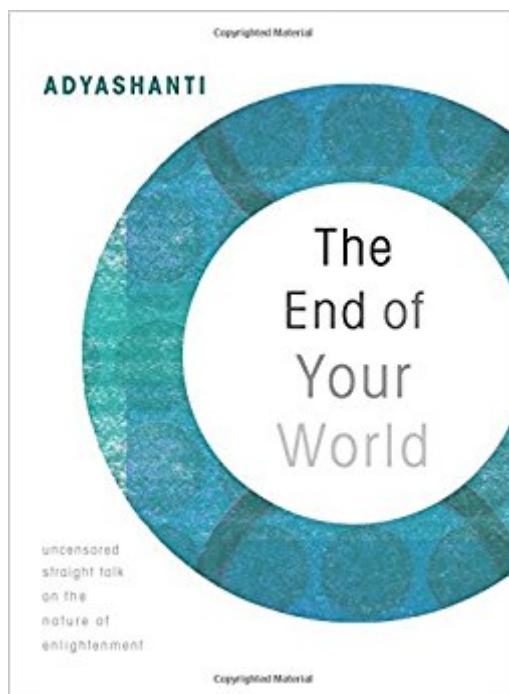


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# The End Of Your World: Uncensored Straight Talk On The Nature Of Enlightenment



## Synopsis

More and more people are waking up spiritually. And for most of them, the question becomes: now what? Information about life after awakening is usually not made public, explains Adyashanti. It's most often shared only between teachers and their students. The End of Your World is his response to a growing need for direction on the spiritual path. Consider the book you hold in your hands Adyashanti's personal welcome to "a new world, a state of oneness." Adyashanti begins by describing the "I got it/I lost it" phenomenon that perplexes so many of his students—the fluctuation between what he calls "nonabiding" awakening and the ultimate state of "abiding" enlightenment. With straight talk and penetrating insight, Adyashanti then points out the pitfalls and cul-de-sacs that "un-enlightened" us along the journey, including the trap of meaninglessness, how the ego can "co-opt" realization for its own purposes, the illusion of superiority that may accompany intense spiritual breakthroughs, and the danger of becoming "drunk on emptiness." Full awakening comes when you sincerely look at yourself, deeper than you've imagined, and question everything, teaches Adyashanti. The End of Your World is your invitation to join Adyashanti for an honest investigation of what you really are—and how to live once you discover it.

Contents Chapter One: Exploring Life After Awakening Chapter Two: Authentic Awakening  
And the Disorientation That Can Follow Chapter Three: "I Got It, I Lost It" Chapter Four: We Come to Nirvana by Way of Samsara Chapter Five: Coming Completely Out of Hiding Chapter Six: Common Delusions, Traps, and Points of Fixation Chapter Seven: Life Itself Holds Up a Mirror for Our Awakening Chapter Eight: The Energetic Component of Awakening Chapter Nine: When Awakening Penetrates the Mind, Heart, and Gut Chapter Ten: Effort or Grace? Chapter Eleven: The Natural State Chapter Twelve: The Story of the Wedding Chapter Thirteen: An Interview With Adyashanti  
Excerpt There's a phenomenon happening in the world today. More and more people are waking up—having real, authentic glimpses of reality. By this I mean that people seem to be having moments where they awaken out of their familiar senses of self, and out of their familiar senses of what the world is, into a much greater reality—into something far beyond anything they knew existed. These experiences of awakening differ from person to person. For some, the awakening is sustained over time, while for others the glimpse is momentary—it may last just a split second. But in that instant, the whole sense of "self" disappears. The way people perceive the world suddenly changes, and

they find themselves without any sense of separation between themselves and the world. It can be likened to the experience of waking up from a dream—a dream you didn't even know you were in until you were jolted out of it. In the beginning of my teaching work, most of the people who came to me were seeking these deeper realizations of spirituality. They were seeking to wake up from the limited and isolated senses of self they had imagined themselves to be. It's this yearning that underpins all spiritual seeking: to discover for ourselves what we already intuit to be true—that there is more to life than we are currently perceiving. But as time has passed, more and more people are coming to me who have already had glimpses of this greater reality. It is because of them that I am giving the teachings of this book.

## Book Information

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## Customer Reviews

"This is a wise and beautiful book- offering all who read refreshing spiritual clarity and a free heart." —Jack Kornfield author of A Path with Heart "A powerful and profoundly affecting book by one of the premier spiritual teachers of our time." —Reginald A. Ray author of Touching Enlightenment

Adyashanti Adyashanti is an American-born spiritual teacher devoted to serving the awakening of all beings. His teachings are an open invitation to stop, inquire, and recognize what is true and liberating at the core of all existence. His books include Emptiness Dancing, The End of Your World, True Meditation, The Way of Liberation, and Falling into Grace. Asked to teach in 1996 by his Zen

teacher of 14 years, Adyashanti offers teachings that are free of any tradition or ideology. "The Truth I point to is not confined within any religious point of view, belief system, or doctrine, but is open to all and found within all." For more information, please visit [adyashanti.org](http://adyashanti.org).

This is a Great Book for Straight talk about the Path if Adyashanti is someone you have read or listened to, this is a good book if you want to move past non-abiding to abiding. This is not something to just start on with. You should have a affinity with the Author and how he teaches or be on the Path and need some help going to abiding (this can help)

I loved this book on awakening/enlightenment. So honest, sincere, offering wonderful thoughts to ponder. After a lifetime of reading and trying to live what I learn to the best of my understanding, I'm still a novice on this human level. But with all the reading I've done, I would highly recommend this book for anyone interested in the process of awakening from the dream and some of the repercussions that some experience.

There are many books written on the topic of enlightenment and the beauty of this book is in the author's experiences in the journey of self awareness that people may discover within their lives. There are no instructions in how to do this thing called enlightenment because people make that into a concept and thereby divorcing the true nature from it. I found that through reading this book, I have learned to be aware of my inner state and any attempt by the mind to try to make it into a concept. The truth lies within all of us and our paths to its discovery can vary. Any attempt to write about it are simply signposts and not the reality of it. So the enlightened reading sees it as such and can connect through language the best that we can. I found it refreshing and useful in my own path of Self realization.

Exceptional. A must read for the spiritual aspirant.

Having just gone through a few experiences of increased awareness to my true nature, this book has helped me understand what it is I am experiencing in the aftermath. Awakening is a process, as Adyashanti explains. To learn that I am not alone in what I'm feeling and experiencing as my view of this life changes has helped a lot. To understand that, as the needs that drew me to certain activities falls away, so does the desire for those activities. If, say, an old hobby was a means to fill a hole in my being is no longer needed, my interest dies away. Yet, if that hobby was enjoyable, I can

develop a new relationship with it, and still enjoy it if I choose to. It's a whole new experience because the need is gone and I can enjoy the hobby for what it is. Just a little example. I recommend this book to anyone who is going the the awakening process and is having a hard time understanding what they are thinking and feeling as changes occur.

This writer is coming from the highest place. It is not a book for beginners, but for long time seekers or those who have reached a certain awareness. I found it precious, like a handful of treasure because few people ever discuss these issues. Adyashanti is a valuable resource and a beautiful teacher.

With many decades of experiences, 'spiritual' and 'worldly', many teachers 'spiritual' and 'worldly', and many hundreds of books read over 40 years to gain some understanding of these experiences I think this may be the most useful, helpful and comforting book I've read. Namaste

Adya distinguishes the process of awakening from enlightenment and demystifies it, e.g. "Contrary to a popular misunderstanding, enlightenment has nothing to do with an altered state of consciousness." For some, it may be a switch, turned on, and not a process but, for most of us, it is a process. "Enlightenment is not really differnt from awakening, but it is what awakening matures into." He describes the evolution and offers examples from his own life of his multiple awakenings and how, now, "the ordinary is extraordinary." I found it deeply and refreshingly elucidating. I loved it and recommend it to everyone.

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