

ADYASHANTI®

Summer/Fall 2008



Events with Adyashanti & Mukti

July–December 2008 At-A-Glance

Adyashanti's Calendar

July

No events in July

August

Fri, Aug 8	Mt. Madonna 2-Night Retreat	Check-in: 3–5pm
Sun, Aug 10	—Retreat Ends	Check-out: 1pm
Sat, Aug 16	Oakland Satsang	11am–12:45pm
Sat, Aug 16	Santa Cruz Satsang	5:30–7:15pm
Sun, Aug 24	Mount Madonna Retreat	Check-in: 3–5pm
Fri, Aug 29	—Retreat Ends	Check-out: 1pm

September

Sun, Sep 7	Garrison Institute Retreat	Check-in: 3–5pm
Fri, Sep 12	—Retreat Ends	Check-out: 1pm
Sat, Sep 20	Santa Cruz Satsang	5:30–7:15pm
Sun, Sep 21	San Francisco Satsang	4–5:45pm
Wed, Sep 24	Palo Alto Satsang	7–8:45pm

October

Sat, Oct 4	October Two-Day Intensive	10am–6pm
Sun, Oct 5	—Intensive Day 2	1–6pm
Fri, Oct 10	Boulder Satsang	7–9pm
Sat, Oct 11	Boulder Intensive	12–6pm
Sun, Oct 12	Unity of Phoenix Intensive	1–6pm
Wed, Oct 22	Palo Alto Satsang	7–8:45pm
Sat, Oct 25	Santa Cruz Satsang	5:30–7:15pm
Sun, Oct 26	San Francisco Satsang	4–5:45pm

November

Sat, Nov 1	Oakland Satsang	11am–12:45pm
Sat, Nov 1	Santa Cruz Satsang	5:30–7:15pm
Sun, Nov 9	Asilomar Retreat	Check-in: 3–5pm
Fri, Nov 14	—Retreat Ends	Check-out: 12:30pm
Wed, Nov 19	Palo Alto Satsang	7–8:45pm
Sat, Nov 22	Santa Cruz Satsang	5:30–7:15pm
Sun, Nov 23	San Francisco Satsang	4–5:45pm

December

Sat, Dec 6	Oakland Satsang	11am–12:45pm
Sat, Dec 6	Santa Cruz Satsang	5:30–7:15pm
Wed, Dec 10	Palo Alto Satsang	7–8:45pm
Sat, Dec 20	Christmas Celebration	3–9pm

Mukti's Calendar

July

No events in July

August

Mon, Aug 11	Palo Alto Monthly Meditation	7–8:45pm
Wed, Aug 20	Palo Alto Satsang	7–8:45pm
Sun, Aug 31	East Bay Open Circle Satsang	7–9pm

September

Mon, Sep 1	Palo Alto Monthly Meditation	7–8:45pm
Fri, Sep 19	Aurora Satsang	7–9pm
Sat, Sep 20	Aurora One-Day Silent Retreat	9:30am–5:30pm

October

Fri, Oct 3	Sebastopol Satsang	7:30–9:30pm
Mon, Oct 6	Palo Alto Monthly Meditation	7–8:45pm
Fri, Oct 24	Vancouver Satsang	7–9pm
Sat, Oct 25	Vancouver One-Day Silent Retreat	9:30am–5:30pm
Wed, Oct 29	Palo Alto Satsang	7–8:45pm

November

Mon, Nov 3	Palo Alto Monthly Meditation	7–8:45pm
Tue, Nov 18	Santa Barbara Satsang	7–9pm
Wed, Nov 19	Santa Barbara Satsang	7–9pm
Fri, Nov 21	Los Angeles Satsang	7:30–9:30pm
Sat, Nov 22	Los Angeles Satsang	3–5pm

December

Wed, Dec 3	Palo Alto Satsang	7–8:45pm
Mon, Dec 8	Palo Alto Monthly Meditation	7–8:45pm
Sun, Dec 14	East Bay Open Circle Satsang	7–9pm

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Open Gate Sangha makes no representations or warranties as to any benefit that may be received by attending an event.

TEACHINGS

The Indispensable Qualities of Awakening

BY ADYASHANTI

In essence the entire spiritual endeavor is a very simple thing: Spirituality is essentially about awakening as the intuitive awareness of unity and dissolving our attachment to egoic consciousness. By saying that spirituality is a very simple thing, I do not mean to imply that it is either an easy or difficult endeavor. For some it may be very easy, while for others it may be more difficult. There are many factors and influences that play a role in one's awakening

The ego is clever and artful in the ways of deception, and only the honesty and genuineness of our ineffable being are beyond its influence.

to the greater reality, but the greatest factors by far are one's sincerity, one-pointedness, and courage.

Sincerity is a word that I often use in teaching to convey the importance of being rooted in the qualities of honesty, authenticity, and genuineness. There can be nothing phony or contrived in our motivations if we are to fully awaken to our natural and integral state of unified awareness. While teachings and teachers can point us inward to "the peace beyond all understanding," it is always along the thread of our inner sincerity, or lack thereof, that we will travel. For the ego is clever and artful in the ways of deception, and only the honesty and genuineness of our

ineffable being are beyond its influence. At each step and with each breath we are given the option of acting and responding, both inwardly and outwardly, from the conditioning of egoic consciousness which values control and separation above all else, or from the intuitive awareness of unity which resides in the inner silence of our being.

Without sincerity it is so very easy for even the greatest spiritual teachings to become little more than playthings of the mind. In our fast-moving world of quick fixes, big promises, and short attention spans, it is easy to remain on a very surface level of consciousness without even knowing it. While the awakened state is ever present and closer than your feet, hands, or eyes, it cannot be approached in a casual or insincere fashion. There is a reason that seekers the world over are instructed to remove their shoes and quiet their voices before entering into sacred spaces. The message being conveyed is that one's ego must be "taken off and quieted" before access to the divine is granted. All of our ego's attempts to control, demand, and plead with reality have no influence on it other than to make life more conflicted and difficult. But an open mind and sincere heart have the power to grant us access to realizing what has always been present all along.

When people asked the great Indian sage Nisargadatta what he thought was the most important quality to have in order to awaken, he would say "earnestness." When you are earnest, you are both sincere and one-pointed; to be one-pointed means to keep your attention on one thing. I have found that the most challenging

thing for most spiritual seekers to do is to stay focused on one thing for very long. The mind jumps around with its concerns and questions from moment to moment. Rarely does it stay with one question long enough to penetrate it deeply. In spirituality it is very important not to let the egoic mind keep jumping from one concern to the next like an untrained dog. Remember, awakening is about realizing your true nature and dissolving all attachment to egoic consciousness.

My grandmother who passed away a few years ago used to say to me jokingly, "Getting old is not for wimps." She was well aware of the challenges of an aging body, and while she never complained or felt any pity for herself, she knew firsthand that aging had its challenges as well as its benefits. There was a courage within my grandmother that served her well as she approached the end of her life, and I am happy to say that when she passed, it was willingly and without fear. In a similar way the process of coming into a full and mature awakening requires courage, as not only our view of life but life itself transforms to align itself with the inner mystic vision. A sin-



cere heart is a robust and courageous heart willing to let go in the face of the great unknown expanse of Being—an expanse which the egoic mind has no way of knowing or understanding.

When one's awareness opens beyond the dream state of egoic consciousness to the infinite no-thing-ness of intuitive awareness, it is common for the ego to feel much fear and terror as this transition begins. While there is nothing to fear about our natural state of infinite Being, such a state is beyond the ego's ability to understand, and as always, egos fear whatever they do not understand and cannot control. As soon as our identity leaves the ego realm and assumes

its rightful place as the infinite no-thing-ness/every-thing-ness of awareness, all fear vanishes in the same manner as when we awaken from a bad dream. In the same manner in which my grandmother said, "Getting old is not for wimps," it can also be said that making the transition from the dream state to the mature, awakened state requires courage.

Sincerity, one-pointedness, and courage are indispensable qualities in awakening from the dream state of ego to the peace and ease of awakened Being. All there is left to do is to live it. ▽



Teachings Online

Radio Adyashanti

Radio Adyashanti is a free live online radio program that makes it possible for people from around the world to join in satsang with Adyashanti. Offered two or three times per month, Radio Adyashanti is available to anyone with access to an internet connection.

The programs include a talk by Adyashanti followed by answers to call-in questions or previously emailed questions. To see the schedule of upcoming programs or to tune into the current broadcast, visit the Radio page at www.adyashanti.org/cafedharma.



Adyashanti on the air

Satsang Downloads

Recordings from Adyashanti's local satsangs are now available to purchase and download just days after each event. If you'd like to stay connected with Adyashanti's most current teachings, check out the latest titles on the Audio and Library pages at www.adyashanti.org/cafedharma. Recordings are available to download instantly for \$10 each.

The Teachings Page

Did you know that more than 80 free audio clips, video clips, and articles by Adyashanti are available on the Teachings page at www.adyashanti.org? Every month, new clips from Adyashanti's recently produced CDs and DVDs are added to the Listen Online and Watch Video pages. These excerpts enable you to hear and see segments of Adyashanti's talks for free, and allow you to preview the new products in his online Bookstore. And as always, the Writings page provides a great overview of Adyashanti's teachings, with over two dozen articles to read.

Letters to Adyashanti

Please know that I read every letter, card, and email that is sent to me. Due to my teaching schedule and working on various writing projects, I very rarely respond to written inquiries. If you have a pressing question or issue that requires personal attention, you may want to contact one of those that I have asked to share the dharma. They can be found on the Sangha/Transmission page of www.adyashanti.org.

Many Blessings to all.

Visit Cafe Dharma and the Teachings page at www.adyashanti.org

MEET ME HERE

*Join me here Now
where there are no points of view.
Slip under good and bad
right and wrong
worthy and unworthy
sinner and saint.*

*Meet me here
where everything is unframed
before understanding
and not understanding.*

*Meet me here
where silence roars
where stillness is dancing
where the eternal is living and dying.*

*Meet me here
where you are not you
where you are It
and It is unspeakable.*

*Meet me here
where all points of view
merge into a single point
that then disappears.*

*Meet me here
before there ever was something
before there ever was nothing.*

*Meet me here
where everything speaks of this
where everything has
always spoken this
where nothing is ever lost or found.*

Meet me here.

~ Adyashanti

EVENTS



While teachings and teachers can point us inward to “the peace beyond all understanding,” it is always along the thread of our inner sincerity, or lack thereof, that we will travel. ~ Adyashanti

SAN FRANCISCO

Satsangs

Satsangs with Adyashanti are a time of 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 to satsang for silent sitting.
- Contribution per satsang is \$10, paid at the door.
- Chairs are provided. Please do not bring backpacks.
- Due to periodic schedule changes, visit www.adyashanti.org for the most current schedule.

East Bay

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

Dates: August 16, November 1, December 6

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

San Francisco

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

Dates: September 21, October 26, November 23

Location: First Unitarian Universalist Church
1187 Franklin St., San Francisco

Peninsula

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

Dates: September 24, October 22, November 19, December 10

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

Peninsula satsangs will be videorecorded.

Santa Cruz Area

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

Dates: August 16, September 20, October 25, November 1 & 22,
December 6

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

BAY AREA

Intensives

October Two-Day Intensive

Spend time in silence and inquiry with Adyashanti and the sangha. This weekend intensive will include periods of silent meditation and satsang. Adyashanti will give talks inspired by his most recent insights about spiritual awakening and living an awakened life, and then invite audience members to explore their innermost questions in dialogue with him. You are invited to participate in this shared inquiry or simply immerse yourself in the silent presence of eternal truth.

October 4–5, 2008

Saturday, 10am–6pm; Sunday, 1–6pm

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

Cost: \$150 (preregistered on or before September 20)
\$175 (at the door on October 4, 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.

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.

Volunteering: If you are interested in volunteering at the event, please email volunteer@adyashanti.org.

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 silent meditation, talks by Adyashanti, question-and-answer periods, special musical offerings, and singing.

December 20, 2008

Saturday, 3–9pm

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

Cost: \$50 (preregistered on or before December 6)
\$75 (at the door, space permitting)

Unity Palo Alto Community Church

3391 Middlefield Rd., Palo Alto, CA 94306

Seating: Seating is provided.

Intensive Registration

Preregistration closes 2 weeks before the start date of each event. After preregistration, registration is only available at the door.

Preregister Online!

- Just visit the Events/Intensives area at www.adyashanti.org.

Preregister by Mail

- Download a registration form at www.adyashanti.org. If you do not have web access, you may call the office at (408) 299-0201 to request a form.

At-the-Door Registration

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

Scholarship Assistance

Open Gate Sangha offers limited scholarships for those who need financial assistance. The deadline is 5 weeks prior to each intensive. For complete details visit the Events/Intensives area of www.adyashanti.org.

Register online at www.adyashanti.org

Silent Retreats

About Retreat

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 deep 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.

Retreat Registration

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 the July–December 2008 retreats has passed. To see whether a retreat still has openings, visit www.adyashanti.org and go to the Events/Retreats page.

In October 2008, the retreats in January through June 2009 will open for registration. If you would like to be notified when registration opens, log on at www.adyashanti.org and sign up on our mailing list.

Open Gate Sangha offers a limited number of scholarships to retreats for those who need financial assistance. As stated in the Retreats Brochure, the scholarship application deadline for all July–December 2008 retreats was April 15, 2008.

Complete details about retreats can be found on our website, or you can request a Retreats Brochure by calling (408) 299-0201 ext. 10.

Retreat Dates:

August 24–29, 2008

5-Night Retreat at Mount Madonna Center
Watsonville, CA

Event Fee: \$325 /Housing: \$277–\$532

Waiting List Currently Open

September 7–12, 2008

5-Night Retreat at Garrison Institute
Garrison, NY

Event Fee: \$325 /Housing: \$325–\$475

Waiting List Currently Open

November 9–14, 2008

5-Night Retreat at Asilomar
Pacific Grove, CA

Event Fee: \$325 /Housing: \$465–\$599

Waiting List Currently Open

To begin your registration process, go to the Retreats page at www.adyashanti.org and put yourself on the waiting list.

More Retreats in 2009

Lottery registration information for the following retreats will be available in October 2008:

February 1–6, 2009 at Asilomar, *Pacific Grove, CA*

March 29–April 3, 2009 at Mount Madonna, *Watsonville, CA*

May 3–8, 2009 at Garrison Institute, *Garrison, NY*

TRAVELS & SPECIAL EVENTS

October 2008 Travel Schedule

Adyashanti will be offering satsangs and intensives in the following areas during 2008:

- ▶ **Boulder, CO** **October 10–11, 2008**
- ▶ **Phoenix, AZ** **October 12, 2008**

Out-of-town events with Adyashanti usually take the form of satsangs, book signings, or intensives. Intensives include a 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 travel intensives.
- You can also find scholarship information for these events online.
- If you would like to **volunteer** at any of these events, contact the local event host listed online.



Adyashanti and Mukti making new friends in Nashville, TN, 2006

Mount Madonna Center

Watsonville, CA

Weekend Silent Retreat

August 8–10, 2008

Mount Madonna Center is sponsoring this special weekend retreat with Adyashanti. It will be held in silence, similar to Adyashanti's Open Gate Sangha retreats, with the schedule modified to create a powerful 2-night format. The retreat will include several silent sittings and 5 satsangs.

Mount Madonna Tuition: \$225

Mount Madonna Accommodations: \$50 (commuter) to \$176 per person

All registration and housing arrangements will be handled by Mount Madonna Center. Mount Madonna Center is accepting registrations on a first-come, first-served basis at www.mountmadonna.org or by calling (408) 846-4064. Registration is not available through Open Gate Sangha.

Visit www.mountmadonna.org for details and registration.

Unity of Phoenix

Phoenix, AZ

Afternoon Intensive

October 12, 2008

Join Adyashanti for this special afternoon of satsang hosted by Unity of Phoenix. The day will include two satsangs and one meditation with time for questions.

Time: 1–6pm

Cost: \$75 at the door or online after September 14, 2008.

Visit www.unityphx.org for details and registration.

**Enlightenment is
the restoration of
cosmic humor.**

~ Adyashanti

RESOURCES

Gatherings

Adyashanti's teachings are being shared globally as well as locally, as groups gather to listen to Adyashanti's CDs or watch DVDs. There are over 50 Gatherings now taking place in 26 states and 7 countries—and the list continues to grow. 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.

Meeting with Mukti

Mukti, Associate Teacher of Open Gate Sangha, offers dokusan (private meetings for satsang inquiry) in person and by phone. In-person meetings take place in San Jose, CA. Phone meetings are available for those who live outside the greater San Francisco Bay Area. Dokusans are offered on a donation basis. To schedule a dokusan, call (408) 299-0201 ext. 31.

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. Scholarship applications can be downloaded from the Intensives and Retreats areas of our website, www.adyashanti.org, or mailed to you if you call (408) 299-0201 and request them. Application deadlines vary from event to event.

Open Gate Sangha, Inc.

Located in the heart of Silicon Valley, CA, the Open Gate Sangha organization supports the teachings of Adyashanti and Mukti 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.

Your financial contributions to "Open Gate Sangha" may be tax-deductible, including payments for satsangs, intensives, retreat event fees, and dokusans. The housing portion of retreat fees, however, is not tax-deductible. Those who feel called to financially support Adyashanti's and Mukti's teachings may contribute to the following funds: Publishing Fund, Scholarship Fund, Cafe Dharma, and General Fund. To contribute, please indicate the fund(s) on your check and mail it to PO Box 112107, Campbell, CA 95011.

Open Gate Sangha, Inc. is a nonprofit, tax-exempt 501(c)(3) organization.

Board of Directors and Officers

President Adyashanti
Vice President / Secretary Mukti
Treasurer Julie Zeise
Director Gary Wolf
Executive Director Jerilyn Munyon



The Open Gate Sangha office is located in San Jose at 1299 Del Mar Avenue, Suite 200.

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opengate@adyashanti.org

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BOOKSTORE

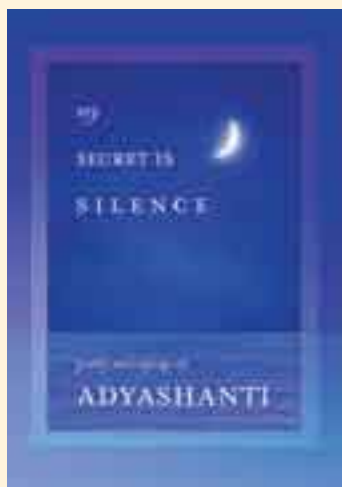
Books

Emptiness Dancing

© 2004, 2006 by Adyashanti
195 pages, softcover.
ISBN: 1-59179-459-5
\$18.95 **Item #3EDA2**

Who are you when you are not thinking yourself into existence? What is ultimately behind the set of eyes reading these words? In *Emptiness Dancing*, a collection of dharma talks, Adyashanti invites you to wake up to the essence of what you are, through the natural and spontaneous opening of the mind, heart, and body that holds the secret to happiness and liberation.

This 2nd edition, published by Sounds True, includes an exclusive 14-page interview.



My Secret Is Silence Poetry and Sayings of Adyashanti

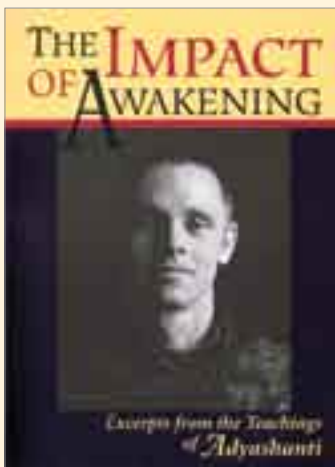
© 2003 by Adyashanti
141 pages, softcover.
ISBN: 0-9717036-1-2
\$17 **Item #3MSI**

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. Adyashanti calls *My Secret Is Silence* his most useful book for spiritual instruction.

The Impact of Awakening

© 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.



True Meditation Book with CD

© 2006 by Adyashanti
87-page hardcover book plus CD
ISBN: 978-1-59179-467-1
\$19.95 **Item #3TME**

What would happen if you were to allow everything to be exactly as it is? What if you gave up the need for control, and instead embraced the whole of your experience in each moment that arose? This engaging and elegant hardcover book invites you to explore these life-changing questions as Adyashanti offers his unique and powerful perspective on the art of meditation. Chapter titles include:

- Beginning the True Spiritual Journey
- The Ultimate Act of Faith
- Live in the Same Way You Meditate

Based on the *True Meditation* album (page 14), this book includes 29 chapters, a 16-page interview, and a 60-minute CD with two guided meditations.

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.

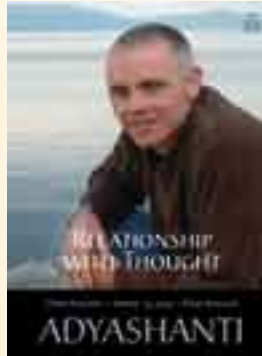
Relationship with Thought ~ Vol. 35

August 15, 2007 - Palo Alto, CA

© 2007 by Adyashanti. DVD length: 90 min.

\$25 **Item #4RWT**

What is your relationship to that endless stream of thoughts in your head? Do you take them to be yours? Do you believe your thoughts—noble, negative, scary, or otherwise? In this riveting satsang, Adyashanti guides us through a spiritual inquiry that breaks down our compulsive adherence to thought.

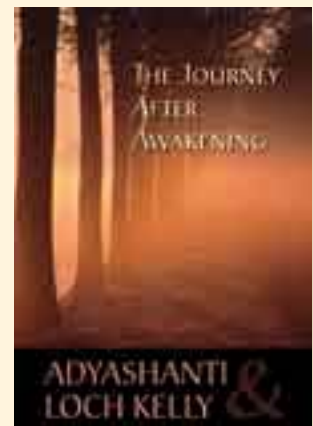


The Journey After Awakening

An In-Depth Conversation with Adyashanti & Loch Kelly

© 2007 by Adyashanti. DVD length: 109 min.

\$29 **Item #4JAA**



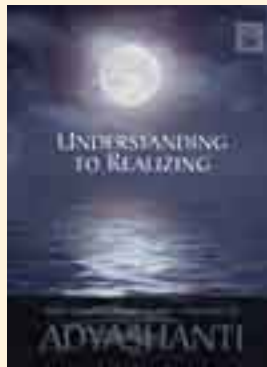
Understanding to Realizing ~ Vol. 36

August 22, 2007 - Palo Alto, CA

© 2007 by Adyashanti. DVD length: 90 min.

\$25 **Item #4UTR**

How do you go from intellectual understanding to a direct realization of your true nature? Although there is no predictable process to bring about realization, Adyashanti describes what you can do to ground your understanding in silence. Then, by resting in that quiet place of stillness, what is eternally true has the opportunity to reveal itself.



The Cause of Suffering ~ Vol. 37

September 12, 2007 - Palo Alto, CA

© 2007–2008 by Adyashanti. DVD length: 90 min.

\$25 **Item #4COS**

Have you noticed that all the ways we try to make ourselves feel better don't seem to work in the long run? Treating the symptoms is not the answer—only at the root level does change occur. Freedom from suffering is only possible if we clearly see its underlying cause. In this definitive, direct, and accessible satsang, Adyashanti explains the mechanics of suffering and offers a simple yet powerful way to see beyond the misperceptions that cause it.



The Presence of Being ~ Vol. 38

September 19, 2007 - Palo Alto, CA

© 2007–2008 by Adyashanti. DVD length: 90 min.

\$25 **Item #4POB**

Adyashanti's core teaching is that the simple awareness of your own being is what allows real transformation to happen. If you look for something extraordinary, you'll miss it, and the seeking mind can't help you. So, what can you do? In this satsang, Adyashanti offers practical step-by-step guidance that enables you to recognize and reclaim your true identity.



Awakening to our true nature does not mark the end of the spiritual path—it's just the beginning. In this intimate and compelling dialogue, Adyashanti and Loch Kelly explore the journey after awakening, sharing insights gained from their own lives and through working with hundreds of people in this mysterious, subtle, and sometimes precarious territory. With candid reflections and observations they illuminate:

- Certainty and the Unknown
- Dissolving Personal Will
- Post-Awakening Detox
- The Undefended Heart
- Fear of Death
- Risks and Casualties
- Partial Awakening
- Authentic Flowering

CD Audio Albums

I Am

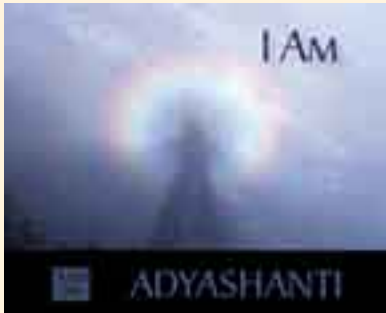
The Nondual Teachings of Jesus Christ

3 Audio CDs

© 2005–2007 by Adyashanti

Running time: Approx. 3.5 hrs.

\$29 Item #2IAM



Adyashanti brings fresh insight to the nondual teachings of Christ and offers a revolutionary perspective on often-told but misinterpreted biblical passages. This long-awaited CD album includes selected talks and dialogues recorded at Adyashanti's Christmas Intensives in 2005 and 2006. Topics include:

- The Teaching of "I Am"
- Thy Will Be Done
- Good and Evil
- It's Not Due to Merit
- Missing the Mark
- Love Is the Fruit
- Our Own Virgin Birth
- True Prayer

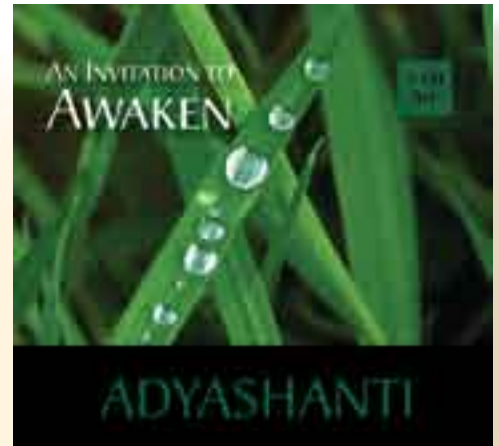
The mind cannot tell you what is real.

~ Adyashanti

An Invitation to Awaken

Do you have a sincere desire to wake up to your true nature? If so, this album has been created especially as a catalyst for your awakening. In his direct and simple manner, Adyashanti clears the way for you to realize that which you have always known. Some of the topics covered in this 7-CD album are:

- The Seeking Dilemma
- The Highest Spiritual Practice
- Struggling to Wake Up
- Reality Is Not Mystical
- The Primary Delusion
- There Is No Secret
- Inquiry Breaks the Trance
- Give Way to Stillness

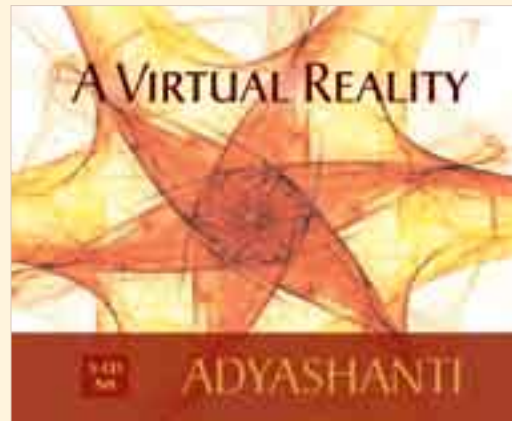


7 Audio CDs

© 2006–2007 by Adyashanti

Running time: Approx. 8.5 hrs.

\$75 Item #2ITA



3 Audio CDs

© 2007 by Adyashanti

Running time: Approx. 3.5 hrs.

\$29 Item #2VRE

New!

A Virtual Reality Selected Talks and Dialogues with Adyashanti

Most people are living in a virtual reality—believing things that aren't true and experiencing the world through the lens of past conditioning. But there's no need to be satisfied marking time in illusion when the joy of unconditioned existence is so close at hand. In these selected talks and dialogues from the May–June 2007 retreat, Adyashanti shows us how to see through the fabrications of mind that cause our suffering and open into the freedom and vastness of our true nature. Topics include:

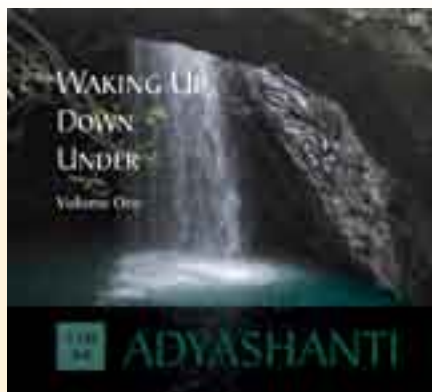
- A Virtual Reality
- Mind Is Not a Problem
- Why Meditate?
- A Sense of Aliveness
- The Only Relevant Question
- Seeing the Truth of No Self
- Sticky Thoughts
- Does Source Have a Heart?

**Complete selection of Adyashanti videos
and CD albums online at www.adyashanti.org**

New!

Waking Up Down Under Vol. 1 & Vol. 2

These audio CD albums present the dynamic teachings and moving dialogues from Adyashanti's weekend intensives in Australia in 2007. These live recordings reflect the sincerity and depth that emerged from these intimate investigations of spiritual awakening.



Waking Up Down Under ~ Vol. 1

7 Audio CDs

October 6 & 7, 2007 ~ Perth, Australia

© 2007–2008 by Adyashanti. Running time: 8 hours

\$65 Item # 7WUD1

Volume 1 includes a guided meditation and explores many topics including:

- Levels of Awakening
- Indulgence and Resistance
- The Temptation of Power
- Karma and the Human Soul
- Purpose and Meaning

Waking Up Down Under ~ Vol. 2

7 Audio CDs

October 13, 2007 ~ Sydney, Australia

October 20, 2007 ~ Byron Bay, Australia

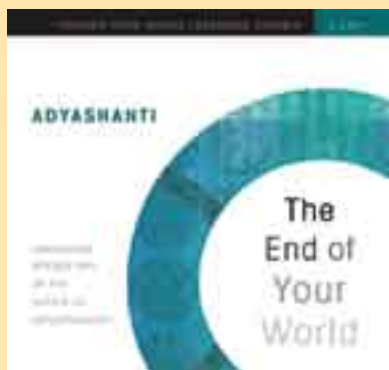
© 2007–2008 by Adyashanti. Running time: 8 hours

\$65 Item # 7WUD2

Volume 2 explores many topics including:

- Unhooking from the Compulsion to Think
- The Problem with Nondual Teachings
- Operating from Emptiness
- Saying Yes to Limitation
- Causeless Gratitude

Published by Sounds True



New!

The End of Your World

6 Audio CDs

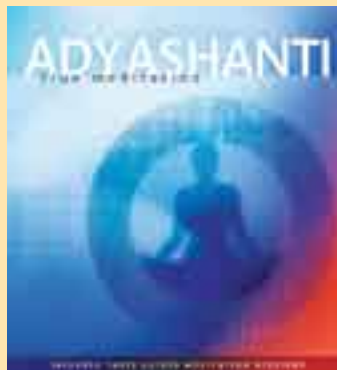
© 2008 by Adyashanti

Running time: 7.5 hrs.

\$69.95 Item #2EOY

The End of Your World is an invitation to join Adyashanti for an honest investigation of what you really are—and how to live when you discover it. For those caught between what he calls “non-abiding” awakening and the ultimate state of “abiding” enlightenment, Adyashanti offers straight talk, penetrating insight, and teaching stories to help navigate the pitfalls and cul-de-sacs that “un-enlighten” us along the journey. Highlights include:

- Awakening: the greatest gift you can offer humanity
- “Velcro thoughts” and how to release their grip
- How to reorient your life in the post-awakening world
- How to handle the transformational energies that “re-wire” your body
- How the ego can “co-opt” realization for its own purposes
- The danger of becoming “drunk on emptiness”



True Meditation

3 Audio CDs

© 2006 by Adyashanti

Running time: 3 hrs. 30 min.

\$24.95 Item #2TME

What would happen if you were to allow everything to be exactly as it is? What if you gave up the need for control, and instead embraced the whole of your experience in each moment that arose? In this 3-CD set, beautifully edited and recorded by Sounds True, Adyashanti teaches listeners to approach meditation with an open attitude, to discover our natural tendency to awaken, and to bring this transcendent recognition of our natural state into daily life. *True Meditation* invites you to explore:

- How to make the “effortless effort” that will vivify the present moment.
- Meditative self-inquiry and “The Way of Subtraction”: how to ask a spiritually powerful question—and determine the real answer.
- Three guided meditations intended to reveal what Adyashanti calls “your home as awareness itself”

These recordings have been transcribed and edited for the *True Meditation* book and CD set on page 11.

ADYASHANTI'S
Cafe Dharma

Stay Connected

Adyashanti's Cafe Dharma features mp3 recordings of local-area satsangs so anyone around the world can stay connected with Adyashanti's current teachings. Choose from a growing library of downloadable satsangs for \$10 each.

Free Classics

At Cafe Dharma you'll always find a selection of full-length satsangs to download at no cost. Usually these are popular classics, originally recorded on cassette and now made available for the timeless quality of their content.

Downloading Is Easy

Just visit the Audio and Radio pages at www.adyashanti.org/cafedharma to download your full-length satsangs and listen to them on your computer or mp3 player.



Note: Cafe Dharma does not currently offer recordings from this newsletter or Adyashanti's online bookstore.

New Satsang CDs

\$16 per 2-CD set

Running time 90–110 minutes per title.

© 2007–2008 by Adyashanti

Transmission

Item #1TRA. May 3, 2007 ~ Watsonville, CA

“Come on, let’s get to the real teaching here.” Many years ago during a Zen retreat, Adyashanti’s teacher rambled on about a recent trip to India. It was during this talk that Adyashanti suddenly understood that the real teaching was happening beyond words and scriptures. The transmission was available to everyone in the room, but how many noticed? Adyashanti shows us how to look beneath the surface and recognize the true message of satsang.

Knowing What You Know

Item # 1KWY. May 31, 2007 ~ Watsonville, CA

Adyashanti offers helpful guidance on how to approach the fundamental question, “Who am I?” His advice: Be uncomplicated. Be your own authority. Look inside at what is looking. You won’t find an answer in the form of a something or a somebody, but awareness will be there. What is your immediate sense of that awareness? Adyashanti shows us how to recognize the true significance of this seemingly empty space.

Life Without a Story

Item # 1LWA. August 27, 2007 ~ Watsonville, CA

When we get suckered in and start believing the story of our imaginary self, we suffer. That’s our built-in truth meter. Our stories are inherently empty and isolating because the only place they are happening is in our own head. They are one step removed from reality. In this illuminating satsang, Adyashanti invites us to discover the sacredness of life as it truly is—without our story about it.

Abiding Awakening

Item # 1AAW. May 13, 2007 ~ San Rafael, CA

Adyashanti addresses at length why many people have awakening experiences yet very few experience abiding awakening. The question naturally arises, “How do I stay in that state?” But efforts to hang onto or replicate the awakening experience actually separate us from the ever-present awakens that we are. In this articulate and thoughtful satsang, Adyashanti shows us the ways that we “unenlighten” ourselves in each moment and points us toward the effortless nature of abiding awakens.

Visit www.adyashanti.org for a complete selection of books, video, and audio.

Ordering Information

Order online or send payment in US check or money order. Sorry, no credit cards by mail or phone.

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Adyashanti ▸ Summer/Fall 2008



Adyashanti, author of *Emptiness Dancing*, *The Impact of Awakening*, and *True Meditation*, dares all seekers of peace and freedom to take the possibility of liberation seriously. His spontaneous and direct teachings have opened the door for many seekers to awaken to their true nature and live an awakened life.



Mukti, whose name is translated as “liberation,” is a teacher in the lineage of Adyashanti, her husband. Prior to 1996, when she began studying the nondual, Zen-flavored teachings of Adyashanti, Mukti studied the teachings of Paramahansa Yogananda for over 20 years. In her own teachings, Mukti points audiences back to their natural state of wholeness or undivided consciousness.



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