



Spontaneous Awakening

By Adyashanti

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Spontaneous Awakening By Adyashanti

Enter the "Ordinary State" of Enlightenment

Many of us share the belief that enlightenment is rare—that true spiritual awakening only happens for extraordinary people. According to Adyashanti, this idea may actually be the most powerful impediment to our awakening. On *Spontaneous Awakening*, he invites you to inquire into the "ordinary nature" of enlightenment—and the profound truth of who you really are.

"Do not think that enlightenment is going to make you special—it's not. If you feel special in any way, then enlightenment has not occurred," teaches Adyashanti. So where do we start? With the desire to look fearlessly at and inquire passionately into truth, explains Adyashanti. "When you stop resisting experience, what remains is the bliss of sheer nothingness. And everything that is possible lives in that nothingness."

With more than seven hours of teachings, two guided meditations, and an exclusive Sounds True interview, *Spontaneous Awakening* is an eye-opening program that explores topics including:

- The self-authenticating nature of spiritual discovery
- The link between personal awareness and awareness itself
- How attachment can lead to complete freedom and unattachment
- Why genuine spiritual knowing requires mental subtraction—not addition.

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Editorial Review

Review

Spontaneous Awakening

About the Author

Adyashanti is an American-born spiritual teacher devoted to serving the awakening of all beings. His teachings are an open invitation to stop, inquire, and recognize what is true and liberating at the core of all existence. His books include *Emptiness Dancing*, *The End of Your World*, *True Meditation*, *The Way of Liberation*, and *Falling into Grace*.

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Asked to teach in 1996 by his Zen teacher of 14 years, Adyashanti offers teachings that are free of any tradition or ideology. "The Truth I point to is not confined within any religious point of view, belief system, or doctrine, but is open to all and found within all." For more information, please visit adyashanti.org.

From [AudioFile](#)

These 11 lessons from Adyashanti were recorded live. They include lectures, personal stories, interviews, and guided meditations. While the content of the lectures will be familiar to listeners already versed in Zen or Eastern spirituality, Adyashanti's explanations are quite lucid, even homely, making difficult concepts readily accessible even for those new to them. Sound quality is uniformly high, and the recordings capture much of his warmth and spontaneity. His excitement for spirituality and his eagerness to share with his listeners are apparent. It is especially nice to hear jokes, or to hear Adyashanti fumble a term and then laugh at himself. G.T.B. © AudioFile 2006, Portland, Maine-- *Copyright © AudioFile, Portland, Maine*

Users Review

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Kevin Buckley:

Reading a publication tends to be new life style in this era globalization. With reading through you can get a lot of information that could give you benefit in your life. Together with book everyone in this world can easily share their idea. Ebooks can also inspire a lot of people. Many author can inspire their very own reader with their story or maybe their experience. Not only the storyline that share in the guides. But also they write about the information about something that you need example. How to get the good score toefl, or how to teach your children, there are many kinds of book that exist now. The authors in this world always try to improve their expertise in writing, they also doing some investigation before they write on their book. One of them is this Spontaneous Awakening.

Robert Landers:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their sparetime with their family, or all their friends. Usually they performing activity like watching television, going to beach, or picnic in the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Might be reading a book might be option to fill your

cost-free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to try out look for book, may be the reserve untitled Spontaneous Awakening can be fine book to read. May be it is usually best activity to you.

David Carter:

Is it a person who having spare time subsequently spend it whole day through watching television programs or just resting on the bed? Do you need something new? This Spontaneous Awakening can be the answer, oh how comes? A book you know. You are thus out of date, spending your spare time by reading in this fresh era is common not a geek activity. So what these publications have than the others?

Jan Dixon:

In this particular era which is the greater man or who has ability to do something more are more precious than other. Do you want to become considered one of it? It is just simple way to have that. What you must do is just spending your time very little but quite enough to get a look at some books. One of the books in the top checklist in your reading list is usually Spontaneous Awakening. This book that is qualified as The Hungry Slopes can get you closer in getting precious person. By looking upward and review this guide you can get many advantages.

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