

The Impact of Awakening: Excerpts From the Teachings of Adyashanti

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The Impact of Awakening: Excerpts From the Teachings of Adyashanti Adyashanti

"The Impact of Awakening" is a collection of excerpts from the dharma talks and dialogues of spiritual teacher Adyashanti on the nature of spiritual awakening and the embodiment of self-realization. These discussions explore the true meaning of enlightenment in a down-to-earth language that reflects Adyashanti's roots in Zen Buddhism and non-dualism. These talks give many spiritual seekers the gift of freedom as a lived human experience.



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