

ADYASHANTI®

2009 SUPPLEMENT

Adyashanti & Mukti Update

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ADYASHANTI CALENDAR

2009 At-A-Glance

New dates in bold.

July

Tue, Jul 7	Chicago Satsang	7:30–9:30pm
Wed, Jul 8	Chicago Satsang	7:30–9:30pm
Fri, Jul 10	Philadelphia Satsang	7–9pm
Sat, Jul 11	Philadelphia Intensive	Noon–6pm
Tue, Jul 21	Vancouver Satsang	7:30–9:30pm
Wed, Jul 22	Vancouver Satsang	7:30–9:30pm
Fri, Jul 24	Seattle Satsang	7–9pm
Sat, Jul 25	Seattle Intensive	Noon–6pm

August

Sat, Aug 1	San Rafael Satsang	4–5:45pm
Sun, Aug 2	Palo Alto Satsang	4–5:45pm

September

Fri, Sep 4	Boulder/Denver Satsang	7–9pm
Sat, Sep 5	Boulder/Denver Intensive	Noon–6pm
Sat, Sep 12	Santa Cruz Satsang	5:30–7:15pm
Sun, Sep 13	Palo Alto Satsang	4–5:45pm
Sun, Sep 20	Omega Institute Retreat	Check-in: 4–6pm
Fri, Sep 25	—Retreat Ends	Check-out: 1pm

October

Mon, Oct 5	Ashland Satsang	7–9pm
Tue, Oct 6	Ashland Satsang	7–9pm
Thu, Oct 8	Portland Satsang	7–9pm
Fri, Oct 9	Portland Satsang	7–9pm
Sat, Oct 10	Portland Intensive	Noon–6pm
Sat, Oct 17	San Rafael Intensive	10am–6pm
Sun, Oct 18	—Intensive Day 2	1–6pm

November

Sun, Nov 1	Palo Alto Satsang	4–5:45pm
Sat, Nov 7	Santa Cruz Satsang	5:30–7:15pm
Sun, Nov 15	San Francisco Satsang	4–5:45pm
Sat, Nov 21	Oakland Satsang	11am–12:45pm

December

Sun, Dec 6	Asilomar Retreat	Check-in: 3–5pm
Fri, Dec 11	—Retreat Ends	Check-out: 12:30pm
Sat, Dec 19	Christmas Celebration	3–9pm

Participants understand that all events hosted by Open Gate Sangha will be recorded for use by Open Gate Sangha, Inc. Open Gate Sangha makes no representations or warranties as to any benefit that may be received by attending an event.

Open Gate Sangha

Open Gate Sangha, Inc. is a nonprofit, tax-exempt 501(c)(3) organization that supports the teachings of Adyashanti and Mukti.



Open Gate Sangha newsletter team reviewing this publication

Donations

All donations to “Open Gate Sangha” are tax-deductible. Retreat and intensive fees are not considered donations. Those who feel called to financially support Adyashanti’s and Mukti’s teachings may contribute to the

following funds: Publishing Fund, Scholarship Fund, Café Dharma, and General Fund. To donate, please indicate the fund(s) on your check and mail it to Open Gate Sangha, PO Box 112107, Campbell, CA 95011.

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TEACHINGS

TRUTH IS

Truth is only discovered in the moment.

There is no truth that can be carried over
to the next moment, the next day, the next year.

Memory never contains truth, only what is past, dead, gone.

Truth comes into the non-seeking mind fresh and alive.

It is not something you can carry with you, accumulate, or hold onto.

Truth leaps into view when the mind is quiet, not asserting itself.

You cannot contain or domesticate truth, for if you do, it dies instantly.

Truth prowls the unknown waiting for a gap in the mind's activity.

When that gap is there, the truth leaps out of the unknown into the known.

Instantly you comprehend it and sense its sacredness.

The timeless has broken through like a flash of lightning
and illuminated the moment with its presence.

Truth comes to an innocent mind as a blessing and a sacrament.

Truth is a holy thing because it liberates thought from itself
and illumines the human heart from the inside out.

~ *Adyashanti*

EVENTS UPDATE

Complete listing and details about events with Adyashanti at www.adyashanti.org



Awakening and the Awakened Life

This upcoming weekend intensive in San Rafael, CA will be focused on the following topic:

Beyond Where All Paths End

Let us understand that reality transcends all of our notions about reality. Reality is neither Christian, Hindu, Jewish, Advaita Vedanta, nor Buddhist. It is neither dualistic nor nondualistic, neither spiritual nor nonspiritual. We should come to know that there is more reality and sacredness in a blade of grass than in all of our thoughts and ideas about reality. When we perceive from an undivided consciousness, we will find the sacred in every expression of life. We will find it in our teacup, in the breeze, in the brushing of our teeth, in each and every moment of living and dying. Therefore we must leave the entire collection of conditioned thought behind and let ourselves be led by the inner thread of silence into the unknown, beyond where all paths end, to that place where we go innocently or not at all—not once but continually.

After each talk, you will be invited to explore your innermost questions in dialogue with Adyashanti, or simply immerse yourself in the silent presence of eternal truth. The weekend will include 5 satsangs interspersed with periods of silent sitting.

October 17–18, 2009

Saturday, 10am–6pm; Sunday, 1–6pm

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

Registration begins at 9am.

Cost: \$150* (preregistered by October 3)

\$175 (at the door on October 17, cash or checks only)

Location: Osher Marin Jewish Community Center

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

Register online in the Events/Intensives area of www.adyashanti.org

Travels

Adyashanti will be teaching in the following cities in 2009:

- ▶ Chicago, IL July 7–8
- ▶ Philadelphia, PA July 10–11
- ▶ Vancouver, BC July 21–22
- ▶ Seattle, WA July 24–25
- ▶ Boulder/Denver, CO September 4–5
- ▶ Ashland, OR October 5–6
- ▶ Portland, OR October 8–10

Details about these events will be posted online as they become available. Please do not call the office. Event announcements will be included in Adyashanti's monthly email prior to each event. To get on his mailing/email list, go to the Log In page of www.adyashanti.org.

Santa Cruz Satsang

New Dates & Location

Adyashanti's Santa Cruz satsangs will take place in a new location, First Congregational Church at 900 High Street in Santa Cruz:

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

Dates: September 12, November 7

Location: **First Congregational Church**
900 High St., Santa Cruz, CA 95060

Directions and details about these and other San Francisco Bay area satsangs are available in the Events/Satsangs area of www.adyashanti.org.

Silent Retreats

Retreats in 2009

Silent retreats with Adyashanti offer a profound opportunity to delve into the heart of awakening and awakened living. Following is Adyashanti's retreat schedule for the second half of 2009:

September 20–25, 2009

Hosted by Omega Institute

For details and registration visit www.eomega.org.

December 6–11, 2009

Hosted by Open Gate Sangha at Asilomar

The waiting list is open. To put your name on the list, visit the Events/Retreats page of www.adyashanti.org.

Retreats in 2010

Silent retreats are Adyashanti's most powerful form of teaching. Because of their popularity, Open Gate Sangha processes registrations once per year through a retreat lottery. Registration for the lottery for retreats in 2010 will open in mid-September, 2009. The deadline for lottery registration will be October 23, 2009. Visit www.adyashanti.org in mid-September for complete information regarding these retreats.

NEW AUDIO CDs

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

Satsangs on CD

These satsangs are selected highlights from Adyashanti's limited edition full-length retreat CD albums.

Ending the Game of Illusion

Item #1ETG. August 8, 2008 ~ Mount Madonna

As long as we're running away from something or towards something, we're caught in the game of illusion. Even awakening doesn't necessarily stop the game. In this superb talk given on retreat, Adyashanti explains how the best way to get trapped in illusion is to try to escape it. He reveals what it takes to end the game and see that nirvana is where we are right now. (1 CD ~ \$12)

The Diversity of One

Item #1D00. April 23, 2008 ~ Asilomar

"Don't ever mistake seeing oneness everywhere with a lack of diversity." It's just the opposite. The perception of unity actually frees existence to be its myriad of unique expressions. In this eye-opening and reorienting satsang, Adyashanti reveals how the true spiritual urge is not just about waking up to non-separation but about fully blooming in the infinite ways Life expresses itself. (2 CDs ~ \$16)

The Undefended Heart

Item #1UHE. November 11, 2008 ~ Asilomar

True intimacy with all of reality is the essence of enlightenment. This intimacy begins with a totally undefended heart. Although we crave such a way of being, we're often afraid of it. In this extraordinarily heartfelt satsang, Adyashanti explores why we close our hearts to protect ourselves, even though there is no one and nothing to defend. By taking us beneath our resistant mind, he helps us deepen into a spiritually mature openheartedness that is always available. (2 CDs ~ \$16)

Beyond the Experience of Emptiness

Item #1BTE. February 5, 2009 ~ Asilomar

When we awaken from our conditioned identity, initially it can feel like the spiritual journey is complete. In reality, however, it's just the entry point into the totality of what we are. In this amazingly clear satsang, Adyashanti describes how discordant aspects of our psychology can still emerge after experiencing emptiness and how these elements can be transformed so that we come back into our primordial wholeness. (2 CDs ~ \$16)

CD Albums

The Ground of Infinity

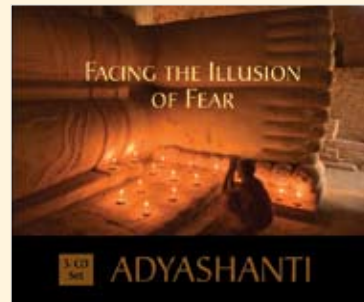
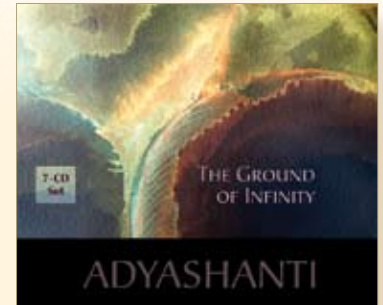
7-CD Album

© 2008–2009 by Adyashanti

Running time: Approx. 8.5 hrs.

\$65 Item #2GOI

Possibly Adyashanti's finest series of live satsangs, *The Ground of Infinity* offers insightful talks and dialogues recorded over three days of teaching in Boulder, CO. Adyashanti provides a complete investigation of spiritual awakening that is considered especially clear, powerful, and revelatory by even his most experienced students.



Facing the Illusion of Fear

3-CD Album

© 2006–2009 by Adyashanti

Running time: 3 hrs. 41 min.

\$35 Item #2FTI

This exceptional 3-CD album features Adyashanti's most powerful and transformative teachings on the subject of fear. Fear is one of the primary ways that we avoid awakening and living an awakened life. Yet on the spiritual journey, fear can point the way toward a deeper realization and freedom—but only if we truly understand it.

Dying Into the River of Existence

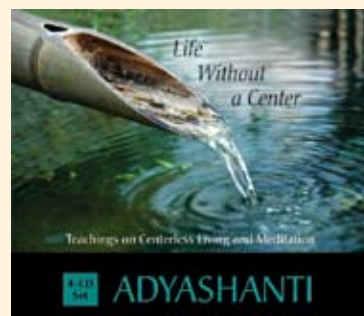
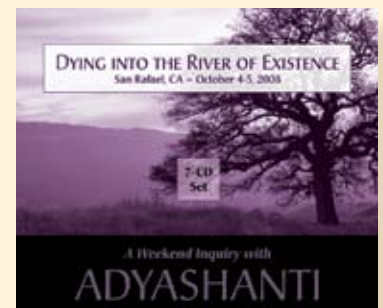
7-CD Album

© 2008 by Adyashanti

Running time: Approx. 8.5 hrs.

\$65 Item #7DIT

Recorded live at a weekend intensive with Adyashanti in San Rafael, CA, this 7-CD album explores numerous and varied topics including: releasing the navigation grip, dying into life, how beliefs manifest, crisis and transformation, relationships and awakening, the wisdom of no answer, what survives death, and being free in form.



Life Without a Center

Teachings on Centerless Living and Meditation

4-CD Album

© 2009 by Adyashanti

Running time: 4 hrs. 50 min.

\$40 Item #7LWA

Recorded live at a daylong intensive with Adyashanti at Spirit Rock Meditation Center, this album includes a guided meditation and satsangs exploring various topics including: the subtle workings of control, the greatest barrier to awakening, and living in grace.

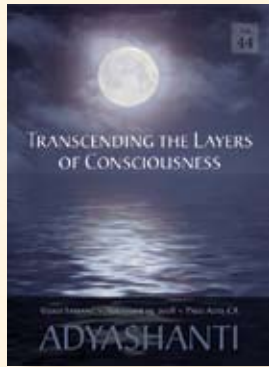
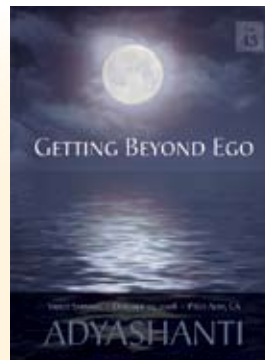
NEW DVDs

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

Getting Beyond Ego ~ Vol. 43

October 22, 2008 ~ Palo Alto, CA
© 2008 by Adyashanti. DVD length: 90 min.
\$25 Item #4GBE

The ultimate trick of egoic consciousness is to try to get beyond ego. Yet the more you try to get beyond it, the more you get caught up in it. In this enlightening satsang, Adyashanti reveals the real meaning of “allowing everything to be as it is.” He shows how this teaching, when understood fully, offers a way to go beyond the egoic state.



Transcending the Layers of Consciousness ~ Vol. 44

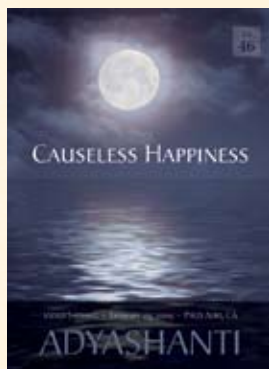
November 19, 2008 ~ Palo Alto, CA
© 2008 by Adyashanti. DVD length: 90 min.
\$25 Item #4TLL

We like to think we operate from the rational mind, but most of the time we are being run unconsciously by the conditioned mind. In this eloquent satsang, Adyashanti brings to light the various layers of consciousness that we encounter along the spiritual path. Guiding us through subtle aspects of conditioned and unconditioned consciousness, he ultimately points us to the sacred void which transcends all existence.

The Doorway to Now ~ Vol. 45

December 10, 2008 ~ Palo Alto, CA
© 2008-2009 by Adyashanti. DVD length: 90 min.
\$25 Item #4DTN

Human beings are storytellers. The stories we tell of ourselves are always about the past or the future—psychological stories are about the past while spiritual stories are about the future. Yet what are we without stories of the past or future? Pointing directly to the truth about now, Adyashanti invites us past the revolving door of our stories and into the great abyss of the ever-present unknown, where freedom resides.



Causeless Happiness ~ Vol. 46

January 25, 2009 ~ Palo Alto, CA
© 2009 by Adyashanti. DVD length: 90 min.
\$25 Item #4CHA

The pursuit of happiness outside ourselves can only lead to sorrow, because anything attained can be lost. Even the search within ourselves can lead to suffering because of unconscious beliefs and misperceptions. In his sword-swinging yet playful manner, Adyashanti cuts to the heart of what's really true and points to the causeless happiness that comes with knowing the sacred reality of who we are.

The Experience of No Self ~ Vol. 47

February 15, 2009 ~ Palo Alto, CA
© 2009 by Adyashanti. DVD length: 90 min.
\$25 Item #4EON

What is this thing called “self”? Does it actually exist? In this deeply penetrating satsang on the central teaching of the Buddha, Adyashanti invites a direct investigation and experience of who we are. By recognizing our impersonal nature, we can discover the one reality that is beyond the imaginary self.



ADYASHANTI'S
Cafe Dharma

Stay Connected

Anyone around the world can stay connected with Adyashanti's current teachings through mp3 recordings of local area satsangs. Choose from a growing library of downloadable satsangs for \$10 each.

Free Classics

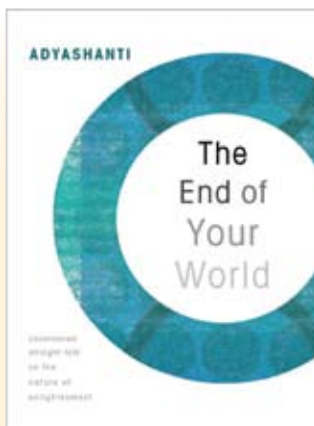
At Cafe Dharma you'll always find a selection of satsangs to download at no cost. Usually these are popular classics, originally recorded on cassette and now made available for the timeless quality of their content.

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.

BOOKS AND ORDERING INFO

Order online at www.adyashanti.org



The End of Your World

© 2008 by Adyashanti
304-page hardcover book
ISBN: 978-1-59179-963-4
\$24.95 **Item #3EOY**

More and more people are “waking up” spiritually. And for most of them, the question becomes: now what? *The End of Your World* is Adyashanti’s response to a growing need for direction on the spiritual path. With straight talk and penetrating insight, he describes the “I got it/I lost it” phenomenon—the fluctuation between what he calls “non-abiding” awakening and the ultimate state of “abiding” enlightenment. He also points out the pitfalls and cul-de-sacs that “un-enlighten” us along the journey, including:

- The trap of meaninglessness
- How the ego can “co-opt” realization for its own purposes
- The illusion of superiority that may accompany intense spiritual breakthroughs
- The danger of becoming “drunk on emptiness”

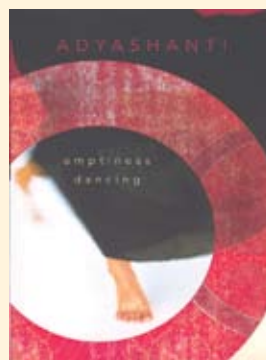
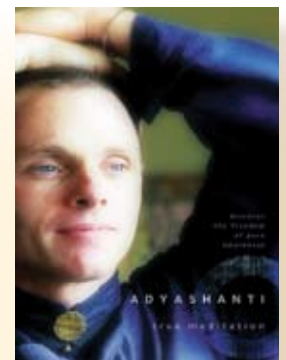
The End of Your World is your invitation to join Adyashanti for an honest investigation of what you really are—and how to live once you discover it.

(Adapted from the 6-CD album, *The End of Your World*, with additional material.)

True Meditation Book with CD

© 2006 by Adyashanti
87-page hardcover book plus 60-minute 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 and audio CD invite you to explore these life-changing questions as Adyashanti offers his unique and powerful perspective on the art of meditation. (Based on the *True Meditation* audio album.)



Emptiness Dancing

© 2004, 2006 by Adyashanti
195-page, softcover book
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.

Order Online

In Adyashanti’s online Bookstore you can choose from a selection of more than 70 Adyashanti books, DVDs, CDs, and CD albums! You can also hear or view excerpts from most of the video and audio publications. Browse the Bookstore at www.adyashanti.org.

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To order by mail and pay by check or money order, please download and print an order form at www.adyashanti.org. Go to the Bookstore page and click on “Ordering by Mail” in the right-hand column.

New Items

To be notified when Adyashanti’s newest publications are available online, sign up for Adyashanti’s mailing list by logging in at www.adyashanti.org. You will receive regular emails keeping you up-to-date on events, publications, free internet radio broadcasts, and more.

Special Offerings

Visit the Bookstore at www.adyashanti.org, and check out the “Special Offerings” in the right-hand column to find specially priced items available only if you order online.

Free Teachings Online

Visit the Teachings page at www.adyashanti.org to view video clips, listen to audio excerpts, and read articles by Adyashanti.



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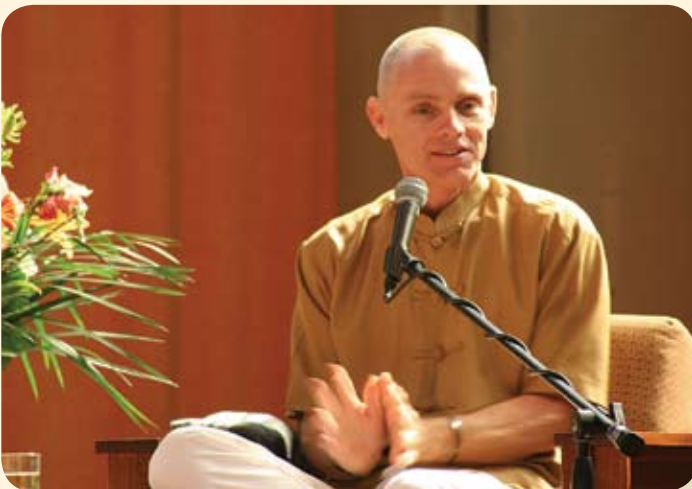
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2009 SUPPLEMENT



ADYASHANTI, author of *The End of Your World*, *Emptiness Dancing*, 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.

2009 Supplement

In this supplement you will find updates of Adyashanti's and Mukti's 2009 schedules, previously published in the most recent newsletter. You will also find their latest CDs and DVDs, new teachings, and more. For complete information about Adyashanti's and Mukti's events and publications, visit www.adyashanti.org and www.muktisource.org.

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 one or two 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.