



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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Calvin Baker:

The reason why? Because this Spontaneous Awakening is an unordinary book that the inside of the publication waiting for you to snap this but latter it will surprise you with the secret that inside. Reading this book close to it was fantastic author who all write the book in such incredible way makes the content interior easier to understand, entertaining method but still convey the meaning totally. So , it is good for you for not hesitating having this ever again or you going to regret it. This unique book will give you a lot of rewards than the other book have such as help improving your proficiency and your critical thinking technique. So , still want to hold off having that book? If I had been you I will go to the reserve store hurriedly.

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