

ADYASHANTI®

2010 SUPPLEMENT

Adyashanti & Mukti Update

Mukti 2010 Supplement.....	Insert
Adyashanti's Calendar	2
Teachings	3
Events Update	4
Bookstore	5-7



ADYASHANTI'S CALENDAR

2010 At-A-Glance

New dates in bold.

July

Sat, Jul 31	Oakland Satsang	11am–12:45pm
Sat, Jul 31	Santa Cruz Satsang	5:30–7:15pm

August

Sat, Aug 7	San Rafael Satsang	4–5:45pm
Sun, Aug 8	Palo Alto Satsang	4–5:45pm
Fri, Aug 13	Boulder-Denver Satsang	7–9pm
Sat, Aug 14	Boulder-Denver Intensive	Noon–6pm
Sun, Aug 15	—Intensive Day 2	1–6pm
Sat, Aug 28	San Rafael Intensive	10am–6pm
Sun, Aug 29	—Intensive Day 2	1–6pm

September

Fri, Sep 10	Omega Institute Retreat	Check-in: 4–6pm
Fri, Sep 17	—Retreat Ends	Check-out: 1pm

October

Sat, Oct 2	Oakland Satsang	11am–12:45pm
Sun, Oct 3	Palo Alto Satsang	4–5:45pm
Tue, Oct 12	Austin Satsang	7–9pm
Wed, Oct 13	Austin Satsang	7–9pm
Fri, Oct 15	Santa Fe Satsang	7–9pm
Sat, Oct 16	Santa Fe Intensive	Noon–6pm
Sat, Oct 23	Adyashanti & A. H. Almaas	12:30–6pm
Sat, Oct 30	Santa Cruz Satsang	5:30–7:15pm

November

Sat, Nov 6	Oakland Satsang	11am–12:45pm
Sun, Nov 7	Palo Alto Satsang	4–5:45pm
Sun, Nov 14	Mount Madonna Retreat	Check-in: 3–5pm
Fri, Nov 19	—Retreat Ends	Check-out: 1pm

December

Fri, Dec 3	San Diego Satsang	7–9pm
Sat, Dec 4	San Diego Intensive	Noon–6pm
Sat, Dec 11	Santa Cruz Satsang	5:30–7:15pm
Sat, Dec 18	2010 Christmas Intensive	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.

Realization Unfolds:

A Conversation between A. H. Almaas and Adyashanti



Hosted by Tami Simon, Founder of Sounds True

Saturday, October 23, 2010
San Rafael, CA

Spiritual Realization expresses itself differently through different teachers. On October 23, two of our generation's most pioneering and influential spiritual teachers will join together for the first time to explore their respective perspectives on spiritual awakening and what it means to live an awakened life. ~ Tami Simon

Topics to be covered include:

- ▶ Is psychological self-knowledge necessary for spiritual realization?
- ▶ What about human uniqueness and individual personhood after awakening?
- ▶ What is the role of the spiritual teacher and transmission in the awakening process?
- ▶ Guided inquiry sessions led by Adyashanti and A. H. Almaas

There will also be time for questions and discussion with the audience.

Hameed Ali (A. H. Almaas) is the founder of the Diamond Approach®—a spiritual teaching that utilizes a unique kind of inquiry into realization, where the practice is the expression of realization. His books include *The Inner Journey Home*, *Essence*, *The Pearl Beyond Price*, *Luminous Night's Journey*, and *The Unfolding Now*.



Dominican University

Angelico Concert Hall
50 Acacia Avenue, San Rafael, CA 94901

Cost: \$85 (preregistered by October 15)

Registration: Preregistration is recommended, as the event will most likely sell out. Register online at www.adyashanti.org for \$85 on or before October 15. At-the-door registration, if available, will be \$95 (cash or checks only). Check online to see if there are open seats.

Schedule & Information:

12:30pm – 6:00pm (Please arrive on time.)

11:30am	Registration begins
12:00pm	Doors open
12:30pm	Event begins
6:00pm	Event ends

Seating: Theater style seating; no floor seating available.

Scholarships: Limited scholarships are available; apply by September 24.



All of your seeking is in reality the activity of the Infinite. ~ Adyashanti

TEACHINGS

THE INFINITE



All things—all beings and all activities, no matter how ordinary—are equal expressions of the Infinite. There is no more or less Infinite, no higher or lower Infinite. Therefore, all attempts to either find or hold onto the Infinite are based in illusion. And illusion itself is none other than the Infinite.

The Infinite uses all measures in order to awaken in all the various forms in existence. It uses birth, life, death, happiness, sorrow, clarity, and delusion in order to awaken. All of your seeking is in reality the activity of the Infinite as well. No matter how far astray or deluded you become, you can never get a single step away from the Infinite’s embrace. If you could all at once stop believing your dreaming mind and be completely still right in the midst of your present state, the Infinite would effortlessly present itself. ~ *Adyashanti*



Find more writings by Adyashanti on the Teachings page at www.adyashanti.org

Open Gate Sangha

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

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, Cafe 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.

Board of Directors and Officers

President Adyashanti
Vice President / Secretary Mukti
Treasurer Julie Zeise
Director Don Oakley
Executive Director Jerilyn Munyon



EVENTS UPDATE

Complete event listings, details, and registration at www.adyashanti.org

The Fire of Truth

Weekend Intensive in San Rafael

August 28–29, 2010

Truth is a sleeping giant, which once aroused and awakened, becomes an unstoppable liberator. What would it be to shine the light of truth into every aspect of your life? What would it mean to leave no stone unturned, to stop avoiding anything, and to hold an unwavering fidelity to truth? You can't know until you do it, until you step into an absolute fidelity to the truth. This is the sacred marriage, where only a fierce commitment to the truth will suffice. ~ Adyashanti



Join Adyashanti for an extended exploration of what it means to give your life over to the fire of truth in such a way that it awakens and transforms your relationship to all of life. The weekend will include periods of silent sitting, talks, and dialogues with Adyashanti.

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

August 28–29: Saturday, 10am–6pm; Sunday, 1–6pm
At Adyashanti's request, two-day attendance is required.
Registration begins at 9am.

Cost: \$150 (preregistration deadline: August 13)
\$175 (at the door on the day of event, space permitting)

Seating: Chairs will be provided, or bring your own backjack or cushion.

Meal Break: Plan to walk or drive to a nearby restaurant. If you bring your own food, please do not bring it into the main hall.

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

Travels

Adyashanti will be teaching in the following cities in 2010:

- | | |
|-----------------|-----------------|
| ▶ Boulder, CO | August 13–15 |
| ▶ Rhinebeck, NY | September 10–17 |
| ▶ Austin, TX | October 12–13 |
| ▶ Santa Fe, NM | October 15–16 |
| ▶ San Diego, CA | December 3–4 |

Details about these events are posted online. 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.

Local Satsangs Update

Adyashanti has added two new dates to his San Francisco Bay Area teaching schedule in 2010:

- | | | |
|----------------------|-------------|-------------|
| ▶ San Rafael Satsang | August 7 | 4:00–5:45pm |
| ▶ Santa Cruz Satsang | December 11 | 5:30–7:15pm |

Visit www.adyashanti.org for locations and directions for these events.

Silent Retreats

Retreats in 2010

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 2010:

September 10–17, 2010

Hosted by Omega Institute

For details and registration visit www.eomega.org.

November 14–19, 2010

Hosted by Open Gate Sangha at Mount Madonna Center

The waiting list is open on the Events/Retreats page of www.adyashanti.org.

Retreats in 2011

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 2011 will open in mid-September, 2010. The deadline for lottery registration will be October 8, 2010. Visit www.adyashanti.org in mid-September for complete information regarding these retreats.



Christmas Intensive ~ Saturday, December 18, 2010, 3–9pm in Palo Alto, CA

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 talks by Adyashanti, silent meditation, dialogues with the audience, special musical offerings, and singing.

Registration begins at 2pm. Attendance at the whole event is required.

Cost: \$50 (preregistration deadline: December 3)
\$75 (at the door, space permitting)

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

NEW AUDIO CDs

Find the complete selection of CDs and DVDs at www.adyashanti.org

Satsangs on CD

These exceptional satsangs have been selected from Adyashanti's limited edition full-length retreat CD albums.

▶ The Mythology of You

Item #1MOY. September 21, 2009 ~ Omega Retreat

Everybody has a personal story of their life. And though it's a myth, most people aren't aware that this story is running them. In this illuminating satsang, Adyashanti helps us awaken from the mythology of who we think we are to the truth of our being. He also explores how awakening can be disconcerting at first, but as we spiritually mature, we discover how to abide in our true nature and navigate our own journey in the world. (2 CDs, 104 min. ~ \$16)

▶ The Means to Awaken

Item #1MTO. December 8, 2009 ~ Asilomar Retreat

We have everything we need to awaken. Yet the very means to awaken—such as our senses, our mind, and our discrimination—can also entangle us in the net of illusion. In this enlivening satsang, Adyashanti shows us how these tools can be either causes of deception or doorways through which reality wakes up to itself, enabling us to enter into the expansiveness of absolute stillness. (2 CDs, 105 min. ~ \$16)

▶ The Nature of Consciousness

Item #1NOC. May 7, 2009 ~ Garrison Retreat

The nature of consciousness has baffled human beings for millennia. In this riveting satsang with a powerful talk and rich dialogues, Adyashanti offers valuable insight on the experiential quality of consciousness and its common misperceptions. He explores what it takes to transcend the sense of personal consciousness and recognize the universal consciousness that gives rise to all of existence. (2 CDs, 106 min. ~ \$16)

The Open Gate Sangha office is located in San Jose at 1299 Del Mar Avenue, Suite 200. Please send all mail to:
PO Box 112107
Campbell, CA 95011
(408) 299-0201
opengate@adyashanti.org

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CD Albums

True Love

The Heart of Awakened Relationship

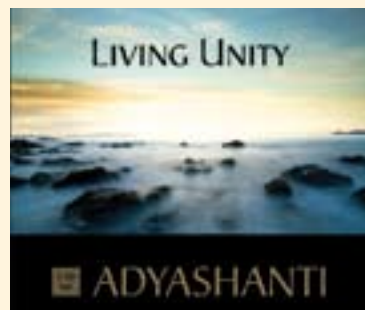
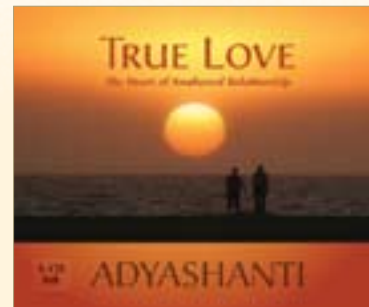
5-CD Album

© 2006–2010 by Adyashanti. Running time: 5 hrs 39 min.

\$50 Item #2TLO

Though people may have transformational awakenings from the illusion of separation, these revelations are often not enough to transform the painful ways they relate to others. This intimate and heart-opening 5-CD album brings together Adyashanti's most lucid teachings on the nature of love and living in truly awakened relationship.

Central topics include ultimate intimacy, what true love is, the longing for partnership, unattached compassion, speaking what's true, seeing beyond identities, and giving others their freedom.



Living Unity

7-CD Album

© 2010 by Adyashanti. Running time: Approx. 7.5 hrs.

\$65 Item #2LUN

When we say yes to life, yes to death, yes to the ego's own dissolving, we don't have to struggle anymore. It becomes a new way of navigating through life. ~ Adyashanti

Recorded live at a Mount Madonna weekend retreat, this album explores such topics as being rooted in awareness, intimate nonattachment, functioning from oneness, facing death, and the power of intention.

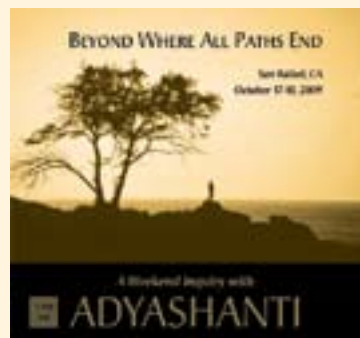
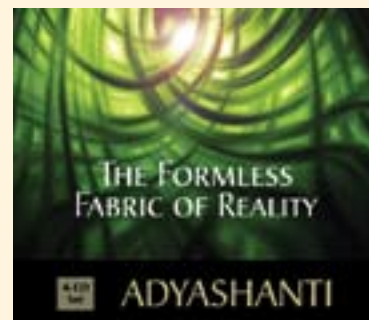
The Formless Fabric of Reality

4-CD Album

© 2010 by Adyashanti. Running time: Approx. 4.5 hrs.

\$40 Item #7FFO

Adyashanti opens the doorway to the universal consciousness that is the underlying fabric of reality and invites us to realize and express ourselves as a manifestation of this formless fabric. Recorded at a daylong intensive at Spirit Rock Meditation Center, this 4-CD set explores such topics as relaxing the effort to become, compassionate vigilance, accepting that the world will end, and stopping the wheel of samsara.



Beyond Where All Paths End

7-CD Album

© 2009 by Adyashanti. Running time: Approx. 8.5 hrs.

\$65 Item #7BWA

Recorded live at a weekend intensive with Adyashanti in San Rafael, CA, this 7-CD album explores how we can leave behind our conditioned exterior self and traverse into the unconditioned territory of our true interior being—beyond where all paths end. Various topics of inquiry include the art of receptivity, sensing our unlimited nature, functional samadhi, how ego hijacks awakening, and a satisfaction deeper than pleasure.

DVDs

Find the complete selection of videos and CD albums at www.adyashanti.org



Letting Go of Struggle ~ Vol. 54

January 17, 2010 ~ Palo Alto, CA
© 2010 by Adyashanti. DVD length: approx. 90 min.
\$25 Item #4LGO

New!

Spirituality is about a transformation of consciousness, yet this transformation does not come about through struggling to achieve it. In this illuminating satsang, Adyashanti reveals the power of letting go and illustrates how to relax our struggle so that we may recognize the presence of fully liberated and awakened consciousness. Topics include stopping the struggle, how the Buddha transmitted his teaching, listening with your whole being, a different way to know, and letting go of creating meaning.

The Nature of Experience ~ Vol. 53

November 1, 2009 ~ Palo Alto, CA
© 2009 by Adyashanti. DVD length: approx. 90 min.
\$25 Item #4NOE

New!

In this satsang, Adyashanti begins by encouraging us to shift our attention away from the content of our experiences to the natural ground of being in which all experiences occur. He then describes many of the subtle qualities of this fundamental reality, and follows with guidance on not only knowing our true nature but living it. Topics include the ground of being, qualities of our fundamental nature, knowing vs. being who we are, the meaning of nirvana, being stuck in emptiness, and leaning into life.



The Falling Away of Personal Will ~ Vol. 52

September 13, 2009 ~ Palo Alto, CA
© 2009 by Adyashanti. DVD length: approx. 90 min.
\$25 Item #4FAO

True freedom is freedom from the sense of personal will. Yet there are many ways the personal will can survive far beyond initial spiritual awakening. In this lucid satsang, Adyashanti explores the key to seeing through the movements of this core aspect of ego structure and what it takes for this illusion of separation to fall away. Topics include the ultimate letting go, subtle levels of wanting, transcending personal will, recognizing our fascination with being, and the value of the real.

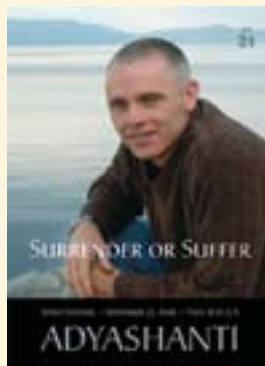
Online Specials

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

Featured Special: Surrender or Suffer ~ Vol. 24

© 2006–2007 by Adyashanti. DVD length: approx. 90 min.
Available only online for \$15

Adyashanti invites you to slide over into the passenger's seat and stop trying to steer life in the direction of imagined happiness. This profound and transformative satsang makes the alternatives starkly clear: suffer, or surrender and fully enjoy life's incredible journey.



ADYASHANTI'S Cafe Dharma

On the Audio Page

Stay Connected

Anyone around the world can stay connected with Adyashanti's current teachings through MP3 recordings of travel events and local area satsangs. Choose from a growing library of downloadable satsangs for \$10 each.

FREE Classics!

In Cafe Dharma's Audio Library 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.

On the Video Page

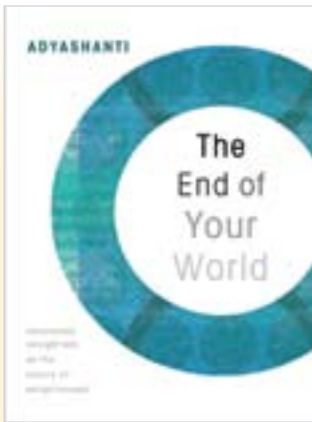


The Basic Teachings

Adyashanti has recorded two special videos as a way to give a concise and simple explanation of the basic foundations of his teaching. Running 34 and 42 minutes in length, these videos are available to view for free on the Video page at www.adyashanti.org/cafedharma.

BOOKS AND ORDERING INFO

Order online at www.adyashanti.org



The End of Your World

© 2008 by Sounds True
218-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: 978-1-59179-467-7
\$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.

Order by Mail

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 emails keeping you up-to-date on events, publications, free internet radio broadcasts, and more.

Free Teachings Online

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

No matter how far astray or deluded you become, you can never get a single step away from the Infinite’s embrace. ~ Adyashanti



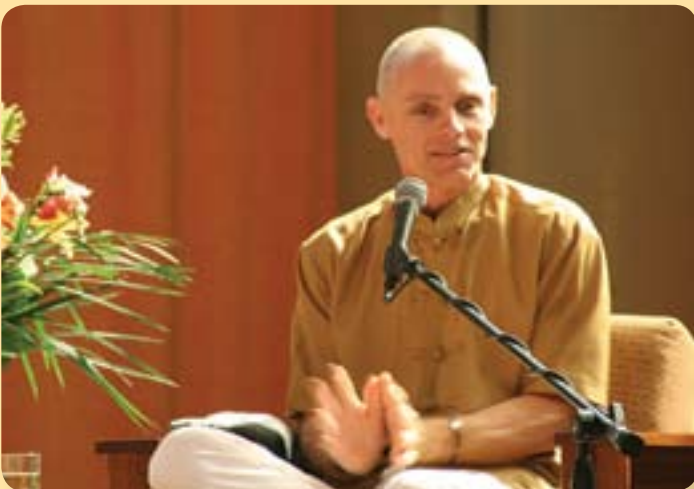
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2010 SUPPLEMENT



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.

2010 Supplement

In this supplement you will find updates of Adyashanti's and Mukti's 2010 schedules, previously published in the most recent newsletter. You will also find their latest CDs and DVDs, new teachings, and more. For registration, online ordering, and complete information about 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 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 usually include a talk by Adyashanti followed by answers to call-in questions or previously emailed questions.

To see the date of the next broadcast or to tune into the current broadcast, visit the Radio page at www.adyashanti.org/cafedharma.