

Heart felt discussion
of our highest Truth



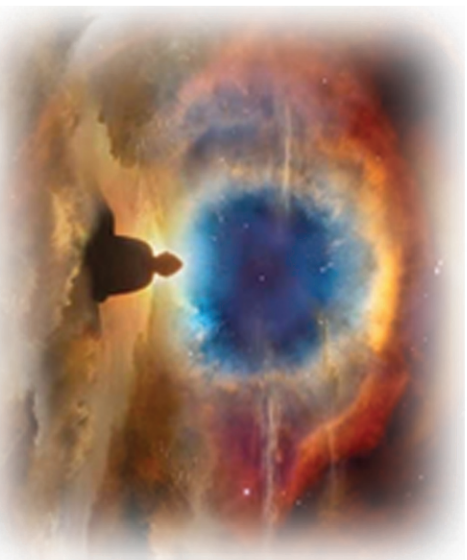
Remembrance
of The One

Through
Sound & Silence

Meditation

Self Inquiry

Celebrating
The Divine Self
as All



The Open Way

Now appearing at:
Unity of Stuart FL

Weekly explorations starting

Tuesdays at 7pm

Nov 4, 11, 18, 25

Dec 2, 9, 16

With Rev. Shanti Scott

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The Open Way Gatherings

Nonduality ~ not two

Meditation ~ Oneness

Unity Consciousness

Currently held in:

Dade, Broward,

Palm Beach, & Martin,

Counties, Florida

Marin, & Santa Clara,

Counties, California

The Open Way

gatherings calendar:

www.meetup.com/theopenway

Founder of The Open Way

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The Open Way

Satsang

Tuesday night 7pm

@ Unity of Stuart

Throughout the month of
November we will be
exploring the teachings of
Adyashanti from his book
"The Way of Liberation"



A PRACTICAL GUIDE TO
SPIRITUAL ENLIGHTENMENT

ADYASHANTI

"The Way of Liberation is a stripped-down, practical guide to spiritual liberation, sometimes called awakening, enlightenment, self-realization, or simply seeing what is absolutely True. It is impossible to know what words like *liberation* or *enlightenment* mean until you realize them for yourself. This being so, it is of no use to speculate about what enlightenment is; in fact, doing so is a major hindrance to its unfolding. As a guiding principle, to progressively realize what is *not* absolutely True is of infinitely more value than speculating about what is.

Many people think that it is the function of a spiritual teaching to provide answers to life's biggest questions, but actually the opposite is true. The primary task of any good spiritual teaching is not to answer your questions, but to question your answers. For it is your conscious and unconscious assumptions and beliefs that distort your perception and cause you to see separation and division where there is actually only unity and completeness.

The Reality that these teachings are pointing toward is not hidden, or secret, or far away. You cannot earn it, deserve it, or figure it out. At this very moment, Reality and completeness are in plain sight. In fact, the only thing there is to see, hear, smell, taste, touch, or feel, is Reality, or God if you like. Absolute completeness surrounds you wherever you go. So there is really no reason to bother yourself about it, except for the fact that we humans have long ago deceived ourselves into such a confined tangle of confusion and disarray that we scarcely even consider, much less experience for ourselves, the divinity within and all around us.

The Way of Liberation is a call to action; it is something you *do*. *It is a doing that will undo you absolutely.* If you do not *do* the teaching, if you do not study and apply it fearlessly, it cannot effect any transformation. The Way of Liberation is not a belief system; it is something to be put into practice. In this sense it is entirely practical.

To read this book as a spectator would be to miss the point. Being a spectator is easy and safe; being an active participant in your own awakening to Truth is neither easy nor safe. The way forward is unpredictable, the commitment absolute, the results not guaranteed. Did you really think that it could be any other way?

Excerpted from the Introduction of The Way of Liberation by Adyashanti.

Throughout the month of November we will be exploring the teachings of Adyashanti from his book "The Way of Liberation" Free Ebook Download! or you may order a softcover copy from his website

www.IamAwakeNowWhat.us