaning, and purpose. We all want peace and freedom and love and happiness, we all want to be fulfilled, but so many of us fail to reach the level of contentment we’ve built up in our minds, often believing there’s something wrong with us and blaming ourselves, others, or circumstances for our perceived lack of accomplishment or satisfaction. But the truth is, happiness is not something you have to get or achieve, because it’s something you already have—in fact, it’s what you already are. With this book, author Jon Bernie—counselor, healer, and teacher in the lineage of Adyashanti—sheds light on the struggle to find happiness, showing how our unexamined

beliefs distort our identities and make us suffer by creating unconscious tension in our bodies and minds. You'll learn how to bring awareness to these patterns and begin to unravel the tightly held, negative beliefs that have overshadowed your existence, finally moving through them and into a brightening of experience and the realization of true happiness, liberation, peace, and fulfillment. Using this compassionate, heart-centered approach, you'll work with your feelings rather than resist them, and find guidance and support in surrendering to the relief of not knowing. You'll also learn to relax into and live as awareness in your day-to-day life. Most importantly, you'll discover that which you've been seeking but has never really been out of reach—something that is, indeed, beyond belief: the unbelievable happiness of accepting what is.

your inner voice? What if you could find a way to stop eating, stop working at a bad job, stop a bad relationship before you walk down the aisle—stop anything when you are full?

Understanding WHY you eat can lead to real and lasting change--both in your weight loss and all other areas of your life. You Are WHY You Eat teaches readers to take back control in their lives. Dr. Ramani takes an iconoclastic, brave, edgy, and witty approach to self-help. She teaches you to unearth that inner voice, and let it be heard. She turns all of your childhood teachings upside down and forces you to take responsibility for your choices in life. Through real-life anecdotes and exercises, she gives you the tools you need to live on your terms, not those of the stakeholders that surround you. It will help you trust yourself and act from the gut, while making that gut smaller at the same time. And in so doing, it will help people live lives that are braver, more authentic, and less riddled with regret. You can change your food attitude and change your life! Whether it happens all at once or gradually over time, spiritual awakening is an experience that may be accompanied by great insight, ecstatic bliss, or a mystical infusion of light,

love, and vision. But it can be an overwhelming experience, too, leaving those to whom it's occurred searching for answers and understanding. Written by a transpersonal psychologist and non-dual teacher, this book will help you understand the phenomenon of spiritual awakening, and provide guidance and support for you on your spiritual journey. At the heart of most spiritual traditions is the understanding that we are one with all of existence. This realization, also known as spiritual awakening or spiritual emergence, can occur spontaneously, after years of spiritual practice, or through many other portals. Although awakening is often considered a purely positive experience, many people are not prepared for the ramifications of such a life-altering event. When your perception of yourself and reality has been altered, you may find yourself with more questions than answers. Where can you turn? Based on over thirty years of case studies, as well as the author's own experiences, *When Spirit Leaps* explores the why and what of spiritual awakening, revealing how this

phenomenon occurs across all traditions, and exploring the various ways it can happen. Including discussions on kundalini energy, meditation, yoga and qigong, breathwork, near-death experiences, and much more, this inspirational book offers companionship and practical solutions to common challenges along the spiritual path of awakening. With this book as your guide, you'll gain a deep understanding of the process and different portals of awakening, and find comfort and support in the real-life stories of those who have experienced this shift in consciousness and faced its challenges. Most importantly, you'll learn how you can embody this awakening and live joyfully and effectively without attachment to a personal sense of self, but as the oneness with all that is your true nature. No matter where you are on your spiritual journey, this book will help you along the way.

You're at a fork in the road. Now what? It may surprise you, but according to Meg Lundstrom, you already have the answer, if you just know how to tap

your inner-guidance system. With *What to Do When You Can't Decide*, she teaches us three effective divining tools for accessing our innate wisdom: "Pendling," a method that uses a handheld instrument "The Chits," an easy pen-and-paper technique "Muscle testing," an on-the-spot technique that allows your fingers to "do the talking" Bypassing the conscious mind to access your deeper subconscious intelligence, these techniques can help you make reliable decisions, end second-guessing, and enhance the flow in your life. Includes practical exercises, a troubleshooting guide, and advanced techniques for deciding what to do in any situation.

The Most Important Thing

Oneness with All Life

Resurrecting Jesus

Spiritual Guidance for Living Your Best Life

When Spirit Leaps

Our Portal to Presence

Navigating the Process of Spiritual Awakening

Manifesting Change

Draws on myriad sources to examine good and evil

behavior, arguing that emotions are the basis for ethical life while exploring such topics as the definition of being good, the role of biology in morality, and knowing when to trust one's instincts. 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 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 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

Online Library Falling Into Grace Adyashanti

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

Bestselling author of *Return to Love and Law of Divine Compensation*, Marianne Williamson shows people how to live without fear or worry in *The Gift of Change*. The time in which we now live is more difficult and stressful than people are willing to admit. We live with an abiding sense of collective anxiety. Williamson shows how we are paralyzed in our current state of fear and anger because we are not facing and dealing with the true causes of our anxieties and fears. Williamson reveals that fear and worry do not need to be the only tools in our tool box for dealing with problems in the world. As we learn to trust God and the love that surrounds us and guides us, we will see that what causes us pain is an opportunity for growth, healing, and miracles that can transform us and our world. Williamson delivers hope and healing as she illuminates ten basic changes that each of us can make as we learn to view the world through the eyes of love instead of fear.

"The realization that there is no explanation for existence or awareness of existence is ultimate liberation. John Astin's book offers an opportunity for this liberation, if you are ready." —Deepak Chopra

"This book has the power to transform lives."

—Shauna Shapiro, author of *The Art and Science of Mindfulness* Anyone who attempts to describe what is ultimately indescribable faces the same challenge—how does one use words to explain

something that transcends language? Many writers fall into the trap of using more words to do the job that most words aren't even particularly suited for, the ideas growing ever more allusive and abstract as the verbiage piles up. But in trying to unmoor the essence of lived experience from the concepts and stories we use to construct it, author and spiritual teacher John Astin takes a different approach—using fewer words instead of more, and grounding them with exercises designed to evoke the actual experience of what he's describing. Evoking the true nature of experience in words is a tricky proposition: perceptual reality has no beginning and no end, making it impossible to delineate, and what arises internally as thoughts and feelings are equally limitless, indeterminate, and unresolvable. While we have countless ways to categorize, conceptualize, and label things, the truth of whatever is being felt, seen, tasted, touched, or heard is infinitely more complex and multidimensional than our conceptual or linguistic structures would have us believe. By becoming more intimate with experience itself—rather than trying to narrate, avoid, or escape it—we can begin to discover that our experiences cannot possibly limit us in the ways we've imagined, owing to their radically open-ended and ultimately indefinable nature. This Extraordinary Moment invites you on a journey of boundless inquiry, which becomes a liberating free-fall into the mysteries that lie just beyond our understanding of lived reality—which words can never quite describe. Built entirely around personal experience and exploration, this book provides activities, dialogues, exercises, and meditations to help you unlearn the basic misapprehensions about

the nature of moment-to-moment experience, and shows you how to gain distance from the stories you tell about what you're experiencing, so as to better focus on what's actually happening in the present moment. With ultrashort chapters grounded in experiential practices, and without the use of the usual spiritual jargon, this fast-moving, highly readable book makes the esoteric accessible to all—from anyone interested in stress management, well-being, or positive psychology to the devoted spiritual seeker.

Shares advice on realizing one's goals and offers inspirational views on universal mysteries while explaining how to overcome psychological obstacles using spiritual exercises and illustrative analogies.

Falling into Grace

Excerpts from the Teachings of Adyashanti

What to Do When You Can't Decide

Uncensored Straight Talk on the Nature of Enlightenment: Easyread Large Bold Edition

Emptiness Dancing

The Impact of Awakening

Moving Beyond the Mind to Embrace the Miracle of What Is

The Art of Forgiveness, Lovingkindness, and Peace

Addiction and Grace offers an inspiring and hope-filled vision for those who desire to explore the mystery of who and what they really are. May examines the "processes of attachment" that lead to addiction and describes the relationship between addiction and spiritual awareness. He also details the various addictions from which we can suffer, not only to substances like alcohol and drugs,

but to work, sex, performance, responsibility, and intimacy. Drawing on his experience as a psychiatrist working with the chemically dependent, May emphasizes that addiction represents an attempt to assert complete control over our lives. Addiction and Grace is a compassionate and wise treatment of a topic of major concern in these most addictive of times, one that can provide a critical yet hopeful guide to a place of freedom based on contemplative spirituality.

NEW YORK TIMES BESTSELLER • This inspiring guide to healing and growth illuminates the richness and potential of every life, even in the face of loss and adversity—now updated with additional toolbox materials and a new preface by the author In the more than twenty-five years since she co-founded Omega Institute—now the world’s largest center for spiritual retreat and personal growth—Elizabeth Lesser has been an intimate witness to the ways in which people weather change and transition. In a beautifully crafted blend of moving stories, humorous insights, practical guidance, and personal memoir, she offers tools to help us make the choice we all face in times of challenge: Will we be broken down and defeated, or broken open and transformed? Lesser shares tales of ordinary people who have risen from the ashes of illness, divorce, loss of a job or a loved one—stronger, wiser, and more in touch with their purpose and passion. And she draws on the world’s great spiritual and psychological traditions to support us as we too

learn to break open and blossom into who we were meant to be.

A no-nonsense guide to establishing a personal meditation practice, changing your life, and taking hold of your dreams. **CONFESSION: This is not really a meditation book. Yes, you're going to learn everything you need to know about meditation, but if you came looking for a typical guide to mindfulness, you're in the wrong place. We are modern people in a high-tech world. We have first world problems and long to-do lists. And if you grew up in struggle—overcoming homophobia, sexism, trauma, shame, depression, poverty, toxic masculinity, racism, or social injustice—you need a different type of meditation ... one that doesn't pretend the struggle doesn't exist. Here you will discover: ● How to actually find stillness when your mind is going crazy ● Why most guided meditations get boring after a while ● What nobody tells you about “setting intentions” and the scientific process to manifesting ● Four hidden habits that sabotage your growth—and how to move past them ● Proven techniques to overcome anxiety, stress, and trouble sleeping ● Daily rituals that cement and enrich your practice ● How to use mindfulness to take action toward the causes you believe in and get sh!t done Whether you've tried meditation but it never sticks, or you've heard about it but never gave it a shot, Justin Michael Williams guides you step by step in creating a custom meditation ritual that fits in with your busy (and sometimes messy!)**

modern life. With free downloadable audio meditations every step of the way, Stay Woke gives people of all genders, identities, colors, religions, ages, and economic backgrounds the tools to stop wasting time, overcome self-doubt, and wake up to the lives we were really born to live.

What is life when seeking ends? Just what is, nothing more or less— an ordinary person doing ordinary things, not wishing to be more or less, content to simply be herSelf. —Dorothy Hunt, Only This Do you ever feel as if your spiritual search is getting you nowhere? That despite sincere intention and effort, you’re reaping frustration instead of fruit? In Ending the Search, Dorothy Hunt unravels a dilemma that has vexed countless people on a spiritual path. “You may have tried all manner of practices, meditation, guru shopping, chanting, prayer, and still you have not attained your heart’s desire,” she writes. “This book is about the ego’s spiritual ambition, its search for its idea of ‘enlightenment,’ its struggles and its eventual fate as seeker becomes the sought.” Ending the Search explores the deep spiritual impulse to awaken and the ways a future-focused mind “co-opts” or veils what is timelessly free, loving, and ever present. Dorothy invites us to follow our longing for truth, love, or enlightenment back to their source—the Heart that is beckoning us beyond separation. While describing and honoring different practices and paths taken in one’s search for Truth, she emphasizes the practice

of self-inquiry as taught by Ramana Maharshi. We are invited to search not for an idea of something “out there,” but for the true identity of the seeker, the unnamable Mystery that is compassionately aware, existing right now in each of us. The book also looks at the processes of embodiment and surrender, the need for “ruthless honesty” without self-judgment, and in its concluding section, shares a vision of life lived authentically. “The spiritual search is a call to remember who or what you essentially are,” explains Dorothy Hunt. “What ends the search is actually present from the very beginning, beckoning you to come Home. In truth, you are what you seek, yet you must make the discovery for yourself.” This is your invitation, with Ending the Search. Highlights: • The nature of spiritual ambition • When practice becomes problematic • How the thinking mind separates us from the moment • Silence and stillness, our greatest teachers • Ego and the trance of separation • The human heart as a doorway to the infinite • The freedom of Presence • The price of Realization • Gurus, spiritual teachers, and charlatans • Undoing core egoic beliefs • Resting the mind in the Heart of Awareness

This little book contains the core teaching on Buddhism by the Dalai Lama. It includes thought-provoking quotations about the importance of love and compassion, and the need for individual responsibility, fuses ancient wisdom with an awareness of the problems of everyday life. In addition to containing the

essence of Buddhism, this book offers practical wisdom for daily life. The goal of this small gift book is to improve the reader's state of mind and to discover the deep peace that exists within. Here are pithy reflections on the need to rid oneself of preoccupations with mundane concerns and to find refuge in Buddha, Dharma, and Sangha.

This Extraordinary Moment

Love and Spirituality in the Healing of Addictions

Beyond Belief to Love, Fulfillment, and Spiritual Awakening

A Meditation Guide for the Rest of Us Already Free

The Gift of Change

The End of Your World

How Difficult Times Can Help Us Grow

“A big, bold, brilliantly crafted page-turner with HUGE ideas that challenge every last view about how the world works. This is both a primer to understand the law of attraction and the essential book of our age.” — Jack Canfield, author of The Success Principles(TM) and featured teacher on The Secret(TM) “One of the most powerful and enlightening books I have ever read. A magnificent job of presenting the hard evidence for what spiritual masters have been telling us for centuries.” — Wayne W. Dyer During the past few years science and medicine have been converging with common sense, confirming a widespread belief that everything—especially the mind and the body—is far more connected than traditional physics ever allowed. The Field establishes a new biological paradigm: it proves that our body extends electromagnetically beyond ourselves and our physical body. It is within this field that we can find a

remarkable new way of looking at health, sickness, memory, will, creativity, intuition, the soul, consciousness, and spirituality. The Field helps to bridge the gap that has opened up between mind and matter, between us and the cosmos. Original, well researched, and well documented by distinguished sources, this is the mind/body book for a new millennium.

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."

"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 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 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 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.

Presents author-selected inspirational passages from "A New Earth" enhanced by commissioned artwork.

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

It Couldn't Be Easier

Discovering Truth at the Heart of Life

Your Practical Guide to Recognising the Amazing Illusion You Are Experiencing

This Thing Called You

A Mini-Manual for a Spiritual Life

Stay Woke

Uncensored Straight Talk on the Nature of Enlightenment

The Great Simulator

In the same way that we fall into the arms of a loved one or drop our heads on the pillow before sleep, we can let go into the beauty and truth of who and what we really are. Falling Into Grace presents Adyashanti's response to anyone looking for a way out of suffering and into the freedom of spiritual awakening. With his first introductory book, he

offers what he considers the fundamental teachings on "seeing life with clear eyes" to transcend the illusions that lead to unhappiness. Readers join this sought-after teacher to explore: The concept of a separate self as the root of all suffering - and how to stop believing the thoughts that perpetuate our self-image How to take "the backward step" into the pure potential of the present moment Giving up the control we only think we have The essential invitation of spirituality: wake up from the dream to embrace what is When we realize that there is grace in every moment, our minds will open, our hearts ... Understand your present with this powerful book on past lives. In this book, regressionist Mira Kelley shares the life-changing lessons she has learned from her clients to help you find support and understanding, and to empower you in your own growth. Mira teaches you how to connect with your Higher Self in any moment to receive guidance. You'll come to understand how everything around you is just a reflection of yourself, why is it important to forgive, why you have the right to love yourself, and how the Universe always supports you lovingly and unconditionally. The stories contained in these pages will help you discover how to heal your body, mind, and spirit as you learn about the nature of time, karma, destiny, and free will—as well as how each choice creates a new reality for you. As you read *Beyond Past Lives*, you'll see how regression has helped others shift to a reality of health and well-being, and you will be guided to

achieve the same for yourself. Prepare for a powerful transformation as you experience the profound lesson of your past lives!

It is possible to access the same sense of well-being, clarity, inner freedom, and loving connection realized by the world's meditation masters. We can do this by shifting our awareness in the midst of our daily lives. Shift into Freedom presents innovative teacher Loch Kelly's training manual for actively participating in the evolution of your own consciousness. Synthesizing insights from neuroscience and psychology with wisdom from the world's contemplative traditions, Shift into Freedom offers an accessible and remarkably powerful series of meditations that lead us to a little-known natural capacity called "awake awareness." Through an unfolding process of "small glimpses, many times," these exercises shift us from a thought-based knowing to an awareness-based way of operating in the world. With continued practice, we learn to "unhook" from our customary home in our ego-based identity—and then sustain an embodied presence and relatedness known as "open-hearted awareness." Loch Kelly teaches that this is "the meeting place of awakening and growing up, where we have the capacity to handle a fully emotional, intimate life and act with authenticity and compassion." Learn more about:

- How to separate awareness from thinking to realize that thoughts and emotions are not the center of who we are
- How insights from neuroscience can help us learn how to

embody awakening • Ego-identification, a pattern of thought that co-opts the body's boundary program and creates a mistaken identity • The paradox of "being home while returning home" • Finding the off-switch for the chattering mind • How to intentionally and immediately shift into peace of mind any time of your day • Awakening as a natural process of human development, which unfolds as waking up, waking in, and waking out • Meditation practices for all phases of the journey of awakening and embodiment • Four stages of spiritual growth: recognition, realization, stabilization, and expression • Untying the "knots" in our mindbody system to liberate us from our deepest doubts and fears • How to move from deliberate mindfulness to effortless mindfulness and heart mindfulness • How to effortlessly focus without using attention • Discovering your innate happiness that is not dependent on circumstances • How to welcome and liberate sub-personalities after initial awakening • A user's manual for your consciousness to help you free yourself from the limits of ego-identification and live from open-hearted awareness

The beloved classic that has awakened generations to the power within. One of Ernest Holmes's cornerstone works, *This Thing Called You* is an intimate guide through which readers learn the important lesson of how they are an immutable part of the flow of life, and how they may fulfill the longing, within all of us, to live more fully. The book details methods of meditation used for healing,

improving mind and body, and reaching one's divine self. Included are numerous inspirations, meditations, and prayers that individuals can apply to their lives, which reveal the unlimited potential of the spiritual psychology that Holmes founded. The Divinity we all share steps forth to spell out how we've created our nightmares, and how to shift those patterns. This glimpse into the Divine Vision gives the formula for thriving in the uncharted world at whose very edge humanity now stands.

The Dalai Lama's Little Book of Buddhism

The Science and Practice of Open-Hearted Awareness

Ending the Search

The Deep Heart

From Spiritual Ambition to the Heart of Awareness

The Quest for the Secret Force of the Universe

You Are WHY You Eat

Finding Realization in the Body

This is a lively collection of excerpts from the dialogues of students with spiritual teacher Adyashanti, in which the true meaning of enlightenment, spiritual awakening, and the embodiment of realization are revealed in a down-to-earth language that helps a spiritual seeker understand the optimal outcome of spiritual practice, and bring spiritual seeking into fulfillment.

A master key to true self-discovery Amidst the busyness and chaos of our daily lives, many of us search for meaning, fulfillment, and a genuine sense

of who we really are beyond our ego and conditioning. *An Invitation to Freedom* guides you toward the immediate, authentic awakening that so many of us seek—the realization of our true nature as pure, effortless awareness. These simple yet profound instructions, questions, and contemplations will lead you directly into the heart of truth and absolute freedom. This could be the greatest discovery you make in your life. Also available as an audiobook read by Mooji.

With stories from south central LA to the jungles of Peru, *A Fierce Heart* offers deep and honest reflections on compassion and suffering by one of the country's most powerful mindfulness teachers. Spring Washam is a founder of the East Bay Meditation Center, the most diverse and accessible meditation center in the United States. In *A Fierce Heart*, she shares her contemporary, unique interpretation of the Buddha's 2,500-year-old teachings that get to the heart of mindfulness, wisdom, and compassion. Woven throughout the book are stories from her life, family, and community, along with soulful and unexpected stories of compassion in action from all over the world. The life-saving teachings of this charismatic teacher are universal; her honesty, enthusiasm, and energy are a balm.

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 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 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.

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.” Adyashanti begins by describing the “I got it/I lost it” phenomenon that perplexes so many of his students—the fluctuation between what he calls “nonabiding” awakening and the ultimate state of “abiding” enlightenment. With straight talk and penetrating insight, Adyashanti then points out the pitfalls and cul-de-sacs that “un-enlighten” us along the journey, including the trap of meaninglessness, how the ego can “co-opt” realization for its own purposes, the illusion of superiority that may accompany intense spiritual breakthroughs, and the danger of becoming “drunk

on emptiness. ” “ Full awakening comes when you sincerely look at yourself, deeper than you ’ ve imagined, and question everything, ” teaches Adyashanti. The End of Your World is your invitation to join Adyashanti for an honest investigation of what you really are—and how to live once you discover it.

Contents Chapter One: Exploring Life After Awakening Chapter Two: Authentic Awakening—And the Disorientation That Can Follow Chapter Three: “ I Got It, I Lost It ” Chapter Four: We Come to Nirvana by Way of Samsara Chapter Five: Coming Completely Out of Hiding Chapter Six: Common Delusions, Traps, and Points of Fixation Chapter Seven: Life Itself Holds Up a Mirror for Our Awakening Chapter Eight: The Energetic Component of Awakening Chapter Nine: When Awakening Penetrates the Mind, Heart, and Gut Chapter Ten: Effort or Grace? Chapter Eleven: The Natural State Chapter Twelve: The Story of the Wedding Chapter Thirteen: An Interview With Adyashanti

Excerpt There ’ s a phenomenon happening in the world today. More and more people are waking up—having real, authentic glimpses of reality. By this I mean that people seem to be having moments where they awaken out of their familiar senses of self, and out of their familiar senses of what the world is, into a much greater reality—into something far beyond anything they knew existed. These experiences of awakening differ from person

to person. For some, the awakening is sustained over time, while for others the glimpse is momentary—it may last just a split second. But in that instant, the whole sense of “ self ” disappears. The way people perceive the world suddenly changes, and they find themselves without any sense of separation between themselves and the world. It can be likened to the experience of waking up from a dream—a dream you didn ’ t even know you were in until you were jolted out of it. In the beginning of my teaching work, most of the people who came to me were seeking these deeper realizations of spirituality. They were seeking to wake up from the limited and isolated senses of self they had imagined themselves to be. It ’ s this yearning that underpins all spiritual seeking: to discover for ourselves what we already intuit to be true—that there is more to life than we are currently perceiving. But as time has passed, more and more people are coming to me who have already had glimpses of this greater reality. It is because of them that I am giving the teachings of this book.

Oneness

A Fierce Heart

Inspirational Selections from A New Earth

Useful Tools for Finding the Answers Within

Buddhism Meets Psychotherapy on the Path of Liberation

Seeing with the Eyes of the Heart

The Field

Thirty Practices to Evoke Awakening

In this beautiful collection of spiritual teachings given through poetry and short quotations culled from his journals, dharma talks and dialogues with students, Adyashanti celebrates life and invites the mystery to wake up in the heart of each reader. This is a remarkable selection of writings from a profoundly enlightened teacher in the universal mystical tradition of Rumi, Hafiz and Kabir.

The author of *The End of Your World* offers fundamental teachings on surrendering to the grace that ends personal suffering, in a book that encourages the reader to shed his or her self-image and give up perceived control in order to live a better life.

Ram Dass has always been a master of the one-liner. Here is the nitty-gritty by the author of *Be Here Now*—more than 200 penetrating observations and pithy spiritual instructions on such topics as *How It All Is*, *Love and Devotion*, *Suffering*, *Aging*, *Planes of Consciousness*, *Death and Dying*, *Service and Compassion*, *Psychedelics*, *Social Awareness*, and *Liberation*. “This book is a kind of spiritual brandy, a distillation of the lectures I’ve given over the course of the past

decade or so. These quotes are the little “aha!” moments, the cameos that have been served up out of our collective consciousness from time to time that seem to summarize something about our human journey. I think of this book as something you might have next to the coffeepot to pick up in the morning, or as something you might tuck into your backpack to pull out during your bus ride to work, in order to reframe the way you look at your day.” —Ram Dass

Why are more and more psychotherapists embracing meditation practice, while so many Buddhists are exploring psychology? “Both psychology and Buddhism seek to provide freedom from suffering,” explains Bruce Tift, “yet each offers a completely different approach for reaching this goal.” In *Already Free*, Tift opens a fresh and provocative dialogue between these two profound perspectives on the human condition. Tift reveals how psychotherapy’s “Developmental” approach of understanding the way our childhood wounds shape our adult selves both contradicts and supports the “Fruitional” approach of Buddhism, which tells us that the freedom we seek is always available. In this investigation, he uncovers insights for connecting with authentic

experience, releasing behaviors that no longer serve us, enhancing our relationships, and more. “When we use the Western and Eastern approaches together,” writes Bruce Tift, “they can help us open to all of life—its richness, its disturbances, and its inherent completeness.”

Falling into Grace
Insights on the End of Suffering
Sounds True

Poetry and Sayings of Adyashanti

Cultivating a Sacramental Imagination in an Age of Pornography

What Parallel Realities Can Teach Us about Relationships, Healing, and Transformation
Shift into Freedom

Insights on the End of Suffering

Falling Into Grace

Radical Awakening in Ordinary Life

What does it mean to "meditate with the body"? Until you answer this question, explains Reggie Ray, meditation may be no more than a mental gymnastic –something you can practice for years without fruitful results. In *Touching Enlightenment*, the esteemed author of five books about Buddhist history and practice guides you back to the original practice of the Buddha: a systematic process that

results in a profound awareness in your body rather than in your head. Combining the scholarship that has earned him international renown with original insights from nearly four decades practicing and teaching meditation, Reggie Ray invites you to explore: How to enter fully into communion with your embodied nature The insights of Tibetan yoga, from guidance on breathing and working with discomfort to its challenge to modern practitioners on the path to realization Why "rejected" experience becomes imprinted in the body –and how to receive it anew to reconstitute your human way of being Karma of cause and karma of result –taking full responsibility for your life Your three bodies—the physical, the interpersonal, and the cosmic "To be awake, to be enlightened, is to be fully and completely embodied. To be fully embodied means to be at one with who we are, in every respect, including our physical being, our emotions, and the totality of our karmic situation," writes Reggie Ray. In *Touching Enlightenment*, he offers you a map of unprecedented clarity and power for embarking on the journey toward ultimate realization in and through the body.

In an era in which the internet has made

pornography readily accessible, *Seeing with the Eyes of the Heart* offers a theological critique of pornography and retrieves from the Christian tradition an alternative visual culture. This visual culture is constituted by both the character of the images we behold and the manner in which we see. Contributors include psychologists William M. Struthers and Jill Manning, who address the neurological effects of pornography and its influences on personal, familial, and social life. Their professional analysis is complemented by the testimony of a young man in recovery from pornography addiction. In an exposition of Christian visual culture, Orthodox iconographer Randi Sider-Rose describes the spiritual discipline of icon writing, Danielle M. Peters, S.T.D., surveys the iconography and art of Marian traditions, and art historian Dianne Phillips elucidates the meaning of divine desire as evident in Catholic visual culture of the late medieval and early modern periods. Catholic theologians Ann W. Astell, Nathaniel Peters, Boyd Taylor Coolman, and Nicolas Ogle discuss specific practices and dimensions of the Catholic tradition that can contribute to the cultivation of sacramental vision, and David W.

Fagerberg, Kimberly Hope Belcher, Jennifer Newsome Martin, and John C. Cavadini offer reflections on sacramental imagination and the healing of vision. Seeing with the Eyes of the Heart is a work of scholarship composed with pastoral care and concern, and it will be serviceable to both classroom teachers and pastoral ministers. A special feature of the book is an inset of seventy-two full-color plates featuring both classic and contemporary works of Christian iconography and art. The essays and images invite readers to behold in beauty the truth that we are created by the triune God not for sexual objectification but with a sacramental vocation to deification through Christ and the Holy Spirit of love.

An experiential guide for exploring the convergence of psychological healing and spiritual awakening that happens most clearly and powerfully in the depths of the heart “The Deep Heart is what I call a living book, that rare gem of a book that is alive with the presence of its author . . . A book like this should be felt and experienced as much as it should be read.”
—Adyashanti The great human quest is to discover who we really are—a discovery that changes our lives and the lives of those around us. With The Deep Heart,

spiritual teacher and psychotherapist Dr. John J. Prendergast invites us on a pilgrimage within, using the heart as a portal to our deepest psychological and spiritual nature. The “deep heart” is Prendergast’s term for our heart center—a subtle center of emotional and energetic sensitivity, relational intimacy, profound inner knowing, and unconditional love. “The heart area is where we feel most deeply touched by kindness, gratitude, and appreciation, yet it is also where we feel most emotionally wounded,” writes Prendergast. “Whether we realize it or not, the heart is what we most carefully guard and most want to open.” Throughout *The Deep Heart*, Prendergast expertly combines the boundaried wisdom of psychotherapy with a spacious, embodied path to liberation, bringing attention to both the joys and pitfalls of each approach with the compassion of a friend who’s walked the path for decades. In this experiential guide, Prendergast invites you to tune into your inherent wisdom, love, and wholeness as you journey into the deep heart. Through precise and potent meditative inquiries, insightful stories, and reflections drawn from Prendergast’s intimate work with students and clients, you’ll begin to open your heart, see

through your core limiting beliefs, and discover the true nature of your being. 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 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 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 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?

How can we bring an effortless yes to this moment? How do we stop running from “the mess of life”—our predicaments, our frustrations, even our search for liberation—and start flowing with all of it? In small venues throughout the UK and Europe, a young teacher named Jeff Foster is quietly awakening a new generation of spiritual inquirers to the experience of abiding presence and peace in our ever-shifting world. His informal gatherings, blogs, and kitchen-table video posts have created a rising tide of interest in his teachings. With *The Deepest Acceptance*, Jeff Foster invites us to discover the ocean of who we are: an awareness that has already allowed every wave of emotion and experience to arrive. While Jeff delightfully admits the irony of writing a book to convey something that is beyond words to teach, here he confirms his ability to guide us in unexpected new ways to a space of absolute acceptance and joy,

no matter what's happening in our lives. Candid, thoughtful, humorous—and deeply compassionate toward those searching for a way out of suffering—this refreshing new luminary inspires us to stop trying to “do” acceptance ... and start falling in love with “what has already been allowed.”

"Wise, spacious, and loving. Teachings that can free the heart." —Jack Kornfield, author of *A Lamp in the Darkness* and *A Path With Heart*

"There is a transmission in this book: an alive, compassionate presence that invites awakening right here, this very moment, no matter what is going on in our lives." —Tara Brach, PhD, author of *Radical Acceptance* and *True Refuge*

"A beautifully written guide to the fearlessness and simplicity of living fully immersed in each moment of our lives. The *Deepest Acceptance* rings with the power and authenticity of Jeff Foster's deeply felt, deeply lived wisdom. His affirmation of life and compassion for the full range of human experience is a much needed contribution." —Judith Blackstone, PhD, author of *Belonging Here* and *The Intimate Life*

"Jeff Foster is an honest seeker who has unraveled the many trappings of seeking through his faithfulness to the humble ground of being here, now, and his book is a gentle and

helpful companion on the journey." –Mark Nepo, author of *Staying Awake* and *Seven Thousand Ways to Listen* "The Deepest Acceptance is the story of a merciful awareness, which offers us the heart's inborn destination we were born to discover. Love is the highest form of acceptance. Judgment is the mechanics of non-acceptance." –Stephen Levine, author of *A Year to Live* "The Deepest Acceptance is a multi-faceted spiritual gem. Every page transparently illuminates our real nature as naturally accepting, centerless awareness. Jeff has performed a great service in revealing awareness as the already-present source for living our lives in the most loving and meaningful way possible. I am immensely grateful to Jeff for bringing forth the essence of his teaching with such great power, love and sensitivity. A timeless classic through which numberless people will connect with the source of ultimate fulfillment."

–Peter Fenner, PhD, author of *Radiant Mind* and *The Edge of Certainty* "Jeff has achieved something wonderful with this honest and insightful book – something that benefits all of us and sheds much-needed light on the mystery we call life."

–Stephen Gawtry, Managing Editor, *Watkins Mind Body Spirit* magazine "Throughout The

Deepest Acceptance, Jeff Foster offers sentence after sentence that penetrate the mind and heart in a fresh, thrilling, life-changing way." —Raphael Cushnir, author of *The One Thing Holding You Back* and *Surfing Your Inner Sea*

An Invitation to Freedom

The Deepest Acceptance

Immediate Awakening for Everyone

Change Your Food Attitude, Change Your Life

The Unbelievable Happiness of What Is Finding Strength, Courage, and Wisdom in Any Moment

The Search for a Moral Life

My Secret is Silence

You hold in your hand an invitation: To remember the transforming power of forgiveness and lovingkindness. To remember that no matter where you are and what you face, within your heart peace is possible. In this beautiful and graceful little book, internationally renowned Buddhist teacher and meditation master Jack Kornfield has collected age-old teachings, modern stories, and time-honored practices for bringing healing, peace, and compassion into our daily lives. Just to read these pages offers calm and comfort. The practices contained here offer meditations for you to discover a new way to meet life's greatest challenges with acceptance, joy, and hope.

Ethical Wisdom

Touching Enlightenment

Broken Open

Embodying the Spirit of a Revolutionary Mystic

The Direct Way

One-Liners

Addiction and Grace

Falling Into Grace (16pt Large Print Edition)