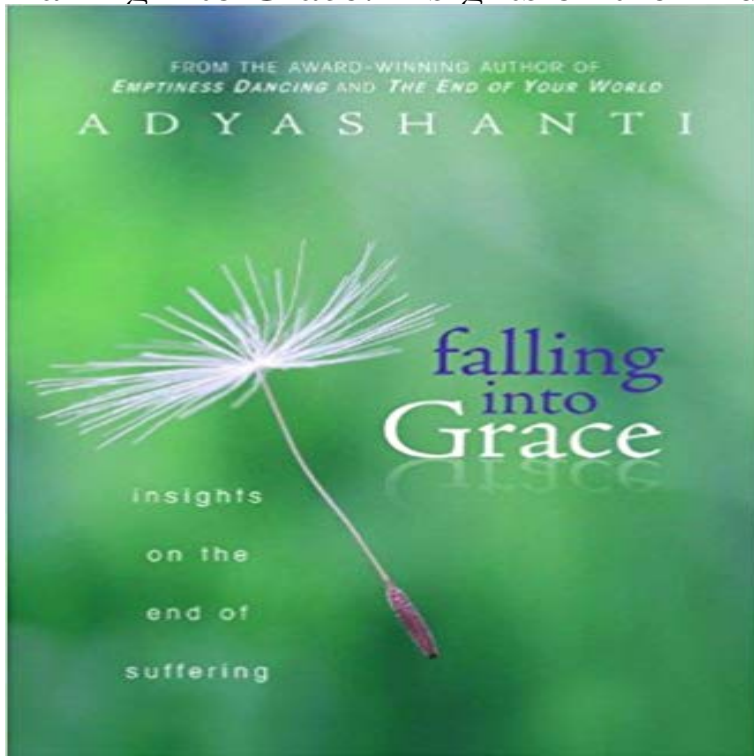


## Falling into Grace: Insights on the End of Suffering



FallingIntoGraceis a dazzling, clear, profound book a cool drink of water for thirsty hearts everywhere. Geneen Roth, author of Women, Food, God The path to enlightenment today is cluttered with concepts: Adyashanti cuts through them with a sword so merciless and tender that only space remains. Meg Lundstrom, author of What to Do When You Cant Decide Adyashantis teachings point us toward what we most yearn for: realizing and embodying the love and awareness that is our natural state. FallingIntoGraceis wonderfully lucid, simple, and powerful. It will remind you to stop the struggle and to relax back into what you already are. Tara Brach, author of Radical Acceptance Adyashanti asks us to let go of our struggles with life and open to the full promise of mindfulness and spiritual awakening: the end of delusion and the discovery of our essential being. In his many years as a spiritual teacher, Adyashanti has found the simpler the teaching, the greater its power to initiate this awakening. In Falling into Grace, he shares what he considers fundamental insights that will spark a revolution in the way we perceive life through a progressive inquiry exploring the concept of a separate self and the choice to stop believing the thoughts that perpetuate suffering; taking the backward step into the pure potential of the present moment; why mindfulness and spiritual awakening can be a disturbing process; absolute union with every part of our experience and true autonomy the unique expression of our own sense of freedom. Excerpt: When I was a young child, about seven or eight years old, one of the things I started to notice and ponder as I watched the adults around me was that the adult world is prone to suffering, pain, and conflict. Even though I grew up in a relatively healthy household with loving parents and two sisters, I still saw a great deal of pain around me. As I looked at the

adult world, I wondered: How is it that people come into conflict? As a child, I also happened to be a great listener, some may even say an eavesdropper. I would listen to every conversation that went on in the house. In fact, it was a family joke that nothing happened in the house without me knowing about it. I liked to know everything that was going on around me, and so I spent a lot of my childhood listening to the conversation of adults, in my home and in the homes of relatives. Much of the time, I found what they talked about to be quite interesting, but I also noticed a certain ebb and flow to most of their discussions, how conversations moved into a little bit of conflict, then back away from it.

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