



Spontaneous Awakening

Adyashanti

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Enter the "Ordinary State" of Enlightenment

Many of us share the belief that enlightenment is rare-that true spiritual awakening only happens for extraordinary people. According to Adyashanti, this idea may actually be the most powerful impediment to our awakening. On *Spontaneous Awakening*, he invites you to inquire into the "ordinary nature" of enlightenment-and the profound truth of who you really are.

"Do not think that enlightenment is going to make you special-it's not. If you feel special in any way, then enlightenment has not occurred," teaches Adyashanti. So where do we start? With the desire to look fearlessly at and inquire passionately into truth, explains Adyashanti. "When you stop resisting experience, what remains is the bliss of sheer nothingness. And everything that is possible lives in that nothingness."

With more than seven hours of teachings, two guided meditations, and an exclusive Sounds True interview, *Spontaneous Awakening* is an eye-opening program that explores topics including:

- The self-authenticating nature of spiritual discovery
- The link between personal awareness and awareness itself
- How attachment can lead to complete freedom and unattachment
- Why genuine spiritual knowing requires mental subtraction-not addition.

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