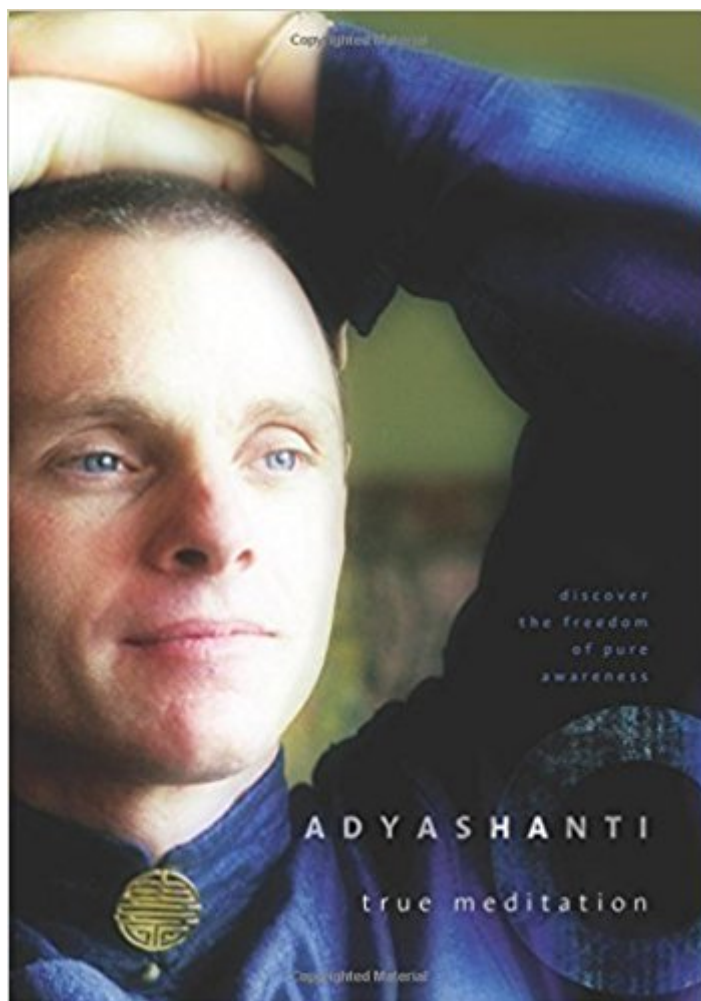


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# True Meditation: Discover The Freedom Of Pure Awareness



## Synopsis

What would happen if you were to allow everything to be exactly as it is? If you gave up the need for control, and instead embraced the whole of your experience in each moment that arose? In the 14 years that he studied Zen, Adyashanti found that most seasoned meditators had used the practice as "an end instead of a means to an end." What he ultimately realized was that only when you let go of all techniques-even the concept of yourself as a meditator-will you open to the art of True Meditation, dwelling in the natural state. True Meditation invites you to join the growing number of seekers who have been touched by the wisdom of Adyashanti to learn: How to make the "effortless effort" that will vivify the present moment Meditative self-inquiry and "The Way of Subtraction": how to ask a spiritually powerful question-and determine the real answer Two guided meditations on CD intended to reveal what Adyashanti calls "your home as awareness itself" "We've been taught that awakening is difficult," explains Adyashanti, "that to wake up from the illusion of separation takes years. But all it really takes is a willingness to look into the depths of your experience here and now." True Meditation gives you the opportunity to reclaim the original purpose of meditation-as a gateway to "the objectless freedom of being."

## Book Information

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## Customer Reviews

True Meditation

What would happen if you allowed everything to be exactly as it is? If you gave up the need for

control, and instead embraced the whole of your experience in each moment that arose? In the fourteen years that he studied Zen, Adyashanti found that most seasoned meditators had used the practice as "an end instead of a means to an end." What he ultimately realized was that only when you let go of all techniques - even the concept of yourself as a meditator - will you open to the art of True Meditation, dwelling in the natural state. True Meditation invites you to join the growing number of seekers who have been touched by the wisdom of Adyashanti to learn: - How to make the "effortless effort" that will vivify the present moment - Meditative self-inquiry and "The Way of Subtraction" - how to ask a spiritually powerful question - and determine the real answer - Two guided meditations on CD intended to reveal what Adyashanti calls "your home as awareness itself" "We've been taught that awakening is difficult," explains Adyashanti, "that to wake up from the illusion of separation takes years. But all it really takes is a willingness to look into the depths of your experience here and now." True Meditation gives you the opportunity to reclaim the original purpose of meditation - as a gateway to "the objectless freedom of being."

Adya, or Steve, is a passionate guide in the spiritual sense who lives in the Bay Area of San Francisco and gives lectures here and elsewhere in the world. I went to at least 10 meetings and a couple of half-day sittings with him and it's a delight to listen to his insights about non-duality and the reality of only the Now etc. His other books are great but I did not find this Meditation book that inspiring.

This is the best CD I've ever heard about the subject of meditation. Adyashanti's point of view makes so much sense to me. The set is three CDs: two with his talk about meditation and one with guided meditations. I listened to the talk on trips in the car and plan to keep those 2 CDs there so I can re-listen when driving alone. I will keep the one CD that has guided meditations on it in the stack of CD's I keep by my bed for relaxed listening and meditation. This is my "go to" recommendation on the subject of meditation.

I teach anger management and depression classes for a hospital and have been looking for some meditations on CD to bring to class. I got this three CD set today, and went right to the meditation on the third CD called "Allow Everything To Be As It Is." I listened to it once to see if I could use it- because if it had any overt spiritual references I wouldn't be able to- and then took it to class to play for them. It worked out really, really well. I especially appreciate the wisdom and technique demonstrated in allowing the listener to let go of the meditator in the meditation. This practice

makes so much sense to me. I imagine I will be back with more appreciation of this CD set after I have experienced the rest of it. It is just that I liked it so much, and my class liked the meditation we did so much I just couldn't wait to tell you!

A must read for anyone interested in meditation, whether new to meditation or a long time meditator. Adyashanti explains a different way to approach meditation. One which I had recently felt was the way to meditate, even before reading True Meditation. Some great wisdom in this book on meditation, enlightenment, awareness and much more. Also look into Adyashanti's other works. Enjoy all your meditations. Thank You Adyashanti.

The laser like focus of this book is amazing. Do two things to find your innermost nature: 1) Surrender to your experience while maintaining meditative awareness. 2) Use your whole self to analyze what you are not in order to observe what you are. The author strips away all the fluff to drive straight towards the heart of the matter. The rest is all internalization.

This book blew me away. Completely changed the way I meditate. I recently went to see him at a one-day retreat. The dude is for real! A true teacher. The clearest light I have ever seen. Since reading this book about two years ago, I have purchased most of his other ones and have been carried to beautiful and caring spaces. Thank you, Adya, for listening to Source.

reading the book and letting it sink it makes you realise how true his words are. IT's a must read for anyone really interested in knowing what this ride called being a human being is all about and how you can feel deep peace in all situations and experiences not by trying but by allowing the experience to be as it is which in itself is a revolutionary change in perspective and is really quite beautiful.

I thought this was a great book. During hypnosis sessions I had been guided by spirit to "MEDITATE". What I had been taught about meditation in my life made me uncomfortable. I had tried meditating (the way I thought it had to be done) but found it to be very boring! I thought I was doing it "wrong" because my mind would wander. Plus, I could not just sit still for hours. Yuk! Anyway, with Adyashanti's guidance through this book and CD, I was able to let go of a lot of what I thought meditation was supposed to be. I was able to open up and accept that my mind was going to wander, etc. I also am now at the point where I realize that I am in a constant state of meditation

when I am present. When I am not projecting my thoughts in the past or in the future. My "meditation time" is better spent walking in nature, or just walking around my neighborhood. God (or whatever you prefer to call the all that is), is always there for me when I am walking and asking questions. Always! When I am walking and enjoying the beauty all around me, I am present. This book and CD are well worth the read and listen. Thank you Adyashanti! Bless your heart!

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