



The End of Your World: Uncensored Straight Talk on the Nature of Enlightenment

By Adyashanti

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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-enlighten” 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.

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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.

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The End of Your World: Uncensored Straight Talk on the Nature of Enlightenment

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Editorial Review

Review

"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*

About the Author

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.

Users Review

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Lawanda Beverly:

This *The End of Your World: Uncensored Straight Talk on the Nature of Enlightenment* book is simply not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is definitely information inside this guide incredible fresh, you will get data which is getting deeper a person read a lot of information you will get. This kind of *The End of Your World: Uncensored Straight Talk on the Nature of Enlightenment* without we understand teach the one who studying it become critical in considering and analyzing. Don't be worry *The End of Your World: Uncensored Straight Talk on the Nature of Enlightenment* can bring when you are and not make your carrier space or bookshelves' grow to be full because you can have it with your lovely laptop even cell phone. This *The End of Your World: Uncensored Straight Talk on the Nature of Enlightenment* having excellent arrangement in word in addition to layout, so you will not feel uninterested in reading.

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