

ADYASHANTI®

2010

Events with Adyashanti & Mukti

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*Step into the
infinity of
aloneness*



Adyashanti



True Autonomy

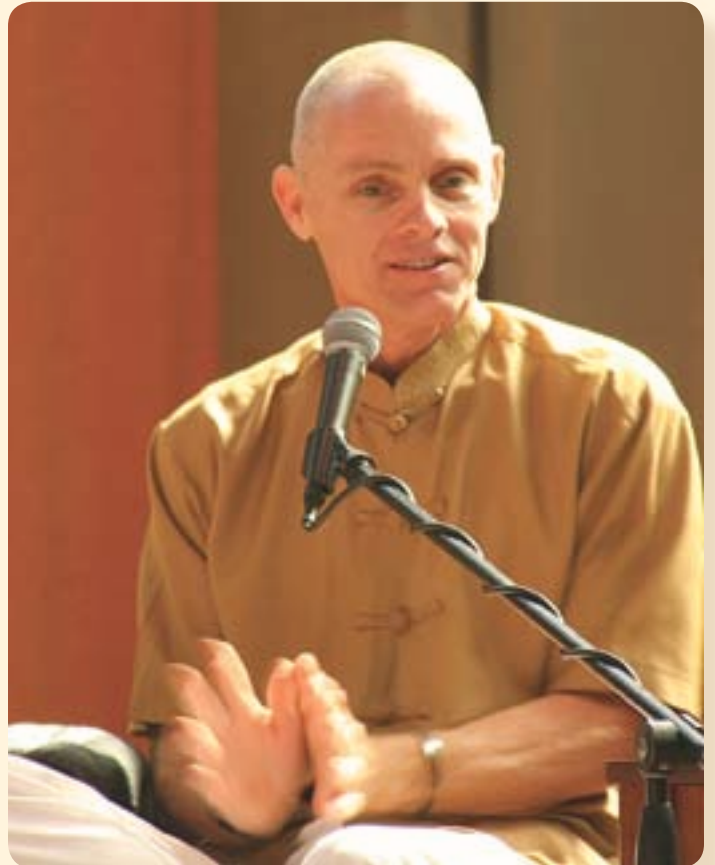
BY ADYASHANTI

To discover our autonomy is the most challenging thing a human being can do. Because in order to discover our autonomy, we must be free from all external control or influence. This means that we must free our mind from all that it has collected, all that it clings to, all that it depends on. This begins by realizing that

we are in a psychological prison created by our minds. Until we begin to realize how confined we are, we will not be able to find our way out. Neither will we find our way out by struggling against the confines we have inherited from our parents, society, and culture. It is only by beginning to examine and realize the falseness within our minds that we begin to awaken an intelligence that originates from beyond the realm of thinking.

If spirituality is to be meaningful, it must deliver us from all forms of dependence—including the dependence on spirituality—and help awaken within us that creative spark which all beings aspire to. For the culmination of spirituality lies not only in discovering our inherent unity and freedom, but also in opening the way for life to express itself through us in a unique and creative way. Such uniqueness and creativity is not to be found in anything the human mind has ever created, nor is it to be found in our ideals of human perfection or utopian dreams.

True autonomy arises when we have broken free of all the old structures, all psychological dependencies, and all fear. Only then can that which is truly unique and fearless arise within us and begin to express itself. Such expression cannot be planned or even imagined because it belongs to a dimension uninhibited by anything that has come before it. True autonomy is not trying to fit in or be understood, nor is it a revolt against anything. It is an uncaused phenomenon. Consciously or unconsciously all beings aspire to it, but very few find the courage to step into that infinity of aloneness. ▀



The culmination of spirituality lies not only in discovering our inherent unity and freedom, but also in opening the way for life to express itself through us in a unique and creative way.

EVENTS

San Francisco Bay Area Satsangs

Satsangs with Adyashanti are a time of silence and intimate investigation into the nature of spiritual awakening and living an awakened life.

- Each satsang begins with a period of silence, followed by a talk, and then dialogues 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.

North Bay

- Time:** Saturdays, 4–5:45pm
Doors open at 3:40pm. Please arrive on time.
- Dates:** February 13, May 8 (Check website for additional dates.)
- Location:** San Rafael Community Center
618 B St., San Rafael

East Bay

- Time:** Saturdays, 11am–12:45pm
Doors open at 10:40am. Please arrive on time.
- Dates:** January 16, March 20, May 29, July 31,
October 2, November 6
- Location:** Lake Merritt United Methodist Church
1330 Lakeshore Ave., Oakland

Peninsula

- Time:** Sundays, 4–5:45pm
Doors open at 3:40pm. Please arrive on time.
- Dates:** January 17, March 7, May 30, August 8, October 3,
November 7
- Location:** Unity Palo Alto Community Church
3391 Middlefield Rd., Palo Alto
- Peninsula satsangs will be videorecorded.

Santa Cruz Area

- Time:** Saturdays, 5:30–7:15pm
Doors open at 5:10pm. Please arrive on time.
- Dates:** February 6, March 6, July 31, October 30
- Location:** First Congregational Church
900 High St., Santa Cruz

If you are resting as your own true nature, then you feel that there is really nowhere else to go. ~ Adyashanti

Volunteering: If you are interested in volunteering at events or at the Open Gate Sangha Office, please email volunteer@adyashanti.org.

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.

San Francisco Bay Area Intensives

The Fire of Truth

Join Adyashanti for an extended time of satsang, silence, and inquiry into the nature of your being. This weekend will be an 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:

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

This weekend will include periods of silent sitting, talks, and dialogues with the audience.

San Rafael, CA

August 28–29, 2010

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)

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

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, DO NOT bring it into the main hall—leave it in your car.

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

Register online at www.adyashanti.org

Christmas Intensive

During the busy Christmas season, many desire to dedicate time to honoring the truth as it manifests through Christ. Adyashanti's annual Christmas Intensive provides a space where we can do just that. This day of community will include silent meditation, talks by Adyashanti, question-and-answer periods, special musical offerings, and singing.

Palo Alto, CA

December 18, 2010

Saturday, 3–9pm

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

Registration begins at 2pm.

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

Seating: Seating is provided.

Intensive Registration

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

Preregister Online!

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

Preregister by Mail

- To preregister by mail, write the event name on your check and mail to: **Open Gate Sangha, PO Box 112107, Campbell, CA 95011**
- Mail-in registrations must be postmarked at least 2 weeks before the start date of each event.

At-the-Door Registration

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

Scholarship Assistance

Open Gate Sangha offers limited scholarships for those who need financial assistance. The application deadline is 5 weeks prior to each intensive. For complete details visit the Events/Intensives area of www.adyashanti.org. If you do not have web access, you may call (408) 299-0201 to request an application.

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 transferrable to another person or event.

Travels

2010 Schedule

Adyashanti will be teaching in the following cities in 2010:

- ▶ Haiku, Maui, HI February 19–21
- ▶ Garrison, NY April 16–18
- ▶ Frederick, MD April 20–21
- ▶ Asheville, NC April 23–24
- ▶ Los Angeles, CA June 4–5
- ▶ 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 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.

- **Online preregistration** is available for daylong travel events. (Sorry, no mail-in registration.)
- Limited scholarships are available for daylong travel events.
- If you would like to **volunteer** at any of these events, contact the local event host listed online.

Special Event

Spirit Rock Meditation Center

Woodacre, CA

The Fabric of Reality

Saturday, March 13, 2010, 11am–6pm

Cost: \$90–\$150 sliding scale

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

~ Adyashanti

This event is a benefit for Open Gate Sangha and Spirit Rock Meditation Center.

Registration: Register online at www.spiritrock.org or send a check to Spirit Rock Meditation Center, PO Box 169, Woodacre, CA 94973. Indicate event code AY1B10.

Please bring a bag lunch and carpool to this event.

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.

Open Gate Sangha Retreats

Check the **Events/Retreats** page at www.adyashanti.org to see if a retreat still has openings.

▶ March 28–April 2, 2010

5-Night Retreat at Asilomar ~ *Pacific Grove, CA*

▶ May 16–23, 2010

7-Night Retreat at Mount Madonna ~ *Watsonville, CA*

▶ April 16–18, 2010

2-Night Retreat at Garrison Institute ~ *Garrison, NY*

▶ November 14–19, 2010

5-Night Retreat at Mount Madonna ~ *Watsonville, CA*

Open Gate Sangha Retreat Registration

Silent retreats are Adyashanti's most powerful form of teaching. Because of their popularity, Open Gate Sangha processes retreat registrations once per year through a random lottery system. The lottery registration deadline for 2010 retreats has passed. To see if a retreat or waiting list still has openings, visit www.adyashanti.org and go to the Events/Retreats page.

In September 2010, the retreats in 2011 will open for registration. 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 2010 retreats was October 23, 2009.

Visit www.adyashanti.org for complete details, or request a Retreats brochure by calling (408) 299-0201 ext. 10.



Special Retreats

Adyashanti's special retreats are structured the same way as his Open Gate Sangha retreats, but are hosted by other organizations.

Mount Madonna Center Retreat

Watsonville, CA

Weekend Silent Retreat

January 22–24, 2010

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

Mount Madonna Tuition: \$225

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

Mount Madonna Retreat Registration

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.

Omega Institute Retreat

Rhinebeck, NY

7-Night Silent Retreat

September 10–17, 2010

Omega Institute is sponsoring a 7-night silent retreat with Adyashanti. This retreat will be structured just like Adyashanti's Open Gate Sangha retreats, where participants share in a deep commitment to the container of silence. The schedule will include several periods of silent sitting and 2 satsangs per day.

Omega Tuition: \$585

Omega Accommodations: from \$441 for camping to \$1,519 for a single (rates may vary)

Omega Institute Retreat Registration

All registration and housing arrangements will be handled by Omega Institute. Omega Institute is now accepting registrations by phone on a first-come, first-served basis. Call (800) 944-1001 within the US, or (845) 266-4444 outside the US. For more information visit www.eomega.org. Registration is not available through Open Gate Sangha. Omega Institute is offering a limited number of scholarships to this event.



2010 AT-A-GLANCE ~ ADYASHANTI



January

Sat, Jan 16	Oakland Satsang	11am–12:45pm
Sun, Jan 17	Palo Alto Satsang	4pm–5:45pm
Fri, Jan 22	Mount Madonna Retreat	Check-in: 3–5pm
Sun, Jan 24	—Retreat Ends	Check-out: 1pm

February

Sat, Feb 6	Santa Cruz Satsang	5:30–7:15pm
Sat, Feb 13	San Rafael Satsang	4pm–5:45pm
Fri, Feb 19	Maui Satsang	7–9pm
Sat, Feb 20	Maui Intensive	1pm–7pm
Sun, Feb 21	—Intensive Day 2	1:30–6:30pm

March

Sat, Mar 6	Santa Cruz Satsang	5:30–7:15pm
Sun, Mar 7	Palo Alto Satsang	4pm–5:45pm
Sat, Mar 13	Spirit Rock Intensive	11am–6pm
Sat, Mar 20	Oakland Satsang	11am–12:45pm
Sun, Mar 28	Asilomar Retreat	Check-in: 3–5pm

April

Fri, Apr 2	—Retreat Ends	Check-out: 12:30pm
Fri, Apr 16	Garrison Institute Retreat	Check-in: 3–5pm
Sun, Apr 18	—Retreat Ends	Check-out: 1pm
Tue, Apr 20	Frederick Satsang	7–9pm
Wed, Apr 21	Frederick Satsang	7–9pm
Fri, Apr 23	Asheville Satsang	7–9pm
Sat, Apr 24	Asheville Intensive	Noon–6pm

May

Sat, May 8	San Rafael Satsang	4pm–5:45pm
Sun, May 16	Mount Madonna Retreat	Check-in: 3–5pm
Sun, May 23	—Retreat Ends	Check-out: 1pm
Sat, May 29	Oakland Satsang	11am–12:45pm
Sun, May 30	Palo Alto Satsang	4pm–5:45pm

June

Fri, Jun 4	Los Angeles Satsang	7–9pm
Sat, Jun 5	Los Angeles Intensive	Noon–6pm

July

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

August

Sun, Aug 8	Palo Alto Satsang	4pm–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	4pm–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 30	Santa Cruz Satsang	5:30–7:15pm

November

Sat, Nov 6	Oakland Satsang	11am–12:45pm
Sun, Nov 7	Palo Alto Satsang	4pm–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 18	2010 Christmas Intensive	3–9pm

For the latest schedule information check the calendar pages at www.adyashanti.org and www.muktisource.org.

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 Open Gate Sangha/Resources page of www.adyashanti.org.

Many Blessings to all,

Open Gate Sangha

Located in the heart of Silicon Valley in California, the Open Gate Sangha organization supports the teachings of Adyashanti and Mukti by making them available to all who sincerely yearn for peace and freedom. Not only does Open Gate Sangha host most of the events with Adyashanti and Mukti, it also offers a scholarship program, supports Adyashanti Gatherings, produces Adyashanti's online radio program, and publishes books, CDs, and DVDs of Adyashanti's and Mukti's teachings. Founded in 1996, Open Gate Sangha is a not-for-profit organization run by a small staff with the heartfelt support of many dedicated volunteers.

Scholarships: Open Gate Sangha offers a limited number of scholarships to intensives and retreats for those who need financial assistance. Scholarships are awarded based on a number of criteria, including availability of scholarship funds, applicant's financial need, and prior scholarships.



2010 AT-A-GLANCE ~ MUKTI

January

Sat, Jan 16	Palo Alto Silent Retreat Day	10am–6pm
Mon, Jan 18	Monthly Meditation	7–8:45pm
Tue, Jan 19	Berkeley Satsang	7–9pm
Fri, Jan 29	Los Angeles Satsang	7:30–9:30pm
Sat, Jan 30	Los Angeles Silent Retreat Day	9:30am–5:30pm

February

Mon, Feb 8	Monthly Meditation	7–8:45pm
Fri, Feb 12	Portland Satsang	7–9pm
Sat, Feb 13	Portland Silent Retreat Day	9:30am–5:30pm

March

Fri, Mar 5	Grass Valley Satsang	7–9pm
Sat, Mar 6	Grass Valley Silent Retreat Day	9:30am–5:30pm
Mon, Mar 8	Monthly Meditation	7–8:45pm
Tue, Mar 16	Berkeley Satsang	7–9pm
Tue, Mar 23	Amherst Satsang	7–9pm
Wed, Mar 24	Amherst Satsang	7–9pm
Fri, Mar 26	Kripalu Retreat	Check-in: 2:15–5pm
Sun, Mar 28	—Retreat Ends	Check-out: Noon

April

Mon, Apr 5	Monthly Meditation	7–8:45pm
Fri, Apr 9	Vancouver Satsang	7–9pm
Sat, Apr 10	Vancouver Silent Retreat Day	9:30am–5:30pm
Wed, Apr 14	Philadelphia Satsang	7–9pm
Thu, Apr 15	Philadelphia Satsang	7–9pm
Tue, Apr 27	Berkeley Satsang	7–9pm

May

Fri, May 7	Boulder Satsang	7–9pm
Sat, May 8	Boulder Silent Retreat Day	9:30am–5:30pm
Tue, May 18	Berkeley Satsang	7–9pm
Mon, May 24	Monthly Meditation	7–8:45pm

June

Sat, Jun 5	Marin Silent Retreat Day	9:30am–5:30pm
Mon, Jun 7	Monthly Meditation	7–8:45pm

July

Thu, Jul 29	Sebastopol Satsang	7:30–9:30pm
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August

Sun, Aug 1	Santa Cruz Silent Retreat Day	9:30am–5:30pm
Fri, Aug 6	Tustin Satsang	7–9pm
Sat, Aug 7	Tustin Silent Retreat Day	9:30am–5:30pm
Tue, Aug 17	Berkeley Satsang	7–9pm
Mon, Aug 23	Monthly Meditation	7–8:45pm

September

Fri, Sep 3	Sevenoaks Silent Retreat	Check-in: 5:30pm
Mon, Sep 6	—Retreat Ends	Check-out: 2pm
Mon, Sep 20	Monthly Meditation	7–8:45pm
Tue, Sep 21	Berkeley Satsang	7–9pm
Wed, Sep 29	Ashland Satsang	7–9pm
Thu, Sep 30	Ashland Satsang	7–9pm

October

Fri, Oct 1	Bend Satsang	7–9pm
Sat, Oct 2	Bend Silent Retreat Day	9:30am–5:30pm
Tue, Oct 19	Berkeley Satsang	7–9pm
Mon, Oct 25	Monthly Meditation	7–8:45pm
Sun, Oct 31	Vajrapani Silent Retreat	Check-in: 3–5pm

November

Fri, Nov 5	—Retreat Ends	Check-out: Noon
Tue, Nov 16	Berkeley Satsang	7–9pm
Mon, Nov 22	Monthly Meditation	7–8:45pm

December

Mon, Dec 6	Monthly Meditation	7–8:45pm
Fri, Dec 10	Mount Madonna Silent Retreat	Check-in: 3–5pm
Sun, Dec 12	—Retreat Ends	Check-out: 1pm
Tue, Dec 21	Berkeley Satsang	7–9pm

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awarded to the applicant. Scholarship applications can be downloaded from www.adyashanti.org and www.muktisource.org or mailed to you if you call (408) 299-0201. Application deadlines vary from event to event.

Gatherings: Adyashanti's teachings are shared globally as well as locally, as groups gather to listen to Adyashanti's CDs or watch DVDs. There are over 120 gatherings now taking place in 30 states and 10 countries—and the list continues to grow. To learn more about attending or hosting a gathering, visit the Open Gate Sangha/Gatherings page at www.adyashanti.org.

Private Meetings with Mukti: Mukti, Associate Teacher of Open Gate Sangha, offers dokusans (private meetings for satsang inquiry) in person and by phone on a donation basis. In-person meetings take place in San Jose, CA. Phone meetings are available for those who live outside the greater San Francisco Bay Area. To schedule a dokusan, call (408) 728-3839.

Volunteering: If you are interested in volunteering at events or at the Open Gate Sangha office, please email volunteer@adyashanti.org.

Donations: Many thanks to those who have offered financial support of Adyashanti's and Mukti's teachings. All donations to "Open Gate Sangha" are tax-deductible. Retreat and intensive fees are not considered donations. General donations may be made online or by mail. To contribute specifically to the scholarship fund, please indicate it 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
Executive Director	Jerilyn Munyon

TEACHINGS ONLINE

Adyashanti.org

The Teachings Page

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

ADYASHANTI'S Cafe Dharma

Adyashanti's Cafe Dharma media center makes his teachings accessible to anyone with an internet connection. The Audio page offers his most recent satsangs via MP3 downloads, the Radio page features live satsang via streaming audio and video, and the Video page features specially recorded teachings viewable for free via streaming video. You can get to Cafe Dharma by clicking on the logo in the left-hand column of Adyashanti's website, or go directly to www.adyashanti.org/cafedharma.

To be notified of new satsang recordings, scheduled radio programs, and free downloads, sign up for Adyashanti's monthly email updates by logging in at www.adyashanti.org.

On the Audio Page

The Audio page features Adyashanti's latest full-length satsangs on MP3 available to download instantly for \$10 each. New satsangs are usually added within a few days of being recorded, and each month you'll find a new free download! In addition, you can now find the latest download from Mukti, always in the lower right corner of the page.

On the Radio Page



Radio Adyashanti is a 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, the broadcast is available to anyone with access to an internet connection.

During a live broadcast, Adyashanti usually begins with a talk followed by answers to emailed questions, and then he dialogues with

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

NEW — Live Video Streaming!

Radio Adyashanti now broadcasts in live streaming audio and video formats. The audio portion of the broadcast is always free to the public. Access to the video stream is available for \$10 and includes the audio recording of the satsang, made available within 2 days after the broadcast.

Welcome!

Radio Adyashanti welcomes listeners and callers from all over the US and around the world. Adyashanti has enjoyed receiving calls from as far away as Thailand, Bucharest, and even Pakistan. Aside from the US, most listeners reside in Canada, Australia, New Zealand, Mexico, and Argentina.

In the Library

There are over 100 full-length downloads available in Cafe Dharma's Audio and Radio Libraries. Single satsangs are available for \$10 each with a growing number of multiple-download sets also available. And remember, there is always a selection of FREE downloads in the Audio Library.

You can access the entire download catalog by clicking the Library link on the left-hand navigation bar of any page in Cafe Dharma or on the Library link at the top of the Audio and Radio pages. To find a specific title, visit either library and enter a keyword from the title in the upper right search box, then click "Go." Popular downloads include:

▶ The Razor's Edge of Truth

In the AUDIO Library ~ \$25 / 3-Download Set

This set of 3 full-length satsangs recorded at a daylong intensive in Colorado includes insightful talks and dialogues about the truth of our nature, and moving through life with an orientation around what's true. Varied topics include judging vs. discerning, being completely hollowed out, truth in relationship, absolute courage, and forgiveness.

▶ The Maturation of Awakening

In the AUDIO Library ~ \$10 / MP3 Download

It's a myth that after awakening your life will be easy street. Adyashanti delves into common post-awakening struggles that arise as the illusion of a separate being lets go of itself. Topics include the spiritual honeymoon, the diminishing of personal will, and embracing the crucifixion of fear.

▶ True Faith

In the RADIO Library ~ \$10 / MP3 Download

Adyashanti shares his unique perspective on faith, which he describes as "absolutely crucial" in true spirituality. Faith is "nakedly reaching out beyond the known, beyond all that we think we know about our own being." Topics include faith, insecurity, and letting go of choice and manifesting.

▶ The Power of Autonomy

In the RADIO Library ~ \$10 / MP3 Download

To discover our autonomy is to discover within ourselves that which is new and creative. Using the examples of Jesus and Buddha, Adyashanti speaks about autonomy as an essential aspect of awakening and blossoming into who we really are.

www.adyashanti.org/cafedharma

On the Video Page



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.

Excerpts from “The Basic Teachings” Videos

The foundation from which true and wise action takes place is to allow everything to be as it is. Responding to the moment, to life, or to the most common daily situations that you find yourself in, can actually arise from this foundation of allowing everything to be. If you’re struggling with what arises in this moment, if you’re at battle with what is, you can never go beyond your conditioned way of seeing and perceiving things—you can never go beyond the egoic state of consciousness. So think of allowing everything to be as it is as a foundation from which insight can happen and true and wise activity can spring—a foundation of a true and wise response to life that comes from spirit rather than from ego.



When we believe the thoughts in our head, when we think they have ultimate and true value, then we’re in a state of delusion. Thoughts may have some practical usefulness in life, but they don’t tell us what’s ultimately real or what’s ultimately true. So imagine this: nothing that you imagine, none of your beliefs or opinions are ultimately real or true. This doesn’t mean that you shouldn’t have a belief or you shouldn’t have an opinion; your mind will have them. But to see that they’re not really true can be very, very liberating.



The basics are the most important, and it’s what people lose sight of. Everybody wants the most complicated things, the most subtle teachings, and although there are more subtle teachings than what I have presented in these videos, it’s the basics that are the most important. It’s like a house. You have to have a solid foundation or the house collapses. So although there are more subtle applications of the teachings, and maybe even more subtle principles, the basics are 98% of the teaching.

People get a little spiritual experience and they think it’s time for them to move on from the basics. But I can tell you, it’s never time to move on from the basics. You never leave the foundation because it is within these fundamental truths and principles that an incredible depth of subtlety, and a profound wisdom, love, and spiritual realization are to be found. An ongoing revelation of truth and the sacredness of existence is to be found in these very basic teachings.

So stay with the basics. You’ll find that they can take you to a place you never imagined—if they’re applied with great honesty, great integrity, intention, and love. ▶

People get a little spiritual experience and they think it’s time for them to move on from the basics. But I can tell you, it’s never time to move on from the basics. ~ Adyashanti

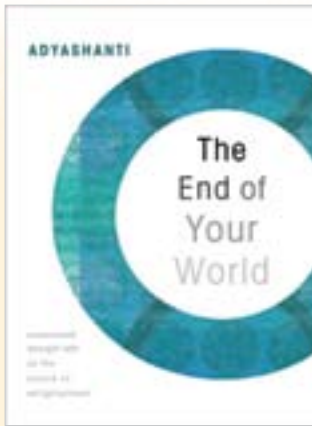
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Books



The End of Your World

© 2008 by Sounds True
216-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

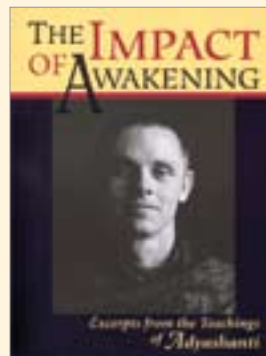
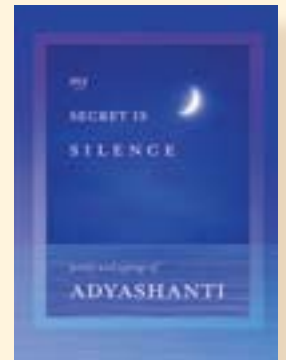
© 2004, 2006 by Adyashanti
195-page softcover book
ISBN: 1-59179-459-5
\$18.95 **Item #3EDA2**

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.

My Secret Is Silence Poetry and Sayings of Adyashanti

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

In this book of poetry and teachings, Adyashanti celebrates life from the vantage of the laughing Buddha and gently invites the mystery to wake up to itself in the heart of each reader. Adyashanti considers *My Secret Is Silence* to be his most useful book for spiritual instruction.



The Impact of Awakening Excerpts from the Teachings of Adyashanti

© 2000, 2002 by Adyashanti
130-page softcover book
ISBN: 0-9717036-0-4
\$17 **Item #3IOA**

In this collection of dynamic excerpts from Adyashanti’s sat-sang dialogues, the reader is guided from the initial impulse to be free to its culmination in liberation. Adyashanti also speaks about the role of grace, the student-teacher relationship, and how to move beyond beliefs that distort our perception of truth.

Order online at www.adyashanti.org

DVDs

New Satsangs on DVD

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

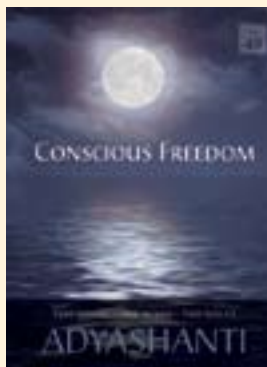
Rest As Awareness ~ Vol. 48

March 15, 2009 - Palo Alto, CA

© 2009 by Adyashanti. DVD length: 90 min.

\$25 **Item #4RAA**

In this simple yet profound satsang, Adyashanti reveals the heart of the teaching—what it means to rest as awareness. He explains how the egoic mind state keeps us from truly resting, and shows us what we need to relinquish so that a direct, immediate access to awareness can spontaneously happen with no effort on our part.



Conscious Freedom ~ Vol. 49

April 19, 2009 - Palo Alto, CA

© 2009 by Adyashanti. DVD length: 90 min.

\$25 **Item #4CFR**

It is not our idea of ourselves that wakes up—it is the dormant consciousness within that awakens to itself. In this subtle and engaging satsang, Adyashanti invites us to see what drives our struggle to awaken and recognize the conscious freedom that is already here as the true nature of everything.

The Falling Away of Personal Will ~ Vol. 52

September 13, 2009 - Palo Alto, CA

© 2009 by Adyashanti. DVD length: 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.

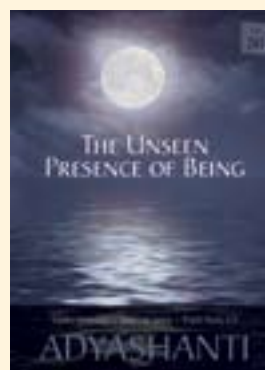
The Unseen Presence of Being ~ Vol. 50

May 24, 2009 - Palo Alto, CA

© 2009 by Adyashanti. DVD length: 90 min.

\$25 **Item #4UPO**

This satsang explores how spirituality has been mythologized into a mysterious search for spirit and how this very search is an unconscious way of denying what is already here. Adyashanti helps us discover that we are the invisible presence we seek, and if we stop looking outside the present moment, we just might find it.



Reality-Oriented Spirituality ~ Vol. 51

August 2, 2009 - Palo Alto, CA

© 2009 by Adyashanti. DVD length: 90 min.

\$25 **Item #4ROS**

Spirituality is often seen as a means to make our lives better. Yet the real truth is that there is nothing in the spiritual search for the “me.” Adyashanti reveals how a shift from a self-oriented focus to a reality-oriented focus actually liberates our self-preoccupied psychology. With this perspective, we can see that nothing is really a problem and experience the essence and intimacy of all things.



The more we return to our essence, the more the world will express that consciousness.

~ Adyashanti

Audio CD Albums

New!

Living Reality

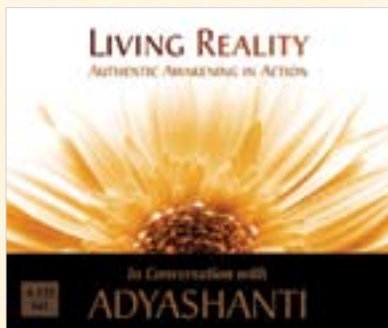
Authentic Awakening in Action

4-CD Album

© 2009 by Adyashanti

Running time: Approx. 4.75 hrs.

\$42 Item #2LRE



Spiritual seekers are often pervaded with myths and misunderstandings about awakening and living an awakened life. These “blindness” cause people to experience prolonged confusion and distraction, and waste substantial amounts of time and energy. In this unique and in-depth dialogue, Dr. Prema Maja Rodé facilitates an exploration with Adyashanti in which he dispels the fundamental myths about awakening and illuminates how authentic awakening manifests in undivided action. Key topics in this two-part 4-CD dialogue include:

- What Right Action Feels Like
- Hidden Defenses After Awakening
- What Do We Really Know?
- The Power of Honesty
- How to Recognize a Partial Awakening
- Post-Awakening Emotional Turmoil
- High-Level Delusions
- The Instinct of Compassion

Dr. Prema Maja Rodé holds a PhD in Transpersonal Psychology and serves as the Creative Director of Open Gate Sangha.

New!

The Light of the World

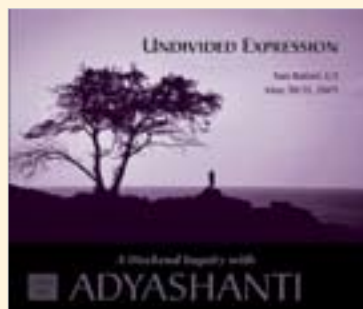
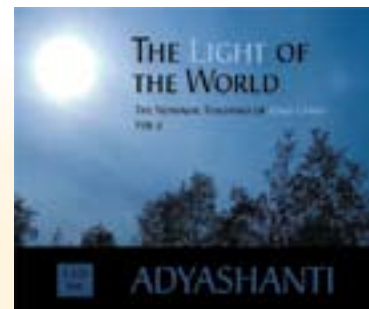
3-CD Album

© 2007–2009 by Adyashanti

Running time: Approx. 3.5 hrs.

\$29 Item #2LOT

The Light of the World is Adyashanti’s inspiring sequel to the popular CD album, *I Am—The Nondual Teachings of Jesus Christ*. In this 3-CD set, Adyashanti reveals how the biblical stories of Jesus are stories about our own journey. He shows how understanding the real messages of Jesus’ birth and life can free us from the illusions of time and separateness, and awaken us—right now—to the Christ consciousness within.



New!

Undivided Expression

7-CD Album

© 2009 by Adyashanti

Running time: Approx. 8.5 hours.

\$65 Item #7UEX

It is from the sacred that a new and fluid consciousness is born that uproots all of the old structures of one’s consciousness and brings to life the flowering of a living and undivided expression of being. ~ Adyashanti

In this 7-CD album recorded live at a weekend intensive, Adyashanti invites us to look beyond the mind and explore the territory of undivided expression.

New!

Entering the Domain of Spirit

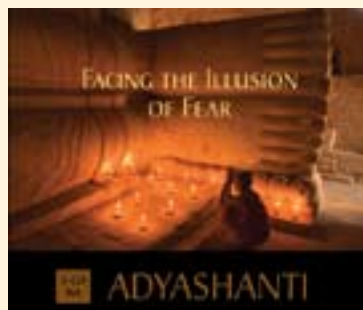
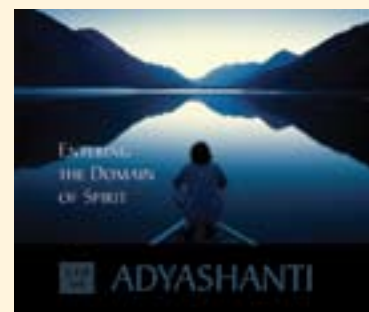
3-CD Album

© 2009 by Adyashanti

Running time: 3 hours, 34 min.

\$29 Item #2ETD

This 3-CD album offers unique teachings on spirituality, religion, and dimensions of reality. Through two consecutive satsangs, Adyashanti explores how human beings often seek spirituality to address their “human” wants yet miss the “being” aspect that spirituality is truly meant to serve. (Also available as a download from Adyashanti’s Cafe Dharma.)



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.

Complete selection of DVDs and CDs at www.adyashanti.org

New Satsang CDs

\$16 per 2-CD set

Running time 90–110 min. © 2009 by Adyashanti

A Lineage of Truth

Item # 1ALO. April 1, 2009 ~ Watsonville, CA

In this personal and captivating satsang, Adyashanti recounts the story of his unexpected initiation into a lineage of truth. Through this story, he transmits a sense of the ever-present consciousness that is expressed in spiritual traditions but also transcends all form and time. *(Selected from the April 2009 retreat album.)*

A New Way of Being

Item # 1ANW. May 5, 2009 ~ Garrison, NY

After a shift takes place from egoic consciousness to awakened consciousness, the “me” can still resurrect itself with subtle concerns about sustaining and living from this awakened view. In this satsang, Adyashanti addresses the disorienting transition many experience upon waking up and reveals how to discover and operate from an undivided new way of being. *(Selected from the May 2009 retreat album.)*

The Shedding of Identity

Item #1SOI. July 8, 2009 ~ Oak Park, IL

Many spiritual seekers spend years or decades chasing enlightenment but don't even know who's actually doing the chasing. In this pivotal satsang, Adyashanti unveils the very subtle false identities that drive our incessant search. He shows us how to shed any notion of who we are and what we are seeking, so that we may uncover the real truth of our nature and all existence.

Order online at www.adyashanti.org

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Books

	Price	Qty.	Total
3EDA2 Emptiness Dancing (2nd Ed.).....	\$18.95	x _____ = _____	
3EOY The End of Your World	\$24.95	x _____ = _____	
3IOA The Impact of Awakening	\$17	x _____ = _____	
3MSI My Secret Is Silence	\$17	x _____ = _____	
3TME True Meditation (book with CD).....	\$19.95	x _____ = _____	

DVD Video

4CFR Conscious Freedom (Vol 49) <i>New!</i>	\$25	x _____ = _____	
4FAO Falling Away of Personal Will (52) <i>New!</i> .	\$25	x _____ = _____	
4ROS Reality-Oriented Spirituality (51) <i>New!</i> ...	\$25	x _____ = _____	
4RAA Rest As Awareness (Vol 48) <i>New!</i>	\$25	x _____ = _____	
4UPO The Unseen Presence of Being (50) <i>New!</i>	\$25	x _____ = _____	

Single Satsangs (2-CD sets)

1ALO A Lineage of Truth - <i>New!</i>	\$16	x _____ = _____	
1ANW A New Way of Being - <i>New!</i>	\$16	x _____ = _____	
1SOI The Shedding of Identity - <i>New!</i>	\$16	x _____ = _____	

CD Albums

	Price	Qty.	Total
2ETD Entering the Domain of Spirit (3CDs) <i>New!</i>	\$29	x _____ = _____	
2FTI Facing the Illusion of Fear (3CDs)	\$35	x _____ = _____	
2LOT The Light of the World (3CDs) <i>New!</i>	\$29	x _____ = _____	
2LRE Living Reality (4CDs) <i>New!</i>	\$42	x _____ = _____	
7UEX Undivided Expression (7CDs) <i>New!</i>	\$65	x _____ = _____	

Satsangs with Mukti

M-1BOS The Body of Stillness (2CDs) <i>New!</i>	\$15	x _____ = _____	
M-1MWM Meditations with Mukti (1CD).....	\$10	x _____ = _____	
M-1FAW Freeing Awareness (1CD)	\$10	x _____ = _____	

Other*

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ADYASHANTI ▸ 2010



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.



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

