



ADYASHANTI

July–December 2006

*I*t's not you that wakes up;
it's reality that wakes up,
the truth wakes up. You are
not enlightened; enlightenment
is enlightened. ~ Adyashanti



July ~ December 2006 At-a-Glance

July

There are no events scheduled in July.

August

Wed, Aug 2	Palo Alto Satsang	7–8:45pm
Sat, Aug 5	Santa Cruz Satsang	5:30–6:45pm
Sat, Aug 5	Oakland Satsang	11am–12:45pm
Sun, Aug 13	Garrison Institute Retreat	Check-in: 3–5pm
Fri, Aug 18	—Retreat Ends	Check-out: 1pm
Tue, Aug 22	Nashville, TN Satsang	7–9pm
Wed, Aug 23	Nashville, TN Satsang	7–9pm
Thu, Aug 24	Asheville, NC Satsang	7–9pm
Fri, Aug 25	Asheville, NC Satsang	7–9pm
Sat, Aug 26	Miami Beach, FL Satsang	7–9pm
Sun, Aug 27	Miami Beach, FL Intensive	1:30–7:30pm

September

Wed, Sep 6	Palo Alto Satsang	7–8:45pm
Sat, Sep 9	Santa Cruz Satsang	5:30–6:45pm
Sun, Sep 10	San Rafael Satsang	4–5:45pm
Sat, Sep 16	Servants of Truth Intensive	10am–6pm
Sun, Sep 17	—Intensive Day-2	1–6pm
Wed, Sep 20	Palo Alto Satsang	7–8:45pm
Sat, Sep 23	Santa Cruz Satsang	5:30–6:45pm
Sat, Sep 23	Oakland Satsang	11am–12:45pm

Participants understand that all events with Adyashanti will be recorded for use by Open Gate Sangha, Inc.

October

Wed, Oct 4	Seattle, WA Satsang	7–9pm
Thu, Oct 5	Seattle, WA Satsang	7–9pm
Fri, Oct 6	Portland, OR Satsang	7–9pm
Sat, Oct 7	Portland, OR Intensive	12–6pm
Thu, Oct 12	Ashland, OR Satsang	7–9pm
Fri, Oct 13	Ashland, OR Satsang	7–9pm
Sat, Oct 14	Ashland, OR Intensive	12–6pm
Sat, Oct 21	Santa Cruz Satsang	5:30–6:45pm
Sat, Oct 21	Oakland Satsang	11am–12:45pm
Wed, Oct 25	Palo Alto Satsang	7–8:45pm
Tue, Oct 31	Mount Madonna Retreat	Check-in: 3–5pm

November

Sun, Nov 5	—Retreat Ends	Check-out: 1pm
Sat, Nov 11	Santa Cruz Satsang	5:30–6:45pm
Sun, Nov 12	San Rafael Satsang	4–5:45pm
Wed, Nov 15	Palo Alto Satsang	7–8:45pm
Sat, Nov 18	Fabric of Reality Intensive	10am–6pm
Sun, Nov 19	—Intensive Day-2	1–6pm
Wed, Nov 22	Palo Alto Satsang	7–8:45pm

December

Sun, Dec 3	Asilomar Retreat	Check-in: 3–5pm
Fri, Dec 8	—Retreat Ends	Check-out: 12:30pm
Wed, Dec 13	Palo Alto Satsang	7–8:45pm
Sun, Dec 17	Christmas Intensive	3–9pm

To Our Readers

We are birthed into sangha, into sacred community. It's called the world. It's flowing and it moves.

~ Adyashanti

The sangha certainly is moving and flowing. Every day we see evidence of truth as it is expressed through community. What a wonderful sight: new Gatherings sprouting up all over the world, people coming together to listen to a satsang or watch one on DVD, travelers from next door to halfway around the world coming to events with Adyashanti, and let's not forget our online community: 16,971 visits to our website in March alone, representing 58 different countries. Our sangha is alive in homes, schools, offices, prisons, meditation centers, bookstores, and places we haven't even heard about yet.

Our organization is moving, too. We've just settled into a wonderful old building with plenty of room for everyone in our "work" community. Our small staff and many heartfelt volunteers come together each day to support the teachings of Adyashanti. We are working to find new forms to express this truth and teaching, ways that can bring us all together at the same time. This spring, look for Radio Adyashanti—live internet radio satsangs with Adyashanti including dialogues with you, the listeners. Check the website or get on our mailing list at www.adyashanti.org. As Adyashanti says, "Sangha is wherever you are, and everyone is included."

~ Jerilyn Munyon, Executive Director

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Teachings

A Total Commitment to Truth *by Adyashanti*

Anybody can awaken to the truth of being. And yet, when it is realized, often the person who has committed a large portion of his or her life to the spiritual path is more readily able to let go and flow with that realization than the person who hasn't been on a spiritual path. Does that have anything to do with some sort of merit earned by sitting on a meditation cushion, or whatever the spiritual practice was? Absolutely not! It has nothing to do with that. It has nothing whatever to do with preparing the field, tilling the soil, or fertilizing the soul. It's just that it's possible, though not a guarantee, that someone who has made the spiritual search his or her priority in life is already in fidelity to truth when realization happens. Realization was wanted more than anything else, and his or her life has been a living, walking, breathing demonstration of this fidelity.



But if those who walk in off the street and realize the truth of their being want it just as much as those who put in decades of spiritual practice, guess what? They are at no disadvantage whatsoever. None. Zero. And by the way, having put decades into the spiritual life and spiritual practice does not necessarily mean that we actually value the truth more than anything else. It's no guarantee. But to take awakening into enlightenment requires a certain sort of fierce

commitment to the truth. It is a surrender to what is realized, a surrender to not be moved in the face of anything. And for anybody who loves the truth, really loves the truth, this surrender is not going to be avoided.

Nothing less than a full, internal love of the truth will do. If you love anything more than you love the truth, there's no way this realization can complete itself.

In the past, the deepest spiritual teachings were reserved for a very small part of the spiritual population. Those were the people who became monks or nuns or sadhus (renunciants), and committed their entire existence to get the teachings. You couldn't get the teachings until you'd done that, walked away from family and friends and life as you knew it, and put everything on the line. And even then, teachers wouldn't give the teachings to you immediately. They'd probably make you wait some years. Why? Because those few enlightened beings knew that to really take awakening to enlightenment or liberation was going to require that kind of commitment, that kind of love of the truth, and the kind of person who would put all their eggs into that basket, right there.

Today you do not have to live in that rarified spiritual environment or commit your entire life to get the teachings of the truth. And yet, to realize the truth and then take it all the way into living and being what you really are, fully and completely, the internal commitment is not any less. It can't be any less because nothing less than a full, internal love of truth will do. If you love anything more than you love the truth, there's no way this realization can complete itself. You can realize it, you can awaken, and you can have a nice enlightenment experience, but it's not going to be something that's going to be stable and effortless, or last forever. That's just the physics of it. I'm not writing the rules. It's just the way things are.

When you realize the truth, then you know that this truth is not fooling around. This truth wants you, and it wants your life, and it's going to devour you and eat you up for dinner. The truth is not playing games. I've had more than one person say, "Adya, how do I turn this off? How do I back out of this deal? This isn't what I signed up for." And the only answer is, "Sorry, it's too late, you can't back out. You can walk away from me and from all teachers, and from spirituality altogether. You can go to the end of the earth and play some other game, but it's too late. You can't unrealize what you realize." It's a game until it's not, but by the time you realize that it's not a game, you can't back out.

By and large, people want liberation, freedom, bliss, peace, love, and total release from fear. They want all the accoutrements of enlightenment without having to pay the price. They don't want to pay the price of a total love affair, a total commitment. I'm not speaking of anything that is separate or different from your life. This doesn't have anything to do with the monastery or leaving your day-to-day existence. The truth is here in every single moment of your life. That's the truth. It's not separate from your life. You can't run away from yourself and your life in order to awaken to reality. Your life is your path to awakening. Stop and open your eyes: You were free from the very beginning.

Your life is your path to awakening. Stop and open your eyes: You were free from the very beginning.

Please understand that it's not you that wakes up; it's reality that wakes up, the truth wakes up. You are not enlightened; enlightenment is enlightened. Ultimately this realization doesn't have anything to do with individuals, since there aren't any separate individuals. That is the whole illusion, that there is something separate from the ultimate reality. When it's clear that there's nothing going on other than the ultimate reality, it's a done deal—enlightenment is effortless.

Excerpted from a talk in Mountain View, California, March 13, 2003.

Teachings

The Flowing Community of Truth *by Adyashanti*

Everything that's spoken in satsang is only meant to strike a recognition, an aliveness, a remembrance in this moment, and nothing more. The truth is only true if it's living for you, for me. If it's alive within us, it's real, and it transcends anything we could say about it. If the truth remains only in its spoken form it dies. Even your own insight, if it becomes rigidified in your mind, will die. Even the greatest sutras die as soon as they aren't alive within somebody. When they become just words they die because all teachings, the truest teachings, need you and me to bring them to life, to find the life within them. When you find the life, then you can bow to the teaching and be the living of it. At that point the words don't mean a whole lot.

I think of this teaching as I think of this sangha. The reason we call it "Open Gate" Sangha is that just like the teaching, the sangha is something for this moment. This is the sangha—whether or not we've met each other before—this is it. After we leave this gathering, as soon as you walk out the

door, the next person you meet is your sangha. Then you go home, and that's your sangha. Then you go to the grocery store, and that's your sangha. Then if we come back together someday, that becomes sangha. It's not a fixed form, it's not a club. The door is open on the way in and open on the way out. Both doors are open so that something can keep flowing. It isn't a community we join—except at our birth. We're birthed into sangha, into sacred community. It's called the world. It's flowing and it moves, and as soon as you don't move with it, it dies, does it not? The teaching dies if it doesn't stay fresh. Your own realization dies if you don't move with it. That's why I always suggest to live in a state of discovery—not a state of discovery where you are looking for an ultimate conclusion, for that's the greatest illusion of all. Live in a state of discovery because that's how the truth lives.

Excerpted from a talk in Pacific Grove, CA on September 16, 2005.

Scholarships

Open Gate Sangha offers a limited number of scholarships to 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.

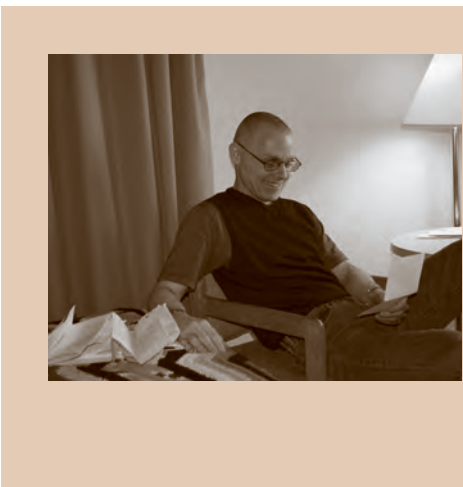
To obtain scholarship applications, please download them from the Intensives and Retreats areas of our website, www.adyashanti.org, or call the office at (408)299-0201. As stated in the Retreats Brochure, the scholarship application deadline for all July–December 2006 retreats was April 24, 2006. The 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.



Adya's Mail

I receive many, many wonderful letters each week from all over the country. Unfortunately, I only have 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,

Adyashanti

Open Gate Sangha, Inc. is a nonprofit, tax-exempt organization. The office is located in San Jose at 1299 Del Mar Avenue, Suite 200. Please send ALL mail to:

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(408) 299-0201
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San Francisco Area Satsangs

Satsangs with Adyashanti are a time of deep silence and intimate investigation into the nature 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. You may bring your own backjacks to the San Rafael location only.
- Due to periodic schedule changes, visit www.adyashanti.org for the most current schedule.



North Bay

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

Dates: September 10, November 12

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 farther on B St. and making a left onto Albert Park Ln.



East Bay

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

Dates: August 5, September 23, October 21

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.



Peninsula

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

Dates: August 2, September 6 & 20, October 25,
November 15 & 22, December 13

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 Area

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

Dates: August 5, September 9 & 23, October 21, November 11

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.

San Francisco 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.



Servants of Truth

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

As we awaken, a new calling arises within consciousness to be a servant of the truth. It is a movement into authentic spiritual adulthood, where we are less focused on receiving the gifts of spiritual realization and more drawn to being an expression and servant of spiritual truth in each moment of our lives.

~ Adyashanti

September 16–17 in Los Altos

Saturday, 10am–6pm; Sunday, 1–6pm

At Adyashanti's request, two-day attendance is required.

Cost: **\$175** (preregistered before September 1 postmark)
\$200 (at the door, space permitting)

Los Altos High School Eagle Theater

201 Almond Ave., Los Altos, CA 94022

Seating: Seating is theater style. Feel free to bring an additional cushion or back support. Do not bring backjacks.

The Fabric of Reality

Universal consciousness is the underlying fabric of reality. All that comes into manifestation arises as an expression of this formless fabric, in the same manner in which dreams arise and express the unconscious mind. During this intensive we will explore some of the startling and unexpected ways the fabric of consciousness works to create the world and your experience of it.

~ Adyashanti

November 18–19 in San Rafael

Saturday, 10am–6pm; Sunday, 1–6pm

At Adyashanti's request, two-day attendance is required.

Cost: **\$175** (preregistered before November 3 postmark)
\$200 (at the door, space permitting)

Osher Marin Jewish Community Center

200 N. San Pedro Rd., San Rafael, CA 94903

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

2006 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 17, 2006 in Palo Alto

Sunday, 3–9pm

At Adyashanti's request, attendance at the whole event is required.

Cost: **\$50** (preregistered before December 1 postmark)
\$75 (at the door, space permitting)

Unity Palo Alto Community Church

3391 Middlefield Rd., Palo Alto, CA 94306

Seating: Seating is provided. Feel free to bring an additional cushion or back support. Do not bring backjacks.



Adyashanti and his wife, Mukti

Intensive Registration & Info

Preregistration – Online!

- Go to the Events area at **www.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 112107, Campbell, CA 95011

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.)

General Information

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

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

Meal Break: Plan to walk or drive to a nearby restaurant. If you choose to bring your own food, DO NOT bring it into the main hall; leave it in your car.

Applying for a Scholarship

- Download the current Scholarship Application from the Events/Intensives area of our website. If you do not have web access, you may call the office at (408) 299-0201 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 September 16–17 intensive: August 11, 2006
For the November 18–19 intensive: October 13, 2006
For the December 17 intensive: November 10, 2006

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. Registration is not transferable to another person or event.

Register online at www.adyashanti.org.

Mail-In Intensive Registration Form

- Servants of Truth** \$ _____
Full 2-day attendance required.
September 16–17 in Los Altos
\$175 before September 1, 2006 postmark. \$200 at the door.
- The Fabric of Reality** \$ _____
Full 2-day attendance required.
November 18–19 in San Rafael
\$175 before November 3, 2006 postmark. \$200 at the door.
- 2006 Christmas Intensive** \$ _____
December 17, 2006 in Palo Alto
\$50 before December 1, 2006 postmark. \$75 at the door.
Limited seating. Register early.
- 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 112107, Campbell, CA 95011

Name: _____

Address: _____

City/State/Zip: _____

Home Phone: _____

Work Phone: _____

Email: _____

If you are interested in volunteering at any of these events, please email volunteer@adyashanti.org.

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

Adyashanti's Travels

Adyashanti will be offering satsangs and intensives in the following areas during the second half of 2006:

Nashville, TN	August 22–23 (<i>First visit!</i>)
Asheville, NC	August 24–25 (<i>First visit!</i>)
Miami, FL	August 26–27 (<i>First visit!</i>)
Seattle, WA	October 4–5
Portland, OR	October 6–7
Ashland, OR	October 12–14 (<i>First visit!</i>)

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.

Details about these events will be posted online 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/email list, go to the Contact Us page of our website.

- **Online preregistration** is now available for full-day and weekend travel events.
- If you would like to **volunteer** at any of these events, contact the local event host listed online.



Adyashanti and Mukti cruising in Disneyland.

Visit the Travels page at www.adyashanti.org



After we leave this gathering, as soon as you walk out the door, the next person you meet is your sangha. Then you go home, and that's your sangha. Then you go to the grocery store, and that's your sangha.
~ Adyashanti

Gatherings

Adyashanti's teachings are now being shared globally as well as locally, as groups gather to listen to audiotapes or watch DVDs. There are over 35 Gatherings now taking place in 17 states and in 3 other countries. Be sure to check the website for an offering in your area.

The nature of Gatherings is as varied as the people who come together to share Adya's teachings. Some groups have chosen a silent format, where they meditate, watch a DVD, and leave in silence. Some listen to Adya's guided meditations, read from his books, and share how these teachings have affected their lives. Whatever the format, there is an opportunity to share time with others in the love of truth.

To find out more about attending or hosting an Adyashanti Gathering, visit the **Sangha/Gatherings** page at www.adyashanti.org.

Transmission of the Flame

Adyashanti has recently invited his wife to share the dharma with others. Annie Gray, now Mukti, offers dokusan (private meetings for satsang inquiry) in San Jose, CA. To schedule a meeting with Mukti, call (408) 728-3839.

For more information about Mukti and others throughout the US and Canada whom Adyashanti has invited to teach, please visit the **Sangha/Transmission** page at www.adyashanti.org.

Sangha News and Gratitude

Mail-Order Bookstore: Before



☞ In February, Open Gate Sangha moved to spacious new offices in San Jose, CA. Many thanks to all who lovingly helped tear down and reassemble computers, pack, move, unpack, and generally offered helping hands during this divine adventure.

☞ Open Gate Publishing is making strides in converting to the world of digital audio. In this newsletter we are featuring 4 new extended audio albums and 8 satsangs—all on CD! We will continue to post new items online, so be sure to check the Bookstore area of our website for the latest additions. Our online offerings will soon include Adyashanti's live radio show as well. Stay tuned!

☞ A rideshare message board is now available online for those attending Adyashanti's satsangs, intensives, and retreats. Please visit www.rideshare.adyashanti.org to find or share a ride to an event with Adyashanti.

☞ As our mail-order bookstore expands its offerings and our website orders multiply, the need for more help has also increased. Volunteers are needed to fill key positions processing and shipping orders. These positions require careful attention to detail, good computer skills, working with your hands, moderate lifting, and making runs to the post office in your own vehicle. If you are interested in joining this growing team and can offer one full day a week for at least six months, send an email to bookstore@zen-satsang.org. Many thanks to those who have already come forward to help!

☞ With the growth of our publishing department, Eric Fischer has stepped into the role of full-time Retail Bookstore Manager. As a volunteer, then part-time staff, and now in his expanded role, Eric continues to offer his skill, dedication, heart, and humor to the Open Gate office. Thank you, Eric!



Mail-Order Bookstore: After

Touching One Life at a Time

The following letter was written to Adyashanti during a silent retreat in April 2006. We reprint it here with permission.

Dear Adyashanti,

You were very right to speak about nonduality last night and the perils of getting caught in being the One.

Yes, I've gotten lost in the dual nature: lots of projection and play and drama and victimization and my favorite, rescuing the "others" who didn't want to be rescued, and didn't even need to be rescued. All were "fun" roles in a living, breathing "As the World Turns," "Days of Our Lives," and let's not forget "Ryan's Hope." (Hope is so much like being on a hamster wheel.)

This is the swirl I was talking about last night that I no longer wanted to get lost in—this was the emotional drama I was talking about through my tears. But the drama of the One—that one is far more elusive. The drama of the One—been there, done that, too—is the drama where I got to be the lofty, separate, detached guest in my own home! Everything and everybody was ephemeral and absolutely meaningless!

You were right to discuss the pit called "Being stuck in emptiness." I stayed there for about two years. This is also the place where even though

you believe all is One and made of the stuff of Love, you don't get to feel or be the expression of Love because you're stuck in One. WOW!!! I never realized that before until just this second. Anyway, the insidious pain of emptiness is only painful because you're only living half of yourself—even though you think you're being One. The pain is also that you get to be a self-righteous, solitary zealot. "Why doesn't everyone get that this is all meaningless?" "Why are people asking questions, when none of this matters?" "Why don't they wake up to the truth?" "Why should I have to do anything when it's all just a dream anyway?" These questions take you straight to hell, and all the while you think you are spiritual!

It wasn't until I realized that I was actually judging the dual nature of my own self that I finally awakened to the whole of me—the I which has no I, yet expresses as a me. Cool!

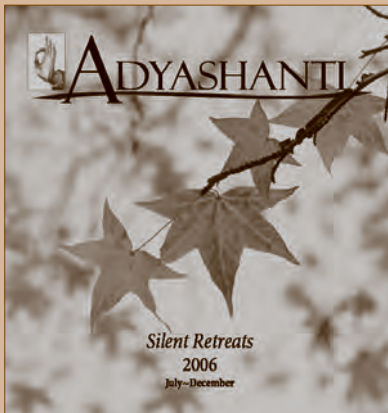
Only then did I actually awaken to my whole self—only then did I see, hear, touch, smell, taste, and feel "because" I am totally detached yet intimately engaged! And I absolutely love it!!

Thank you so very much,

Stephen Hari Das

Silent Retreats

Silent retreats are for those who desire to deeply realize the truth of their being and the essence of existence. Retreats offer time to step back from the course of daily life and enter into the Unknown, in an environment that provides both structure and support. To serve this intention, all retreats are held in silence, except for time together in satsang. In addition to satsang, the daily schedule includes several periods of meditation. Both forums are suited to penetrating heartfelt questions and discovering the liberating truth of one's being.



Find complete details at www.adyashanti.org
or request a retreat brochure by calling
(408) 299-0201 ext. 10.



Silent retreats are Adyashanti's most powerful form of teaching. Because of their popularity, Open Gate Sangha processes retreat registrations two times per year through a random lottery system. The lottery registration deadline for retreats in January through June has passed, but if you are interested in attending on standby, you are welcome to add yourself to the waiting list online.

In November 2006, the retreats in January through June 2007 will open for registration. If you'd like to be notified when registration opens, sign up on Open Gate Sangha's mailing list by logging on at www.adyashanti.org.

August 13–18, 2006

5-Night Retreat at Garrison Institute
Garrison, NY
Tuition: \$280
Housing: \$280–\$430

Waiting List: Open

October 31–November 5, 2006

5-Night Retreat at Mount Madonna Center
Watsonville, CA
Tuition: \$280
Housing: \$255–\$495

Waiting List: Closed

December 3–8, 2006

5-Night Retreat at Asilomar
Pacific Grove, CA
Tuition: \$280
Housing: \$429–\$891

Waiting List: Open

Beyond Opposites

by Adyashanti

To move beyond all pairs of opposites within oneself is the heart and soul of spirituality. Awareness itself is not a female or a male awareness. It doesn't belong to me; it doesn't belong to you. It's not a right awareness or a wrong awareness. Awareness itself, consciousness itself, lies beyond and before the opposites.

The fundamental ground of your nature is inherently already and always free, inherently already and always complete. This part, when it's discovered, is where you realize everything is One. It is an exquisite place beyond the pairs of opposites. It is in the very heart of every being, and it is the same in every being. This is a wonderful thing to realize, because then you can start to connect to that which is indivisible. And that is an entirely different place to live one's life from.

Give your attention to the simplicity, to what's awake in you.

Most human beings are living their whole lives from the pairs of opposites because it's the only way they know. But when you discover that there is within you this place that is beyond the pairs of opposites, and that place, that state of awareness, is actually what you are, you start to realize you can live from that place.

To live from that place, self-grasping must be let go of more and more fully, because the only thing that keeps anybody from living from that place is holding onto thoughts, ideas, judgments, regrets—all those things that cause you to hold onto yourself. They literally create your self, and as soon as they are let go of, that self is not there anymore.

Living from that place, you start to choose to be simple, to give your attention to the simplicity, to what's awake in you, to what lies beyond the pairs of opposites: your inherent nature as awareness or consciousness itself. It's a very simple thing. Through this, it introduces you to the fundamental nature of yourself, the fundamental nature of reality.

You'll know when you get there, because you stop asking, "Have I gotten there yet?" It's an exquisite place to get to. It's very liberating when you discover yourself as you truly are. It's that place within you that is free, within and from the pairs of opposites. The exquisiteness is the sense of freedom. It's what brings rest.

Excerpted from the DVD "Beyond Opposites."

Books by Adyashanti

Emptiness Dancing

Selected Dharma Talks of Adyashanti

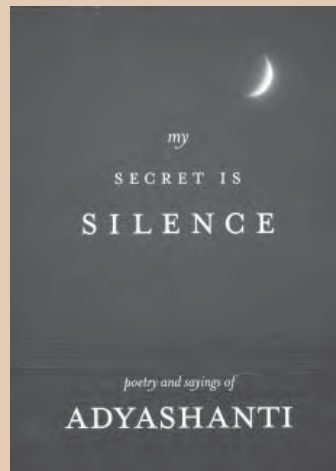
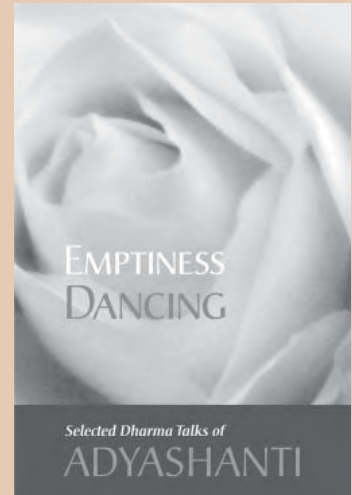
© 2004 by Adyashanti

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.



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

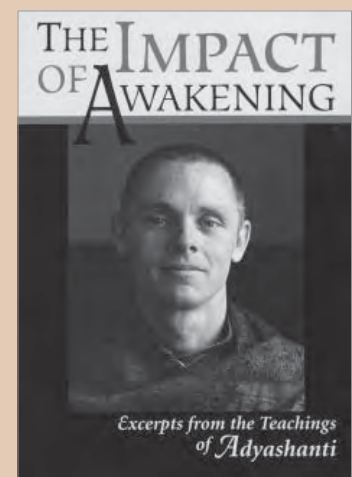
© 2000, 2002 by Adyashanti

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.



Order online at www.adyashanti.org

Adyashanti on Video

New!

Satsangs on DVD

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

A Matter of Perspective ~ Vol. 11

July 2, 2005 - Oakland, CA
© 2005-2006 by Adyashanti. DVD length: 90 min.
\$25 Item #4AMO

Awakening is all about perspective. From a narrow focus on personal identity, we awaken into an infinitely vast yet intimate view, where we see everything as it really is: eternal and sacred. This video satsang includes a short, delightful dialogue with a 7-year-old girl inquiring into the experience of wanting something to be different than it is.

Welcome to Reality ~ Vol. 12

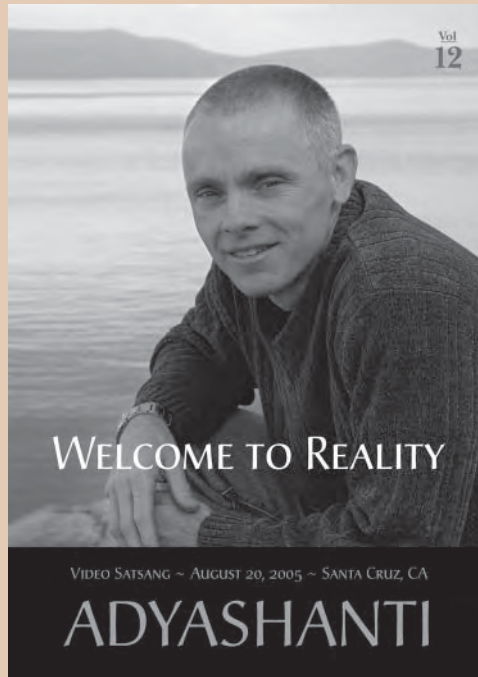
August 20, 2005 - Santa Cruz, CA
© 2005-2006 by Adyashanti. DVD length: 90 min.
\$25 Item #4WTR

Awakening invites us to live outside the context of the mind and to experience an entirely new way of being. But accepting this invitation can be dangerous. We're as likely to commit a great act of stupidity as we are to fall into the extraordinary simplicity of truth. In this satsang Adyashanti offers advice, insight, and inspiration for exploring the awakened life.

This Is It ~ Vol. 13

February 1, 2006 - Palo Alto, CA
© 2006 by Adyashanti. DVD length: 90 min.
\$25 Item #4TII

With his signature simplicity, clarity, and compassion, Adyashanti reports a direct truth: The way things are right here, right now, is IT. Our fears may tell us that if we let everything be as it is, we'll never get to enlightenment, but the truth is that there is nowhere to go, and there is nothing to do—everything is already the One.



Beyond Opposites ~ Vol. 14

March 8, 2006 - Palo Alto, CA
© 2006 by Adyashanti. DVD length: 90 min.
\$25 Item #4BOP

Authentic spiritual practice leads us beyond duality to our true nature, which is indivisible and beyond all pairs of opposites. In this penetrating satsang, Adyashanti clarifies that our true nature embraces all of life, including our relative experiences, all conflict and conditioning, and all of the various forces within ourselves.

The Wisdom of "Do Nothing" ~ Vol. 15

March 15, 2006 - Palo Alto, CA
© 2006 by Adyashanti. DVD length: 90 min.
\$25 Item #4WOD

How can you meditate in a way that is authentic and useful in terms of awakening to your true nature? In this powerful satsang, Adyashanti explains in detail how the simple instruction to "do nothing" disengages the movement of ego, gives rise to

the natural clarity of awareness, and brings us to the very heart of love and compassion.

A Talk About Nothing ~ Vol. 16

April 5, 2006 - Palo Alto, CA
© 2006 by Adyashanti. DVD length: 90 min.
\$25 Item #4ATA

The directive "Look within" is not about finding something. Rather, it is about the discovery of nothing—the awake and vital nothing that is itself the source of everything. This engaging satsang about "liberation from something that never was" includes dialogues about the survival instinct, the illusion of time, and the art of bringing meditative awareness into daily life.



Also in this DVD Satsang series. . .

Falling Away Vol. 1: \$25 Item #4FAD

When Truth Takes Over Vol. 2: \$25 Item #4WTD

The Undivided Self Vol. 3: \$25 Item #4USE

Association with Truth Vol. 4: \$25 Item #4AWT

Being Alone Vol. 5: \$25 Item #4BAL

What Do You Really Want? Vol. 6: \$25 Item #4WDY

Our Unborn Nature Vol. 7: \$25 Item #4OUN

The Inner Revolution Vol. 8: \$25 Item #4IRE

Turnaround of the Heart Vol. 9: \$25 Item #4TOT

There Is No Problem Vol. 10: \$25 Item #4TIN

Order online at www.adyashanti.org

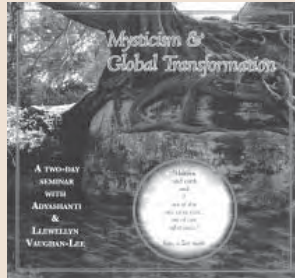
New! CD Audio Albums

Mysticism and Global Transformation

8 Audio CDs

© 2005 Adyashanti & The Golden Sufi Center
Running time: 8 hrs. 26 min.

\$65 Item #2MAG



This special 8-CD album is a complete, unedited recording of a two-day seminar given jointly by Adyashanti and Sufi mystic Llewellyn Vaughan-Lee. Together they lead an exploration of our deep connection to the divine and to all of life.



The revelation of oneness brings a great peace and rest at the center of our being. It also opens up an opportunity and an impulse to live and express that revelation in the world of duality. To transcend the world of time and space is not the end of spirituality but rather the beginning.

~ Adyashanti



Within the heart is the spark of oneness. How can our primal knowing of oneness come alive within ourselves and within the world? Mysticism awakens us to our real power and potential, so that we can contribute fully at this time of global transformation.

~ Llewellyn Vaughan-Lee

The Five Truths About Truth

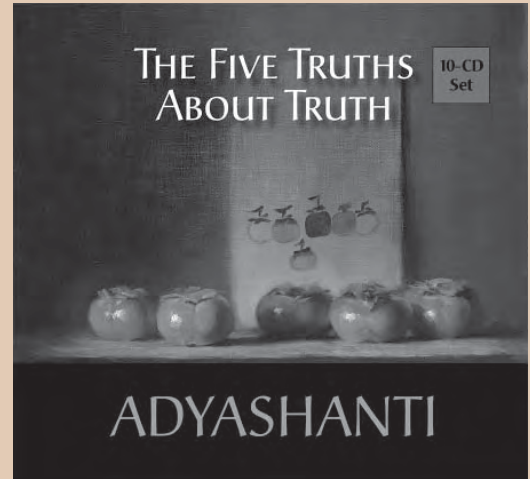
10 Audio CDs

© 2006 by Adyashanti
Running time: Approx. 12 hrs.
\$85 Item #2FTA

Truth comes to an innocent mind, a silent mind. It comes when the mind is not preoccupied with itself. ~ Adyashanti

During this landmark retreat in the fall of 2005, Adyashanti distilled the essence of his teachings into five truths about the nature of ultimate reality. This album is for those with a wholehearted commitment to truth. New listeners will find a deep resonance in the profound simplicity, while advanced students will find themselves riveted by the maturity, freshness, and radical directness of the teachings. This collection of 10 CDs offers over eleven hours of edited recordings from one of Adyashanti's most powerful retreats, including:

- A series of talks on the five truths about absolute truth
- A stunning talk on the nature of karma
- Insightful and engaging dialogues
- A 25-minute guided meditation



Big Sword Swinging

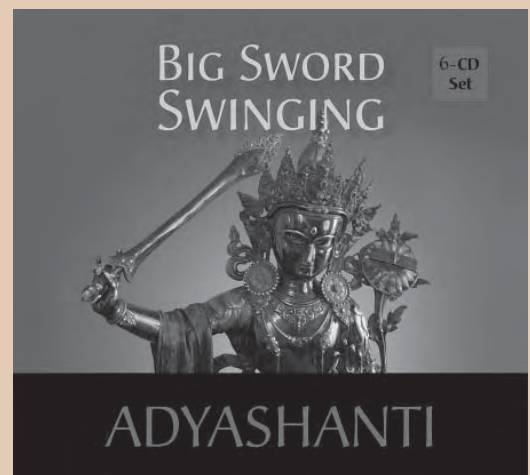
6 Audio CDs

© 2006 by Adyashanti
Running time: Approx. 5 hrs. 45 min.
\$58 Item #2BSS

This is like spiritual triage. You're being exposed to an awful lot in two days. I've got the big sword swinging. ~ Adyashanti

Recorded at a weekend intensive in Santa Monica, CA, this delightful 6-CD set presents satsang at its finest. Exceptionally fresh talks and honest dialogues will cut through the concepts of both new and seasoned listeners, going deep into the innocent, simple presence of being. Topics include:

- Where intentions come from
- Consciousness as the transformative agent
- The wisdom of the void
- Children and the unspoken power of love
- The transparency of the heart
- Choice and free will



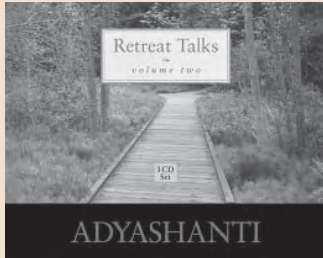
Order online at www.adyashanti.org

More Audio Albums on CD & Cassette

Retreat Talks~Volume 2

3 Audio CDs

© 2005 by Adyashanti
Running time: 3 hrs. 30 min.
\$29 Item #2RTA-2



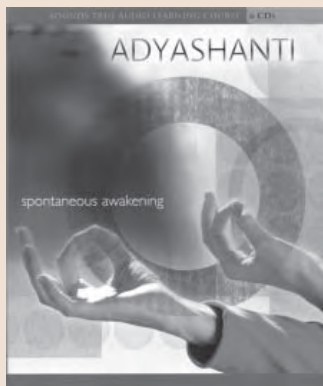
Retreat Talks highlights the powerful teachings Adyashanti gives at retreats, with dialogues removed.

Volume 2 features nine uniquely engaging talks selected from silent retreats in 2004 and 2005. This distilled presentation invites the listener to embark on a journey of insight and self-discovery.

Spontaneous Awakening

6 Audio CDs

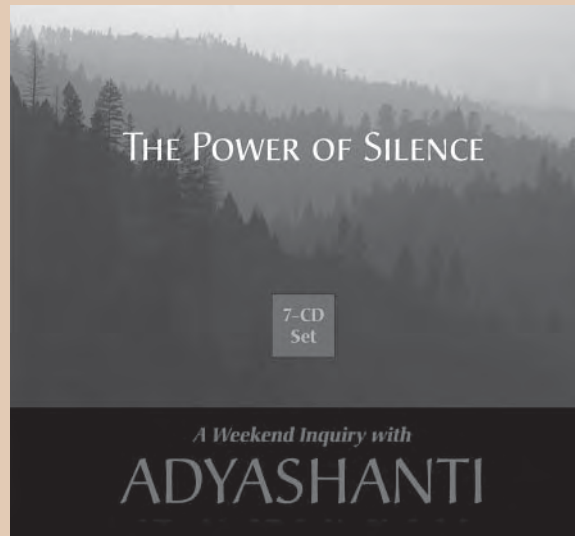
© 2005 by Adyashanti
Running time: 7 hrs. 45 min.
\$70 Item #2SAW



This beautifully packaged, high quality 6-CD album from Sounds True's "Voices of Wisdom" series offers over 7 hours of Adya's teachings, including talks from a retreat, two guided meditations, and an exclusive interview by Sounds True Publisher Tami Simon. It makes a great gift!

Have a Weekend Intensive at Home!

Recorded live at weekend intensives with Adyashanti, each of these audio albums focuses on a unique aspect of spiritual awakening and liberation.



The Power of Silence

7 Audio CDs

February 25–26, 2006 ~ Los Altos, CA
© 2006 by Adyashanti
\$65 Item # 7POS

Our deepest nature is silence: that space which is beyond the known, understanding, and imagination. True silence is not a dead or static state; it is a state of unity, creative response, and deep love. Salvation lies within the heart of silence and nowhere else. Be still and know. ~ Adyashanti

This 7-CD album was recorded live at a weekend intensive with Adyashanti in Los Altos, CA.

Other intensive albums ~ on cassette only

5-cassette albums

Approx. 8 hrs. per album. © 2003-2005 by Adyashanti

Above All Else: \$55 #7AAE

The Territory of Freedom: \$55 #7TOF

The Flame of Relationship: \$55 #7FOR

Readiness—The Key to Freedom: \$55 #7RTK

From Freedom to Love: \$55 #7FFT

To Live the Truth: \$55 #7TLT

The Natural State: \$55 #7NSA

The Enlightened Life: \$55 #7ELI

The Willingness to Transform: \$55 #7WTT

The Art of Being: \$55 #7AOB

Retreat at Home—Volume 2!

September 7–12, 2004 ~ Watsonville, CA

© 2004-2005 by Adyashanti

10-cassette album with booklet

\$99 Item #7RAH-2

In response to compelling reports about the original *Retreat at Home* album, *Volume 2* provides 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*. A perfect guide and companion to a profound investigation of awakening in this life.



Order online at www.adyashanti.org

Adyashanti ~ July ~ December 2006



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.

Based in San Jose, CA, Open Gate Sangha reaches people around the world who are drawn to the sincerity and depth of Adyashanti's message. Above all, we remain committed to letting truth be our guide—the truth that looks out from everyone's eyes, and sees only itself wherever it looks.

After fifteen years of Zen practice and a series of ever-deepening realizations, Adyashanti was asked to teach by his Zen teacher, Arvis Justi. 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 nondual teachings have been compared to those of the early Zen masters and Advaita Vedanta sages. Adyashanti lives with his wife, Mukti, in his native San Francisco Bay Area.



Open Gate Sangha

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