



ADYASHANTI

July–December 2005



*I'm asking you
to stand absolutely
firm in your
intention to awaken
to the Truth of
your Self.*

~ Adyashanti

CONTENTS

At-a-Glance Calendar	2
Bay Area Satsangs	3
Bay Area Intensives	4-5
Special Events	6
Sangha News and Gratitude	6
Adyashanti's Travels	7
"Touching One Life at a Time"	7
Article by Adyashanti	8
Books, Video, and Audio	9-12
Silent Retreats	13-15
About Adyashanti	16

JULY ~ DECEMBER 2005 AT-A-GLANCE

July

Sat, Jul 2	Oakland Satsang (v)	11am–12:45pm
Sat, Jul 2	Santa Cruz Satsang	5:30–7:15pm

August

Fri, Aug 5	Vancouver Satsang	7:30–9:30pm
Sat, Aug 6	Vancouver Intensive	10am–6pm
Sun, Aug 7	Vancouver Intensive	10am–4pm
Wed, Aug 10	Palo Alto Satsang	7–8:45pm
Sat, Aug 13	Intensive w/Adya & Annie	10am–6pm
Sun, Aug 14	Intensive Day-2	1–6pm
Wed, Aug 17	Palo Alto Satsang	7–8:45pm
Sat, Aug 20	Oakland Satsang	11am–12:45pm
Sat, Aug 20	Santa Cruz Satsang (v)	5:30–7:15pm
Thu, Aug 25	Boulder Satsang	7–9pm
Fri, Aug 26	Santa Fe Satsang	7–9pm
Sat, Aug 27	Santa Fe Intensive	10am–6pm

September

Fri, Sep 2	Sebastopol Satsang	7–9pm
Sat, Sep 3	Sebastopol Intensive	10am–6pm
Sun, Sep 11	Asilomar 5-Night Retreat	Check-in: 3–5pm
Fri, Sep 16	Retreat Ends	Check-out: 1pm
Wed, Sep 21	Palo Alto Satsang	7–8:45pm
Sat, Sep 24	Oakland Satsang (v)	11am–12:45pm
Sat, Sep 24	Santa Cruz Satsang	5:30–7:15pm
Tue, Sep 27	Maine Satsang	7–9pm
Wed, Sep 28	Maine Satsang	7–9pm
Fri, Sep 30	Omega Institute Weekend	Starts at 8pm

October

Sun, Oct 2	Omega Weekend Ends	Ends at 12pm
Sat, Oct 8	San Rafael Intensive	10am–6pm
Sun, Oct 9	Intensive Day-2	1–6pm

November

Tue, Nov 1	Mt. Madonna 5-Night Retreat	Check-in: 3–5pm
Sun, Nov 6	Retreat Ends	Check-out: 1pm
Sat, Nov 12	Santa Cruz Satsang (v)	5:30–7:15pm
Sun, Nov 13	San Rafael Satsang	4–5:45pm
Wed, Nov 16	Palo Alto Satsang	7–8:45pm
Sat, Nov 19	Intensive w/Adya & Llewellyn	10am–6pm
Sun, Nov 20	Intensive Day-2	1–6pm
Wed, Nov 30	Palo Alto Satsang	7–8:45pm

December

Sat, Dec 3	Spirit Rock Intensive	11am–6pm
Tue, Dec 6	Mt. Madonna 5-Night Retreat	Check-in: 3–5pm
Sun, Dec 11	Retreat Ends	Check-out: 1pm
Wed, Dec 14	Palo Alto Satsang	7–8:45pm
Sat, Dec 17	Oakland Satsang	11am–12:45pm
Sat, Dec 17	Santa Cruz Satsang	5:30–7:15pm
Sun, Dec 18	Christmas Intensive	3–9pm

Participants understand that all events with Adyashanti will be recorded for use by Open Gate Sangha, Inc. Events noted with a “(v)” will be videotaped.

To Our Readers

“Sangha” usually refers to a spiritual community that has to do with a particular tradition or religion. To me, real sangha is whatever is in service to the silence of the heart—wherever it shows up. ~ Adyashanti

Here at Open Gate Sangha, as we support Adyashanti’s teachings, we quite naturally support the sangha as it moves and appears in its various forms. These forms always seem to be both deepening and widening, including people from North and South America, Europe, Asia, and Australia.

In our effort to make Adyashanti’s teachings more accessible, we have just launched our dynamic new website, adyashanti.org. Many thanks to everyone who has been involved in this exciting collaboration.

Although Adyashanti cannot travel everywhere and not everyone can make it to one of his live events, it is possible to hear his words, see him speak, or read one of his articles through our new website. Go to the Teachings area for free downloads or visit the Bookstore, where you can now purchase books, videos, and audiotapes online.

If you feel called to attend an event with Adyashanti, visit our new website for up-to-date information about Adyashanti’s schedule. Visit the Calendar page to get a quick overview, the Events area to find out about Satsangs, Intensives, or Silent Retreats, and the Travels section to see if he will be teaching in an area near you.

We hope you will enjoy this new offering. As always, feel free to join us anywhere, anytime, “in service to the silence of the heart.”

Love to you all,



Jerilyn Munyon
Executive Director
Open Gate Sangha



BAY AREA SATSANGS

Satsangs with Adyashanti offer a profound and intimate investigation of spiritual awakening and living an awakened life. Each satsang begins with a period of silence, followed by a talk, and then a dialogue with the audience. Doors open 20 minutes prior for silent sitting.

- Contribution per satsang is \$10, paid at the door.
- Chairs are provided.
- Events with a "(v)" will be videotaped.
- Due to periodic schedule changes, visit adyashanti.org for the most current schedule.



San Rafael

Time: Sundays, 4–5:45pm
Doors open at 3:40pm. Please arrive on time.

Date: November 13

Location: San Rafael Community Center
618 B St., San Rafael

From the North: From Highway 101 S, exit Central San Rafael. Proceed to Third St. and turn right. Go 7 blocks and turn left on B St. Go 1½ blocks. The San Rafael Community Center is on the left-hand side after Safeway.

From the South: From Highway 101 N, exit Central San Rafael. Staying in the far left lane, proceed to Third St. and turn left. Go 7 blocks and turn left on B St. Go 1½ blocks. The San Rafael Community Center is on the left-hand side after Safeway.

Extra parking can be found by going further on B St. and making a left onto Albert Park Ln.



Oakland

Time: Saturdays, 11am–12:45pm
Doors open at 10:40am. Please arrive on time.

Dates: July 2 (v), August 20, September 24 (v), December 17

Location: Lake Merritt United Methodist Church
1330 Lakeshore Ave., Oakland

From the South Bay: Take 880 N to 238 to 580 W toward Oakland. Take the Lakeshore Ave. exit. Turn left onto Lakeshore Ave. Follow Lakeshore Ave. along Lake Merritt about one mile to 1330 Lakeshore, which is 2/3 of a block past Foothill Blvd. Look for street parking as soon as you pass Foothill Blvd.

From Berkeley or Marin: Take 80 to 580 E, toward Hayward. Take the Grand Ave. exit and go straight across the intersection. Turn right onto Lakeshore Ave. Follow Lakeshore Ave. along Lake Merritt about one mile to 1330 Lakeshore, which is 2/3 of a block past Foothill Blvd. Look for street parking as soon as you pass Foothill Blvd.



Palo Alto

Time: Wednesdays, 7–8:45pm
Doors open at 6:40pm. Please arrive on time.

Dates: August 10 & 17, September 21, November 16 & 30, December 14

Location: Unity Palo Alto Community Church
3391 Middlefield Rd., Palo Alto

From Highway 101: Exit at San Antonio Rd. and go west, toward Los Altos. Turn right on Middlefield Rd. Cross E. Meadow and look for Unity on the right, just beyond the Peninsula Bible Church.

From 280 Freeway: Exit at Page Mill Rd. and go east toward Palo Alto. Drive past Foothill Expy. and El Camino Real. Then make a right onto Middlefield Rd. The church will be on your left just before the Peninsula Bible Church.



Santa Cruz

Time: Saturdays, 5:30–7:15pm
Doors open at 5:10pm. Please arrive on time.

Dates: July 2, August 20 (v), September 24, November 12 (v), December 17

Location: Inner Light Center Sanctuary
5630 Soquel Dr., Soquel

From the North: Take Hwy 17 S to Hwy 1 S (toward Watsonville/Monterey). Exit at Park Ave. and turn left. At the 3rd signal, turn left onto Soquel Dr. Go about 2 blocks and turn left into the center's driveway.

From the South: Take Hwy 1 N and exit at Park Ave. Turn right. At the 3rd signal, turn left onto Soquel Dr. Go about 2 blocks and turn left into the center's driveway.

BAY AREA INTENSIVES

Weekend intensives are an opportunity to spend time in deep silence and inquiry with Adyashanti and the sangha. Each day will include periods of silent meditation and satsang. Adyashanti will give talks exploring various aspects of spiritual awakening and living an awakened life. Talks are typically followed by question-and-answer periods. Please join us and bring your innermost questions or simply sit in the silence and presence of eternal truth.



Adyashanti with his wife, Annie.

The Flame of Relationship

This intensive will be given jointly by Adyashanti and his wife, Annie.

Humanity's greatest challenge is to love without limitations, to love another as oneself—not in theory, but in actuality. This love is the realization of oneness as it moves in relationship. It expresses itself as a deep intelligence and wisdom that is not confined to one's personal conditioning. Join us for this exploration of life's greatest mystery.

~Adyashanti

August 13–14 in San Rafael

Saturday, 10am–6pm; Sunday, 1–6pm
At Adyashanti's request, two-day attendance is required.

Cost: \$175 (preregistered before July 29 postmark)
\$200 (at the door, space permitting)

Osher Marin Jewish Community Center
200 N. San Pedro Rd., San Rafael, CA 94903

Readiness—The Key to Freedom

Readiness is the key to awakening. Anyone can have a glimpse of awakening, but only those who are ready for it will remain awake. Readiness means that we are no longer addicted to attachment, desire, and aversion. It means that we are truly willing to perceive and live from a completely new paradigm. It means that the truth is more important than anything else in life.

~ Adyashanti

October 8–9 in San Rafael

Saturday, 10am–6pm; Sunday, 1–6pm
At Adyashanti's request, two-day attendance is required.

Cost: \$175 (preregistered before September 23 postmark)
\$200 (at the door, space permitting)

Osher Marin Jewish Community Center
200 N. San Pedro Rd., San Rafael, CA 94903



Christmas Intensive

During the busy Christmas season, many desire to dedicate time to honoring the truth as it manifests through Christ. Adyashanti's annual Christmas Intensive provides a space where we can do just that. This day of community will include meditation, satsang, and singing.

December 18 in Palo Alto

Sunday, 3–9pm
At Adyashanti's request, attendance at the whole event is required.

Cost: \$75 (preregistered before December 2 postmark)
\$100 (at the door, space permitting)

Unity Palo Alto Community Church
3391 Middlefield Rd., Palo Alto

*L*ife, the essence, totally transcends any of its forms. And yet, in the absolute transcendence of its forms, life also totally embraces all of its forms. So how could life, how could essence, not be in absolute love with all of its forms? That's the beauty of transcendence. The embrace is so full and rich.

~ Adyashanti



INTENSIVE REGISTRATION & INFO

General Information

- 9am Registration begins (2pm for Christmas Intensive)
- 9:30am Doors open
- 10am Doors close during meditation

Plan to arrive on time. Attendance to the entire event is required.

Seating: Folding chairs will be provided. Feel free to bring your own backjack or cushion.

Meal Break: Bring your own food, or plan to walk or drive to a nearby restaurant.

Preregistration – Online!

- Go to the Events area at adyashanti.org.
- Follow the simple step-by-step instructions.
- Submit secure payment by credit card or online check.
- Receive confirmation by email.
- Preregistration closes 2 weeks before the start date of each event. After preregistration, registration is only available at the door.

Preregistration – By Mail

- If you choose to mail in your payment, use the form below.
- **Mail-in registrations must be postmarked 2 weeks before the start date of each event.**
- We cannot accept registrations postmarked after the preregistration deadlines noted on the registration form. After preregistration, registration is only available at the door.
- Mail your completed registration form, along with **full payment** (nontransferable), in US check or money order (no credit cards or partial payments) to:
Open Gate Sangha, PO Box 782, Los Gatos, CA 95031



At-the-Door Registration

- You may register at the door, space permitting, for an additional \$25. Check our website to see if the intensive still has space.
- Please arrive early—first come, first served—and have payment ready upon arrival. (Sorry, no credit cards.)

Applying for a Scholarship

- Download the current Intensive Scholarship Application from the Events area of our website. If you do not have web access, you may call the office at (408) 356-5554 to request an application.
- Mail your Intensive Scholarship Application no later than 5 weeks prior to the intensive by the following postmark deadlines:
For the August 13–14 intensive: July 8, 2005
For the October 8–9 intensive: September 2, 2005
For the December 18 intensive: November 11, 2005

Cancellation Policy for Intensives

Cancellation fee is \$25 prior to the first day of the intensive. No refunds for cancellations on or after the first day of the event.

Intensive Registration Form

The Flame of Relationship\$ _____

August 13–14 in San Rafael

\$175 before July 29, 2005 postmark. \$200 at the door.

I would like to volunteer at this event.

Readiness—The Key to Freedom\$ _____

October 8–9 in San Rafael

\$175 before September 23, 2005 postmark. \$200 at the door.

I would like to volunteer at this event.

Christmas Intensive.....\$ _____

December 18 in Palo Alto

\$75 before December 2, 2005 postmark. \$100 at the door.

Limited seating. Register early.

I would like to volunteer at this event.

TOTAL ENCLOSED\$ _____

- Payment in full is required. If you are paying for more than one intensive, write one check.
- The preregistration deadline is 2 weeks prior to each intensive and must be postmarked by the deadline date.

Open Gate Sangha, PO Box 782, Los Gatos, CA 95031

Name: _____

Address: _____

City/State/Zip: _____

Home Phone: _____

Work Phone: _____

Email: _____

This is a new/updated address, phone number, or email.

SPECIAL EVENTS

Special events with Adyashanti explore original topics or follow unique event formats. Usually they are sponsored by other organizations, so registration processes vary. Contact the sponsoring organizations for more information. Open Gate Sangha does not offer scholarships to these events unless otherwise noted.

Omega Institute

Rhinebeck, NY

The Nature of Enlightenment

Friday, September 30 – Sunday, October 2, 2005

Cost: \$245 + accommodations

Nothing is more misunderstood in spirituality than enlightenment. By cutting through myths and misinformation you begin to awaken the deep inner transformation that is the living experience of enlightenment. Awakening to enlightenment does not happen to an individual, it happens to and within the very fabric of existence. ~ Adyashanti

REGISTRATION: To register or for more info call (800) 944-1001, email registration@eomega.org, or visit www.eomega.org.

(Open Gate Sangha does not offer scholarships to this event.)

Intensive with Llewellyn Vaughan-Lee

San Rafael, CA

Mysticism and Global Transformation

November 19–20, 2005

Saturday, 10am–6pm; Sunday, 1–6pm

Cost: \$145 before Nov. 4, 2005 (\$170 at the door, space permitting)

Location: Osher Marin Jewish Community Center
200 N. San Pedro Rd., San Rafael, CA 94903

Spirit Rock Meditation Center

West Marin County, CA

The Innocent Mind of Awakening

Saturday, December 3, 2005, 11am–6pm

Cost: \$45+*

There comes a time when you are ready to put aside all fascination with spiritual philosophizing as well as all forms of institutionalized seeking and stand nakedly alone. Only then is your mind innocent enough to be pierced with the light of awakening in such a way that you never go back to sleep.
~ Adyashanti

REGISTRATION: Register online at www.spiritrock.org, or send a check for \$45 to Spirit Rock Meditation Center, PO Box 169, Woodacre, CA 94973. Indicate event code AY1D05,12/3. You may also register at the door, if space is still available.

Please bring a bag lunch.

*Cost does not include donations to Adyashanti and Open Gate Sangha. Donations may be offered at the end of the intensive.

(Open Gate Sangha does not offer scholarships to this event.)



This intensive will be given jointly by Adyashanti and Sufi teacher Llewellyn Vaughan-Lee. Together they will lead us in an exploration of our deep connection to the divine and to all of life.

REGISTRATION: Visit adyashanti.org for preregistration for this event.

(Limited scholarships available.)

Sangha News and Gratitude

☞ The recent East Coast tour—Adyashanti's first visit east of the Rockies—attracted people from as far as Vancouver and the Netherlands! Many thanks to the volunteer event coordinators at all of Adya's travel events for their extra efforts to accommodate the growing numbers of people. This fall, Adya will teach for the first time in Boulder, Colorado and Camden, Maine, as well as Omega Institute in New York. We look forward to meeting newcomers from these areas.

☞ Last October, during his East Coast tour, Adyashanti visited Insight Meditation Society in Barre, MA. His talk was warmly received by a completely packed room, including most of the IMS staff and a few teachers. IMS cofounder Joseph Goldstein also hosted Adyashanti for lunch and a tour of IMS's new 160-acre self-retreat center, the Forest Refuge.

☞ Our sangha was delighted to have a representative from Sounds True audio publishing company at Adyashanti's silent retreat in early November of last year. Talks from this retreat are included in the new CD album from Sounds True entitled "Spontaneous Awakening."

☞ Nancy Clark has recently joined our office staff in the accounting department. Nancy, who enjoyed ironing dollar bills as a child, is now helping us "smooth out" our day-to-day financial activity. Welcome, Nancy!

☞ Service can be an expression of truth anywhere in our lives. Open Gate Sangha does what it can to provide opportunities for service through volunteering. Many thanks to Eric Schneider for serving as Retreat Manager for two years. Working with Eric to develop his role helped pave the way for a new wave of event management volunteers. We now have two retreat managers, two intensive managers, two satsang liaisons, and two travel event liaisons! Deep bows to these volunteers for their willingness and heartfelt dedication.

☞ We continue to be amazed at the sincerity and talent of the many people who volunteer their time for Open Gate Sangha. A special thanks to the bookstore crew for all of their extra efforts as we transition to our online ordering system. Additional thanks to those helping to implement the online registration processes.

ADYASHANTI'S TRAVELS



Out-of-town events with Adyashanti usually take the form of satsangs, book signings, or intensives. Intensives include a full day (or weekend), with meditation and multiple satsangs that explore teachings in greater depth. Bring your innermost questions, or simply come and immerse yourself in the silence and presence of eternal truth.

Adyashanti will be offering satsangs and intensives in the following areas during the second half of 2005:

Vancouver, BC	August 5–7
Boulder, CO	August 25 (First visit!)
Santa Fe, NM	August 26–27
Sebastopol, CA	September 2–3
Camden, ME	September 27–28 (First visit!)
Rhinebeck, NY*	September 30–October 2 (First visit!)

* Preregistration is required for this event only.

Visit the Travels page at adyashanti.org where details about these events will be posted as they become available. Please do not call the office. Event announcements will be included in our monthly email prior to each event. To get on our mailing or email list, go to the Contact Us page at adyashanti.org. (Open Gate Sangha does not offer scholarships for these events.)

Touching One Life at a Time

During silent retreats, Adyashanti often shares letters written to him by the participants. The following is an excerpt from one such letter. We asked Lairy from Orinda, CA for permission to share it with you. An excerpt from Adya's response is included.

Dear Adya,

This retreat represents an anniversary of sorts, as it was last September, while on retreat with you, that a profound change in the awareness that knew itself as Lairy seemed to occur, shattering the dream of "me."

Last September during satsang, I became aware of a core belief regarding fear, and failure, and survival strategies that created this imagined identity, facilitating a seeing that penetrated and imploded this dream of "me." The seemingly dramatic experience alternated between terror, disorientation, bliss, and an intense explosion of psychophysical bodily energy, for the better part of two months.

Ten days after the retreat while sitting and observing my feet, not recognizing them as mine, a single thought came, "Nice feet," and in that moment everything stopped. *Stillness made itself known in a most profound way.* The first sense was, "I know this." And instantly all the moments over the last thirty years when the stillness had shown up were remembered, recognized, and realized. *Nothing* was happening. There was no experience, just perfect stillness. It seemed as if all of creation—past, present, and future—was only brought into existence to facilitate pure beingness revealing itself to itself in that moment.

It's been quite an unfolding, unraveling, undoing over the last year. Witnessing the bright quietness of this beingness outshining the lingering patterns of "me" has been and continues to be remarkable. The relationship awareness has with experience now is amazing. Experience is still arising as conditions, but it's not happening to "me." It's as though someone turned up the volume of this silence.

And then there is this gratitude, this love. The sense is of receiving an incomprehensible gift. The giver and the receiver are the same, and still there is a movement to experience this beingness on a human level.

I don't know who this letter is about; I don't know who you are—only this feeling of deep gratitude and appreciation for how this beingness made itself known through or as the wisdom that is you.

Heart deep,

Lairy

Thank you, Lairy. The truth is that this awakening is a mysterious thing. There isn't a "how to"; it just happens.

My job is simply to hammer away relentlessly and ruthlessly at your ideas about yourself. Something inside all of us knows the truth of what we really are. Something in us knows. You don't know how it knows, but something in you knows, and when its time is right, it starts to reveal itself. And something within us knows the fiction of who we have believed ourselves to be. Whatever the identity—good, bad, worthy, unworthy, smart, stupid—it starts to crumble and fall down. When its time is right it just falls apart.

When this happens, there's a great tendency to try to put it back together, because it can be quite disorienting, quite strange. You may be wondering why you feel disoriented or your body energies are going wacko, or you can't sleep at night for six months, or you have strange bouts of anxiety, followed by strange bouts of bliss. The mind may try to figure it out, put it back together. But your mind can't make sense of this coming unglued, the fiction of you breaking apart at the seams.

The beauty is, as you wrote at one point in your letter, Lairy, "You come to trust how everything resolves itself." This process knows what it's doing. It knows what it's doing much better than I know what it's doing, and much better than you know what it's doing. To wake up to this stillness is a gift.

~Adyashanti

You Are the Buddha

by *Adyashanti*

Recently discovered in an old file, the following talk was written by Adyashanti in preparation for the first silent retreat he taught, in July 1997.



Starting right now, this moment, I am asking you to become the Buddha. I am asking you to take your stand, to stand absolutely firm in your intention to awaken to the Truth of your Self.

This is what the Buddha did. He didn't say, "I'll try." He didn't say, "I hope I'll find the Truth." He didn't say, "I'll do my best." He didn't say, "If not in this lifetime, then maybe next lifetime." He came to the point where he didn't look for

Stop pretending to be someone, or something.

anyone else to tell him the Truth or show him the Truth. He came to the point where he took it all on himself. He sat alone under the Bodhi Tree and vowed never to give up until the Truth be realized.

The power of this very simple, yet unshakable intention and absolute stand to be liberated in this lifetime propelled him to awaken to the simple fact that he and all beings are liberated—that all beings are freedom itself. Pure awakensness.

The Buddha was no different from you. No different. That is why he serves as a good model, because he was as you are now. So don't worship the Buddha. Don't put him on a pedestal. Don't even look up to him. Become



him. Have the same intentions, take the same stand. Be the Buddha now! Put an end to all delaying, to all excuses, to all bowing down to saintly figures of the past or present. Stand up!

You are the Buddha! You are freedom itself! Stop dreaming your dream! Stop pretending that you are in bondage—stop telling yourself that lie! Stop pretending to be someone, or something! You are no one, you are no-thing! You are not this body or this mind. This body and mind exist within who and what you are. You are pure consciousness, already free, awake, and liberated. Stand up and walk out of your dream. I am here to say that you can do this.

Step out of the dream of your concepts and ideas. Step out of the dream of what you imagine enlightenment to be. Step out of the dream of who you think you are. Step out of the dream of everything you have ever known. Step out of your dream of being a deluded person. Stop telling yourself those lies and dreaming those dreams. Step out of all of that. You can

do it. Nothing is holding you back. There are no requirements and no prerequisites to awaken. There is nothing to be done, nothing to think, nowhere to go.

Just stop all dreaming. Stop all doing. Stop all excuses. Just stop and be still. Effortlessly be still. Grace will do the rest.

At each and every moment from here on out, have the intention to directly experience Truth, your true liberated Self. Don't think about the Truth—directly return to your experience here, now, moment to moment. Experience Truth. Experience your Self. Dive into your experience. Your experience! Your experience of hearing, of seeing, of tasting, of breathing, of your heart beating, of your feet touching the floor, of the birds, of the wind.

Experience the vastness of who you are. Experience the freedom of who you are. You are the Buddha—experience that. You are the Buddha.



Transmission of the Flame

Adyashanti has recently invited Larry Melton of Davis, CA and Loch Kelly of New York, NY to share the dharma with others.

Larry Melton makes his living as a university scientist and offers both satsang and dokusan (private meetings). Call (530) 753-0213 or email divembrace@yahoo.com.

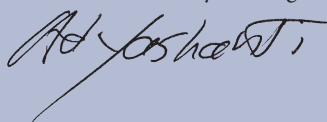
Loch Kelly is a nondual psychotherapist and is available for dokusan and for satsangs in other locations by invitation. Call (917) 327-4798 or visit www.lochkelly.org.

For more information about Larry, Loch, and others Adyashanti has invited to teach, visit the Sangha area of [adyashanti.org](http://www.adyashanti.org).

Adya's Mail

I receive many, many wonderful letters each week from all over the country. Unfortunately, I only have the time to respond to a small fraction of them. For all of you who have written me and will write me in the future, please know that I read every letter and truly enjoy sharing in your unfolding into Truth.

Many Blessings,



Scholarships

Open Gate Sangha offers a limited number of scholarships to local intensives and retreats for those who need financial assistance. Scholarships are awarded based on a number of criteria, including availability of scholarship funds, applicant's financial need, and prior scholarships awarded to the applicant.

To obtain a scholarship application, please download it from the Events page of our website, adyashanti.org, or call the office at (408) 356-5554. The scholarship application deadline for all July–December 2005 retreats is June 1, 2005. The application deadline for intensives is 5 weeks prior to each intensive. We cannot guarantee a scholarship award to any individual. Many thanks to those who have made donations to the Scholarship Fund.

Tax-Deductible Contributions

Most of your contributions to Open Gate Sangha are tax-deductible, including payments for satsangs, intensives, and retreat tuition. The housing portion of retreat fees, however, is not tax-deductible.

Those who feel called to financially support Adyashanti's teaching work may also contribute to one or more of the following funds: *Publishing Fund*, *Scholarship Fund*, and *General Fund* (the General Fund is for the day-to-day operations that make Adyashanti's satsangs, intensives, retreats, and travels possible).

To contribute, please indicate the fund(s) on your check and mail it to the address below.

Open Gate Sangha, Inc. is a nonprofit, tax-exempt organization. The office is located in Los Gatos at 15951 Los Gatos Blvd # 7. Please send ALL mail to:

PO Box 782, Los Gatos, CA 95031
(408) 356-5554
opengate@pobox.com

Board of Directors

President Adyashanti
Vice President / Secretary Annie Gray
Treasurer Julie Zeise
Director Gary Wolf
Director Jerilyn Munyon

Acknowledgements — Editor: Prema Maja Rode.
Associate Editor: Julie Donovan. Graphic Designer:
Susan Kurtz, www.susankurtzgraphics.com.

Photo Courtesies — Annie Gray: cover and page 8 (top). Rita Bottari: pages 2 and 4 (bottom). Sherry Burkhardt: pages 3 and 5. Sheila Hillman: page 4 (top). Ashok Albrecht: Page 4 (middle). The Golden Sufi Center: page 6. Priya Irene Baker: pages 8 (bottom) and 15. Prema Maja Rode: page 13 (top). Michael Coulter: page 13 (middle). Steve Kurtz: page 13 (bottom). Lilly Lachter: page 14. Diane Kaye: page 16.

© 2005, Open Gate Sangha, Inc. All rights reserved.

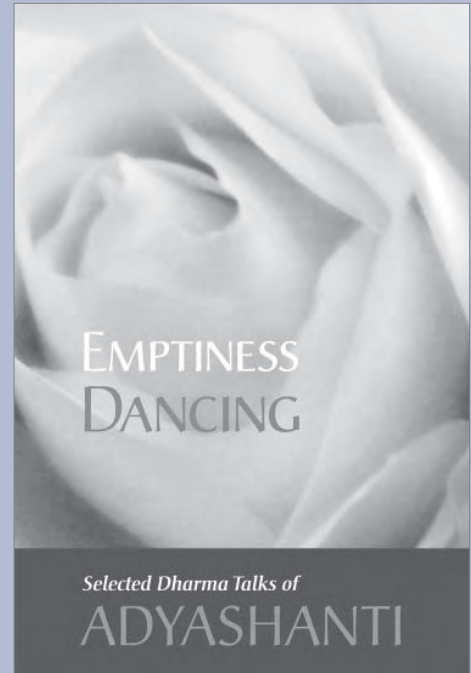
BOOKS BY ADYASHANTI

Emptiness Dancing Selected Dharma Talks of Adyashanti

© 2004 by Adyashanti
238 pages, softcover.
ISBN: 0-9717036-4-7
\$20 Item #3EDA

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 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



My Secret Is Silence Poetry and Sayings of Adyashanti

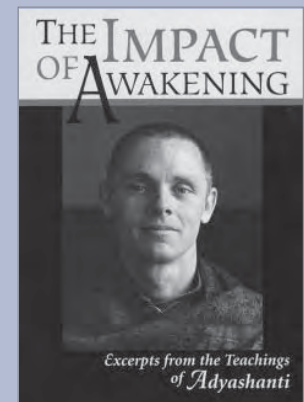
© 2003 by Adyashanti
141 pages, softcover.
ISBN: 0-9717036-1-2
\$17 Item #3MSI

In this book of poetry and teachings, Adyashanti celebrates life from the vantage of the laughing Buddha and gently invites the mystery to wake up to itself in the heart of each reader. A wonderful gift for anyone who loves getting drunk on truth or still imagines they are thirsty and need a long, sweet sip from the Beloved's overflowing cup.

The Impact of Awakening 2nd Edition

© 2000, 2002 by Adyashanti
130 pages, softcover.
ISBN: 0-9717036-0-4
\$17 Item #3IOA

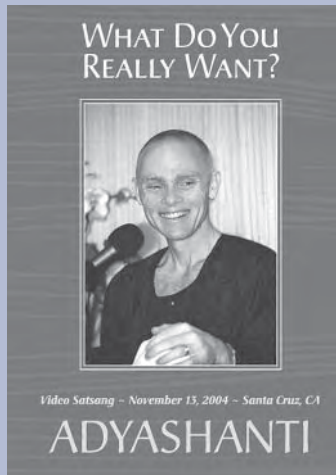
In this collection of dynamic excerpts from Adyashanti's satsang dialogues, the reader is guided from the initial impulse to be free to its culmination in liberation. Adyashanti also speaks about the role of grace, the student-teacher relationship, and how to move beyond beliefs that distort our perception of truth.



ADYASHANTI ON VIDEO

Video Satsangs

The following DVDs are part of a series that captures the dynamic quality of satsang with Adyashanti in a live, unedited format.



New!

What Do You Really Want?

November 13, 2004 ~ Santa Cruz, CA
©2004-2005 by Adyashanti. DVD length: 90 min.
\$25 Item #4WDY

In this beautiful and penetrating DVD satsang, Adyashanti describes how wanting to know the truth of your being above all else is the foundation of living an awakened life. This desire reveals a space within you where truth can blossom: "Truth cannot be asserted—it arises out of an innocent mind, an innocent heart."

New!

Being Alone

February 21, 2004 ~ Oakland, CA
©2004-2005 by Adyashanti. DVD length: 90 min.
\$25 Item #4BAL

In this DVD satsang, Adyashanti illuminates how Truth can only be realized when we move beyond "culturally supported insanity" and into our aloneness. It is only when we are completely alone—without even our own concepts—that we discover true Oneness. "In the enlightenment game, nobody has the luxury of a belief."

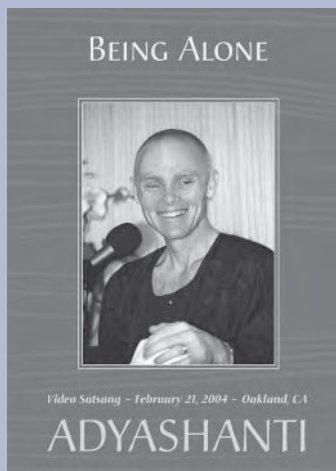
Also in this series...

The Undivided Self DVD: \$25 Item #4USE

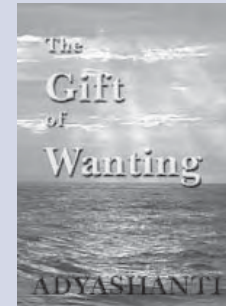
Association with Truth DVD: \$25 Item #4AWT

Falling Away DVD: \$25 Item #4FAD

When Truth Takes Over DVD: \$25 Item #4WTD



Santa Barbara DVDs



The Gift of Wanting

© 2003 by Adyashanti
Length: 120 min.
\$29 Item #4GOD

This DVD offers a powerful introduction to Adyashanti's teachings. Topics of inquiry include how wanting gives rise to dissatisfaction and suffering, traveling from the head to the heart, the limitation of thought, the fear of death, why denying what we want doesn't work, sex and the ego, and the hidden gift of wanting.



The Truth that Is Always Present

© 2003 by Adyashanti
Length: 120 min.
\$29 Item #4TTD

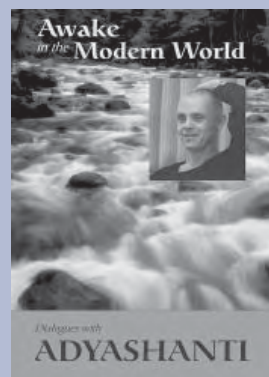
Once we awaken to who we are, how do we live our lives as an embodiment of that truth? On this DVD, Adyashanti addresses this question and related topics, such as oscillating between the state of conditioning and just being, outgrowing friends, speaking truth in the midst of conflict, prolonged suffering, and authentic love.

Awake in the Modern World (VHS)

Dialogues with Adyashanti

Produced by Robert Revel.
© 2004 by Adyashanti. VHS Length: 67 min.
\$25 Item #4AIV

These two compelling video interviews with Adyashanti explore topics of interest to modern spiritual seekers as they relate to ancient ideas from Hinduism, Buddhism, and Christianity. With excerpts from satsang talks interspersed, Adyashanti shares valuable insights about karma, sin, healing, repentance, love, presence, memory, meditation, and living an awakened life. Interviews by Robert and Marcee Revel. (VHS format only.)



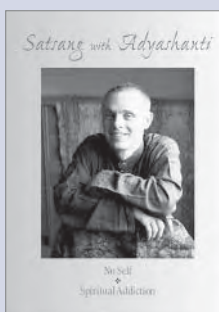
AUDIO ALBUMS



Retreat Talks Volume 1

© 2004 by Adyashanti.
2-cassette album, approx. 3 hrs.
\$20 Item #2RTA-1

A selection of five powerful retreat talks—with dialogues removed. Adyashanti explores the depth of the retreat experience; clarifies that ego does not need to be dismantled, dissolved, or raised into a higher state; and reveals how to move beyond the teachings and traditions that have been stepping stones on our spiritual journey.



No Self & Spiritual Addiction

© 2001 by Adyashanti
2-cassette album, approx. 3 hrs. 30 min.
\$19 Item #2LIS

This hidden treasure in the Open Gate Sangha library explores the radical perspective that there has been no central “I” living this life and exposes the addictive aspects of spirituality. Humorous and revealing, these satsangs invite us to stand still in our innermost self and put an end to seeking. Highly recommended.

New!

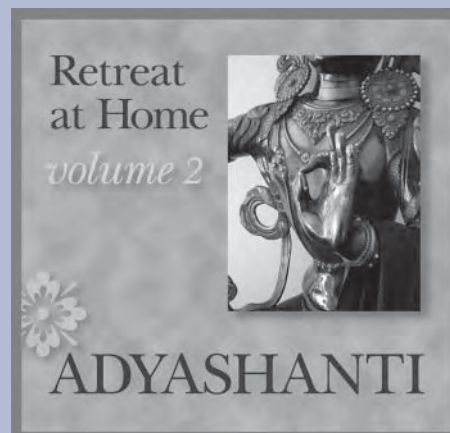
Retreat at Home—Volume 2!

© 2004-2005 by Adyashanti.
Recorded September 2004 in Watsonville, CA
10 audio cassettes with booklet
\$99 Item #7RAH-2

In response to compelling reports from those who experienced the original *Retreat at Home* album, *Volume 2* offers another powerful experience of Adyashanti’s most effective form of teaching: silent retreat.

This album includes a complete 5-night retreat: 10 unedited satsang recordings, and a handbook with helpful guidelines for creating your own silent retreat—Adya style.

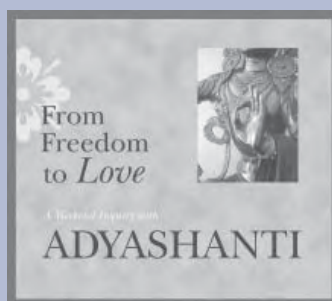
Adyashanti has recommended this retreat, recorded in September 2004, for those who are drawn to retreat in private or are unable to attend one of his retreats in person. Titles include *Non-Effort*, *Addiction to Thought*, *Releasing the False Self*, and *Living Integrity*. This is a perfect guide and companion to a profound investigation of awakening to liberation in this life.



Have a Weekend Intensive at Home!

©2002-2004 by Adyashanti
5-cassette albums, approx. 8 hrs. per album

Recorded live at weekend intensives with Adyashanti, these full-length, 5-cassette albums each focus on a unique aspect of spiritual awakening and liberation.



New!

From Freedom to Love

Palo Alto, CA: August 7–8, 2004
\$55 Item #7FFT

Discovering our essential nature brings an immense freedom and well-being. From this state of freedom, we discover what love truly is. This is an opportunity for a revolution in the way we live and move through life. The only question is, Are we willing to embrace our true nature completely? Are we willing to love without limitation?

~ Adyashanti

Also in this series:

The Enlightened Life: \$55 #7ELI
The Willingness to Transform: \$55 #7WTT
The Art of Being: \$55 #7AOB

New!

To Live the Truth

San Rafael, CA: October 2–3, 2004
\$55 Item #7TLT

Realizing the truth of being is one thing, but living it is quite another. In order to live the truth realized, we must be willing to embrace change, insecurity, and risk. Fear must be overcome by the motivation of love. Only through love and wisdom can we find the way to live the truths of inner revelation.
~Adyashanti

The Natural State

Santa Fe, NM: July 3–4, 2004
\$55 Item #7NSA

Highly engaging and filled with humor, this Santa Fe intensive begins with a talk on meditation and continues with a variety of dialogue topics including conscious relationship, inner division, fear, the natural goodness of life, having a love affair with the Mystery, and the meeting of wisdom and love. It also includes a number of dialogues about practice and meditation.

Fidelity to Truth: \$55 #7FTT
Cutting Through the Egoic Trance: \$55 #7CTT
From Awakening to Liberation: \$55 #7FAL

SILENT RETREATS

***T**hese retreats are for serious seekers of eternal truth. They are an opportunity to put your separateness on hold and discover the liberating truth of what you are. Be forewarned, these retreats can be disrupting to your beliefs and disorienting to your ego. . . . Welcome to the world of spiritual enlightenment.*

~ Adyashanti



Adyashanti's retreats have become known as profoundly liberating events that open the heart of realization and true understanding. Adyashanti structures these retreats to provide a powerfully dynamic environment of profound silence and intimate satsang. Serious spiritual seekers are both nurtured and challenged to dive deeply into themselves. The schedule of daily activities includes several periods of meditation, satsangs, and yoga or stretching. Outside of satsangs, these retreats are held in silence.



Silence is the final and ultimate teacher and the final and ultimate teaching.

~ Adyashanti

REGISTER BY JUNE 1, 2005

Apply for a Silent Retreat

Due to the popularity of Adyashanti's retreats, Open Gate Sangha processes retreat registrations through a random lottery system and cannot offer a spot to everyone who wishes to attend.

To be considered for the retreat lottery, you must submit your retreat registration and tuition fees on or before June 1, 2005. All retreat registrations submitted before the deadline are treated equally in the lottery—there are no special considerations.

- **If you are accepted into a retreat—**
Your payment will be processed, and you will receive a registration confirmation letter and a housing application by late June.
- **If you are not accepted into a retreat—**
Your payment will *not* be processed, and you will automatically be placed on a waiting list for your chosen retreat. You will receive waiting list notification by late June.

If You Missed the June 1 Deadline

Anyone who does not register on or before the June 1, 2005 deadline will not be eligible for the lottery, but you may still add your name to the waiting list at adyashanti.org.

Reserve Housing with the Retreat Sites

Please do **not** contact the retreat sites at this time. Upon acceptance into a retreat, you will receive a housing application form and instructions to reserve housing through the retreat site.

- Full housing payment will be due to Mount Madonna or Asilomar no later than 60 days before the retreat. Both retreat sites accept checks and credit cards.

Important: If the retreat site does not receive your payment 60 days prior to the retreat, Open Gate Sangha will automatically cancel your retreat attendance and refund your tuition, minus a \$50 cancellation fee.

Retreat Attendance

All silent retreats begin at check-in (3–5pm on the first day) and end at 1pm on the last day. At Adyashanti's request, everyone is required to arrive on time and remain at the retreat center until the end of the retreat. You are required to have housing at the retreat site—there is no “commuter” option.

For more information about waitlists, registrations, or the retreat experience, visit adyashanti.org.



ASILOMAR RETREAT

∞ **September 11–16, 2005:** 5 Nights, Sunday–Friday 1pm

Total Retreat Cost = Tuition + Housing Fee

Open Gate Sangha Tuition: \$280 per person

Asilomar Housing Fee:

Quads \$417 Doubles \$477–\$527

Triples \$422 Singles \$717–\$867

There is no “commuter” option.

On the shoreline of California's Monterey Peninsula, Asilomar Conference Center has 107 acres of dunes, beach, and forest. The rooms are very comfortable, and each includes a private bathroom. Asilomar does not have camping facilities. The housing cost includes three meals per day, with vegetarian options. The meeting rooms and some residential halls are wheelchair accessible. www.asilomarcenter.com

MOUNT MADONNA RETREATS

∞ **November 1–6, 2005:** 5 Nights, Tuesday–Sunday 1pm

∞ **December 6–11, 2005:** 5 Nights, Tuesday–Sunday 1pm

Total Retreat Cost = Tuition + Housing Fee

Open Gate Sangha Tuition: \$280 per person

Mount Madonna Housing Fee:

Van Camping* \$245 Double w/bath \$470 (limited avail.)

Dorm \$345 Single \$530

Triple \$380 *Tent camping is not available.

Double \$425 *There is no “commuter” option.*

Mount Madonna Center is located in the Santa Cruz Mountains of California, overlooking the Monterey Bay. The housing fee includes three vegetarian meals per day. Accommodations vary widely, from hotel-style rooms to rustic cabins and dormitories with lofts. The meditation hall, eating area, and some of the accommodation buildings are wheelchair accessible. www.mountmadonna.org

TWO EASY WAYS TO REGISTER

REGISTER ONLINE!

Registration Deadline: Midnight PST, June 1, 2005
Payment Options: Secure payment by credit card or electronic check

1. Go to **adyashanti.org**.
2. Follow online instructions (for individuals or couples).
3. Submit payment information for the tuition fee (\$280 per person).
4. Your payment will be processed only if you get into a retreat.

REGISTER BY MAIL

Postmark Deadline: June 1, 2005
Payment Options: Check or money orders only. Sorry, no credit cards.

Individuals:

1. Use ONE form for all retreat requests.
2. For each retreat you wish to attend, write a separate check for \$280 tuition, payable to *Open Gate Sangha*.
3. Your check will be processed only if you get into a retreat.

Couples:

For two people who wish to attend a retreat together and do NOT wish to attend separately:

1. Use ONE form for all retreat requests.
2. Print BOTH participants' names and complete contact information on the same form.
3. For each retreat you want to attend, write a separate check for \$560 tuition (\$280 x 2) payable to *Open Gate Sangha*.



International Participants

Participants from outside of the United States must apply online.

Financial Assistance

If you need financial assistance, you can learn more about our scholarship program and download the current Retreat Scholarship Application from the Events area of our website, *adyashanti.org*. There is no need to register for a retreat; your Retreat Scholarship Application will take the place of a retreat registration. The application deadline for retreat scholarships is also June 1, 2005.

RETREAT CANCELLATIONS

- Cancellation Procedure:**
1. Notify Open Gate Sangha.
 2. Notify the retreat site.

Tuition Cancellation Policy ~ Open Gate Sangha:
 31 days or more before the retreat: \$50 cancellation fee
 30 days or less before the retreat: **No refund** of the attendance fee

Housing Cancellation Policy ~ Mount Madonna and Asilomar:
 61 days or more before the retreat: \$25 cancellation fee
 60 days or less before the retreat: **No refund** of the housing fee

Mail-In Registration Form

TUITION PAYMENT

Tuition is **\$280** per person per retreat, payable to *Open Gate Sangha*.

- Sept. 11–16, 2005** / Asilomar.....Check# _____ \$ _____
- Nov. 1–6, 2005** / Mt. MadonnaCheck# _____ \$ _____
- Dec. 6–11, 2005** / Mt. MadonnaCheck# _____ \$ _____

Mail this form with a *separate check* for each retreat, postmarked on or before June 1, 2005 to:

Open Gate Sangha
 PO Box 782
 Los Gatos, CA 95031 – USA

HOUSING PAYMENT

Upon acceptance into a retreat, you will receive a confirmation letter with instructions about how to reserve and pay for your housing directly through the retreat site. DO NOT contact the retreat site until after you have received your confirmation letter.

- Please print legibly.
- Credit cards are not accepted for mail-in registrations.

Name(s): _____ Male Female
 _____ Male Female

Address: _____

City/State/Zip: _____

Home Phone: _____

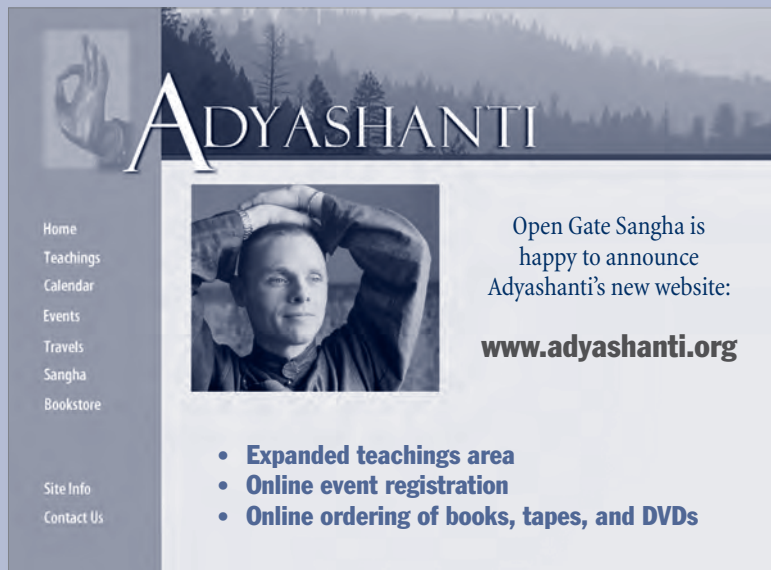
Work Phone: _____

Cell Phone: _____

Email: _____

- This is a new/updated address, phone number, or email.

ADYASHANTI ~ JULY ~ DECEMBER 2005



ADYASHANTI

Home
Teachings
Calendar
Events
Travels
Sangha
Bookstore

Site Info
Contact Us

Open Gate Sangha is happy to announce Adyashanti's new website:
www.adyashanti.org

- Expanded teachings area
- Online event registration
- Online ordering of books, tapes, and DVDs

After fifteen years of Zen practice and a series of ever-deepening realizations, Adyashanti was asked to teach by his Zen teacher. Since then, many spiritual seekers have awakened to their true nature while spending time with Adyashanti.

His unique expression of the living truth emerges spontaneously from emptiness, free of any tradition or ideology. Adyashanti's non-dual teachings have been compared to those of the early Zen masters and Advaita Vedanta sages. Adyashanti lives with his wife, Annie, in his native San Francisco Bay Area.



The Open Gate Sangha organization supports the teachings of Adyashanti by making them available to all who sincerely yearn for peace and freedom. Founded in 1996, the organization is run by a small staff and many dedicated volunteers, who form the heart of this growing community.



Open Gate Sangha

Post Office Box 782
Los Gatos, California 95031

(408) 356-5554
www.adyashanti.org

Presorted
First Class
**U.S. Postage
Paid**
Los Gatos, CA
Permit No. 435