



Falling into Grace: Insights on the End of Suffering

Adyashanti

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Adyashanti asks us to let go of our struggles with life and open to the full promise of mindfulness and spiritual awakening: the end of delusion and the discovery of our essential being. In his many years as a spiritual teacher, Adyashanti has found the simpler the teaching, the greater its power to initiate this awakening. In *Falling into Grace*, he shares what he considers fundamental insights that will spark a revolution in the way we perceive life-through a progressive inquiry exploring the concept of a separate self and the choice to stop believing the thoughts that perpetuate suffering; "taking the backward step" into the pure potential of the present moment; why mindfulness and spiritual awakening can be a disturbing process; absolute union with every part of our experience and true autonomy-the unique expression of our own sense of freedom.

Table of Contents:

- Chapter 1: The Human Dilemma
- Chapter 2: Unraveling Our Suffering
- Chapter 3: Awakening from the Egoic Trance
- Chapter 4: Letting Go of Struggle
- Chapter 5: Experiencing the Raw Energy of Emotion
- Chapter 6: Inner Stability
- Chapter 7: Intimacy and Availability
- Chapter 8: The End of Suffering
- Chapter 9: True Autonomy
- Chapter 10: Beyond the World of Opposites
- Chapter 11: Falling into Grace

Excerpt:

When I was a young child, about seven or eight years old, one of the things I started to notice and ponder as I watched the adults around me was that the adult world is prone to suffering, pain, and conflict. Even though I grew up in a relatively healthy household with loving parents and two sisters, I still saw a great deal of pain around me. As I looked at the adult world, I wondered: How is it that people come into conflict?

As a child, I also happened to be a great listener-some may even say an eavesdropper. I would listen to every conversation that went on in the house. In fact, it was a family joke that nothing happened in the house without me knowing about it. I liked to know everything that was going on around me, and so I spent a lot of my childhood listening to the conversation of adults, in my home and in the homes of relatives. Much of the time, I found what they talked about to be quite interesting, but I also noticed a certain ebb and flow to most of their discussions-how conversations moved into a little bit of conflict, then back away from it.

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