



Emptiness Dancing

Adyashanti

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There is something about you brighter than the sun and more mysterious than the night sky.

Who are you when you are not thinking yourself into existence? What is ultimately behind the set of eyes reading these words? In *Emptiness Dancing*, Adyashanti invites you to wake up to the essence of what you are, through the natural and spontaneous opening of the mind, heart, and body that holds the secret to happiness and liberation.

From the first stages of realization to its evolutionary implications, Adyashanti shares a treasure trove of insights into the challenges of the inner life, offering lucid, down-to-earth advice on topics ranging from the ego, illusion, and spiritual addiction to compassion, letting go, the eternal now, and more. Whether you read each chapter in succession or begin on any page you feel inspired to turn to, you will find in Adyashanti's wisdom an understanding and ever-ready guide to the full wonder of your infinite self-nature.

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Excerpt

The aim of my teaching is enlightenment--awakening from the dream state of separateness to the reality of the One. In short, my teaching is focused on realizing what you are. You may find other elements in my teaching that simply arise as a response to people's particular needs of the moment, but fundamentally I'm only interested in you waking up.

Enlightenment means waking up to what you truly are and then being that. Realize and be, realize and be. Realization alone is not enough. The completion of Self-realization is to be, act, do, and express what you realize. This is a very deep matter, a whole new way of life--living in and as reality instead of living out the programmed ideas, beliefs, and impulses of your dreaming mind.

The trust is that you already are what you are seeking. You are looking for God with his eyes. This truth is so simple and shocking, so radical and taboo that it is easy to miss among your flurry of seeking. You may have heard what I am saying in the past and you may even believe it, but my question is, have you realized it with your whole being? Are you living it?

My speaking is meant to shake you awake, not to tell you how to dream better. You know how to dream better. Depending on what you mental and emotional state at the time is, I may be very gentle and soft with you, or not so gentle and soft. You may feel better after talking with me, but that is incidental to awakening. Wake up! You are all living Buddhas. You are the divine emptiness, the infinite nothing. This I know because I am what you are, and you are what I am. Let go of all ideas and images in your mind, they come and go and aren't even generated by you. So why pay so much attention to your imagination when reality is for the realizing right now?

Emptiness Dancing Details

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From Reader Review Emptiness Dancing for online ebook

Dona says

A student recommended this book to me before Spring Break, and I really enjoyed reading it very slowly. I don't know much about the author--if he really practices what he preaches--but I definitely thought there was wisdom to be obtained from his writing and his outlook on life, which are very positive.

John says

The unfathomable world of zen broken down by a realized master. Adyashanti was born and raised in the SF Bay Area in California, which for me made his style more accessible than many teachers from the East. The book is free of Zen jargon and traditional Zen koans, however it is not lacking in ability to disarm the mind from concepts. Adyashanti describes his awakening and what it means to live an awakened life. What it is to find that deep peace and radiance. This is the essential non-dual guide to disarming the mind to what actually is.

Peter Tournoy says

Wie ben je als je jezelf niet in bestaan denkt? Dat is de vraag die kan leiden naar volledige zelfrealisatie. De essentie daarvan is een groot mysterie. Hieruit ontwaken is geen stof voor de comfort zoekende mens. Toch blijkt het mogelijk te zijn om uit de droomstaat te ontwaken. Dat gaat niet zonder heel wat blutsen en builen. Adyashanti beschrijft op een heldere manier wat de valkuilen zijn. Dit is geen boek om je leven te verrijken of beter te leren dromen. Dit is een boek bedoeld om je wakker te schudden. Absolute aanrader!

Peter Marendéak says

Nekem nagyon bejön Adyashanti stílusa. Olvastam már más advaita tanítótól is, de az ? szavai állnak hozzá a legközelebb. Világos, letisztult, sallangoktól mentes. Akit érdekel a téma, szerintem érdemes ezzel kezdenie, mert szépen van felépítve.

GaiasWonderland says

"Go to the unknown, experience the unknown, be the unknown."

"None of your identities exist until you think them into existence."

This book has many great things to tell, but also I believe Adyashanti seems too nice sometimes, as there were passages that I disagree with. But overall I enjoyed it. I've tried reading everyday 2 chapters and sometimes random one's as he suggested in the preface.

This is definitely for people who are truth-seekers and want to be inspired.

"When you really love, you know that love transcends all experiences."

Masi Dawoud says

Deep insights of Adyashanti put into clear, concise, and compact writings that unfold into infinite wisdom when they touch you.

Jill says

A book I'll continue to read over and over to remind me of how from less comes peace and love.

Adyashanti writes simply of our need to empty ourselves of all we believe we are, using the teachings of Buddha. His conversations with students are helpful in answering the readers questions along the path to acknowledged enlightenment.

Laura says

This really makes you question everything which is the whole point of the book. An amazing read, beautiful to consider and contemplate. Nothing is as it seems and that's the beauty of it.

Justin says

Didn't resonate with me, but it could've just been my judgemental mind.

Seeing a white guy from North Cal with a fancy/shiny robe and a nice watch didn't set a good impression. The author saying he was visited by a ball of white light as a kid probably didn't help either. I will probably need to read *Cutting through Spiritual Materialism* a few times before I can read the author without being so judgmental.

Carolyn says

Awesome. I've read this book at least 4 times. Very easy and clear to understand. Doesn't have a lot of difficult terminology or lingo that some spirituality books use. I've given this book about 10 times as a gift because I think it's that important.

Kim says

Adya is so clear, precise and present. Even more so in person. If I could spend more time at his retreats, I would be a different person. Nonetheless, he is one of the most inspirational people I have encountered and feel lucky to have him lecture in the Bay.

Petra says

This was a real lesson in mastering my ego.
I would recommend it to anyone who struggles with the concept.

Jade says

I really, really enjoyed this book, and very often go back to it.

On a practical side, it's organised into different, stand alone chapters, that address topics such as Fear, Love, Dharmic Relationship, and Enlightenment. You can read it from the beginning to the end, or dip in and out depending on which chapters catch your eye.

I found the book to be really well written, and discuss each topic with great depth and clarity, and to be accessible to people at all stages of their spiritual evolution. For me, it's the kind of the book where you can read the same part again and again and take something different away from it each time.

Adyashanti has a wonderful down-to-earth approach, and I feel like he does everything he can to make his writing as simple, and unpretentious as possible.

If you're looking for a teacher who cuts straight through all the crap and new age-isms, and goes to the heart of Enlightenment and what it is to wake up then Adyashanti's your guy.

Nicole says

Wise words from a true Zen master. Such profound insights and I must admit, things that went over my head. I will definitely be reading this book again.

Earl II says

This is a marvelous book by author who has lived through the very thing is trying to help others lived through. The writing style is easily readable and devilishly complex at the same time. I found myself rereading sections and discovering things that I had missed during prior readings. I also found myself realizing what the author was trying to say only after I had finished the book and started through it again. This is a book where indigestion is insufficient. Digestion is the key and it takes multiple passes in order to

have it occur. I highly recommend this book to anyone who is on a spiritual journey.
