

ADYASHANTI

Winter/Spring 2008



Are You Ready to Lose Your World?

To Our Readers

As the Buddha said, "You will come to see this world as an ephemeral dream, a bubble." There's no more reality to it than a good dream at night. But even though it's not real, you will also see it as an absolute miracle, because it's the only way that the Divine has experiences of Itself. It is our human mind having experiences of itself, as joys or fears—all of it. It's an amazing thing when you start to realize what's actually going on.
~ Adyashanti

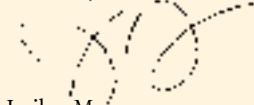
We've had a lot of fun and learning in our dream-experience of organizing Adyashanti's first trip to Australia. We're very happy to have the opportunity to offer his teachings in person to our friends there. Thanks to everyone who has helped us to make this happen.

Cafe Dharma, Adyashanti's online teachings area, continues to grow. It now offers downloads of Adyashanti's most recent live talks within a few days of each satsang. This is great news for those of you who would like to stay connected with Adyashanti's current teachings. And as always, Cafe Dharma's audio page offers a FREE full-length satsang classic each month.

Radio Adyashanti is unfolding as a great way for those around the world to share in a live satsang event with Adyashanti. Over 2,000 people have listened to each broadcast. Soon we will be doing a major upgrade of our technical systems to make it possible for those numbers to grow and still provide a high-quality broadcast. The live broadcast is always FREE. And we are pleased to announce that Adyashanti has increased the number of broadcasts next year to two or three per month.

We hope you enjoy this newsletter offering. Blessings to you, wherever you are.

Namaste,



Jerilyn Muhyon
Executive Director

“ Everything is simultaneously creating itself right now. ”

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TEACHINGS

Are You Ready to Lose Your World?

BY ADYASHANTI

There is a very famous poem written by the third patriarch of Zen, Seng-ts'an, called the *Hsin-Hsin Ming*, which translates as *Verses in Faith Mind*. In this poem Seng-ts'an writes these lines: "Do not seek the truth; only cease to cherish opinions." This is a reversal of the way most people go about trying to realize absolute truth. Most people seek truth, but Seng-ts'an is saying not to seek truth. This sounds very strange indeed. How will you find truth if

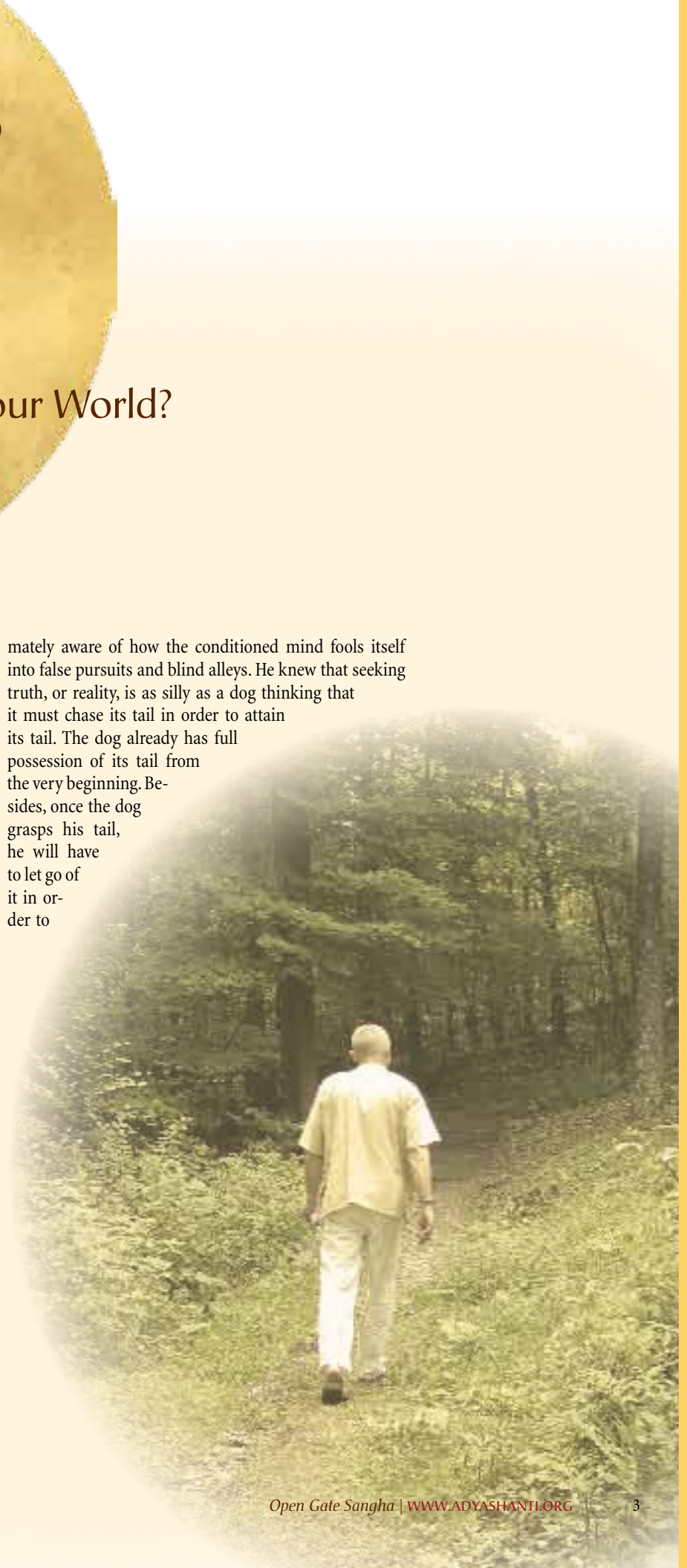
True awakening will not fit into the world as you imagine it or the self you imagine yourself to be.

you don't seek it? How will you find happiness if you do not seek it? How will you find God if you do not seek God? Everyone seems to be seeking something. In spirituality seeking is highly honored and respected, and here comes Seng-ts'an saying not to seek.

The reason Seng-ts'an is saying not to seek is because truth, or reality, is not something objective. Truth is not something "out there." It is not something you will find as an object of perception or as a temporal experience. Reality is neither inside of you nor outside of you. Both "outside" and "inside" are not getting to the point. They both miss the mark because outside and inside are conceptual constructs with no inherent reality. They are simply abstract points of reference. Even words like "you," or "me," or "I," are nothing more than conceptual points of reference existing only in the mind. Such concepts may have a practical value in daily life, but when assumed to be true they distort perception and create a virtual reality, or what in the East is called the world of *samsara*.

Seng-ts'an was a wily old Zen master. He viewed things through the eye of enlightenment and was inti-

mately aware of how the conditioned mind fools itself into false pursuits and blind alleys. He knew that seeking truth, or reality, is as silly as a dog thinking that it must chase its tail in order to attain its tail. The dog already has full possession of its tail from the very beginning. Besides, once the dog grasps his tail, he will have to let go of it in order to



function. So even if you were to find the truth through grasping, you will have to let it go at some point in order to function. But even so, any truth that is attained through grasping is not the real truth because such a truth would be an object and therefore not real to begin with.

In order to seek, you must first have an idea, ideal, or an image, what it is you are seeking. That idea may not even be very conscious or clear but it must be there in order for you to seek. Being an idea it cannot be real. That's why Seng-ts'an says "only cease to cherish opinions." By opinions he means ideas, ideals, beliefs, and images, as well as personal opinions. This sounds easy but it is rarely as easy as it seems. Seng-ts'an is not saying you should never have a thought in your head, he is saying not to cherish the thoughts in your head. To cherish implies an emotional attachment and holding on to. When you cherish something, you place value on it because you think that it is real or because it defines who you think you are. This cherishing of thoughts and opinions is what the false self thrives on. It is what the false self is made of. When you realize that none of your ideas about truth are real, it is quite a shock to your system. It is an unexpected blow to the seeker and the seeking.

The task of any useful spiritual practice is therefore to dismantle cherishing the thoughts, opinions, and ideas that make up the false self, the self that is seeking. This is the true task of both meditation and inquiry.

Adyashanti with his childhood pet.



Through meditation we can come to see that the only thing that makes us suffer is our own mind. Sitting quietly reveals the mind to be nothing but conditioned thinking spontaneously arising within awareness. Through cherishing this thinking, through taking it to be real and relevant, we create internal images of self and others and the world. Then we live in these images as if they were real. To be caught within these images is to live in an illusory virtual reality. Through observing the illusory nature of thought without resisting it, we can begin to question and inquire into the underlying belief structures that support it. These belief structures are what form our emotional attachments to the false self and the world our minds create.

This is why I sometimes ask people, "Are you ready to lose your world?" Because true awakening will not fit into the world as you imagine it or the self you imagine yourself to be. Reality is not something that you integrate into your personal view of things. Reality is life without your distorting stories, ideas, and beliefs. It is perfect unity free of all reference points, with nowhere to stand and nothing to grab hold of. It has never been spoken, never been written, never been imagined. It is not hidden, but in plain view. Cease to cherish opinions and it stands before your very eyes. ▀

Free Teachings Online

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



Open Gate Sangha, Inc.

Located in the heart of Silicon Valley, CA, 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.

Most of your financial contributions to "Open Gate Sangha" are tax-deductible, including payments for satsangs, intensives, and retreat event fees. 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 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
 Director Jerilyn Munyon

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 our website.

Many Blessings to all.

ALL YOU CAN KNOW

*Not much can be said
when you realize
you are
the Great Emptiness,
the great pregnant nothingness
from which
everything comes
and to which
everything goes.*

*What can you
possibly
know
about nothing?*

*All you can know
is that
you are That.*

~ Adyashanti

EVENTS

2008 Calendar

January

Wed, Jan 16	Palo Alto Satsang	7–8:45pm
Sat, Jan 19	Santa Cruz Satsang	5:30–7:15pm
Sun, Jan 20	San Francisco Satsang	4–5:45pm
Fri, Jan 25	Mt. Madonna 2-Night Retreat	Check-in: 3–5pm
Sun, Jan 27	—Retreat Ends	Check-out: 1pm

February

Sun, Feb 3	Asilomar Retreat	Check-in: 3–5 pm
Fri, Feb 8	—Retreat Ends	Check-out: 12:30pm
Wed, Feb 13	Palo Alto Satsang	7–8:45pm
Sat, Feb 23	Oakland Satsang	11am–12:45pm
Sat, Feb 23	Santa Cruz Satsang	5:30–7:15pm

March

Sat, Mar 1	Spirit Rock One-Day Intensive	11am–6pm
Thu, Mar 6	San Diego Satsang	7–9pm
Fri, Mar 7	San Diego Satsang	7–9pm
Sat, Mar 8	San Diego Intensive	12–6pm
Wed, Mar 12	Palo Alto Satsang	7–8:45pm
Sat, Mar 22	March Two-Day Intensive	10am–6pm
Sun, Mar 23	—Intensive Day 2	1–6pm

April

Tue, Apr 1	Vancouver Satsang	7:30–9:30pm
Wed, Apr 2	Vancouver Satsang	7:30–9:30pm
Fri, Apr 4	Seattle Satsang	7–9pm
Sat, Apr 5	Seattle Intensive	12–6pm
Wed, Apr 9	Palo Alto Satsang	7–8:45pm
Sat, Apr 12	Oakland Satsang	11am–12:45pm
Sat, Apr 12	Santa Cruz Satsang	5:30–7:15pm
Sun, Apr 20	Asilomar Retreat	Check-in: 3–5pm
Fri, Apr 25	—Retreat Ends	Check-out: 12:30pm

May

Sat, May 3	Santa Cruz Satsang	5:30–7:15pm
Sun, May 4	San Francisco Satsang	4–5:45pm
Wed, May 7	Palo Alto Satsang	7–8:45pm
Mon, May 19	Chicago Satsang	7:30–9:30pm
Tue, May 20	Chicago Satsang	7:30–9:30pm
Thu, May 22	Philadelphia Satsang	7:30–9:30pm
Fri, May 23	Philadelphia Satsang	7:30–9:30pm
Sat, May 24	Philadelphia Intensive	12–6pm

June

Wed, Jun 4	Palo Alto Satsang	7–8:45pm
Sun, Jun 8	Mount Madonna Retreat	Check-in: 3–5pm
Fri, Jun 13	—Retreat Ends	Check-out: 1pm

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

For events with Mukti, see page 13.

Satsangs (Online)

Who is listening?

Argentina
Australia
Austria
Belgium
Belize
Brazil
Canada
Chile
China
Denmark
Finland
France
Germany
Guatemala
Hungary
India
Ireland
Israel
Italy
Japan
Kazakhstan
Korea
Malaysia
Mexico
Netherlands
New Zealand
Norway
Peru
Paraguay
Poland
Portugal
Puerto Rico
Slovenia
Spain
Sweden
Turkey
UK
USA

▶ 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.

Satsangs (San Francisco Area)

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 backjacks.
- Due to periodic schedule changes, visit www.adyashanti.org for the most current schedule.

East Bay

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

Dates: February 23, April 12

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 $\frac{2}{3}$ 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 $\frac{2}{3}$ of a block past Foothill Blvd. Look for street parking as soon as you pass Foothill Blvd.

San Francisco

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

Dates: January 20, May 4

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

From the North: From 101 S, cross the Golden Gate bridge and follow the signs to Lombard St. Take Lombard to Van Ness Ave. Turn right on Van Ness Ave. and proceed to Pine St. Turn right on Pine and go 2 blocks to Gough St. Turn left on Gough and continue just past Geary Blvd. Make the first immediate left onto Starr King Way. Take Starr King one block and turn left onto Franklin St. The church will be on your left.

From the East: I-80 W to 101 N. After crossing the Bay Bridge, move into the right lane and continue, following the signs to Golden Gate Bridge/Fell St. Continue below.*

From the South: Take 101 N. As you approach San Francisco, move into the left lane and follow the Golden Gate Bridge signs. Continue below.*

*Take the Octavia/Fell exit. Get into the right lane, turn right onto Market St. and move into the left lane. Go 2 blocks and turn left on Franklin St. Go 10 blocks on Franklin to O'Farrell St. The church will be on your left.

Parking: Street parking is available. Please be aware of metered days/times. Nearest parking garage is Sutter Place Garage, 1355 Sutter St., between Van Ness Ave. and Franklin St.

Peninsula

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

Dates: January 16, February 13, March 12, April 9, May 7, June 4

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: January 19, February 23, April 12, May 3

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.

Intensives (San Francisco Area)



► 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 15, 2007

Saturday, 3–9pm

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

Cost: \$50 (preregistered on or before November 30)
\$75 (at the door, space permitting)

Unity Palo Alto Community Church
3391 Middlefield Rd., Palo Alto, CA 94306

Seating: Seating is provided.

► March 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.

March 22–23, 2008

Saturday, 10am–6pm; Sunday, 1–6pm

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

Cost: \$150 (preregistered on or before March 7)
\$175 (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.



Register online at www.adyashanti.org

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 at least 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** (non-transferable) 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.
- 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

Open Gate Sangha offers a limited number of scholarships to intensives and retreats for those who need financial assistance.

- 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 December 15 intensive: November 9, 2007

For the March 22–23 intensive: February 15, 2008

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.

“Sitting quietly reveals the mind to be nothing but conditioned thinking spontaneously arising within awareness.”

Mail-In Intensive Registration Form

2007 Christmas Intensive..... \$ _____
 December 15, 2007 in Palo Alto
\$50 postmarked by November 30, 2007. \$75 at the door.
 Limited seating. Register early.

March Two-Day Intensive \$ _____
 Full 2-day attendance required.
 March 22–23, 2008 in San Rafael
\$150 postmarked by March 7, 2008. \$175 at the door.

TOTAL ENCLOSED \$ _____

- Payment in full is required. If you are paying for more than one intensive, write one check.

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

- Mail-in registrations must be postmarked on or before the deadline date, two weeks prior to each intensive.

Open Gate Sangha, PO Box 112107, Campbell, CA 95011

Name: _____

Address: _____

City/State/Zip: _____

Home Phone: _____

Work Phone: _____

Email: _____

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

Special Events

Mount Madonna Center

Watsonville, CA

Weekend Silent Retreats

January 25–27, 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: \$210

Mount Madonna Accommodations: \$48 (commuter) to \$166 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.

August 8–10, 2008

When details about this weekend retreat become available, they will be posted online at www.mountmadonna.org.



Spirit Rock Meditation Center

Woodacre, CA

True Meditation

Saturday, March 1, 2008, 11am–6pm

Cost: \$90–\$150 sliding scale

What would happen if you were to allow everything to be exactly as it is? If you gave up the need for control, and instead embraced the whole of your experience in each moment that arose?

In the fourteen years that he studied Zen, Adyashanti found that most seasoned meditators used the practice as an end instead of a means to an end. He ultimately realized that only when you let go of all techniques—even the concept of yourself as a meditator—will you open to the true meditation: dwelling in the natural state.

REGISTRATION: Register online at www.spiritrock.org, call (415) 488-0164, ext. 234, or send a check to Spirit Rock Meditation Center, PO Box 169, Woodacre, CA 94973. Indicate event code AY1B08.

Please bring a bag lunch.

Travels

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

- ▶ **San Diego, CA** **March 6–8**
- ▶ **Vancouver, BC** **April 1–2**
- ▶ **Seattle, WA** **April 4–5**
- ▶ **Chicago, IL** **May 19–20 (first visit!)**
- ▶ **Philadelphia, PA** **May 22–24 (first visit!)**
- ▶ **Boulder, CO** **October 9–11**
- ▶ **Phoenix, AZ** **October 12 (first visit!)**

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 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.



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

In April 2008, the retreats in July through December 2008 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 January–June 2008 retreats was October 9, 2007.

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

Retreat Dates:

▶ February 3–8, 2008

5-Night Retreat at Asilomar

Pacific Grove, CA

Event Fee: \$325 /Housing: \$460–\$594

Open Seats Currently Available*

▶ April 20–25, 2008

5-Night Retreat at Asilomar

Pacific Grove, CA

Event Fee: \$325 /Housing: \$460–\$594

Open Seats Currently Available*

▶ June 8–13, 2008

5-Night Retreat at Mount Madonna Center

Watsonville, CA

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

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 2008

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

- ▶ August 24–29, 2008 at Mount Madonna Center, *Watsonville, CA*
- ▶ September 7–12, 2008 at Garrison Institute, *Garrison, NY*
- ▶ November 9–14, 2008 at Asilomar, *Pacific Grove, CA*

MUKTI



**Abide
at the edge
of inner
and outer
worlds until
they disappear
into one
without another.**

~ Mukti

Dear Sangha,

For each one of us life is a surprise. No matter how we picture it, it shows up in forms that defy all thought.

After years of travelling with Adya for his teaching, I never thought that I'd be travelling on my own, responding to invitations extended from cities both local and afar. Below you'll see that my role of Associate Teacher here at Open Gate Sangha has expanded beyond the one-on-one dokusan meetings to also include group satsang and one-day silent retreats.

I'm particularly interested in the one-day silent retreat format, which I've structured to include three short satsangs interspersed with periods of meditation. I'm also interested in bringing the possibility of retreat and extended time in silence and inquiry to more people.

Also a great surprise has been getting to experience the wonderful flavors of many of you, all of whom are indeed "Dear Sangha."

May you know without question the flame of liberation that burns brightly, continually.

Your One True Self,

Mukti

About Mukti

Mukti, whose name is translated as "liberation," is the Associate Teacher of Open Gate Sangha. In 1996 she began studying the nondual, Zen-flavored teachings of Adyashanti, her husband. Prior to that, 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. Licensed in acupuncture and certified to teach hatha yoga, Mukti has a love of the whole, in form as well as the formless.

Events In Palo Alto, CA

The stillness of meditation and the dynamic inquiry of satsang are a potent combination for realization. Accordingly, Mukti regularly offers both satsang and meditations locally in Palo Alto, CA.

▶ Satsangs ~ Unity Palo Alto Community Church

Mukti frequently opens satsang with a talk or guided meditation and follows with questions and answers pointing directly to your true nature.

The contribution per satsang is \$10, paid at the door. Chairs are provided. Please do not bring backjacks.

Wednesdays: January 23, February 27, March 26, April 30

Time: 7:00–8:45pm
Doors open 20 minutes prior to satsang for silent sitting.

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

▶ Monthly Meditations ~ St Mark's Episcopal Church

Offered on a donation basis, meditations include two 40-minute silent sittings with a silent break between. Mukti will offer a guided meditation during the first sittings. You may attend one or both sittings.

Mondays: January 14, February 11, March 10, April 14, May 12, June 9

Times: First Sitting: 7:00–7:45pm / Second Sitting: 8:00–8:45pm
Please arrive early. Doors close at the start of each period.
No entry during meditation.

Location: St. Mark's Episcopal Church Chapel
600 Colorado Ave., Palo Alto, CA 94306

The Chapel is the small building on the right as you enter the first driveway. Some chairs will be provided. Please bring your own floor seating. Sorry, no lying down or standing meditation allowed.

Travels

Mukti will be teaching in the following areas during the first half of 2008:

▶ Portland, OR	January 18–19
▶ Auburn, CA	March 14–15
▶ Ashland, OR	April 11–12
▶ Olympia, WA	May 2–3

In each city Mukti will offer an evening satsang followed by a one-day silent retreat. Visit www.muktisource.org for complete details about these events. For one-day retreats, preregistration online is recommended. Event announcements will be included in Adyashanti's monthly email prior to each event.

Private Meetings

Mukti offers dokusan (private meetings for satsang inquiry) in San Jose, CA. For those who live outside the greater San Francisco Bay Area she offers dokusan by phone. To schedule a dokusan, call Terri at (408) 299-0201 ext. 20.

www.MUKTISOURCE.org

Visit www.muktisource.org for complete details about Mukti, her teachings, and her events. The site offers written teachings, schedule updates, directions, online registration for one-day retreats, plus an opportunity to invite Mukti to give satsangs in your area.

The Nameless

BY MUKTI

Krishnamurti spoke of how the bird is at once lost to the child who learns its name.

Can you recall when you were a child experiencing the world arising, moment-to-moment, without thought dividing its content?

In the spirit of recalling this perspective, prior to duality, I invite you to read ahead, and then try this exercise:

Look out the nearest window or across the room, and name what is in front of you. Perhaps several names come to mind (e.g., green, tree, pine). Subsequently, wipe each name from your mind as you look at the object, until you can see it without a name. As your eyes relax and your vision widens, take in the view globally.



To take the investigation further, let your listening relax outward, globally. If a thought that names a sound arises, simply let the name relax out of your mind and turn your attention again to what is within your range of hearing, letting your field of hearing widen and relax outward to experience a global awareness.

And finally, invite any sense of the one named “you,” your familiar sense of self, to relax out of the center of your experience. You may feel the edge of your body soften

or, more importantly, your sense of the one who is tracking perception and doing this exercise, dissolve out of the center.

Rest in this awareness that does not divide, does not name, and which itself will forever remain nameless. ▶

SANGHA

helped these events run smoothly, with special gratitude to Gary Gagne for his unwavering sound support, and his wife, Cary Ennis, for her graceful sharing of knowledge gleaned from being on the road with Adya. We'd like to welcome Ane Gade, support person for the hosts, who has shown up in her diligent and caring way to support Mukti in all her travels.

▶ We want to express our deep gratitude to all of the volunteers who give so lovingly of their time and energy at the office and transcribing at home. Their talent and generosity are truly amazing and heartwarming, and they make it possible for Adyashanti's teachings to reach a growing number of people. Special thanks to Carolyn Dawn for her dedicated service in the front office, where she is now in her fourth year of volunteering.

▶ We are happy to introduce Erin McKinley, who has been hired part-time to handle shipping in our mail-order Bookstore. She has graced us with her great skills, open heart, and easy laugh. Welcome, Erin!

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 23 states and 4 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.

Volunteers

Open Gate Sangha is fortunate to have a dedicated pool of volunteers who contribute their time, energy, and talent to help support the teachings of Adyashanti. From arranging the stage or greeting

people at events to offering professional skills such as event coordination and sound engineering, our volunteers are essential to the day-to-day operations of the sangha. Because of their generosity, Open Gate Sangha is able to bring Adyashanti's teachings to a community of people all around the world. If you feel called to offer your time at events, in our San Jose office, or at home, please send an email to volunteer@adyashanti.org.

News & Gratitude

▶ This past year Adyashanti's travels included only two locations: New York and Australia—but he visited many countries via his internet radio program! Adyashanti receives many invitations, and the radio program is his way to meet the growing requests for his teachings. In 2008, for the first time, Adyashanti will travel to Chicago and Philadelphia, finding himself on the East Coast more often as the sangha there continues to grow.

▶ There is a huge team of people who run Adyashanti's live events all over the world. From Travel Hosts who plan events for a one-time trip, to Retreat Managers who dedicate years of service at a time and hours equivalent to a part-time job, to volunteers who show up for one event to ring a bell, and everyone in between—we thank you all for your beautiful heart of service. We'd like to specifically mention our hosts in Australia for their dedicated work on Adya's Down Under trip in October 2007, and thanks to all the hosts all over the United States who are well in the swing of planning 2008 events! We honor Priya Irene Baker for her years of service as Intensive Manager; her nurturing spirit and attention to detail will be missed. We'd also like to thank Maya Vidhyadharan for her contributions to the Intensive Manager role. We wish both of them well on their new adventures. We're happy to welcome Edward West as our new Intensive Manager.

▶ Mukti's first two travel events were successful, with people expressing gratitude for the teachings and clear transmission of presence. These events are made possible through the dedication, open heart, and generosity of the hosts who organized the events. Our thanks to the many volunteers who



Helping out at the Open Gate Sangha office

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.

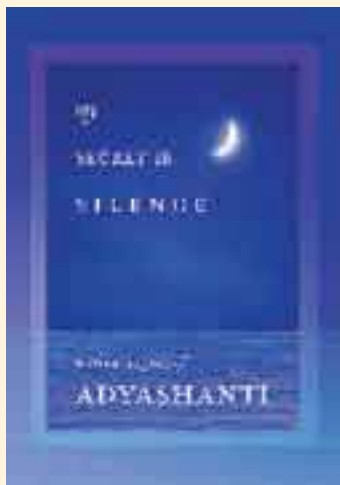
This 2nd edition, published by Sounds True, includes an exclusive 14-page interview.



My Secret Is Silence Poetry and Sayings of Adyashanti

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

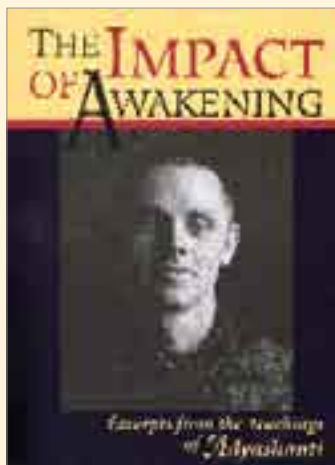
In this book of poetry and teachings, Adyashanti celebrates life from the vantage of the laughing Buddha and gently invites the mystery to wake up to itself in the heart of each reader. A wonderful gift for anyone who loves getting drunk on truth or still imagines they are thirsty and need a long, sweet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



The Impact of Awakening

© 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 18), 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.

The Ground of Silence ~ Vol. 29

March 14, 2007 - Palo Alto, CA
© 2007 by Adyashanti. DVD length: 90 min.
\$25 **Item #4GOS**

Join Adyashanti on a journey back to the root of your own consciousness. In this expansive and enjoyable satsang, Adya calls us out of the world of noise and into the fundamental reality of silence. However, on this journey be aware that all paths lead away from Truth. "The Truth is already here. Where are you going?"

Listening ~ Vol. 30

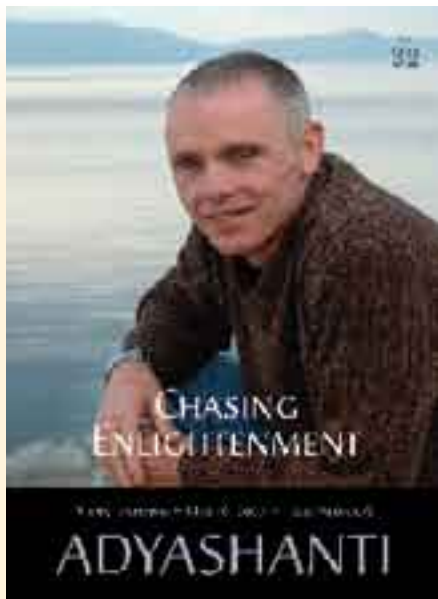
April 4, 2007 - Palo Alto, CA
© 2007 by Adyashanti. DVD length: 90 min.
\$25 **Item #4LIS**

This fresh and insightful satsang reveals an essential but often-missed aspect of spirituality: the art of listening. Adyashanti shows us how we can experience true listening—not just hearing sounds with our ears, but rather opening our entire being to what is. Compelling dialogues explore the experience of wanting, the sense of inadequacy, and the shadow realms of the psyche.

Truth or Bust ~ Vol. 31

April 18, 2007 - Palo Alto, CA
© 2007 by Adyashanti. DVD length: 90 min.
\$25 **Item #4TOB**

In this open and expansive satsang, Adya discusses the pre-battle scene in the Bhagavad Gita, a sacred Hindu epic. The story is about the willingness to face our most sacred beliefs and let go of them. Adya shares the moment in his own life when the willingness to question everything reoriented his entire spiritual quest. "People wake up when they're willing to see the Truth more than they want to assert illusion."



Chasing Enlightenment ~ Vol. 32

May 16, 2007 - Palo Alto, CA
© 2007 by Adyashanti. DVD length: 90 min.
\$25 **Item #4CEN**

The "you" who is chasing enlightenment will never become enlightened. Instead of striving towards some distant goal that you will never reach, Adyashanti invites you to stop and ask: How am I avoiding the enlightenment that is already present in each moment? How am I seeing separation where it doesn't exist? This engaging satsang reveals the futility of striving and illuminates the simplicity of Oneness.

What Is Enlightenment? ~ Vol. 33

June 13, 2007 - Palo Alto, CA
© 2007 by Adyashanti. DVD length: 90 min.
\$25 **Item #4WIE**

Many people think that enlightenment is an altered state of consciousness. Actually, what we perceive

every day through the distorted lens of ego is the truly altered state—we see things that don't exist, we believe things that aren't happening, and we live in a false world of our own creation. In this direct and practical satsang, Adyashanti opens the door into the clear seeing that is our natural state of enlightenment.

What Is Being? ~ Vol. 34

June 20, 2007 - Palo Alto, CA
© 2007 by Adyashanti. DVD length: 90 min.
\$25 **Item #4WIB**

Have you ever noticed that while your body, thoughts, and emotions are totally different than they were years ago, there is something about you that hasn't changed at all? In this clear and dynamic satsang, Adyashanti illuminates this unchanging sense of "I" as the ultimate dimension that we have been seeking all along. This satsang includes a superb dialogue about how to respond to suffering in the world.



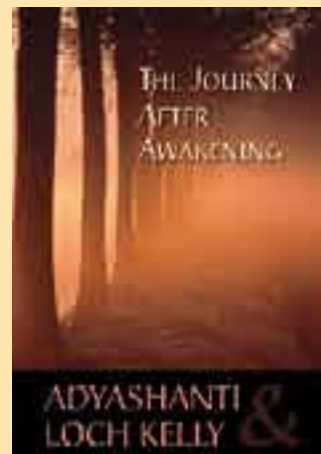
The Journey After Awakening

An In-Depth Conversation with
Adyashanti & Loch Kelly
© 2007 by Adyashanti. DVD length: 109 min.
\$29 **Item #4JAA**

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



CD Audio Albums

The Sacred Opportunity

3 Audio CDs

© 2005–2007 by Adyashanti

Running time: 3 hrs. 34 min.

\$29 Item #2SOP



The magic of satsang comes alive in this beautiful 3-CD album with talks of unsurpassed clarity and dialogues rich in humor and insight. Adyashanti invites us into the sacred opportunity to find out for ourselves what lies beyond the limitations of our imagined existence. This album includes a guided meditation on letting everything be as it is, and explores such topics as:

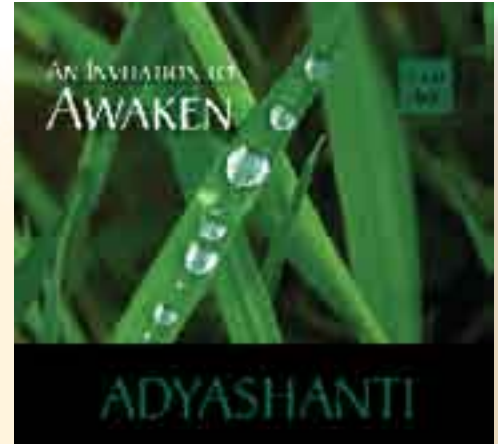
- Living in a Virtual Reality
- The Divine Nothingness
- Getting Identity Out of Thought
- The End of Separation
- Real Intention

New!

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

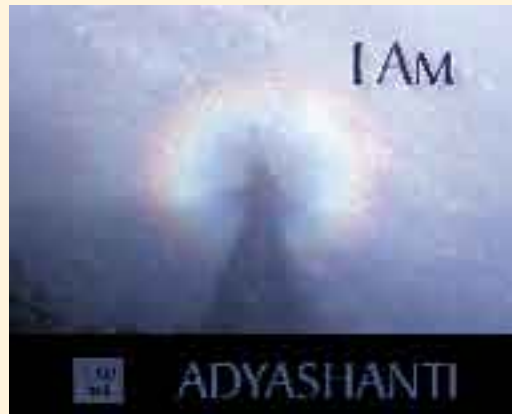
New!

I Am

The Nondual Teachings of Jesus Christ

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



3 Audio CDs

© 2005–2007 by Adyashanti

Running time: Approx. 3.5 hrs.

\$29 Item #2IAM

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

Enlightenment Unfolding

3 Audio CDs

© 2006–2007 by Adyashanti

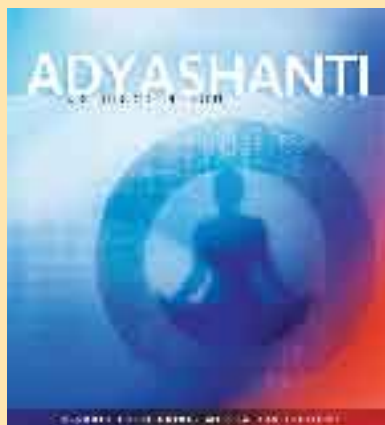
Running time: 3 hrs. 49 min.

\$29 **Item #2EUN**



In this penetrating and lively exploration of spiritual life after awakening, Adyashanti offers vital clarity and direction for those in the delicate period following the “spiritual honeymoon.” After realizing one’s true identity, the journey involves diving in to all aspects of existence as experienced through the mind, heart, and gut. With almost 4 hours of talks and dialogues, Adyashanti explores:

- The Role of Spiritual Practice
- Allowing the Pain of the World
- Unfolding After Awakening
- The Search for Meaning
- Moving Beyond Apathy



Have a Weekend Intensive at Home!

These audio-CD albums were recorded live at weekend intensives with Adyashanti. They offer profound and intimate investigations into the freedom of spiritual awakening. Included are satsang talks, questions from the audience, and powerful direct inquiry dialogues.

New!

Looking Within

7 Audio CDs

June 23–24, 2007 ~ San Rafael, CA

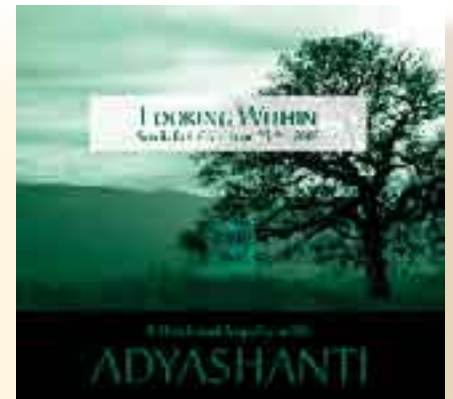
© 2007 by Adyashanti

Running time: Approx. 8 hrs.

\$65 **Item # 7LWI**

This powerful weekend intensive album explores many topics including:

- Looking Within
- The End of Waiting
- Your Most Valuable Asset
- Seeing Through Trauma
- Creating the World
- Meaning and Purpose
- The War with the Mind
- Letting Go of Control



New!

The Backward Step

4 Audio CDs

August 11, 2007 ~ San Rafael, CA

© 2007 by Adyashanti

Running time: Approx. 5 hrs.

\$40 **Item # 7BST**

The Backward Step invites you on a day-long journey of exploration with various topics including:

- Awakening Is Natural
- Physical Pain
- The Freedom to Feel
- The Born and the Unborn
- The Sense of Self
- Judging Myself
- Waiting
- Why Did We Come Here?

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 15.

We’ve been taught that awakening is difficult, that to wake up from the illusion of separation takes years. But all it really takes is a willingness to look into the depths of your experience here and now.

~ Adyashanti

Adyashanti ▸ Winter/Spring 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.



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