

ADYASHANTI®

2011

Events with Adyashanti & Mukti

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*We do not simply exist within existence,
but all of existence
exists within us.*

~ Adyashanti



Everything Under the Sun

BY ADYASHANTI

Look around you; there is only one reality. The reason that you are here, wherever here is for you, is because it is the only place that you can be right now. But even though reality is right here, and even though there is quite literally nothing but reality, it is very possible for you to miss it altogether. By *miss it* I mean to imagine that reality is something or somewhere other than here. As strange as it may sound it is very possible, even probable, that even though you have eyes to see, you do not see. And even though you have ears to hear, you do not hear. What you see and hear is not exactly what is actually here, but what you imagine is here.

Our imagination is a very powerful force in determining what we perceive. If we imagine that the world is teeming with evil forces, we will surely perceive the world as evil. But if we imagine the world to be essentially good, we will perceive it as good. Either way it is the same world that we are looking at. But the world is neither good nor bad in and of itself; it is simply what it is. And if we see the world as either good or bad, we will not be able to see it as it actually is. We will only be able to see it as we imagine it to be.

Now take this idea and apply it to everything and everyone in your life. Try it for a moment, or an hour, or a day. And if you do, you may begin to notice that the world you imagine to exist does not exist at all. This may cause you some fear, or possibly the thrill of discovery, but either way the important thing is to get some distance from the habitual way the mind contorts and creates perception.

But even though our mind imagines the world and everything in it to be other than the way it actually is, the reality of existence remains eternally untouched by our misperception of it. This is both relatively good and bad. It is good in that existence is eternally what it is. We need not worry about reality becoming something other than reality. But it is bad in the sense that the world we imagine to exist is always colliding with the world as it actually is. This collision is the cause of immense human suffering and conflict.

So we are trapped within our illusions and misperceptions. And the greatest illusion of all is to believe that we are not trapped. But even when we realize that we are confined within a prison of our own making, we are trapped because all the ways we struggle to get out of our illusions are illusions themselves. So, yes, we are trapped, and helpless to boot.

But there is a very strange thing that can occur at exactly the point where you realize that there is no escaping the imaginary world of your illusions. You bare your heart open to illusion, surrender your eternal struggle against it, and admit to being bound by its cunning imagination. I don't mean that you become despondent or resigned to your fate. I mean that you truly let go in the face of your utter defeat and stop struggling.

And when all the struggle ceases, we realize that the prison of our mind cannot hold us in anymore, because the prison was all along something we

imagined into existence. And imagined things aren't real, they don't exist. But we could never really see this as long as we were fighting the phantoms of our minds. We needed the one thing that our imaginary minds could not bring about, could not fake or create: the genuine surrender of all struggle.

In the blink of an eye, we are no longer confined within illusion nor our attempt to avoid illusion. When all struggle ceases, there is nothing to bind us to a distorted perception of existence and we can finally see. What we see is that we do not simply exist within existence, but all of existence exists within us as well. And although everywhere we look we see the endless diversity of life, we also now see our own true face in everything under the sun. ▸



Our imagination is a very powerful force in determining what we perceive.

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.
- Due to periodic schedule changes, visit www.adyashanti.org for the most current schedule.
- If you are interested in volunteering at these events, email volunteer@adyashanti.org.

North Bay

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

Dates: January 15, April 30, September 10

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: February 19, March 19, May 28, September 3, October 15

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 16, February 20, March 20, May 1, September 4, October 2

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 5, May 7, August 27, October 1, November 5

Location: First Congregational Church
900 High St., Santa Cruz

**You may begin to notice that the world
you imagine to exist does not exist at all.**

~ Adyashanti

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

Fierce Grace

Awakening in the Midst of Turmoil

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 awaken in the midst of life's fierce grace:

There are many fierce moments in any one life span: times of turmoil, upheaval, challenge, and change. These fierce moments of grace are in many ways the most spiritually important moments of our lives, because they call to us to awaken from our old patterns of conditioned existence and embrace the insecurity of living life from a place beyond our habitual fears and conditioned responses. Life calls each one of us to find a way, both personally and collectively, to allow life's fierce grace to open our hearts and minds to a new state of consciousness from which to act and relate to the world within us.

~ Adyashanti

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

San Rafael, CA

June 4–5, 2011

Saturday, 10am–6pm; Sunday, 12–5pm

At Adyashanti's request, 2-day attendance is required.

Registration begins at 9am.

Cost: \$150 (preregistration deadline: May 20)

\$175 (at the door on the day of event, space permitting)

Location: Dominican University of California

Angelico Concert Hall

50 Acacia Avenue, San Rafael, CA 94901

Seating: Theater-style seating; no floor seating available.

Meal Break: Plan to drive to a nearby restaurant. If you bring your own food, do not bring it into the main hall.

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 17, 2011

Saturday, 3–9pm

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

Registration begins at 2pm.

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!

- Register in the Events/Intensives area at www.adyashanti.org.

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.

Special Events

Omega Institute

New York, NY

The Inner Revolution of Spiritual Awakening Sunday, April 17, 2011, 7pm–9:30pm

Cost: \$49

Spiritual awakening opens the door to a life beyond ego, a life lived directly from spirit rather than from the mind. In order to live this way we must stand alone—not as an island or a defense, isolated within the structure of ideology, but as a free being. We must step completely out of the known, out of every conceptual box, every container that humanity has ever created, so that the freshness of spirit can flower ever new and free. ~ Adyashanti

Location: Manhattan Center Studios, 311 West 34th Street, New York, NY

Registration: Visit Omega Institute's website, www.eomega.org, for more information.

Spirit Rock Meditation Center

Woodacre, CA

Where Is the Buddha?

Saturday, October 8, 2011, 11am–6pm

Cost: \$90–\$150 sliding scale

It is easy to imagine that the Buddha, the awakened one, is something or somewhere other than here. It is also easy to imagine that awakening to reality will happen sometime other than now. But it will not, it cannot. As long as we continue to think in terms of time we will deceive ourselves. You may have noticed that your ego always needs more time. It is always in a state of becoming. Tomorrow is the ego's best friend. But the moment that you are willing to step outside of tomorrow, outside of needing more time, or having more time, everything becomes possible. And you may finally notice where the Buddha has always been. ~ Adyashanti

Join Adyashanti for an exploration of this timeless teaching. This event is a benefit for Open Gate Sangha and Spirit Rock Meditation Center. Please bring a bag lunch and carpool to this event.

Location: Spirit Rock Meditation Center, Woodacre, CA

Registration: Register through Spirit Rock at www.spiritrock.org.

Unity of Tustin

Tustin, CA

Jesus: The Inner Teachings of a Revolutionary Mystic Saturday, December 10, 2011, noon–6pm

Cost: \$50 event fee before 5pm December 9; \$75 at the door.

Jesus was no ordinary mystic. He was a spiritual revolutionary of the highest order. Over the centuries Jesus' life and his teachings have been so watered down and misinterpreted that much of the true power of his message goes unnoticed today. But the transformative power of his teaching is still there in plain sight for anyone who has the willingness to see it. I invite you into an exploration of the spiritual teachings of Jesus—a revolutionary mystic.

~ Adyashanti

Location: Unity of Tustin, 14402 S. Prospect Ave., Tustin, CA

Registration: Register through Unity of Tustin at www.unitytustin.org.



Adyashanti will be visiting Amsterdam, London, and Hawaii in 2011.

Travels

2011 Schedule

Adyashanti will be teaching in the following cities in 2011:

▶ Los Angeles, CA	February 11–12
▶ Seattle, WA	March 11–13
▶ Philadelphia, PA	April 15–16
▶ New York, NY	April 17
▶ Fairfield, IA	April 19–20
▶ Garrison, NY	May 13–20
▶ London	August 3–4 & 6
▶ Amsterdam	August 9–10 & 13–14
▶ Rhinebeck, NY	September 18–23
▶ Kailua-Kona, HI	November 11–13
▶ Tustin, CA	December 10

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 the mailing and/or email list, go to the Log In page of www.adyashanti.org.

- **Online preregistration** is available for travel events.
- Limited **scholarships** are available for daylong travel events.
- To **volunteer** at a travel event, contact the local event host listed online.

Silent Retreats

About Retreats

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 in 2011

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

▶ January 23–28

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

▶ March 27–April 3

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

▶ May 13–20

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

▶ November 27–December 2

5-Night Retreat at Asilomar ~ *Pacific Grove, 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 2011, the retreats in 2012 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 2011 retreats was October 15, 2010.

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.

Omega Institute Retreat

Rhinebeck, NY

5-Night Silent Retreat

September 18–23, 2011

Omega Institute is sponsoring a 5-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: \$425

Omega Accommodations: From \$441* for camping to \$1,519* for a single room.

*Accommodation pricing is subject to change. Check www.eomega.org for updated pricing.

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.

Mount Madonna Center Retreat

Watsonville, CA

Weekend Silent Retreat

October 21–23, 2011

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: \$245

Mount Madonna Accommodations: From \$66 (commuter) to \$198 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.

2011 AT-A-GLANCE ~ ADYASHANTI



January

Sat, Jan 15	San Rafael Satsang	4–5:45pm
Sun, Jan 16	Palo Alto Satsang	4–5:45pm
Sun, Jan 23	Mount Madonna 5-Night Retreat	Check-in: 3–5 pm
Fri, Jan 28	—Retreat Ends	Check-out: 1 pm

February

Sat, Feb 5	Santa Cruz Satsang	5:30–7:15pm
Fri, Feb 11	Los Angeles Satsang	7–9pm
Sat, Feb 12	Los Angeles Intensive	Noon–6pm
Sat, Feb 19	Oakland Satsang	11am–12:45pm
Sun, Feb 20	Palo Alto Satsang	4–5:45pm

March

Fri, Mar 11	Seattle Satsang	7–9pm
Sat, Mar 12	Seattle Intensive	Noon–6pm
Sun, Mar 13	Seattle Intensive	Noon–5pm
Sat, Mar 19	Oakland Satsang	11am–12:45pm
Sun, Mar 20	Palo Alto Satsang	4–5:45pm
Sun, Mar 27	Mount Madonna 7-Night Retreat	Check-in: 3–5 pm

April

Sun, Apr 3	—Retreat Ends	Check-out: 1pm
Fri, Apr 15	Philadelphia Satsang	7–9pm
Sat, Apr 16	Philadelphia Intensive	Noon–6pm
Sun, Apr 17	New York City Special Event	7–9:30pm
Tue, Apr 19	Iowa Satsang	7–9pm
Wed, Apr 20	Iowa Satsang	7–9pm
Sat, Apr 30	San Rafael Satsang	4–5:45pm

May

Sun, May 1	Palo Alto Satsang	4–5:45pm
Sat, May 7	Santa Cruz Satsang	5:30–7:15pm
Fri, May 13	Garrison Institute 7-Night Retreat	Check-in: 3–5pm
Fri, May 20	—Retreat Ends	Check-out: 1 pm
Sat, May 28	Oakland Satsang	11am–12:45pm

June

Sat, Jun 4	San Rafael Intensive	10am–6pm
Sun, Jun 5	—Intensive Day 2	Noon–5pm

July

No Events in July

August

Wed, Aug 3	London Satsang	7–9pm
Thu, Aug 4	London Satsang	7–9pm
Sat, Aug 6	London Intensive	10am–5pm
Tue, Aug 9	Amsterdam Satsang	7–9pm
Wed, Aug 10	Amsterdam Satsang	7–9pm
Sat, Aug 13	Amsterdam Intensive	10am–6pm
Sun, Aug 14	—Intensive Day 2	10am–3pm
Sat, Aug 27	Santa Cruz Satsang	5:30–7:15pm

September

Sat, Sep 3	Oakland Satsang	11am–12:45pm
Sun, Sep 4	Palo Alto Satsang	4–5:45pm
Sat, Sep 10	San Rafael Satsang	4–5:45pm
Sun, Sep 18	Omega Institute Retreat	Check-in: 4–6pm
Fri, Sep 23	—Retreat Ends	Check-out: 1pm

October

Sat, Oct 1	Santa Cruz Satsang	5:30–7:15pm
Sun, Oct 2	Palo Alto Satsang	4–5:45pm
Sat, Oct 8	Spirit Rock Intensive	11am–6pm
Sat, Oct 15	Oakland Satsang	11am–12:45pm
Fri, Oct 21	Mount Madonna Retreat	Check-in: 3–5pm
Sun, Oct 23	—Retreat Ends	Check-out: 1pm

November

Sat, Nov 5	Santa Cruz Satsang	5:30–7:15pm
Fri, Nov 11	Kailua-Kona, HI Satsang	7–9pm
Sat, Nov 12	Kailua-Kona, HI Intensive	Noon–6pm
Sun, Nov 13	—Intensive Day 2	Noon–5pm
Sun, Nov 27	Asilomar 5-Night Retreat	Check-in: 3–5 pm

December

Fri, Dec 2	—Retreat Ends	Check-out: Noon
Sat, Dec 10	Unity of Tustin Intensive	Noon–6pm
Sat, Dec 17	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 Community page at www.opengatesangha.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. Founded in 1996, Open Gate Sangha produces Adyashanti's and Mukti's publications, online media, websites, and live events. We are a not-for-profit organization run by a small staff with the heartfelt support of many dedicated volunteers. To learn more about us, visit www.opengatesangha.org.

Scholarships and Access to the Teachings: Open Gate Sangha is dedicated to making the teachings readily available to all who are sincerely called to awakened living. To learn more about scholarships, free teachings, and the other ways we make Adyashanti's and Mukti's teachings available, visit the Teachings page at www.opengatesangha.org.



2011 AT-A-GLANCE ~ MUKTI

January

Tue, Jan 18	Berkeley Satsang	7-9pm
Fri, Jan 21	Grass Valley Satsang	7-9pm
Sat, Jan 22	Grass Valley Silent Retreat Day	9:30am-5pm
Mon, Jan 31	Monthly Meditation	7-8:45pm

February

Sun, Feb 6	Santa Cruz Silent Retreat Day	9:30am-5pm
Mon, Feb 12	Monthly Meditation	7-8:45pm
Tue, Feb 22	Santa Cruz Satsang	7-9pm
Fri, Feb 25	Bend Satsang	7-9pm
Sat, Feb 26	Bend Silent Retreat Day	9:30am-5pm

March

Tue, Mar 1	Berkeley Satsang	7-9pm
Mon, Mar 7	Monthly Meditation	7-8:45pm
Fri, Mar 11	Aurora Satsang	7-9pm
Sat, Mar 12	Aurora Silent Retreat Day	9:30am-5pm
Tue, Mar 15	Amherst Satsang	7-9pm
Wed, Mar 16	Amherst Satsang	7-9pm
Fri, Mar 18	Kripalu 2-Night Retreat Program	Check-in: 2:15pm
Sun, Mar 20	—Retreat Ends	Check-out: Noon

April

Mon, Apr 4	Monthly Meditation	7-8:45pm
Tue, Apr 5	Berkeley Satsang	7-9pm
Tue, Apr 12	Asheville Satsang	7-9pm
Wed, Apr 13	Asheville Satsang	7-9pm
Fri, Apr 15	Huntsville Satsang	7-9pm
Sat, Apr 16	Huntsville Silent Retreat Day	9:30am-5pm
Fri, Apr 29	Boulder Satsang	7-9pm
Sat, Apr 30	Boulder Satsang	3-5pm

May

Mon, May 2	Monthly Meditation	7-8:45pm
Fri, May 6	Sebastopol Satsang	7:30-9:30pm
Sat, May 7	Berkeley Silent Retreat Day	10am-5pm
Tue, May 17	Santa Cruz Satsang	7-9pm
Sun, May 22	Shambhala 5-Night Silent Retreat	Check-in: 2pm
Fri, May 27	—Retreat Ends	Check-out: Noon

June

Mon, Jun 6	Monthly Meditation	7-8:45pm
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July

No Events in July

August

Thu, Aug 18	Ronda, Spain Satsang	8-9:30pm
Fri, Aug 19	Malaga, Spain Satsang	8-9:30pm
Sat, Aug 20	Malaga Silent Retreat Day	11am-7pm
Sun, Aug 21	Malaga Silent Retreat Day	11am-7pm

September

Mon, Sep 5	Monthly Meditation	7-8:45pm
Tue, Sep 6	Berkeley Satsang	7-9pm
Fri, Sep 9	Boston Satsang	7-9pm
Sat, Sep 10	Boston Silent Retreat Day	9:30am-5pm
Tue, Sep 13	Concord Satsang	7-9pm
Wed, Sep 14	Concord Satsang	7-9pm
Fri, Sep 16	Philadelphia Satsang	7-9pm
Sat, Sep 17	Philadelphia Silent Retreat Day	9:30am-5pm

October

Tue, Oct 4	Berkeley Satsang	7-9pm
Wed, Oct 12	Ashland Satsang	7-9pm
Thu, Oct 13	Ashland Satsang	7-9pm
Fri, Oct 14	Vancouver Satsang	7-9pm
Sat, Oct 15	Vancouver Silent Retreat Day	9:30am-5pm
Mon, Oct 24	Monthly Meditation	7-8:45pm

November

Tue, Nov 1	Vajrapani 5-Night Silent Retreat	Check-in: 3-5pm
Sun, Nov 6	—Retreat Ends	Check-out: Noon
Tue, Nov 22	Santa Cruz Satsang	7-9pm
Mon, Nov 28	Monthly Meditation	7-8:45pm

December

Fri, Dec 2	Mt. Madonna 2-Night Silent Retreat	Check-in: 3pm
Sun, Dec 4	Mt. Madonna 2-Night Silent Retreat	Check-out: Noon
Mon, Dec 12	Monthly Meditation	7-8:45pm
Tue, Dec 13	Berkeley Satsang	7-9pm

Participants understand that all events with Adyashanti and Mukti 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.

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 140 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. Visit the Community page at www.opengatesangha.org for more information.

Donations: Many thanks to those who have contributed to the scholarship fund and 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
Director	Don Oakley
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 more than 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 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. Audio recordings of these teachings are also available for free in Cafe Dharma's Audio Library (ID#144).

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 will 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. The audio broadcast of Radio Adyashanti is FREE to the public. Those who desire

a more intimate experience of these broadcasts can pay for access to the optional live video stream.

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.

Welcome!

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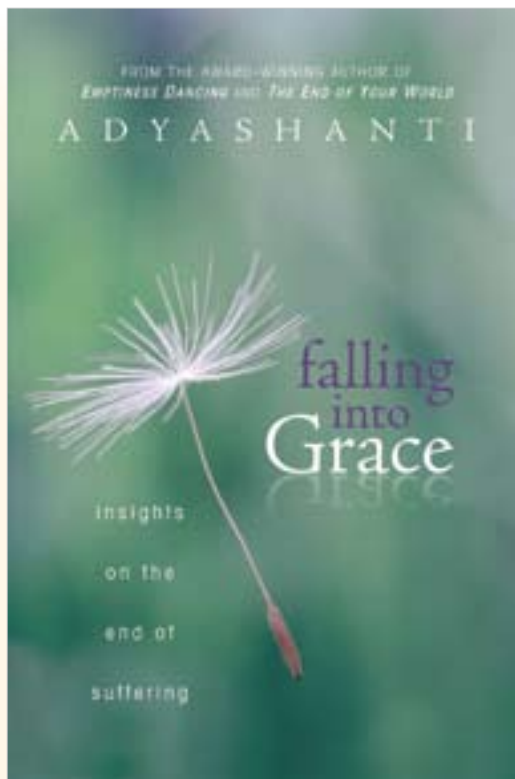
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What would it be like
if you didn't need to struggle,
if you didn't need to make
an effort to find peace
and happiness?
What would that
feel like now?

Falling into Grace

Book Excerpt

Standing in Your Own Two Shoes

The real search isn't a search into tomorrow, or to anywhere other than now. It's starting to look into the very nature of this moment. In order to do that,

you have to "stand in your own two shoes," as my teacher used to say. What she meant by "standing in your own two shoes" is you have to look clearly into your own experience. Stop trying to have someone else's experience. Stop chasing freedom or happiness, or even spiritual enlightenment. Stand in your own shoes, and examine closely: What's happening right here and right now? Is it possible to let go of trying to make anything happen? Even in this moment, there may be some suffering, there may be some unhappiness, but even if there is, is it possible to no longer push against it, to try to get rid of it, to try to get somewhere else?

I understand that our instinct is to move away from what's not comfortable, to try to get somewhere better, but as my teacher used to say, "You need to take the backward step, not the forward step." The forward step is always moving ahead, always trying to attain what you want, whether it's a material possession or inner peace. The forward step is very familiar: seeking and more seeking, striving and more striving, always looking for peace, always looking for happiness, looking for love. To take the backward step means to just turn around, reverse the whole process of looking for satisfaction on the outside, and look at precisely the place where you are standing. See if what you are looking for isn't already present in your experience.

So, again, to lay the groundwork for awakening, we must first let go of struggling. You let go by acknowledging that the end of struggle is actually present in your experience now. The end of struggle is peace. Even if your ego is struggling, even if you're trying to figure this out and "do it right," if you really look, you might just see that struggle is happening within a greater context of peace, within an inner stillness. But if you try to make stillness happen, you'll miss it. If you try to make peace happen, you'll miss it. This is more like a process of recognition, giving recognition to a stillness that is naturally present.

We're not bringing struggle to an end. We're not trying to not struggle anymore. We're just noticing that there is a whole other dimension to consciousness that, in this very moment, isn't struggling, isn't resentful, isn't trying to get somewhere. You can literally feel it in your body. You can't think your way to not struggling. There isn't a three-point plan of how not to struggle. It's really a one-point plan: Notice that the peace, this end of struggling, is actually already present.

The process is therefore one of recognition. We recognize that there is peace now, even if your mind is confused. You may see that even when you touch upon peace now, the mind is so conditioned to move away from it that it will try to argue with the basic fact of peace's existence within you: "I can't be at peace yet because I have to do this, or that, or this question hasn't been answered, or that question hasn't been answered, or so-and-so hasn't apologized to me." There are all sorts of ways that the egoic mind can insist that something needs to happen, something needs to change, in order for you to be at peace. But this is part of the dream of the mind. We're all taught that something needs to change for us to experience true peace and freedom.

Just imagine for a moment that this isn't true. Even though you may believe that it's true, just imagine for a moment: What would it be like if you didn't need to struggle, if you didn't need to make an effort to find peace and happiness? What would that feel like now? And just take a moment to be quiet and see if peace or stillness is with you in this moment.

Excerpted from *Falling Into Grace: Insights on the End of Suffering* by Adyashanti

Books



Falling into Grace **Insights on the End of Suffering**

© 2010 by Sounds True
240-page hardcover book
ISBN: 1-60407-087-0
\$24.95 **Item #3FIG**

New!
December 2010

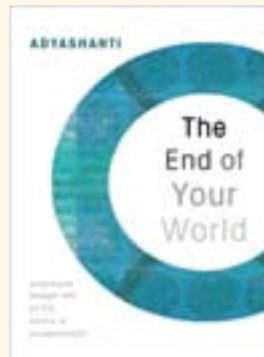
In the same way that we fall into the arms of a loved one or drop our heads on the pillow at night, we can surrender into the beauty and truth of who and what we really are. In his first introductory book, *Falling into Grace*, Adyashanti invites us to let go of our struggles with life and open to the full promise of spiritual awakening: the end of delusion and the discovery of our essential being. Adyashanti has found that the simpler

the teaching, the greater its power to change our lives. In this book he shares what he considers fundamental insights that will “spark a revolution in the way we perceive life.”

The End of Your World

© 2008 by Sounds True
216-page hardcover book
ISBN: 978-1-59179-963-4
\$24.95 **\$17 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. Adapted from the 6-CD album.



True Meditation **Book with CD**

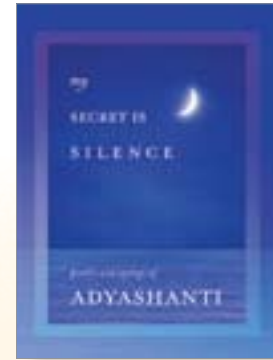
© 2006 by Adyashanti
87-page hardcover book plus 60-minute CD
ISBN: 978-1-59179-467-7
\$19.95 **\$14 Item #3TME**

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 **\$13 Item #3EDA2**

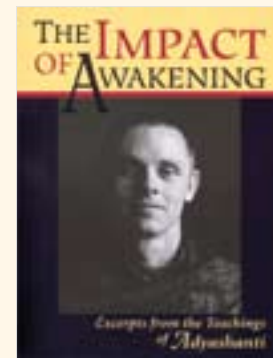
Who are you when you are not thinking yourself into existence? What is ultimately behind the set of eyes reading these words? In *Emptiness Dancing*, a collection of dharma talks, Adyashanti invites you to wake up to the essence of what you are, through the natural and spontaneous opening of the mind, 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 **\$13 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 **\$13 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 student-teacher relationship, the role of grace, and how to move beyond beliefs that distort our perception of truth.

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www.adyashanti.org

Online Specials

Visit the Bookstore at www.adyashanti.org, and check out the “Special Offerings” in the right-hand column to find specially priced DVDs and CDs available only if you order online.



Featured Special: Chasing Enlightenment ~ Vol. 32

© 2007 by Adyashanti. DVD length: approx. 90 min.
Available only online for \$15

The “you” who is chasing enlightenment will never become enlightened. Instead of striving, Adyashanti invites you to stop and ask: How am I avoiding the enlightenment that is already present in each moment? This engaging satsang reveals the futility of striving and illuminates the simplicity of Oneness.

**The greatest happiness is
to be free from the constant
desire to be happy.**

~ Adyashanti

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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.

The Full Aliveness of Being ~ Vol. 56

August 8, 2010 ~ Palo Alto, CA

© 2010 by Adyashanti. DVD length: approx. 90 min.
\$25 **Item #4FAL**

New!

Many people engage in spirituality with a grasping energy to acquire beliefs, attain experiences, or become somebody. Yet it is this seeking mind that actually prevents our direct perception of what we already are. In this enlivening satsang, Adyashanti reveals a different way of listening and perceiving that can help us recognize what doesn't need to be acquired.



Freedom from Separation ~ Vol. 55

May 30, 2010 ~ Palo Alto, CA

© 2010 by Adyashanti. DVD length: approx. 90 min.
\$25 **Item #4FFS**

New!

In this revealing and lighthearted satsang, Adyashanti explores how the perception of separateness causes the insanity that runs most human beings. He shows how in spirituality this misperception can lead us to pursue nirvana, as if it's not already here. Pointing to the true reality beyond separation and the power of meeting life as it is, Adyashanti invites us to rest in the freedom of nonseparation that is always available.

Letting Go of Struggle ~ Vol. 54

January 17, 2010 ~ Palo Alto, CA

© 2010 by Adyashanti. DVD length: approx. 90 min.
\$25 **Item #4LGO**

Spirituality is about a transformation of consciousness, yet this transformation does not come about through struggling to achieve it. In this illuminating satsang, Adyashanti reveals the power of letting go and illustrates how to relax our struggle so that we may recognize the presence of fully liberated and awakened consciousness. Topics include stopping the struggle, how the Buddha transmitted his teaching, listening with your whole being, a different way to know, and letting go of creating meaning.



The Nature of Experience ~ Vol. 53

November 1, 2009 ~ Palo Alto, CA

© 2009 by Adyashanti. DVD length: approx. 90 min.
\$25 **Item #4NOE**

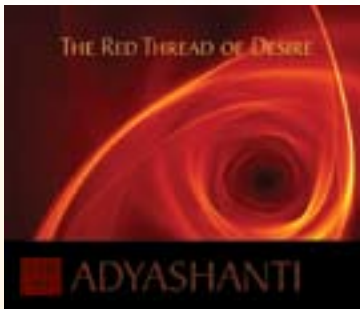
In this satsang, Adyashanti begins by encouraging us to shift our attention away from the content of our experiences to the natural ground of being in which all experiences occur. He then describes many of the subtle qualities of this fundamental reality, and follows with guidance on not only knowing our true nature but living it. Topics include the ground of being, qualities of our fundamental nature, knowing vs. being who we are, the meaning of nirvana, being stuck in emptiness, and leaning into life.

Audio CD Albums

The Red Thread of Desire 2-CD Album

© 2010 by Adyashanti. 1 hr. 46 min.
\$16 Item #2RTO

New!

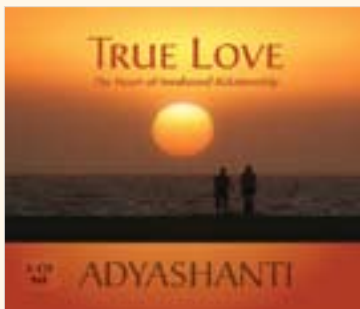


All human beings have their own red threads—desires, passions, or attachments that can trip them up. In this potent and transforming 2-CD album, Adyashanti shows how the red thread of desire can be not only a curse, but also a grace, and how fully embracing our humanness is what actually delivers us beyond attachment and nonattachment and into the vastness of true freedom, love, and compassion.

True Love

The Heart of Awakened Relationship
5-CD Album

© 2006–2010 by Adyashanti. 5 hrs. 39 min.
\$50 Item #2TLO



Though people may have transformational awakenings from the illusion of separation, these revelations are often not enough to transform the painful ways they relate to others. This intimate and heart-opening 5-CD album brings together Adyashanti's most lucid teachings on the nature of love and living in truly awakened relationship. Includes an in-depth conversation facilitated by David Michelson in which Adyashanti shares his views on relating from an awakened perspective.

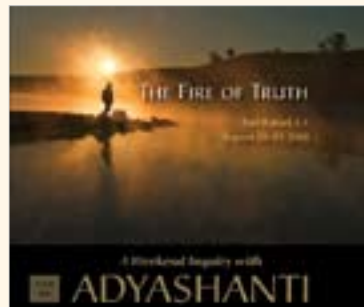
The Kingdom of Heaven

The Nondual Teachings of Jesus Christ ~ Vol. 3
3-CD Album

© 2009–2010 by Adyashanti. 3 hrs. 40 min.
\$29 Item #2KOH

New!

Adyashanti offers revolutionary insight on how Jesus was not just the prince of peace but also a fiery disrupter of the way we view life. Drawing on multiple scriptures, Adyashanti shows how Jesus attempted to destroy our illusion of separation so that we may see the true kingdom of heaven right here on earth. Topics include the fire of Christ, Jesus the trickster, sensing the sacred, and invisible immortality.



The Fire of Truth

7-CD Album

© 2010 by Adyashanti. 8 hrs. 15 min.
\$65 Item #7FOF

New!

“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?” In this deeply practical 7-CD album recorded live at a weekend intensive, Adyashanti reveals how to access the true absolute nature of reality and shows how a fierce commitment to truth can liberate us from struggle and suffering.

Garrison Weekend Retreat

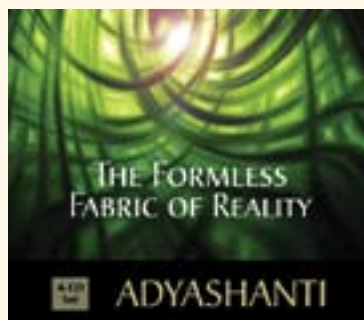
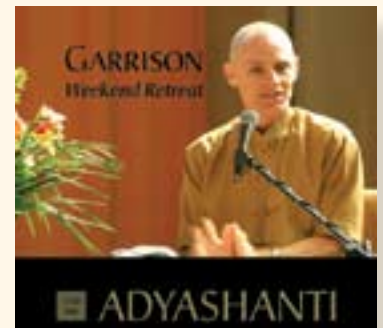
7-CD Album

© 2010 by Adyashanti. Approx. 7 hrs. 30 min.
\$65 Item #7GWR

New!

Ego is always trying to cure the rift of separation and dissatisfaction by pursuing something better. When you're completely with your experience as it is now, then you can't suffer. ~ Adyashanti

Recorded live at a retreat with Adyashanti at Garrison Institute, this 7-CD album includes profound talks and dialogues that cover such topics as living from heart wisdom, beholding truth everywhere, perceiving without abstraction, and the collapse of “I know.”



The Formless Fabric of Reality

4-CD Album

© 2010 by Adyashanti. Approx 4 hrs. 30 min.
\$40 Item #7FFO

Adyashanti opens the doorway to the universal consciousness that is the underlying fabric of reality and invites us to realize and express ourselves as a manifestation of this formless fabric. Recorded at a daylong intensive at Spirit Rock Meditation Center, this 4-CD set explores such topics as relaxing the effort to become, compassionate vigilance, accepting that the world will end, and stopping the wheel of samsara.

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

True Manifesting

Navigating the Currents of Life

2-CD Album

© 2010 by Adyashanti. 2 hrs. 35 min.

\$19 Item #2TMN

Most of us don't know how to navigate easily through life or what it truly means to get what we want. Through an extended talk and in-depth dialogues, Adyashanti brings unique perspectives to the popular notion of manifesting. He takes us beyond trying to fulfill the insatiable desires of ego and unlocks the real secret to finding happiness in everyday life. Key topics include living in harmony with existence, sensing flow, accessing true inspiration, what brings clarity, undercutting fear, and facing the unknown. (Selected from the May 2010 Silent Retreat 20-CD album.)

New!



The more in harmony you are with the flow of your own existence, the more magical life becomes. Things line up in ways you could never imagine. ~ Adyashanti

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* Book will be available in mid-December 2010.

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Adyashanti, author of *Falling into Grace*, *The End of Your World*, 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.

www.adyashanti.org



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 more than 20 years. In her own teachings, Mukti points audiences back to their natural state of wholeness or undivided consciousness.

www.muktisource.org

