



# ADYASHANTI

January–June 2006



*The Tao knows  
without knowing,  
and moves  
without moving.*

~ Adyashanti

# January ~ June 2006 At-a-Glance

## January

Wed, Jan 18	Palo Alto Satsang	7-8:45pm
Sat, Jan 21	Santa Cruz Satsang	5:30-7:15pm
Sun, Jan 22	Mill Valley Satsang	4-5:45pm
Tue, Jan 24	East West Bookstore	7-9pm

## February

Wed, Feb 1	Palo Alto Satsang	7-8:45pm
Sat, Feb 4	Santa Cruz Satsang	5:30-7:15pm
Sun, Feb 5	Mill Valley Satsang	4-5:45pm
Wed, Feb 8	Los Angeles Satsang	7-9pm
Thu, Feb 9	Los Angeles Satsang	7-9pm
Fri, Feb 10	San Diego Satsang	7-9pm
Sat, Feb 11	San Diego Intensive	12-6pm
Sat, Feb 18	Oakland Satsang	11am-12:45pm
Sat, Feb 18	Santa Cruz Satsang	5:30-7:15pm
Wed, Feb 22	Palo Alto Satsang	7-8:45pm
Sat, Feb 25	Power of Silence Intensive	10am-6pm
Sun, Feb 26	— Intensive Day-2	1-6pm

## March

Wed, Mar 8	Palo Alto Satsang	7-8:45pm
Sat, Mar 11	Oakland Satsang	11am-12:45pm
Sat, Mar 11	Santa Cruz Satsang	5:30-7:15pm
Wed, Mar 15	Palo Alto Satsang	7-8:45pm
Tue, Mar 21	Mount Madonna Retreat	Check-in: 3-5pm
Sun, Mar 26	— Retreat Ends	Check-out: 1pm

**Participants understand that all events with Adyashanti will be recorded for use by Open Gate Sangha, Inc.**

## April

Sat, Apr 1	Oakland Satsang	11am-12:45pm
Sat, Apr 1	Santa Cruz Satsang	5:30-7:15pm
Wed, Apr 5	Palo Alto Satsang	7-8:45pm
Tue, Apr 11	Mount Madonna Retreat	Check-in: 3-5pm
Sun, Apr 16	— Retreat Ends	Check-out: 1pm
Sun, Apr 23	Spirit Rock Intensive	11am-6pm
Wed, Apr 26	Palo Alto Satsang	7-8:45pm

## May

Tue, May 9	North Hampton Satsang	7-9pm
Wed, May 10	North Hampton Satsang	7-9pm
Fri, May 12	Kripalu Weekend	Starts at 7:30pm
Sun, May 14	— Kripalu Weekend Ends	Ends at 11:30am
Thu, May 18	Frederick Satsang	7-9pm
Fri, May 19	Frederick Satsang	7-9pm
Sat, May 20	Frederick Intensive	12-6pm
Wed, May 31	Palo Alto Satsang	7-8:45pm

## June

Sun, Jun 4	Asilomar Retreat	Check-in: 3-5pm
Fri, Jun 9	— Retreat Ends	Check-out: 12:30pm
Sat, Jun 17	Oakland Satsang	11am-12:45pm
Sat, Jun 17	Santa Cruz Satsang	5:30-7:15pm
Wed, Jun 21	Palo Alto Satsang	7-8:45pm
Sat, Jun 24	Enlightenment Intensive	10am-6pm
Sun, Jun 25	— Intensive Day-2	1-6pm
Wed, Jun 28	Palo Alto Satsang	7-8:45pm

## To Our Readers

*“This that’s awake is the same for us all. Everything else is beautiful, wonderful diversity. Life is more beautiful because of its diversity, more beautiful because you are not exactly like me.”* ~ Adyashanti

At Open Gate Sangha, our intention is to provide an opportunity to deeply connect with Truth for all those who come to share in these teachings. Everyone is welcome. We embrace the truth as expressed in each of us. Guided by this core facet of Adyashanti’s teachings, we move to create an environment of inclusiveness held within a container of silence. We invite you to join us as the Truth unfolds in all of its beauty, truly revealing “this that’s awake” in us all.

Love to you all,



Jerilyn Munyon  
Executive Director, Open Gate Sangha

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# Teachings

## The Awakened Way

by Adyashanti

**W**hat is it like to live an awakened life?

While the world is trying to solve its problems and everyone around you is engaged in the same, you're not. While everybody around you is trying to figure it out, trying to arrive, trying to "get there," trying to be worthy, you're not. While everyone thinks that awakening is a grand, noble, halo-enshrouded thing, for you it's not. While everybody is running from this life right now, in this moment, to try to get there, you're not. Where everybody has an argument with somebody else, mostly everybody else, starting with themselves, you don't. Where everybody is so sure that happiness will come when something is different than it is now, you know that it won't. When everybody else is looking to achieve the perfect state and hold on to it, you're not.

When everybody around you has a whole host of ideas and beliefs about a whole variety of things, you don't. Everyone on the path is getting there; you haven't gotten anywhere. Everyone is climbing the mountain; you're selling hiking boots and picks at the foot in the hope that if they climb it and come back down, they may be too exhausted to do it again. When everybody else is

*You will let go  
when you let go—  
usually when  
nothing else works.*

looking to the next book, to the next teacher, to the next guru to be told what's real, to be given the secret key to an awakened life, you're not. You don't have a key because there's not a lock to put it in.

When you're living what you are in an awakened way, being simply what you've always been, you're actually very simple. You basically sit around wondering what all the fuss is about.



When everyone is sitting around saying, "I hope that happens to me," you remember when *you* did that. You remember that you didn't find a solution to that. You remember that the whole idea that there was a problem created all of that.

When you're being what you are, when you're living the awakened life, there's nobody to forgive, because there's no resentment held, no matter what.

The truth of your being doesn't crave happiness; it could actually care less. It doesn't crave love, not because you are so full of love, but because it just doesn't crave love. It's very simple. It doesn't seek to be known, regarded highly, or understood. When you're living what you are in an awakened way, there's no ideal for you anymore. You've stepped off the entire cycle of suffering, of becoming; you're not interested.

It's a curious life you find yourself in. You find yourself... where you are. Not where *I* am, where *you* are. Where you really are. Where we really are. It's a curious place to be (especially in the beginning) not to be driven by anything—pleasure or displeasure, helping or hurting, loving or hating. The only thing that will move you (and I don't mean to be too poetic about this) is the same thing that moves a leaf hanging from a tree. It's simply because the breeze blows that way. So you always know what to do: The breeze blows that way, and that's the way you go. You don't ask questions anymore. You don't evaluate why the breeze is blowing that way because you know that you don't know why. And you know you can't know why. There's never been a leaf anywhere that knows why the wind blows that way on that day at that moment. That breeze changes the orientation of your life, moment to moment, simply because that's the way life's moving. And when you're living in your awakened self you have no argument with the way it's moving because *it* is the same as *you* are.

And you know that the breeze was always there, from the very beginning, and that it wasn't reserved for special people. If you didn't notice it at some point in your life, you know it was because you weren't listening, or because you thought you had to figure something out before you could listen, or because you thought there had to be some conclusion before you could just listen so deeply, so without agenda, so without hope of a better future that you would feel the movement.

Many of you know what I'm speaking of.

Truth never explains why it's moving that way at that moment. And if you ask, it won't give any information. It would be like a leaf asking the wind, "Why are you moving that way right now?" The question doesn't make any sense to the wind.

But your argument with the way the truth would move—whatever that way is—is no longer there for you. You're no longer arguing with it. You're no longer trying to figure it out. Mother Mary didn't figure it out. Buddha didn't figure it out. Ramana didn't figure it out. None of them figured it out. They just became That. Simple. Ordinary—in the same way a leaf is ordinary.

When you're living in your awakened being and living in an awakened way, power on any level is not an issue for you. It's not interesting. The power to control another human being is not interesting. Intellectual power is not interesting. The power to control yourself is not interesting. The power that people want to give you is not interesting to you—not because it shouldn't be; it's just not. What would you want to do with it? You see that there's nothing you want to do with it.

You realize, in the truth of your being, that you are the totality itself, but you have no interest

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# Teachings

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whatsoever in doing anything with that knowledge, with using that knowledge.

Finally, you realize that you really don't want to change anybody, not because you shouldn't want to change them, because you just don't. You might not want to be around everyone, but still you don't want to change them.

None of this is an ideal—it's the end of ideals. None of this is holiness; it's the end of holiness. It's the beginning of wholeness. None of this is something to achieve, because it's not achievable. It's simply what is in the truth of your being. It's just what is. You can't attain what's naturally so. And nobody anywhere can ever tell you when or why, or to what degree you'll let go of untruth; you will let go when you let go, usually when nothing else works.

When you're living in the awakened way, in the awakened being that you are, you're alone, and you're finally comfortable with it. You're alone, but you're not lonely at all, because the only one who

was ever supposed to meet you where you are—the only one who ever *could* meet you where you are one hundred percent—was you. Nobody else could ever fully meet you where you are—maybe ninety percent, maybe ninety-five. Nobody can meet you fully but you. When you finally do, then you don't need anybody else to do it for you. Then you're alone, more alone than you could ever imagine. And strangely—very strangely—you are more connected, more intimate, more at one with everything. More. And you would have never thought that those two could in any way be together: total aloneness and total oneness. You would have never guessed that that's the way it would end up. But it does, and it always has.

And finally, when you're just living in the awakened way that you really are, you'll never form an image again of what it's like. Even as it's happening, you won't form an image because you'll know they're all images, dust. The way it was yesterday won't be the way it is today.

© 2003 by Adyashanti. *Awakened Living Intensive*. Berkeley, CA. October 5, 2003

## Scholarships

Open Gate Sangha offers a limited number of scholarships to local 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 awarded to the applicant.

To obtain a scholarship application, please download it from the Events area of our website, [www.adyashanti.org](http://www.adyashanti.org), or call the office at (408) 356-5554. The scholarship application deadline for all January–June 2006 retreats is November 17, 2005. The application deadline for intensives is 5 weeks prior to each intensive. We cannot guarantee a scholarship award to any individual. Many thanks to those who have made donations to the Scholarship Fund.

## Tax-Deductible Contributions

Most of your contributions to "Open Gate Sangha" are tax-deductible, including payments for satsangs, intensives, and retreat tuition. The housing portion of retreat fees, however, is not tax-deductible.

Those who feel called to financially support Adyashanti's teaching work may also contribute to one or more of the following funds: **Publishing Fund**, **Scholarship Fund**, and **General Fund** (the General Fund is for the day-to-day operations that make Adyashanti's satsangs, intensives, retreats, and travels possible).

To contribute, please indicate the fund(s) on your check and mail it to the address below.

**Open Gate Sangha, Inc.** is a nonprofit, tax-exempt organization. The office is located in Los Gatos at 15951 Los Gatos Blvd # 7. Please send ALL mail to:

PO Box 782, Los Gatos, CA 95031  
(408) 356-5554  
[opengate@adyashanti.org](mailto:opengate@adyashanti.org)

### Board of Directors

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Adyashanti and his wife, Annie.

## Adya's Mail

I receive many, many wonderful letters each week from all over the country. Unfortunately, I only have the time to respond to a small fraction of them. For all of you who have written me and will write me in the future, please know that I read every letter and truly enjoy sharing in your unfolding into Truth.

Many Blessings,

## Transmission of the Flame

Adyashanti has invited some of his students to share the Dharma with others. Visit the Sangha/Transmission page at [www.adyashanti.org](http://www.adyashanti.org) to learn more about them.



Arvis Justi, Adyashanti's Zen teacher, labeling tapes at the Open Gate Sangha office.

# Bay Area Satsangs

Satsangs with Adyashanti offer a profound and intimate investigation of spiritual awakening and living an awakened life. Each satsang begins with a period of silence, followed by a talk, and then a dialogue with the audience. Doors open 20 minutes prior for silent sitting.

- Contribution per satsang is \$10, paid at the door.
- Chairs are provided.
- Due to periodic schedule changes, visit [www.adyashanti.org](http://www.adyashanti.org) for the most current schedule.



## Mill Valley

**Time:** Sundays, 4–5:45pm  
Doors open at 3:40pm. Please arrive on time.

**Dates:** January 22, February 5

**Location:** Mt. Tamalpais United Methodist Church  
410 Sycamore Ave., Mill Valley

From the North: Exit 101 S at East Blithedale/Tiburon Blvd. Turn right onto East Blithedale Ave. Continue with directions below.

From the South: Exit 101 N at Tiburon Blvd. At the traffic light, turn left onto Tiburon Blvd. and go over the 101 overpass. You are now on East Blithedale Ave.

Continue on East Blithedale to Camino Alto (7/10 of a mile) and turn left. Turn left at the first traffic light. Turn right into the church driveway. Satsang is in the Sanctuary, the first building on the right.



## Oakland

**Time:** Saturdays, 11am–12:45pm  
Doors open at 10:40am. Please arrive on time.

**Dates:** February 18, March 11, April 1, June 17

**Location:** Lake Merritt United Methodist Church  
1330 Lakeshore Ave., Oakland

From the South Bay: Take 880 N to 238 to 580 W toward Oakland. Take the Lakeshore Ave. exit. Turn left onto Lakeshore Ave. Follow Lakeshore Ave. along Lake Merritt about one mile to 1330 Lakeshore, which is 2/3 of a block past Foothill Blvd. Look for street parking as soon as you pass Foothill Blvd.

From Berkeley or Marin: Take 80 to 580 E, toward Hayward. Take the Grand Ave. exit and go straight across the intersection. Turn right onto Lakeshore Ave. Follow Lakeshore Ave. along Lake Merritt about one mile to 1330 Lakeshore, which is 2/3 of a block past Foothill Blvd. Look for street parking as soon as you pass Foothill Blvd.



## Palo Alto

**Time:** Wednesdays, 7–8:45pm  
Doors open at 6:40pm. Please arrive on time.

**Dates:** January 18, February 1 & 22, March 8 & 15, April 5 & 26, May 31, June 21 & 28

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

From Highway 101: Exit at San Antonio Rd. and go west, toward Los Altos. Turn right on Middlefield Rd. Cross E. Meadow and look for Unity on the right, just beyond the Peninsula Bible Church.

From 280 Freeway: Exit at Page Mill Rd. and go east toward Palo Alto. Drive past Foothill Expy. and El Camino Real. Then make a right onto Middlefield Rd. The church will be on your left just before the Peninsula Bible Church.



## Santa Cruz

**Time:** Saturdays, 5:30–7:15pm  
Doors open at 5:10pm. Please arrive on time.

**Dates:** January 21, February 4 & 18, March 11, April 1, June 17

**Location:** Inner Light Center Sanctuary  
5630 Soquel Dr., Soquel

From the North: Take Hwy 17 S to Hwy 1 S (toward Watsonville/Monterey). Exit at Park Ave. and turn left. At the 3rd signal, turn left onto Soquel Dr. Go about 2 blocks and turn left into the center's driveway.

From the South: Take Hwy 1 N and exit at Park Ave. Turn right. At the 3rd signal, turn left onto Soquel Dr. Go about 2 blocks and turn left into the center's driveway.

# Bay Area Intensives

Weekend intensives are an opportunity to spend time in deep silence and inquiry with Adyashanti and the sangha. Each day will include periods of silent meditation and satsang. Adyashanti will give talks exploring various aspects of spiritual awakening and living an awakened life. Talks are typically followed by question-and-answer periods. Please join us and bring your innermost questions or simply sit in the silence and presence of eternal truth.



## 2005 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 meditation, satsang, and singing.

### December 18, 2005 in Palo Alto

Sunday, 3–9pm

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

**Cost: \$75** (preregistered before December 2 postmark)  
\$100 (at the door, space permitting)

### Unity Palo Alto Community Church

3391 Middlefield Rd., Palo Alto, CA 94306



## The Power of Silence

*Our deepest nature is silence: That space which is beyond the known, understanding, and imagination. True silence is not a dead or static state; it is a state of unity, creative response, and deep love. Salvation lies within the heart of silence and nowhere else. Be still and know.*  
~ Adyashanti

### February 25–26 in Los Altos

Saturday, 10am–6pm; Sunday, 1–6pm

At Adyashanti's request, two-day attendance is required.

**Cost: \$175** (preregistered before February 10 postmark)  
\$200 (at the door, space permitting)

### Los Altos High School Eagle Theater

201 Almond Ave., Los Altos, CA 94022



## Enlightenment—The Direct Approach

*The direct approach is a single-minded, direct pointing to the ultimate reality. This differs from progressive spiritual paths, which involve time, becoming, and enlightenment in some imagined future. In the direct approach, all spiritual niceties are stripped away, and everything that is unessential to the task of awakening is discarded. This intensive will explore the direct approach as I teach it.*  
~ Adyashanti

### June 24–25 in San Rafael

Saturday, 10am–6pm; Sunday, 1–6pm

At Adyashanti's request, two-day attendance is required.

**Cost: \$175** (preregistered before June 9 postmark)  
\$200 (at the door, space permitting)

### Osher Marin Jewish Community Center

200 N. San Pedro Rd., San Rafael, CA 94903



*Freedom is the realization that this deep, deep peace and this unknown are what you are. Everything else is just an extension of this unknown. The whole visible universe, in fact, is just an extension in time of this unknown, this mountain of quiet.*

~ Adyashanti

# Intensive Registration & Info

## Preregistration – Online!

- Go to the Events area at [www.adyashanti.org](http://www.adyashanti.org).
- Follow the simple step-by-step instructions.
- Submit secure payment by credit card or online check.
- Receive confirmation by email.
- Preregistration closes 2 weeks before the start date of each event. After preregistration, registration is only available at the door.

## Preregistration – By Mail

- If you choose to mail in your payment, use the form below.
- **Mail-in registrations must be postmarked 2 weeks before the start date of each event.**
- We cannot accept registrations postmarked after the preregistration deadlines noted on the registration form. After preregistration, registration is only available at the door.
- Mail your completed registration form, along with **full payment** (nontransferable), in US check or money order (no credit cards or partial payments) to:  
**Open Gate Sangha, PO Box 782, Los Gatos, CA 95031**

## At-the-Door Registration

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

## General Information

- 9am Registration begins (2pm for Christmas Intensive)
- 9:30am Doors open
- 10am Doors close during meditation

*Plan to arrive on time. Attendance at the entire event is required.*

**Seating:** Folding chairs will be provided. Feel free to bring your own backjack or cushion.

**Meal Break:** Bring your own food, or plan to walk or drive to a nearby restaurant.

## Applying for a Scholarship

- Download the current Intensive Scholarship Application from the Events area of our website. If you do not have web access, you may call the office at (408) 356-5554 to request an application.
- Mail your Intensive Scholarship Application no later than 5 weeks prior to the intensive by the following postmark deadlines:  
For the December 18 intensive: November 11, 2005  
For the February 25–26 intensive: January 20, 2006  
For the June 24–25 intensive: May 19, 2006

## 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.

Register online at [www.adyashanti.org](http://www.adyashanti.org).

## Mail-In Intensive Registration Form

- 2005 Christmas Intensive** ..... \$ \_\_\_\_\_  
December 18, 2005 in Palo Alto  
**\$75** before December 2, 2005 postmark. \$100 at the door.  
Limited seating. Register early.
- The Power of Silence** ..... \$ \_\_\_\_\_  
Full 2-day attendance required.  
February 25–26 in Los Altos  
**\$175** before February 10, 2006 postmark. \$200 at the door.
- Enlightenment—The Direct Approach** .... \$ \_\_\_\_\_  
Full 2-day attendance required.  
June 24–25 in San Rafael  
**\$175** before June 9, 2006 postmark. \$200 at the door.

**TOTAL ENCLOSED** ..... \$ \_\_\_\_\_

*If you are interested in volunteering at any of these events, please email [volunteer@adyashanti.org](mailto:volunteer@adyashanti.org).*

- Payment in full is required. If you are paying for more than one intensive, write one check.
- The preregistration deadline is 2 weeks prior to each intensive and must be postmarked by the deadline date.

**Open Gate Sangha, PO Box 782, Los Gatos, CA 95031**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Email: \_\_\_\_\_

- This is a new/updated address, phone number, or email.

## Special Events

Special events with Adyashanti explore original topics or follow unique event formats. Usually they are sponsored by other organizations, so registration processes vary. Please contact the sponsoring organizations for more information. (Open Gate Sangha does not offer scholarships to these events unless otherwise noted.)



### Spirit Rock Meditation Center

Woodacre, CA

#### The Middle Way

Sunday, April 23, 2006, 11am–6pm

Cost: \$60+\*

*The Buddha's insight into the middle way is not simply about a balance between extremes. This conventional understanding misses the deeper revelation of the middle way as being the very nature of unexcelled enlightenment. The middle way is an invitation to leap beyond nirvana and samsara and to realize the unborn Buddha mind right in the middle of everywhere.* ~ Adyashanti

REGISTRATION: Register online at [www.spiritrock.org](http://www.spiritrock.org), or send a check for \$60 to Spirit Rock Meditation Center, PO Box 169, Woodacre, CA 94973. Indicate event code AY1D06 4/23. You may also register at the door, if space is still available.

Please bring a bag lunch.

\*Cost does not include donations to Adyashanti and Open Gate Sangha. Donations may be offered at the end of the intensive.

### Kripalu Center

Lenox, MA

#### Freedom and the Unknown

Friday, May 12 – Sunday, May 14, 2006

Cost: \$245 + accommodations

*The transition from life lived through the ego to life lived through awakened Spirit calls for a total transformation in the way we live and relate. True freedom comes when every speck of the known collapses into the unknown, not just for a moment but continually.*

~Adyashanti

This weekend at Kripalu Center will include silent sitting and talks by Adyashanti followed by dialogues with the audience.

REGISTRATION: To register or for more information visit [www.kripalu.org](http://www.kripalu.org) or call (800) 741-7353.

### East West Bookstore

Mountain View, CA

#### Talk and Book Signing

Tuesday, January 24, 2006, 7–9pm

Cost: Free with Ticket\*

By cutting through the jungle of myths and misinformation that cloud what enlightenment truly is, you can begin to awaken the living experience of enlightenment. This evening will include a talk followed by a dialogue with the audience.

\*To reserve tickets call (800) 909-6161. More information and directions at [www.eastwest.com](http://www.eastwest.com).

## Sangha News and Gratitude

☞ Beginning in 2006 Open Gate Sangha will offer a link to an online ride-share message board for retreats and intensives. The web link will be included in confirmation letters and emails to those who register for events with Adyashanti.

☞ In response to many requests to hear Adyashanti on CD, Open Gate Sangha is working on making more CDs available. In this newsletter we are offering two new 3-CD albums: "Retreat Talks, Volume 2" and "Always Being, Always Becoming," a dialogue between Adyashanti and John Astin. Many thanks to Eric Fischer, who added his creative skills in digital audio production to this project.

☞ The September retreat at Asilomar was considered by many (including Adyashanti) to be one of the most powerful Open Gate Sangha retreats to date. With almost 250 people sharing the depth of silence, many felt it was as intimate as the early retreats at Vajrapani, with only 40 participants.

☞ People from 23 countries have visited our new website, including Australia, Belgium, Canada, Finland, France, Germany, Greece, India, In-

onesia, Israel, Italy, Japan, Mexico, The Netherlands, New Zealand, Niue, Norway, Portugal, Romania, Sweden, Switzerland, and the U.K. Welcome to all our international friends!

☞ Open Gate Sangha is busily setting up systems behind the scenes for satsang cataloging, transcribing, and archiving. Our hope is to make Adyashanti's teachings more accessible now and for many years to come. Heartfelt thanks to Robin Rose for her invaluable contributions in this area and to the many volunteers who offer countless hours to these projects.

☞ We warmly welcome Terri Gray, who has now joined us as a part-time staff member in registration. For the past year, she has been volunteering at events and in the office supporting event registration. Terri lives in Boulder Creek with her husband, their two boys, and several chickens.

☞ Open Gate Sangha needs a volunteer who can help out every Tuesday in January at our office in Los Gatos, answering phones and doing computer work. If you're interested and experienced, please call Julie at (408) 356-5554, ext. 14.

# Adyashanti's Travels

Adyashanti will be offering satsangs and intensives in the following areas during the first half of 2006:

<b>Los Angeles, CA</b>	<b>February 8–9</b>
<b>San Diego, CA</b>	<b>February 10–11</b>
<b>North Hampton, MA</b>	<b>May 9–10</b> (First visit!)
<b>Lenox, MA</b>	<b>May 12–14</b> (First visit!)
<b>Frederick, MD</b>	<b>May 18–20</b> (First visit!)

Out-of-town events with Adyashanti usually take the form of satsangs, book signings, or intensives. Intensives include a full day (or weekend), with meditation and multiple satsangs that explore teachings in greater depth. Bring your innermost questions, or simply come and immerse yourself in the silence and presence of eternal truth.

New! **Online preregistration** is now available for full-day and weekend travel events with Adyashanti. Visit the Travels page at [www.adyashanti.org](http://www.adyashanti.org) to register.



*Adyashanti enjoying Camden, Maine from the air.*

Details about these events will be posted online as they become available. Please do not call the office. Event announcements will be included in our monthly email prior to each event. To get on our mailing or email list, go to the Contact Us page of our website. (Open Gate Sangha does not offer scholarships for these events.)

## Touching One Life at a Time

*Adyashanti's teachings are now being shared globally as well as locally, as groups in several states and other countries gather to listen to audiotapes or watch DVDs. Following is a letter sent to us from one such gathering in Western Australia.*

Dear all at Open Gate Sangha office,

I just wanted to tell you what a wonderful evening we had last Friday in satsang with Adya. There were about thirty or so present in our dojo at Gurukula—our largest gathering for a satsang so far. Sam Blight, one of our leadership team, guided proceedings.

To begin with, we shared a beautiful meditation with reference to Adya's page on True Meditation—the stillness was deep and profound with a vivid sense of Presence.

### Adyashanti Gatherings

To find out more about attending or hosting an Adyashanti Gathering such as the one in Gurukula, Australia, visit the Gatherings page in the Sangha area at [www.adyashanti.org](http://www.adyashanti.org). The list continues to grow, so be sure to check the website for an offering in your area. Current locations include:

- Gloucestershire, UK
- Indianapolis, IN
- Santa Monica, CA
- Santa Barbara, CA
- Perth, Western Australia
- Honolulu, HI
- Frederick, MD
- Austin, TX
- Mill Valley, CA
- Olympia, WA
- Augusta, GA
- Denver, CO
- Novato, CA

Then we watched about forty minutes of Adya's new DVD, 'What Do You Really Want?' I was sitting at the back and it was awesome to notice everyone 'leaning forward' to catch Adya's every word. It was as if he was there in the same room with us all.

Afterward, together we enjoyed some tea, coffee, and light refreshments. The fellowship was warm and animated, and most of the conversations I overheard seemed to be about blessing being experienced as truth was being more clearly perceived (or apperceived) through these gatherings.

I pass this on to encourage you in your service of truth and the part you each play in helping to make Adya's insightful satsang talks more widely available. Also, of course, we would like you to convey to Adya our deep gratitude for being willing to make these DVDs etc. which are so valuable to those of us who cannot physically be with him. Because of your combined efforts (relatively speaking), satsang happens and does its work 'down under,' while you sleep!

With appreciation,

Pete S.

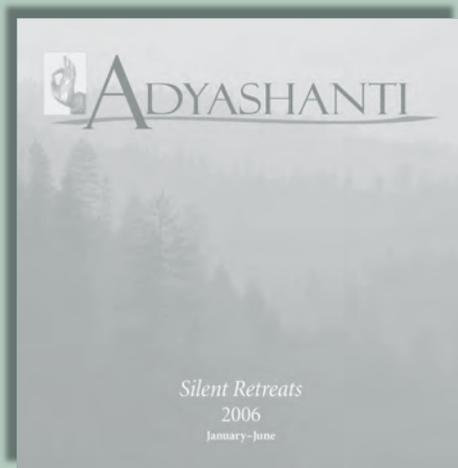
Gurukula, Western Australia

P.S. After writing this letter, I received a phone call from a man who was present at the gathering. Yesterday there was a remarkable 'shift' of consciousness for him and there was the sudden knowing of who he really was. Of course, he could not put into words what had happened, but he spoke of joy, relief, and the sense of being nothing and everything at once.

I'm sure you will be delighted, along with us, to know of these awakenings and I have the feeling that the tide of awareness will continue to rise in the growing number of those who attend to the truth that comes through Adya and others at Gurukula.

## Silent Retreats

**S**ilent retreat is for those who desire to deeply realize the truth of their being and the essence of existence. Retreat offers 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 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.



Find complete details at [www.adyashanti.org](http://www.adyashanti.org)  
or request a retreat brochure by calling  
(408) 356-5554 ext. 30.

Silent retreats are Adyashanti's most powerful form of teaching. Because of their popularity, Open Gate Sangha processes retreat registrations two times per year through a random lottery system. The lottery registration deadline for retreats in January through June has passed, but if you are interested in attending on standby, you are welcome to add yourself to the waiting list online.

In May 2006, the retreats in July through December will open for registration. If you'd like to be notified when registration opens, sign up on Open Gate Sangha's mailing list by logging on at [www.adyashanti.org](http://www.adyashanti.org).

### Waiting lists are now open for the following retreats:

#### March 21–26, 2006

5-Night Retreat at Mount Madonna Center  
Watsonville, CA  
Tuition: \$280  
Housing: \$255-\$560

#### April 11–16, 2006

5-Night Retreat at Mount Madonna Center  
Watsonville, CA  
Tuition: \$280  
Housing: \$255-\$560

#### June 4–9, 2006

5-Night Retreat at Asilomar  
Pacific Grove, CA  
Tuition: \$280  
Housing: \$429-\$891

## Radical Emptiness

by *Adyashanti*

To the extent that the fire of truth wipes out all fixated points of view, it wipes out inner contradictions as well, and we begin to move in a whole different way. The Way is the flow that comes from a place of non-contradiction—not from good and bad. Much less damage tends to be done from that place. Once we have reached the phase where there is no fixed self-concept, we tend to lead a selfless life. The only way to be selfless is to be self less—without a self. No matter what it does, a self isn't going to be selfless. It can pretend. It can approximate selflessness, but a self is never going to be selfless because there is always an identified personal self at the root of it.

*Since there is no self, there is nothing to be enlightened or unenlightened.*

Being selfless isn't a good, holy, or noble activity. It's simply that when there is no self, selflessness happens. This selflessness is very different from having a moralistic standpoint. When action is selfless, it tends to do no harm. It tends to be the salvation, the secret alchemy that awakens and removes conflict. It's a byproduct of not having a self. It just so happens that reality is overflowing with goodness and love.

This is radical emptiness—where everything is arising spontaneously. There is no more need to discriminate with the mind between what seems to be the right thing or the wrong thing to do. In ego-land it's helpful to have an ego that can discriminate between right and wrong, but at a certain point, that's not what you are operating by. You are operating by the flow of the Tao, which is a higher order of intelligence. You don't need to intellectually discriminate anymore because the Tao discriminates without discriminating; it knows without knowing; it moves without moving. There is no sense of being enlightened or unenlightened. Since there is no self, there is nothing to be enlightened or unenlightened.

We can talk about enlightened beings and non-enlightened beings, and conceptually that has a use. But when there is no self, when there is radical emptiness, the whole enlightenment thing is sort of irrelevant because reality has become conscious of itself, which is enlightenment. That's what is often missed. People believe that enlightenment is an improvement on reality, like becoming a super human being or God-knows-what. But enlightenment is when reality is awake to itself as itself within itself.

## Books by Adyashanti

### Emptiness Dancing Selected Dharma Talks of Adyashanti

© 2004 by Adyashanti

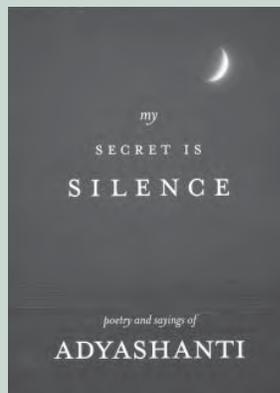
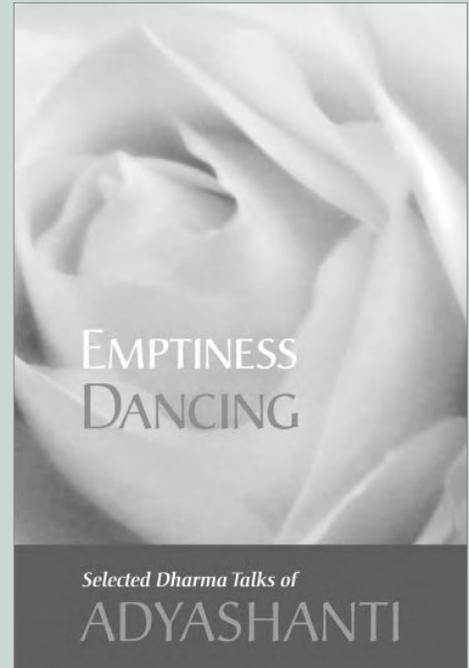
238 pages, softcover.

ISBN: 0-9717036-4-7

\$20 Item #3EDA

Discovering our true nature could be called the discovery of emptiness—of the vast stillness and loving silence that lies beyond and within all that exists. Our lives are the dance of this emptiness as it flowers into form. *Emptiness Dancing* offers dynamic teachings that come directly from this emptiness and draw the open heart into profound realization. Adyashanti reveals valuable insights and explores important themes relevant to those seeking and deepening into truth. He shares an enlightened perspective on:

- The seeker's struggle
- The joys and challenges of awakening
- The symptoms of spiritual addiction
- The essence of sacred relationship
- The true meaning of enlightenment
- The simple secret to happiness



### My Secret Is Silence Poetry and Sayings of Adyashanti

© 2003 by Adyashanti

141 pages, softcover.

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. A wonderful gift for anyone who loves getting drunk on truth or still imagines they are thirsty and need a long, sweet sip from the Beloved's overflowing cup.

### The Impact of Awakening 2nd Edition

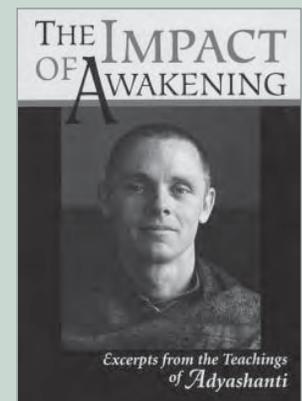
© 2000, 2002 by Adyashanti

130 pages, softcover.

ISBN: 0-9717036-0-4

\$17 Item #3IOA

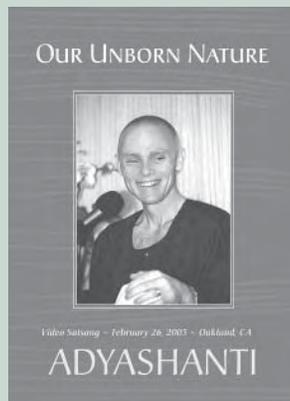
In this collection of dynamic excerpts from Adyashanti's satsang dialogues, the reader is guided from the initial impulse to be free to its culmination in liberation. Adyashanti also speaks about the role of grace, the student-teacher relationship, and how to move beyond beliefs that distort our perception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



# Adyashanti on Video

## Satsangs on DVD

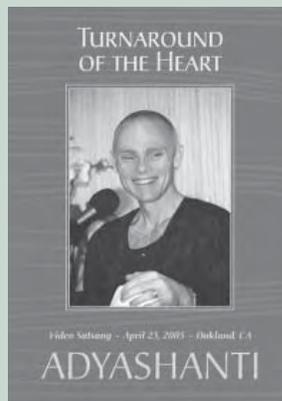
The following DVDs are the latest in a series that captures the dynamic quality of satsang with Adyashanti in a live, unedited format.



### Our Unborn Nature ~ Vol. 7

February 26, 2005 - Oakland, CA.  
©2005 by Adyashanti. DVD length: 90 min.  
\$25 **Item #4OUN**

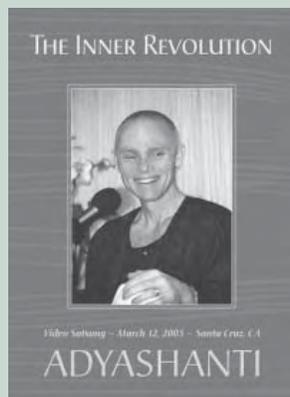
This exceptionally clear and engaging satsang explores our most precious gift, “the great silence of the unborn.” The unborn is that which we were before we were born, are during this life, and will be after death. Until there is a conscious realization of our unborn nature, our experience of life will forever be dominated by the egoic drive to survive.



### Turnaround of the Heart ~ Vol. 9

April 23, 2005 - Oakland, CA  
©2005 by Adyashanti. DVD length: 90 min.  
\$25 **Item #4TOT**

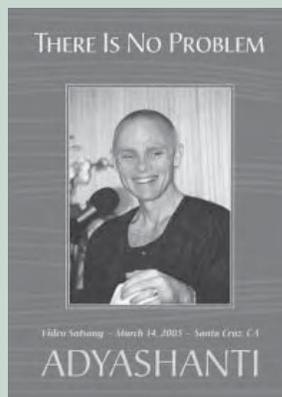
Sharing reflections from an awakened prisoner, stories about watching TV, and lessons from his backyard squirrel, “Ding Dong,” Adyashanti describes how coming alive spiritually involves a turnaround: Instead of looking at everything in terms of what it can give us, we see what actually is. This deep appreciation for “what is” is the beginning of real love.



### The Inner Revolution ~ Vol. 8

March 12, 2005 - Santa Cruz, CA  
©2005 by Adyashanti. DVD length: 90 min.  
\$25 **Item #4IRE**

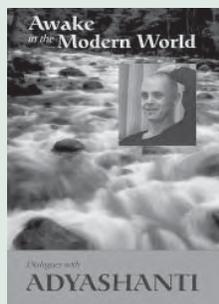
The inner revolution happens when the awakening of intelligence completely deconstructs the ways we think, perceive, and respond—stealing away all points of reference. It can feel like “being kicked out into the infinite without an exit door,” but this immense aloneness is what allows the unique flowering of our true spiritual essence.



### There Is No Problem ~ Vol. 10

May 14, 2005 - Santa Cruz, CA  
©2005 by Adyashanti. DVD length: 90 min.  
\$25 **Item #4TIN**

How does our true nature perceive existence? While the mind may take what is seen and interpret it as a problem, consciousness has no choice but simply to see what is. Adyashanti invites us to give up the habit of solving problems and direct our attention to what is true. Dialogue topics include the most powerful prayer, children’s suffering, and the pain of becoming nobody.



### Awake in the Modern World (VHS)

**Dialogues with Adyashanti**  
Produced by Robert Revel.  
© 2004 by Adyashanti  
VHS Length: 67 min.  
\$25 **Item #4AIV**

These two compelling video interviews with Adyashanti explore topics of interest to modern spiritual seekers as they relate to ancient ideas from Hinduism, Buddhism, and Christianity. With excerpts from satsang talks interspersed, Adyashanti shares valuable insights about karma, sin, healing, repentance, love, presence, memory, meditation, and living an awakened life. Interviews by Robert Revel and Marcee Sherrill. (VHS only.)

Also in this DVD Satsang series. . .

- What Do You Really Want?** DVD Vol. 6: \$25 **Item #4WDY**
- Being Alone** DVD Vol. 5: \$25 **Item #4BAL**
- Association with Truth** DVD Vol. 4: \$25 **Item #4AWT**
- The Undivided Self** DVD Vol. 3: \$25 **Item #4USE**
- When Truth Takes Over** DVD Vol. 2: \$25 **Item #4WTD**
- Falling Away** DVD Vol. 1: \$25 **Item #4FAD**

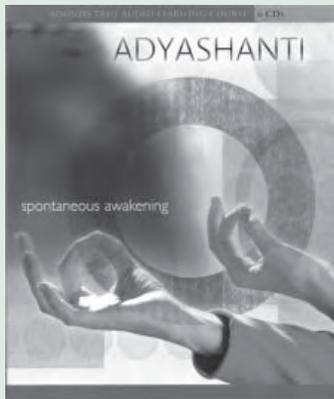
Order online at [www.adyashanti.org](http://www.adyashanti.org)

# New! CD Audio Albums

## Spontaneous Awakening

© 2005 by Adyashanti  
6 Audio CDs  
Running time: 7 hrs. 45 min.  
\$70 **Item #2SAW**

New from Sounds True audio learning courses, “Spontaneous Awakening” offers over 7 hours of Adya’s teachings, including a series of retreat talks, two guided meditations and an exclusive interview by Sounds True Publisher, Tami Simon.



This 6-CD album from the “Voices of Wisdom” series is for those who are seeking a path of simplicity not bound by the trappings of spiritual practice. With Adyashanti’s unique expression of Zen wisdom, listeners can learn more about:

- The student teacher relationship: is there a correct form?
- The direct path to realization.
- Finding out for yourself what is “the most important thing.”
- Learning to identify and disengage from “spiritual by-passing.”
- Why genuine spiritual knowing requires mental subtraction—not addition.

This beautifully packaged, high quality album is an excellent introduction to Adyashanti’s teachings and makes a great gift!

## Always Being, Always Becoming

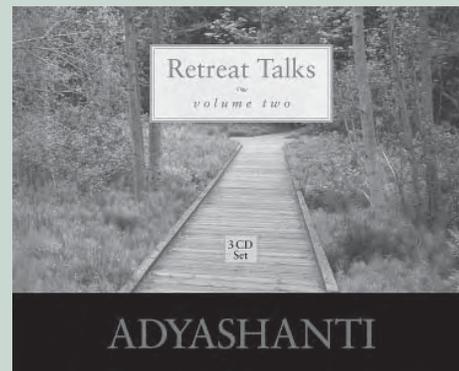
© 2005 by Adyashanti  
3 Audio CDs  
Running time: 2 hrs. 50 min.  
\$29 **Item #2ABA**

In this 3-CD dialogue, researcher John Astin draws forth answers from Adyashanti that go straight to the core. Addressing everything from the origin of ego to the alchemy of resting in our being, John leaves no spiritual stone unturned. Adyashanti shares many insights including:

- What keeps egos going.
- Human relationship: the real teacher.
- The types of unconscious denial that occur after awakening.
- What life is like when it’s not dominated by the me.
- Living from awakesness rather than from conceptual understanding.

*Our natural state is a beautiful paradox. While going nowhere and accomplishing nothing, we are also living in a state of constant discovery and constant expression. Always being and always becoming—this is the movement of that which is eternally still.*  
~ Adyashanti

**John Astin** is a nationally recognized researcher in the field of mind-body medicine, whose work has focused on the integration of spiritual practices in healthcare. An internationally known singer and songwriter, he is the author of *Too Intimate for Words*, a book of contemplative poetry and prose.



## Retreat Talks Volume 2

© 2005 by Adyashanti  
3 Audio CDs  
Running time: 3 hrs. 30 min.  
\$29 **Item #2RTA-2**

The “Retreat Talks” series highlights the powerful and uniquely engaging talks Adyashanti gives at retreats—with dialogues removed.

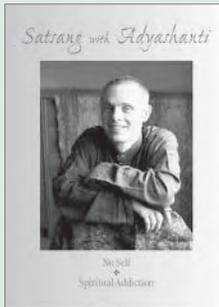
**Volume 2** features nine insightful talks selected from silent retreats in June 2004, May 2005, and June 2005.

This distilled presentation of teachings invites the listener to engage in a journey of insight and self-discovery as Adyashanti explores the following topics:

- The Most Powerful Illusion
- Destination Unknown
- The Commentator
- The Collapse of Fantasy
- Knowledge is Dead
- Letting Go of Control
- Surrender Happens
- Trust
- Innocence

Order online at [www.adyashanti.org](http://www.adyashanti.org)

# Cassette Audio Albums



## No Self & Spiritual Addiction

© 2001 by Adyashanti  
2-cassette album, approx. 3 hrs. 30 min.  
\$19 Item #2NSS

This hidden treasure in the Open Gate Sangha library explores the radical perspective that there has been no central “I” living this life and exposes the addictive aspects of spirituality. Humorous and revealing, these satsangs invite us to stand still in our innermost self and put an end to seeking. Highly recommended.



## Retreat Talks Volume 1 - on cassette

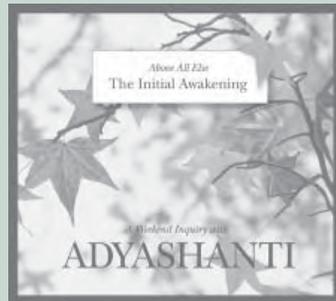
© 2004 by Adyashanti.  
2-cassette album, approx. 3 hrs.  
\$20 Item #2RTA-1

A selection of five powerful retreat talks—with dialogues removed. Adyashanti explores the depth of the retreat experience; clarifies that ego does not need to be dismantled, dissolved, or raised into a higher state; and reveals how to move beyond the teachings and traditions that have been stepping stones on our spiritual journey.

## Have a Weekend Intensive at Home!

©2002-2005 by Adyashanti  
5-cassette albums, approx. 8 hrs. per album.

Recorded live at weekend intensives with Adyashanti, each of these 5-cassette albums focuses on a unique aspect of spiritual awakening and liberation.



## Above All Else The Initial Awakening

Berkeley, CA: March 19–20, 2005  
\$55 Item # 7AAE

*In order to wake up, you must commit all of your inner resources one-pointedly to the task at hand. You must be willing to suspend all other considerations and make awakening the top priority of this life.*  
~ Adyashanti

This album focuses on one thing only—awakening to what you are here and now. Topics include inquiry, meditation, commitment, and surrender.

Also in this series:

**From Freedom to Love:** \$55 #7FFT  
**To Live the Truth:** \$55 #7TLT  
**The Natural State:** \$55 #7NSA

## The Territory of Freedom Life After Awakening

San Rafael, CA: May 28–29, 2005  
\$55 Item # 7TOF

Highly recommended for long-time students, this powerful intensive focuses solely on life after awakening. Subjects include common pitfalls for the newly awakened, the various guises of illusion, cutting through the myths of enlightenment, commitment to truth, total surrender, and serving the whole.

## The Flame of Relationship

San Rafael, CA: August 13–14, 2005  
\$55 Item # 7FOR

This intensive was given jointly by Adyashanti and his wife, Annie.

*Humanity's greatest challenge is to love without limitations, to love another as oneself—not in theory, but in actuality. This love is the realization of oneness as it moves in relationship. It expresses itself as a deep intelligence and wisdom that is not confined to one's personal conditioning. Join us for this exploration of life's greatest mystery.*  
~ Adyashanti

**The Enlightened Life:** \$55 #7ELI  
**The Willingness to Transform:** \$55 #7WTT  
**The Art of Being:** \$55 #7AOB

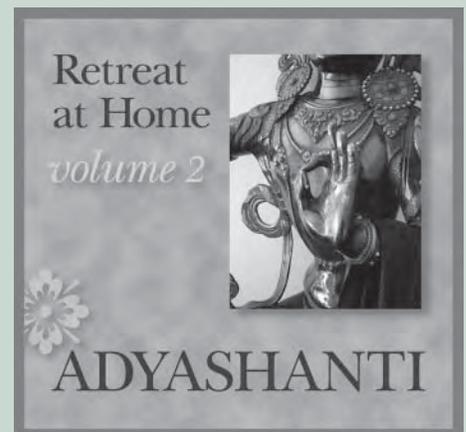
## Retreat at Home—Volume 2!

© 2004-2005 by Adyashanti  
Recorded September 2004 in Watsonville, CA  
10-cassette album with booklet  
\$99 Item #7RAH-2

In response to compelling reports about the original *Retreat at Home* album, *Volume 2* provides another powerful experience of Adyashanti's most effective form of teaching: silent retreat.

This album includes a complete 5-night retreat: 10 unedited satsang recordings, and a handbook with helpful guidelines for creating your own silent retreat—Adya style.

Adyashanti has recommended this retreat, recorded in September 2004, for those who are drawn to retreat in private or are unable to attend one of his retreats in person. Titles include *Non-Effort*, *Addiction to Thought*, *Releasing the False Self*, and *Living Integrity*. A perfect guide and companion to a profound investigation of awakening in this life.



Order online at [www.adyashanti.org](http://www.adyashanti.org)



# Adyashanti ~ January ~ June 2006



After fifteen years of Zen practice and a series of ever-deepening realizations, Adyashanti was asked to teach by his Zen teacher, Arvis Justi. Since then, many spiritual seekers have awakened to their true nature while spending time with Adyashanti.

His unique expression of the living truth emerges spontaneously from emptiness, free of any tradition or ideology. Adyashanti's nondual teachings have been

compared to those of the early Zen masters and Advaita Vedanta sages. Adyashanti lives with his wife, Annie, in his native San Francisco Bay Area.



*The Open Gate Sangha organization supports the teachings of Adyashanti by making them available to all who sincerely yearn for peace and freedom. Founded in 1996, the organization is run by a small staff and many dedicated volunteers, who form the heart of this growing community.*



## Weekend at Kripalu Center

Lenox, MA

### Freedom and the Unknown

Friday, May 12 – Sunday, May 14, 2006

See page 8 for details.

*True freedom comes when every speck of the known collapses into the unknown, not for a moment but continually.*

~Adyashanti



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