



## Falling into Grace: Insights on the End of Suffering

By Adyashanti

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“Falling Into Grace is a dazzling, clear, profound book—a cool drink of water for thirsty hearts everywhere.”

—**Geneen Roth**, author of *Women, Food, God*

“The path to enlightenment today is cluttered with concepts: Adyashanti cuts through them with a sword so merciless and tender that only space remains.”

—**Meg Lundstrom**, author of *What to Do When You Can't Decide*

“Adyashanti’s teachings point us toward what we most yearn for: realizing and embodying the love and awareness that is our natural state. Falling Into Grace is wonderfully lucid, simple, and powerful. It will remind you to stop the struggle and to relax back into what you already are.”

—**Tara Brach**, author of *Radical Acceptance*

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.

### 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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- Chapter 9: True Autonomy
- Chapter 10: Beyond the World of Opposites
- Chapter 11: Falling into Grace

"One of the best explanations of mindfulness I have ever come across."  
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## **Editorial Review**

### Review

"Adyashanti affirms that we make the journey to realization not by separating from the relative reality of our everyday lives, but precisely by developing an attitude of complete acceptance and openness toward all situations and emotions and all the people we encounter." —Reginald A. Ray Author of *Touching Enlightenment*

"Falling Into Grace is a dazzling, clear, profound book—a cool drink of water for thirsty hearts everywhere." —Geneen Roth, author of *Women, Food, God*

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### 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](http://adyashanti.org).

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**Willette Bickel:**

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