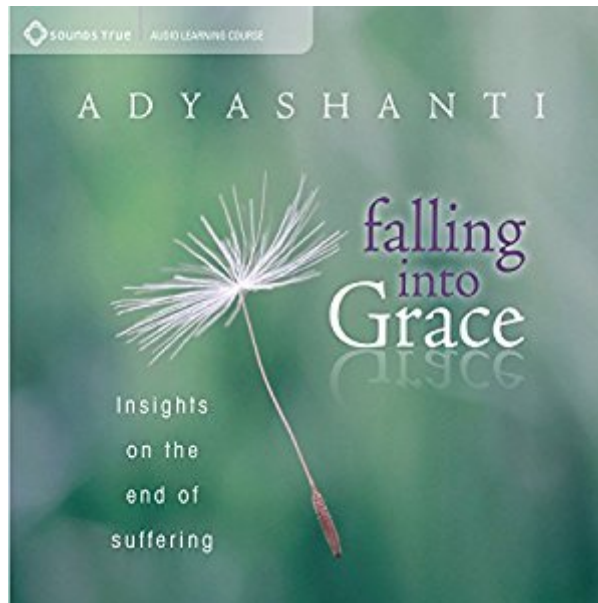




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Falling Into Grace: Insights On The End Of Suffering



Synopsis

Adyashanti asks us to let go of our struggles with life and open to the full promise of spiritual awakening: the end of delusion and the discovery and expression of our essential being. After 15 years as a spiritual teacher, Adyashanti has found that the simpler the teaching, the greater its power to initiate this awakening. On *Falling into Grace*, he shares what he considers fundamental insights to "open ourselves to that mysterious element that enters in the hidden and quiet moments and sparks a revolution in the way that we perceive life." Wherever you may be on your own spiritual path, you will find in these sessions down-to-earth guidance on breaking the trance of ego, experiencing the raw energy of emotion, cultivating inner stability, transcending the world of opposites, and more. In the same way that we fall into the arms of a loved one or drop our heads on the pillow at night, we can surrender into the beauty and truth of who and what we really are. *Falling into Grace* is a program that gets to the core of why we suffer, and allows us to explore Adyashanti's invitation "to be taken by a moment of grace and fall into a sense of life when it is not separate from you, when life is actually an expression of something indefinable, mysterious, and immense."

Highlights: The human dilemma - the concept of a separate self and the choice to stop believing the thoughts that perpetuate suffering
"Taking the backward step" into the pure potential of the present moment
Why spiritual awakening can be a disturbing process
Intimacy and availability - feeling absolute union with every part of our experience
True autonomy - the unique expression of our own sense of freedom

Book Information

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Customer Reviews

I bought this book as i believed that i 'lived ' in my mind far too long and far too much,the information contained in this book had helped me tremendously, I now dismiss or just allow the thoughts to flow through my mind, i am more at peace, this is one of the first books that i have read consistently, i normally would read three books at the same time, i so wanted to understand the concepts that i focussed on this alone, i am not finished but i am not living in my mind as much as i used to.

I purchased this book concurrent with Loch Kelly's 'Shift into Freedom', after reading the Kindle Sample. For me it provides the broad and necessary perspective for major, positive change. Loch Kelly's text provides specific 'glimpses' to help facilitate this change. These are two resources I will read again and again, knowing that they will guide me to far more peaceful, contented times.

I first heard an Adyashanti talk years ago on a radio station that had already introduced me to Alan Watts and Krishnamurti among others who shared their perspective on life and a spiritual path. Now, many experiences later, I find the personal and revealing information shared in this book to be like a refrain from a love song with a catchy melody. I need to tell you that such love songs have served like a mantra to help me walk through the moments in life when everything fell apart, as well as the times I seek fresh inspiration. Falling into Grace is compelling, accessible and direct. It is like having a clear conversation with a good friend who is pointing out the obvious often forgotten. I have been so moved by this book as to buy a Kindle to read it on. The ideas shared by Adyashanti, along with the "Power of Now," "Loving What Is" and others alongside the music on my iPod, form the backdrop that is part of the soundtrack that accompanies my day to day.

I enjoyed this experiential sharing of an ongoing spiritual journey wherein the author shares how to appreciate life, enjoy oneself, not take things personally, and to reach out with genuine love. It's an easy read without tons of technical terms to memorize. Several parallels are drawn to a variety of religious sects as well.

Adyashanti is simply one of the truly finest teachers in the spiritual awakening enlightenment/realization tradition of practices. In fact he would be a magnificent second supportive teacher for anyone engaged in serious spiritual awakening practices. I can not think of a higher compliment. His language and expression are direct and straightforward. I find his spiritual depth and insight truly immense. In falling into grace he gives a nuts and bolts approach to effectively deepening one's spiritual practice. As an example a key fulcrum insight in this book is every time

you deny or complain about what is /reality you lose one hundred percent of the time. You as a consequence suffer. In fact opposition to what is/reality is what feeds and forms the basis of the confining ego or self that thinks it is separate from the world- the ultimate source of our dissatisfaction with life and the hindrance to the true joy in living. Adyashanti is always worth studying in his books emptiness dancing, the end of your world and all his numerous you tube videos. I would almost never write review of bought books but I will make an exception with adyashanti.

If you are patient and can find a quiet place to absorb the thoughts of this enlightened leader, you just might find yourself letting go of your pain-body and feeling lighter. I read this at the same time as Eckhart Tolle's A New Earth and was struck by how similar are the concepts, even chapter by chapter. I am not suggesting one stole from the other, rather, that the basic idea of how to move beyond the daily demands of the ego into a greater, more graceful path through life has been understood by many people throughout time. Our clinging to programmed notions of how to enhance our power in hopes of increasing our happiness seems to be at the root of our problems. This book seeks to set us on another, better, path toward happiness.

These were the right teachings for me at the right time! To be untangled from ego-based expectations, opinions (of course mine were always right!), and desired outcomes has freed me to face my chronic pain and exhaustion illness and my inherited anxiety, depression, and bipolar disorders with less suffering and more acceptance. With practice, I am learning to let go of my being a very distinct self based on the illusions of my thoughts that I have clung to ("I am sick, cannot ever feel better again, and have lost the life and career that I have worked so hard to have - I can't do anything that is worthwhile ever again!") and be much more open to what actually is at the moment and to let all thoughts come and leave my mind without unnecessary attachment. Wish all people of our planet would practice mindfulness and not be attached to their fear-based ego thoughts (I have to be the winner, the best, make more money, have more things to be someone; cannot lose, cannot be second to anyone, cannot lose any of my money or things so that I am not someone - fearful to not get enough and fearful of losing what we have). I find that I am much more calm in all situations, view my health as something that just is (which has opened my mind to doing the things I can do to lessen my symptoms and enjoy my life as it is), and continually live my life in each moment without attachment to my thoughts of the past or future. One of the best guides and explanations of mindfulness I have yet to come across.

Excellent. This wonderful, nurturing book, simply written with such profound truth, is also a challenge. If you really want to do the work - then sit, read, reflect and let awareness and presence grow. You will liberate your True Self from the constriction of your own ego and addictive thinking. Then once the toothpaste is out of the tube, there is no going back. .

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