



# ADYASHANTI

January–June 2005

*The path of wisdom  
always completes itself  
in a total surrender  
—even of your own  
awakening.  
~Adyashanti*



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# January through June 2005 At-a-Glance

## January

Sat, Jan 8	Santa Cruz Satsang	5:30-7:15pm
Wed, Jan 12	Palo Alto Satsang	7-8:45pm
Sat, Jan 15	Marin County Intensive	11am-6pm
Sun, Jan 16	Mill Valley Satsang	4-5:45pm
Thu, Jan 20	West Hollywood Book Signing	7-8:30pm
Fri, Jan 21	Los Angeles Satsang	7-9pm
Sat, Jan 22	Los Angeles Intensive	10am-4:30pm
Sun, Jan 23	Santa Barbara Intensive	2-6pm
Wed, Jan 26	Palo Alto Satsang	7-8:45pm
Sat, Jan 29	Oakland Satsang	11am-12:45pm
Sat, Jan 29	Santa Cruz Satsang	5:30-7:15pm

## February

Thu, Feb 10	Sacramento Book Signing	7-9pm
Fri, Feb 11	Grass Valley Satsang	7-9pm
Sat, Feb 12	Grass Valley Intensive	10am-4:30pm
Sun, Feb 13	Mill Valley Satsang	4-5:45pm
Wed, Feb 16	Mountain View Satsang	7-8:45pm
Wed, Feb 23	Mountain View Satsang	7-8:45pm
Sat, Feb 26	Oakland Satsang	11am-12:45pm
Sat, Feb 26	Santa Cruz Satsang	5:30-7:15pm

## March

Tue, Mar 1	Mt Madonna 5-Night Retreat	Check In: 3-5pm
Sun, Mar 6	Retreat Ends	Check Out: 1pm
Sat, Mar 12	Santa Cruz Satsang	5:30-7:15pm
Sun, Mar 13	Mill Valley Satsang	4-5:45pm
Wed, Mar 16	Mountain View Satsang	7-8:45pm
Sat, Mar 19	Berkeley Intensive	10am-6pm
Sun, Mar 20	Intensive Day-2	1-6pm
Wed, Mar 23	Palo Alto Satsang	7-8:45pm
Sat, Mar 26	Oakland Satsang	11am-12:45pm
Sat, Mar 26	Santa Cruz Satsang	5:30-7:15pm

## April

Sat, Apr 2	Santa Cruz Satsang	5:30-7:15pm
Sun, Apr 3	Mill Valley Satsang	4-5:45pm
Wed, Apr 6	Palo Alto Satsang	7-8:45pm
Fri, Apr 8	Harbin Hot Springs Satsang	7-9pm
Sat, Apr 9	Harbin Intensive	10am-6pm
Sun, Apr 10	Intensive Day-2	10am-4pm
Sat, Apr 23	Oakland Satsang	11am-12:45pm
Sat, Apr 23	Santa Cruz Satsang	5:30-7:15pm
Wed, Apr 27	Palo Alto Satsang	7-8:45pm

## May

Tue, May 3	Mt Madonna 5-Night Retreat	Check In: 3-5pm
Sun, May 8	Retreat Ends	Check Out: 1pm
Wed, May 11	Palo Alto Satsang	7-8:45pm
Sat, May 14	Oakland Satsang	11am-12:45pm
Sat, May 14	Santa Cruz Satsang	5:30-7:15pm
Thu, May 19	Portland Satsang	7-9pm
Fri, May 20	Portland Satsang	7-9pm
Sat, May 21	Portland Intensive	10am-6pm
Wed, May 25	Palo Alto Satsang	7-8:45pm
Sat, May 28	San Rafael Intensive	10am-6pm
Sun, May 29	Intensive Day-2	1-6pm

## June

Sun, Jun 12	Asilomar 5-Night Retreat	Check In: 3-5pm
Fri, Jun 17	Retreat Ends	Check Out: 1pm
Wed, Jun 22	Palo Alto Satsang	7-8:45pm
Thu, Jun 23	San Diego Book Signing	7-9pm
Fri, Jun 24	San Diego Satsang	7-9pm
Sat, Jun 25	San Diego Intensive	11am-6pm
Sun, Jun 26	Unity of Tustin Intensive	1-6pm
Wed, Jun 29	Palo Alto Satsang	7-8:45pm

Some of these satsangs will be videotaped. Visit our website for current information.

Participants understand that all events with Adyashanti will be recorded for use by Open Gate Sangha, Inc.

## To Our Readers

**T**HE OPEN GATE SANGHA ORGANIZATION supports the teaching of Adyashanti, ultimately to serve awakening to truth and the expression of truth. The practical application of this means supporting all of the events, travel, and publications connected to Adyashanti's teaching. The deeper application means letting truth be the divining rod within our organization.

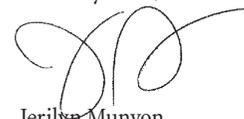
At the office, we celebrate the creation of a new registration system and the news of a sangha member's "brush with truth," with equal joy. We are fortunate to hear on a daily basis how truth is unfolding in your lives.

You may be aware that Adyashanti and his teaching is drawing more and more people to the truth. And rightfully so. His message is clear, powerful, and so needed in this world. What moves me most deeply about his message and his life is the emphasis on truth, not the teacher. This

must mean that the truth belongs to everyone, not just a chosen someone other than me—not just a truth that looks like anything but what I am experiencing.

A favorite Adyashanti quote I use below my e-mail signature says it all for me: "Follow your inner direction ruthlessly." I translate this to mean: *Don't hesitate!* With these words, I invite you to join us in all of the expressions of truth contained in this newsletter. Sign up for a retreat, read Adyashanti's article or Fred's letters, order a book. But most of all, join us in the truth. Don't hesitate!

Love to you all,



Jerilyn Munyon  
Executive Director

# Bay Area Satsangs

**S**ATSANG MEETINGS WITH ADYASHANTI begin with a period of silence, followed by a talk, then a dialog with the audience. Bring your innermost questions or join in deep silence as Adyashanti leads a profound and intimate investigation into the freedom of spiritual awakening.



- ✿ Contribution per satsang is \$10, paid at the door.
- ✿ Doors open 20 minutes prior for silent sitting.
- ✿ Due to periodic schedule changes, please call (408) 356-8503 to verify dates and locations.
- ✿ Some of these satsangs will be videotaped. Visit our website for current information.

## Mill Valley

**SUNDAYS, 4–5:45pm**

*Doors open at 3:40pm. Please arrive on time.*

**DATES:** January 16, February 13, March 13, April 3

**LOCATION:** Strawberry Recreation Center  
118 E. Strawberry Dr., Mill Valley

From San Francisco: Take 101 north over the Golden Gate Bridge to Tiburon Blvd/E Blithedale exit. Turn right onto Tiburon Blvd. Go to Strawberry Dr. Turn right. The center is 1 block down on the right.

From the North: Take 101 south to Tiburon Blvd/E Blithedale exit. Turn left across the highway onto Tiburon Blvd. Go to Strawberry Dr. Turn right. The center is 1 block down on the right.

## Oakland

**SATURDAYS, 11am–12:45pm**

*Doors open at 10:40am. Please arrive on time.*

**DATES:** January 29, February 26, March 26, April 23, May 14

**LOCATION:** Lake Merritt United Methodist Church  
1330 Lakeshore Ave., Oakland

From the South Bay: Take 880 north to 238 to 580 west toward Oakland. Take the Lakeshore Ave exit. Turn left onto Lakeshore Ave. Follow Lakeshore Ave along Lake Merritt about one mile to 1330 Lakeshore, which is 2/3 of a block past Foothill Blvd. Look for street parking as soon as you pass Foothill Blvd.

From Berkeley or Marin: Take 80 to 580 east, toward Hayward. Take the Grand Ave exit and go straight across the intersection. Turn right onto Lakeshore Ave. Follow Lakeshore Ave along Lake Merritt about one mile to 1330 Lakeshore, which is 2/3 of a block past Foothill Blvd. Look for street parking as soon as you pass Foothill Blvd.

## Palo Alto

**WEDNESDAYS, 7–8:45pm**

*Doors open at 6:40pm. Please arrive on time.*

**DATES:** January 12 and 26, March 23, April 6 and 27, May 11 and 25, June 22 and 29

**LOCATION:** St. Mark's Episcopal Church  
600 Colorado Ave., Palo Alto

*Please carpool if possible.*

From Highway 101: Exit at Embarcadero Rd/Oregon Expwy. Take Oregon Expwy and turn left at Middlefield Rd. Turn right at Colorado Ave. Go one block and turn left into the church driveway. Proceed to the Parish Hall building.

From 280 Freeway: Exit at Page Mill Rd and go east toward Palo Alto. Drive past Foothill Expwy and El Camino Real. Make a right onto Middlefield Rd. Turn right at Colorado Ave. Go one block and turn left into the church driveway. Proceed to the Parish Hall building.

## Mountain View

**WEDNESDAYS, 7–8:45pm**

*Doors open at 6:40pm. Please arrive on time.*

**DATES:** February 16 and 23, March 16

**LOCATION:** S.E.V. Lodge  
361 Villa St., Mountain View

From the South: Take 85 north. Exit at Evelyn St. Turn left onto Evelyn. Turn left at the second light onto Calderon Ave. Take the first right onto Villa St. Drive 1/2 block and turn left into the S.E.V. Lodge parking lot.

From the North: Take 101 south to 85 south. Take the El Camino Real/Mntn View exit. Turn right onto El Camino. Turn right at the first light onto Calderon Ave. Turn left onto Villa St (the first left after Dana St). Drive 1/2 block and turn left into the S.E.V. Lodge parking lot.

## Santa Cruz

**SATURDAYS, 5:30–7:15pm**

*Doors open at 5:10pm. Please arrive on time.*

**DATES:** January 8 and 29, February 26, March 12 and 26, April 2 and 23, May 14

**LOCATION:** Inner Light Center Sanctuary  
5630 Soquel Dr., Soquel

From the North: Take Hwy 17 south to Hwy 1 south (toward Watsonville/Monterey). Exit at Park Ave and turn left. At the 3rd signal, turn left onto Soquel Dr. Go about 2 blocks and turn left into the center's driveway.

From the South: Take Hwy 1 north to the Park Ave exit. Turn right off the freeway. At the 3rd signal, turn left onto Soquel Dr. Go about 2 blocks and turn left into the center's driveway.

# Bay Area Intensives

WEEKEND INTENSIVES ARE AN OPPORTUNITY to spend time in deep silence and inquiry with Adyashanti and the sangha. Each day will include periods of silent meditation and satsang. Adya will give talks exploring various aspects of spiritual awakening and living an awakened life, followed by question-and-answer periods. Please join us and bring your innermost questions or simply sit in the silence and presence of eternal truth.

## Above All Else The Initial Awakening

*In order to wake up, you must commit all of your inner resources one-pointedly to the task at hand. You must be willing to suspend all other considerations and make awakening the top priority of this life.*  
~ Adyashanti

This weekend intensive will focus on one thing and one thing only—awakening to what you are here and now. Topics will include inquiry, meditation, commitment, and surrender. Each day will also include a guided meditation.

### March 19–20 in Berkeley

Saturday, 10am–6pm; Sunday, 1–6pm  
Single-day attendance is *not* offered. (Please attend both days.)

**Cost: \$175** (preregistered before March 5 postmark)  
\$200 (at the door, space permitting)

**Limited seating for 150 people. Please register early.**

### Feldenkrais Center

830 Bancroft Way, Berkeley, CA 94710

From San Francisco Airport: Take Hwy 101 north to 80 east over the Bay Bridge. Follow the directions below from Hwy 80.

From Oakland Airport: Take Hwy 880 north to 980 north to 580 west to 80 east. Follow the directions below from Hwy 80.

From Hwy 80: Exit at University Ave. Go east on University Ave and drive away from the bay, toward the city center. At the first light, turn right on 6th St. Bancroft Way is the third street south of University.

Parking: Please refrain from parking on 6th St between Channing and Bancroft. Street parking is available on adjacent streets.



## The Territory of Freedom Life After Awakening

*In this intensive, I will focus solely on life after awakening. Subjects will include common pitfalls for the newly awakened, the various guises of illusion, cutting through the myths of enlightenment, commitment to truth, total surrender, and serving the whole.*  
~ Adyashanti

Those who are interested in the initial awakening to truth are encouraged to attend the March 19–20 intensive entitled “Above All Else.”

### May 28–29 in San Rafael

Saturday, 10am–6pm; Sunday, 1–6pm  
Single-day attendance is *not* offered. (Please attend both days.)

**Cost: \$175** (preregistered before May 14 postmark)  
\$200 (at the door, space permitting)

### Osher Marin Jewish Community Center

200 N. San Pedro Rd., San Rafael, CA 94903

From Hwy 101: Take the San Pedro Rd exit. Take the east ramp onto N San Pedro Rd. The center is on your right, 0.7 miles from Hwy 101.



*The beauty of Self is that it's not a matter of acquiring anything, being held in high regard, or being seen or noticed. It's a matter of being the intrinsic beauty of what you are, that inner blessedness. To experience that deeply, just let it sink in, not as an answer but as a question: Could it be that this blessedness is what I am?*

~ from *Emptiness Dancing*, by Adyashanti

# Intensive Registration & Information

## General Information

- 9am Registration begins
- 9:30am Doors open
- 10am Doors close during meditation

Plan to attend the whole event and to arrive on time.

**Seating:** Folding chairs will be provided. Feel free to bring your own backjack or cushion.

**Meal Break:** Bring your own food or plan to walk or drive to a nearby restaurant.



## Preregistration

**1. The preregistration deadline is two weeks prior to each intensive. Please use the intensive registration form below.**

2. Preregistrations will be accepted by mail only according to postmark date. We cannot accept registrations postmarked after the preregistration deadlines noted on the registration form.

3. Mail your completed registration form, along with **full payment** (nontransferable), in US check or money order (no credit cards or partial payments) to:

Open Gate Sangha, PO Box 782, Los Gatos, CA 95031 USA

## At-the-Door Registration

1. You may register at the door, space permitting, for an additional cost of \$25. (Check website to see if the intensive still has space.)

2. Please arrive early (first come, first serve) and have payment ready upon arrival. (Sorry, no credit cards.)

## Applying for a Scholarship

1. To download a scholarship application, go to the Intensives page at [www.zen-satsang.org](http://www.zen-satsang.org). If you do not have web access, you may call the office at (408) 356-5554 to have an application mailed to you.

2. Send the scholarship form, 5 weeks prior to the intensive, by the following postmark deadlines:

For the March 19 intensive: February 12, 2005

For the May 28 intensive: April 23, 2005

## Cancellation Policy for Intensives

Cancellation fee is \$25 prior to the first day of the intensive.

No refunds for cancellations on or after the first day of the event.

## Intensive Registration Form

- Above All Else** .....\$ \_\_\_\_\_  
March 19–20 in Berkeley  
**\$175** before March 5, 2005 postmark. \$200 at the door.  
Limited seating. Register early.  
 I would like to volunteer at this event.

- The Territory of Freedom** .....\$ \_\_\_\_\_  
May 28–29 in San Rafael  
**\$175** before May 14, 2005 postmark. \$200 at the door.  
 I would like to volunteer at this event.

**TOTAL ENCLOSED** .....\$ \_\_\_\_\_

💰 Payment in full is required. If you are paying for more than one intensive, write one check.

💰 The preregistration deadline is 2 weeks prior to each intensive and must be postmarked by the deadline date.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

This is a new/updated address, phone number, or e-mail.

# Special Events

## The End of Separation

Marin County, CA  
Hosted by Green Sangha

**January 15**

### One-Day Intensive

Saturday, 11am–6pm

Cost: \$90 (\$110 at the door)

All proceeds from this intensive will go to Green Sangha, a project of the Buddhist Peace Fellowship.

*The perspective of Love doesn't leave anybody out. Until your vision and compassion is big enough to include those who oppose you, you are simply contributing to the continuation of destructiveness. The end of separation is the salvation for all.*

~ Adyashanti

LOCATION: Fairfax Community Church  
398 Sir Francis Drake Blvd., Fairfax, CA

REGISTRATION: Preregistration is recommended. Please send a check for \$90 to: Green Sangha, PO Box 639, Fairfax, CA 94978. For information and directions, visit [www.greensangha.org](http://www.greensangha.org) or call (415) 457-0802.

## Harbin Hot Springs

Middletown, CA

**April 8-10**

### Evening Satsang

Friday, 7–9pm

Cost: \$10 + \$15 gate fee (6-hour visit)

### Weekend Intensive

Friday–Sunday

Cost: \$310

Includes Friday evening satsang, Saturday/Sunday intensive, camping Friday noon–Sunday 10pm, and 5 meals (Saturday breakfast through Sunday lunch). Private rooms may be available for an additional cost.

REGISTRATION: Preregistration is required for the intensive. To register or for more information, please call Linda Miller at (707) 987-0639 or e-mail [treasure@jps.net](mailto:treasure@jps.net).

## Book Signing Events

Please join Adyashanti as he visits the following bookstores to give satsang and sign his new book, *Emptiness Dancing*:

**West Hollywood**  
**Thursday, January 20**  
**7–8:30pm**

Bodhi Tree Bookstore Annex  
8585 Melrose Ave.  
W. Hollywood, CA 90069

**Sacramento**  
**Thursday, February 10**  
**7–9pm**

East West Books of Sacramento  
2216 Fair Oaks Blvd.  
Sacramento, CA 95825

**San Diego**  
**Thursday, June 23**  
**7–9pm**

SoulScape  
765 South Coast Hwy. 101, Suite 106  
Encinitas, CA 92024

## Sangha News and Gratitude

☞ The Fall 2004 issue of *Tricycle: The Buddhist Review* features an interview with Adyashanti entitled “The Taboo of Enlightenment: Do We Really Believe We Can Awaken?” Thank you, Stephen Bodian, for conducting this excellent dialog with Adya!

☞ We have also received an enthusiastic response to Adya’s latest book, *Emptiness Dancing*. Many thanks to Bonnie Greenwell for her dedication to bringing Adya’s dharma talks to the printed page.

☞ Adyashanti is encouraging “Moto” Tom Bryson to share the dharma in his work as a hospice nurse in Portland, Oregon. He is available for consultation about compassionate care of the dying at (503) 282-0883 or [motoji@aracnet.com](mailto:motoji@aracnet.com).

☞ Please join us in welcoming 3 part-time office staff: Rita Bottari, Wholesale Bookstore Manager, whose great dedication and spirit imbue her role; Eric Fischer, Retail Bookstore Manager, so appreciated for his wit, generosity, and willingness; and Julie Zeise, Accountant, whose warm heart and experience with nonprofits contributes valued perspective.

☞ Our full-time staff has seen changes as well. We are delighted to have Julie Donovan join us as Administrative Support/Communications Liaison. She brings a wealth of organizational, technical, and editing skills, as well as a deep understanding of the dharma.

☞ Please join us in extending a heartfelt thank-you to Priya, who left her position as Office Manager and Associate Editor of the newsletter in November. A model of devotional service, Priya’s spirit and sincerity have been deeply appreciated by volunteers and staff, and her contributions will be of lasting value to us. We will miss Priya in the office but are very happy that she will remain an active member of the sangha and wish her well in her teaching at St. Mary’s College.

☞ In the past six months, more than 300 volunteers contributed their time and talent doing everything from stacking chairs after satsang, to unloading the shipment of Adya’s new book, catering at the volunteer intensive, coordinating out-of-town events, and so much more. Thank you, thank you, thank you.

# Adyashanti's Travels

Adyashanti will be offering satsangs and intensives in the following areas during the first half of 2005:



*Adya wiggles his toes on the way to Taos.*

SATSANGS WITH ADYASHANTI BEGIN with a period of silence followed by a talk and dialog with the audience. Intensives include a full day (or weekend), with meditation and multiple satsangs that explore teachings in greater depth. Bring your innermost questions, or simply come and immerse yourself in the silence and presence of eternal truth.

<b>Los Angeles, CA</b>	<b>January 20–22</b>
<b>Santa Barbara, CA</b>	<b>January 23</b>
<b>Sacramento, CA</b>	<b>February 10</b>
<b>Grass Valley, CA</b>	<b>February 11–12</b>
<b>Portland, OR</b>	<b>May 19–21</b>
<b>San Diego, CA</b>	<b>June 23–25</b>
<b>Tustin, CA</b>	<b>June 26</b>

*No preregistration is required for these events.*

COMPLETE INFORMATION ABOUT TIMES and locations will be posted, when it becomes available, on our website and Infoline, (408) 356-8503. Please do not call the office. Information specific to these events will be mailed to the local areas 2–3 weeks in advance. If we do not have your current address, call (408) 356-5554 or e-mail us at [opengate@pobox.com](mailto:opengate@pobox.com).

## Touching One Life at a Time

We have recently enjoyed receiving letters from Fred in Florida, so we asked him if we could share some excerpts with you. . .

**January 5, 2004:** Dear Open Gate Sangha, A couple of weeks ago I came across a guy in here who had a copy of the teachings of Adyashanti and I was able to read a few pages of it. The teachings struck a deep resounding chord within me. . .

**January 30:** I've been a seeker for almost 19 of the 22 years that I've been incarcerated and I have never come across a teacher who speaks directly to such a deep part of my being. The words of Adyashanti are most certainly alive with Truth which immediately resounds within the innermost part of one's being. To say that I'm moved deeply by them would be a gross understatement. My heart tells me that I've finally, blessedly, found my way home. . .

**March 5:** I've been doing some heavy inquiry into the Truth of that which we are. There is, of course, the contradictory sense that there is this "me" which feels itself to be separate. My question is, how does one break the habit of operating from this "me" and allow the Truth to "take over," so to speak? I see the illusion that the entire world is caught up in. I've had a taste and have fallen in love with my Self. Where do I go from here? . . .

**June 30:** The last letter was written when I was about two weeks into doing 90 days in what is commonly called "the hole" (also known as solitary confinement). And although it was supposed to be a punishment (e.g., they take all of your possessions; sleeping on a steel bed; and being locked in 24 hours a day) it turned out to be quite a blessing for me. For the most part I was on retreat simply Be-ing. A calm, gentle spaciousness came which I would sit with for hours on end. And the longer I sat in this wonderful Truth of who I am the deeper I seemed to go. I was really astonished at the nature I found within the Self. It wasn't something

to attain and then hold on to, but something that is already there. One simply rests in That, letting everything go. . . We have a small sangha here (we average about six guys) and share our books among ourselves. Adya's teachings have played a central role. . .

**July 18:** I was rather pleasantly surprised when I heard that my June 30th letter was found to be inspiring. I'd never considered that any part of my life situation could be an inspiration. To me it simply is what it is with the important part being the attitude and awareness with which I choose to experience it all. This is especially true since I've become acquainted with the teachings of Adyashanti. I truly believe that I was ripe for Adya's teachings when they came my way. They speak to me like a voice from my own inner Self. The deeper I go into them the more it's as if I've always known these things. . .

I've got 108 years and at present my parole date is set at 2032. So I'll probably be hanging out around here for a little longer. Occasionally it pains me deeply that I seem to have screwed my life up so badly, and did it at such a young age (18) but that's really all just "the story." My life hasn't stopped. I didn't stop growing, and learning. My life is simply different from most folks, and my being busted not only (in all probability) saved me from destroying myself but it took away all of the distractions and set me firmly on the spiritual path. Because of that, and the fact that I've found answers in Adya's teachings I cannot count my life as a waste, even if I have to spend the rest of it in here. And if I can assist another in finding their own way to truth? That would be the ultimate satisfaction.

May you all continue to experience the freedom, peace and love that you already are.

*Namaste, Fred*

# Truth Comes at a Cost

by Adyashanti

**I**F I WAS TO TRANSLATE the enlightened state down into human terms, I'd have to describe it as contentment. Being nobody, going nowhere, needing no reason to exist. To the ego, that probably sounds a little boring and of course to an ego it is. But then again, there's really nothing for the ego in enlightenment. In enlightenment, the egoic false self is rendered an irrelevant illusion, a mask, a character that nothingness wears while pretending to be human.

Not only is there nothing in enlightenment for the ego, the ego is really nothing but a defense against enlightenment. I'm not saying that ego is bad or evil because it's not. I'm saying that ego is a social and personal construct and therefore an illusion. But there's nothing

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*You may think that I am being a bit harsh—which I am, but awakening to truth is a harsh business.*

---

going with an illusion. A painting is an illusion; a movie is an illusion; a good novel is an illusion. The problem isn't with illusion; the problem is with the emotional attachments and addictions of ego.

To most people "attachment" is a very abstract word that they think they understand. People in spiritual circles think of attachments in terms of things that they are attached to. They identify the things attached to and endeavor to let go of them, but this misses the whole point of what attachment really is. Attachment isn't



about things attached to; it's about emotion in the form of a magnetic energy of attraction. That energy is how you know who you are as an ego. That energy *is* who you are as an ego. Ego defines itself by what it does and does not like. There is no ego outside of this emotional energy of attraction and repulsion—better known as love and hate, like and dislike, good and bad, right and wrong, us and them, me and you. Without emotional investment in the ego's points of view, what's left of ego but a hollow shell with a little personality mixed in?

You breathe life into your ego in the form of emotional addictions. Emotion is the very life-force of ego. So the point of detachment isn't to detach from things, but to detach from your emotional bonds with things. And you don't simply let go of emotional bonds; you burn

through them with investigative awareness. You see them for what they are: prisons, false structures holding you in spiritual infancy. You may think that I am being a bit harsh—which I am, but awakening to truth is a harsh business. Bottom line is "What do you want more: to feel better or to realize the truth?" Sure, truth realization feels really good, but no one gets there whose driving motivation is simply to feel good. Feeling really good is a byproduct of the awakened state; it is not the state itself. The state itself is reality, and it's won at the hands of unreality. Simply put, ultimate truth comes at a cost, and the cost is everything in you and about you that is unreal. The end result is freedom, happiness, peace, and no longer viewing life through the veils of illusion.



## Adya's Mail

I receive many, many wonderful letters each week from all over the country. Unfortunately, I only have the time to respond to a small fraction of them. For all of you who have written me and will write me in the future, please know that I read every letter and truly enjoy sharing in your unfolding into Truth.

Many Blessings,



## Transmission of the Flame

Adyashanti has invited Bonnie Greenwell to share the dharma with others. Bonnie is an educator, counselor, and writer in transpersonal psychology. For more than thirty years, she has studied and practiced Eastern spirituality, including Ashtanga and Kundalini yoga, Advaita Vedanta, and Zen. She is also the Editor of *Emptiness Dancing: Selected Dharma Talks of Adyashanti*.

Bonnie is available for dokusan by appointment and dharma talks on invitation. You can contact her at [kundinfo@mindspring.com](mailto:kundinfo@mindspring.com) or (408) 257-6241. For information about upcoming spiritual dialogues and day-long retreats in the San Francisco Bay Area, visit her website: [www.kundaliniguide.com](http://www.kundaliniguide.com).

## Scholarships

Open Gate Sangha (OGS) offers a limited number of scholarships to local intensives and retreats for those who need financial assistance. Scholarships are awarded based on a number of criteria, including availability of OGS's funds, applicant's financial need, and prior scholarships awarded to the applicant.

To obtain a scholarship application, please download it from the Sangha page of our website, [www.zen-satsang.org](http://www.zen-satsang.org), or call the office at (408) 356-5554 *as soon as possible*. The scholarship application deadline for all January–June 2005 retreats is November 22, 2004. The application deadline for intensives is 5 weeks prior to each intensive. We cannot guarantee a scholarship award to any individual. Many thanks to those who have made donations to the Scholarship Fund.

## Tax-Deductible Contributions

Most of your contributions to Open Gate Sangha are tax-deductible, including payments for satsangs, intensives, and retreat tuition. The housing portion of retreat fees, however, is not tax-deductible.

Those who feel called to financially support Adyashanti's teaching work may also contribute to one or more of the following funds: **Publishing Fund**, **Scholarship Fund**, and **General Fund** (the General Fund is for the day-to-day operations that make Adyashanti's satsangs, intensives, retreats, and travel possible).

To contribute, please indicate the fund(s) on your check and mail it to the address below.

**Open Gate Sangha, Inc.** is a nonprofit, tax-exempt organization. The office is located in Los Gatos at 15951 Los Gatos Blvd # 7. Please send ALL mail to:

**PO Box 782, Los Gatos, CA 95031**  
(408) 356-5554  
opengate@pobox.com

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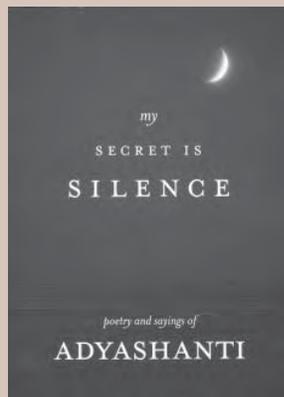
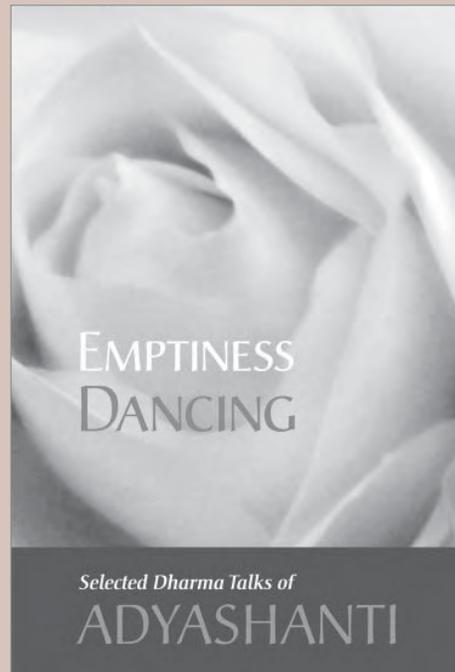
# Books by Adyashanti

## Emptiness Dancing Selected Dharma Talks of Adyashanti

© 2004 by Adyashanti  
238 pages, softcover.  
ISBN: 0-9717036-4-7  
\$20 Item #3EDA

Discovering our true nature could be called the discovery of emptiness—the vast stillness and loving silence that lies beyond and within all that exists. Our lives are the dance of this emptiness as it flowers into form. *Emptiness Dancing* offers dynamic teachings that come directly from this emptiness and draw the open heart into profound realization. Adyashanti reveals valuable insights and explores important themes relevant to those seeking and deepening into truth. He shares an enlightened perspective on:

- ✧ The seeker's struggle
- ✧ The joys and challenges of awakening
- ✧ The symptoms of spiritual addiction
- ✧ The essence of sacred relationship
- ✧ The true meaning of enlightenment
- ✧ The simple secret to happiness



## My Secret Is Silence Poetry and Sayings of Adyashanti

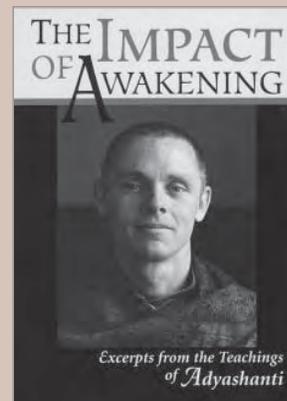
© 2003 by Adyashanti  
141 pages, softcover.  
ISBN: 0-9717036-1-2  
\$17 Item #3MSI

Celebrating life from the vantage of the laughing Buddha, Adyashanti gently invites the mystery to wake up to itself in the heart of each reader. This book is a wonderful gift for anyone who loves getting drunk on the truth or who still imagines they are thirsty and need a long, sweet sip from the Beloved's overflowing cup.

## The Impact of Awakening 2nd Edition

© 2000, 2002 by Adyashanti  
130 pages, softcover.  
ISBN: 0-9717036-0-4  
\$17 Item #3IOA

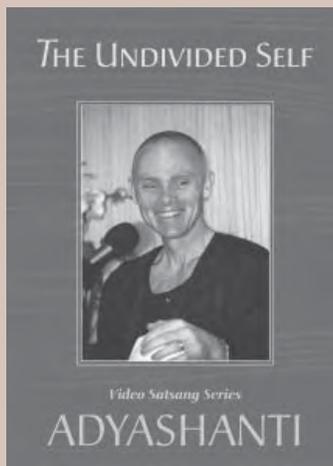
In this collection of dynamic excerpts from Adyashanti's satsang dialogs, the reader is guided from the initial impulse to be free to its culmination in liberation. Adyashanti also speaks about the role of grace, the student-teacher relationship, and how to move beyond beliefs that distort our perception of the truth.



# Adyashanti on Video

## Video Satsangs

The following DVDs are part of a series that captures the dynamic quality of satsang with Adyashanti in a live, unedited format.



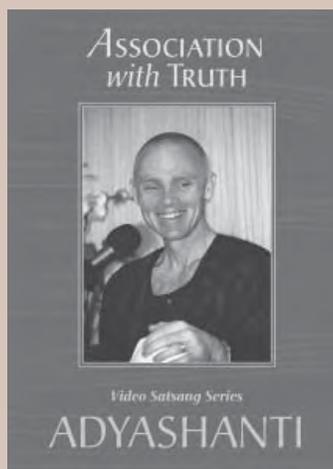
**New!**

### The Undivided Self

May 1, 2004 ~ Santa Cruz, CA  
©2004 by Adyashanti. DVD-R length: 90 min.  
\$25 Item #4USE

Who would you be without your battle against yourself? In this DVD-R video, Adyashanti focuses on a fundamental theme in his teachings: inner division and the undivided Self. Topics include functional and nonfunctional conditioning, what brings about change in the world, the danger of good intentions, spiritual effort, and fear of silence.

*Humanity continues to insanely divide itself against itself. Only by realizing your own undivided nature can the divisions of the world be healed. Only you can be the salvation of humanity.*  
~ Adyashanti



**New!**

### Association with Truth

July 31, 2004 ~ Santa Cruz, CA  
©2004 by Adyashanti. DVD-R length: 90 min.  
\$25 Item #4AWT

Truth cannot be found in thought or intellect; it is a matter of wisdom, love, and unity. In this engaging DVD-R video, Adyashanti describes the inquiry "What is true?" as the beginning of spiritual maturity, and the devotion to Truth as the gift and challenge of living an awakened life.

*Enlightenment is the realization of Truth—not one truth among many truths, or my truth as opposed to yours, but the one true Truth beside which all other truths are false.*  
~ Adyashanti

Also in this series. . .

**Falling Away** DVD: \$25 Item #4FAD

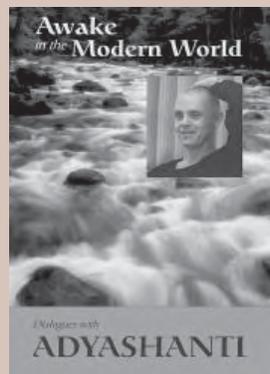
**When Truth Takes Over** DVD: \$25 Item #4WTD

## Awake in the Modern World (VHS)

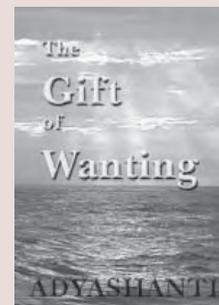
### Dialogues with Adyashanti

Produced by Robert Revel.  
© 2004 by Adyashanti. VHS Length: 67 min.  
\$25 Item #4AIV

These two compelling video interviews with Adyashanti explore topics of interest to modern spiritual seekers as they relate to ancient ideas from Hinduism, Buddhism, and Christianity. With excerpts from satsang talks interspersed, Adyashanti shares valuable insights about karma, sin, healing, repentance, love, presence, memory, meditation, and living an awakened life. Interviews by Robert and Marcee Revel. (VHS format only.)



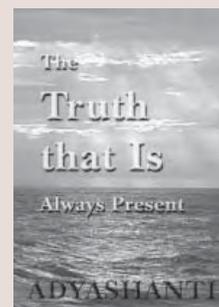
## Santa Barbara DVDs



### The Gift of Wanting

© 2003 by Adyashanti  
Length: 120 min.  
\$29 Item #4GOD

This DVD offers a powerful introduction to Adyashanti's teachings. Topics of inquiry include how wanting gives rise to dissatisfaction and suffering, traveling from the head to the heart, the limitation of thought, the fear of death, why denying what we want doesn't work, sex and the ego, and the hidden gift of wanting.

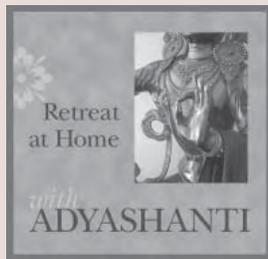


### The Truth That Is Always Present

© 2003 by Adyashanti  
Length: 120 min.  
\$29 Item #4TTD

Once we awaken to who we are, how do we live our lives as an embodiment of that truth? On this DVD, Adyashanti addresses this question and related topics, such as oscillating between the state of conditioning and just being, outgrowing friends, speaking truth in the midst of conflict, prolonged suffering, and authentic love.

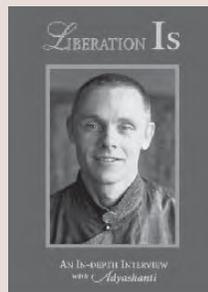
# Audio Albums



## Retreat at Home!

© 2003 by Adyashanti  
12 audio cassettes with booklet  
Approx. 20 hours  
\$119 Item #7RAH

*Retreat at Home* invites you to experience the most powerful form of Adyashanti's teaching: silent retreat. Includes 12 sat-sangs selected from a stunningly powerful 10-night retreat and a handbook to assist you in creating an at-home retreat structured in the same way as those offered by Adyashanti. A profound opportunity to investigate the possibility of liberation in this life.



## Liberation Is An In-Depth Interview

© 2000 by Adyashanti  
2-Cassette album. Approx. 120 min.  
\$19 Item #2LIS

In this engaging 2-hour interview with Stephan Bodian, Adyashanti addresses a variety of topics relevant to contemporary seekers of truth. With uncompromising integrity, he clarifies subjects that are often misunderstood, such as self-inquiry, meditation, enlightenment, emptiness, the ego, and relationships.

New!

## Retreat Talks

### Volume 1

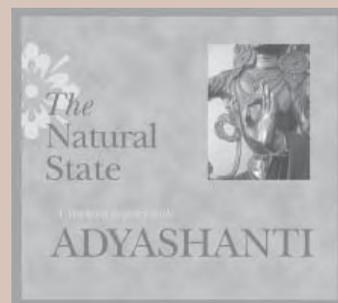
© 2004 by Adyashanti.  
Recorded April 2004 in Boulder Creek, CA  
2-Cassette album. Approx. 3 hours  
\$20 Item #2RTA-1

*Retreat Talks* highlights the powerful and uniquely engaging talks Adyashanti gives at retreats, with dialogs removed. This distilled presentation of teachings offers five talks recorded in April 2004: Welcome to Retreat, Life Is, Ego Is Not a Problem, Getting to Nothing, and Beyond Tradition. Adyashanti invites us into the depth of the retreat experience; clarifies that ego is not something that needs to be dismantled, dissolved, thrown away, or raised into a higher state; and reveals what it takes to move beyond the teachings that have been stepping stones on our spiritual journey.

## Have a Weekend Intensive at Home!

©2002-2004 by Adyashanti  
5-Cassette albums. Approx. 8 hrs. per album

Recorded live at weekend intensives with Adyashanti, each of these full-length, 5-cassette albums focus on a unique aspect of spiritual awakening and liberation.



New!

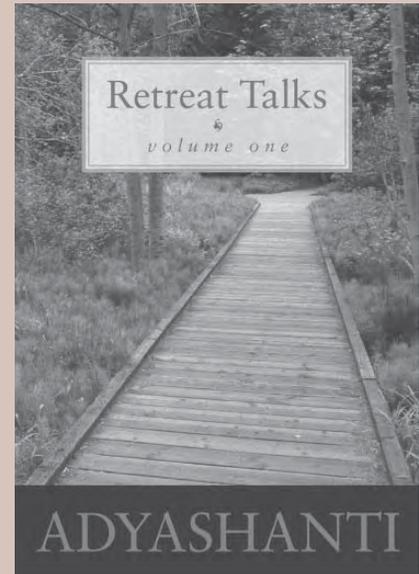
## The Natural State

Santa Fe, NM: July 3–4, 2004  
\$55 Item #7NSA

Highly engaging and filled with humor, this Santa Fe intensive begins with a talk on meditation and continues with a variety of dialog topics including conscious relationship, inner division, fear, the natural goodness of life, having a love affair with the Mystery, and the meeting of wisdom and love. Includes a number of dialogs about practice and meditation.

More intensive albums...

**The Art of Being** - \$55 #7AOB  
**Fidelity to Truth** - \$55 #7FTT  
**Awakened Living** - \$55 #7ALI



New!

## The Willingness to Transform

San Rafael, CA: June 19–20, 2004  
\$55 Item #7WTT

*Transformation is not a step-by-step process. Nor is it accomplished by personal will or desire. Transformation happens to a humble mind and a heart willing to embrace its fears and insecurities. The question is not how to transform, but rather, is one willing to transform? Wanting to awaken is not as important as being willing to awaken.*  
~Adyashanti

New!

## The Enlightened Life

Palo Alto, CA: February 14–15, 2004  
\$55 Item #7ELI

*What does it mean to fully surrender to this life right now, just as it is? Unless there is a full surrender, living an enlightened life is impossible.*  
~Adyashanti

In this weekend intensive, Adyashanti invites us to investigate beyond the momentary glimpses of our true nature and to explore what it is to actually live the awakened state in every situation in our lives.

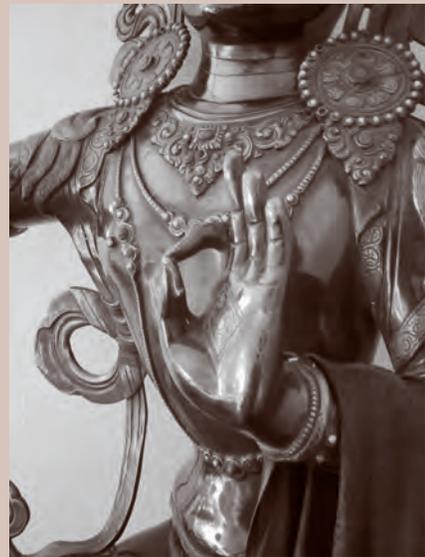
**Cutting Through the Egoic Trance** - \$55 #7CTT  
**Freedom Is an Unknown Land** - \$55 #7FIA  
**Dharmic Relationship** - \$55 #7DRE  
**From Awakening to Liberation** - \$55 #7FAL



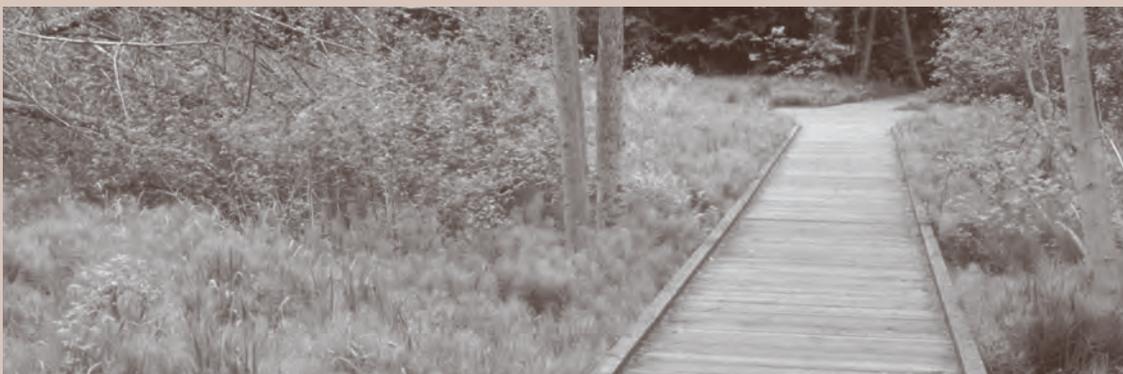
# Silent Retreats

***T**hese retreats are for serious seekers of eternal truth. They are an opportunity to put your separateness on hold and discover the liberating truth of what you are. Be forewarned, these retreats could be disrupting to your beliefs and disorienting to your ego... Welcome to the world of spiritual enlightenment.*

~ Adyashanti



ADYASHANTI'S RETREATS HAVE BECOME KNOWN as profoundly liberating events that open the heart of realization and true understanding. Adyashanti structures these retreats to provide a powerfully dynamic environment of profound silence and intimate satsang. Serious spiritual seekers are both nurtured and challenged to dive deeply into themselves. The schedule of daily activities includes several periods of meditation, satsangs, and yoga or stretching. Outside of satsangs, these retreats are held in silence.



*Silence is the final and ultimate teacher and the final and ultimate teaching.*

~Adyashanti

# IMPORTANT Information About Retreats!

## Send Applications by November 22, 2004!

For your best chance of getting into a retreat, your application and tuition fee(s) must be postmarked on or before November 22, 2004. In the event that there are more applicants than retreat spaces, a lottery will be held to assign the spaces at random.

Confirmation letters will be mailed mid-December. If you do not get into your chosen retreat, you will automatically be placed on a waitlist, and we will send you a waitlist confirmation letter.

**If you miss the deadline**, check the website or the Infoline for possible retreat openings or waitlist information.

## Retreat Attendance

Retreats begin at check-in (3–5pm on the first day) and end at 1pm on the last day. At Adyashanti's request, all retreaters are required to arrive on time and to stay until the end of the retreat.

## Housing Now Handled by Retreat Sites

This year housing reservations and payments will be handled directly by the retreat sites, Asilomar and Mount Madonna. Upon acceptance into a retreat, Open Gate Sangha will send you a confirmation letter and instructions about how to reserve housing. Do not contact the retreat site until after you have received your confirmation letter.

## Housing Payment Policy

Full payment for housing is due directly to Mount Madonna or Asilomar 60 days before the retreat. Both retreat sites accept checks and credit cards.

If the retreat site does not receive your payment by the due date, your retreat attendance will automatically be cancelled and Open Gate Sangha will refund your tuition, minus a \$50 cancellation fee.



## Retreats at Mount Madonna

### ☞ March 1–6, 2005

5 Nights, Tuesday–Sunday 1pm

### ☞ May 3–8, 2005

5-Nights, Tuesday–Sunday 1pm

### Total Retreat Cost = Tuition + Housing Fee

Tuition, payable to Open Gate Sangha: \$280 per person

#### Housing Fee, payable to Mount Madonna:

Camping \$240	Double \$420
Tent provided \$265	Double w/bath \$465 (limited avail.)
Dorm \$340	Single \$525
Triple \$375	Single w/bath \$610 (limited avail.)

Mount Madonna Center is located in the Santa Cruz Mountains of California, overlooking the Monterey Bay. It offers a peaceful mountain setting, with 355 acres of redwood forest and grassland. The cost includes three vegetarian meals per day and comfortable accommodations. Mount Madonna's buildings are wheelchair accessible; please mention special needs to the Mount Madonna staff when reserving your housing. For general information about this retreat site, go to [www.mountmadonna.org](http://www.mountmadonna.org).

## Retreat at Asilomar

### ☞ June 12–17, 2005

5 Nights, Sunday–Friday 1pm

### Total Retreat Cost = Tuition + Housing Fee

Tuition, payable to Open Gate Sangha: \$280 per person

#### Housing Fee, payable to Asilomar:

Quads \$417	Doubles \$477–\$527
Triples \$422	Singles \$717–\$867

On the shoreline of California's Monterey Peninsula, Asilomar Conference Center has 107 acres of dunes, beach, and forest. The rooms are very comfortable, and each includes a private bathroom. Asilomar does not have camping facilities. The housing cost includes three meals per day, with vegetarian options. The meeting rooms and some residential halls are wheelchair accessible; please mention special needs to the Asilomar staff when you reserve your housing. For general information about this retreat site, go to [www.asilomarcenter.com](http://www.asilomarcenter.com).

**For more information and frequently asked questions, visit [www.zen-satsang.org](http://www.zen-satsang.org).**

# Retreat Application

## Instructions

### Applying as an Individual

1. Use ONE form for all retreat requests.
2. For each retreat you apply for, write a separate \$280 check for tuition, payable to Open Gate Sangha.
3. For each retreat, write the check amount (\$280 per person) and check number in the space provided.
4. Mail on or before the November 22, 2004 postmark deadline to the address on the form.

### Applying as a Couple

If you and another person wish to attend a retreat together and do not wish to attend individually, follow the above instructions with the following additions:

1. Legibly print name and complete contact information for BOTH individuals.
2. Mail a \$560 (\$280 x 2) check for each retreat you choose to attend.

### International Applicants

Follow all instructions above. Please send a money order or check in *US dollars only* to Open Gate Sangha.

### Scholarship Applicants

Do not use this retreat application form. Visit the Retreats section at [www.zen-satsang.org](http://www.zen-satsang.org) to download an application form and instructions. The postmark deadline is November 22, 2004 for all retreat scholarship applications.



### What Happens After Applying?

If you are assigned a retreat space, your payment will be processed and you will be sent a confirmation letter mid-December. If not, you will be sent a tuition refund and a waitlist notification.

Your confirmation letter will include information about how to reserve and pay for your housing directly to the retreat site. **DO NOT** contact the retreat site until receiving your confirmation letter.

## Retreat Cancellations

### New Cancellation Procedure

1. Notify Open Gate Sangha.
2. Notify the retreat site.

### Tuition Cancellation Policy ~ Open Gate Sangha:

- 31 days or more before the retreat: \$50 cancellation fee
- 30 days or less before the retreat: Full attendance fee (\$280)

### Housing Cancellation Policy ~ Mount Madonna and Asilomar:

- 61 days or more before the retreat: \$25 cancellation fee
- 60 days or less before the retreat: Full housing fee

*The tuition and housing cancellation policies are non-negotiable.*

## Retreat Application Form

### TUITION PAYMENT

Tuition is **\$280** per person, per retreat payable to Open Gate Sangha.

- March 1–6, 2005** / Mt. Madonna ....Check# \_\_\_\_\_ \$ \_\_\_\_\_
- May 3–8, 2005** / Mt. Madonna .....Check# \_\_\_\_\_ \$ \_\_\_\_\_
- June 12–17, 2005** / Asilomar .....Check# \_\_\_\_\_ \$ \_\_\_\_\_

Mail this form with a *separate* check for each retreat, postmarked on or before November 22, 2004 to:

**Open Gate Sangha**  
PO Box 782  
Los Gatos, CA 95031 – USA

### HOUSING PAYMENT

Upon acceptance into a retreat, you will receive a confirmation letter with instructions about how to reserve and pay for your housing directly through the retreat site. **DO NOT** contact the retreat site until after you have received your confirmation letter.

*Please write legibly.*

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

- This is a new/updated address, phone number, or e-mail.

# Adyashanti—January through June 2005



AFTER 15 YEARS OF ZEN practice and a series of ever-deepening realizations, Adyashanti's Zen teacher asked him to teach. Since then, many spiritual seekers have awakened to their true nature while spending time with Adyashanti. His unique expression of the living truth emerges spontaneously from emptiness, free of any tradition or ideology. Adyashanti's teachings have been compared to those of the early Chan (Zen) masters and to the nondual Indian wisdom teachings of Advaita Vedanta. Adyashanti lives with his wife, Annie, in his native San Francisco Bay Area and teaches in the United States and Canada.

[www.zen-satsang.org](http://www.zen-satsang.org)



## Only This!

*Poems and Reflections by Dorothy Hunt*

© 2004 by Dorothy Hunt

\$20 Item #30TI

*I heartfully encourage everyone to read this book. Dorothy's expression of truth is both human and divine.*

~ Adyashanti

Seeing truth in the smallest detail, uncovering beauty in the most ordinary moment, speaking truth in a penetrating way, Dorothy Hunt offers a poetic expression of the awakened perspective. Filled with humor, insight, and love, *Only This!* is a treasure and an inspiration for those seeking and deepening into truth.

To learn more about Dorothy, see the Teachers page of our website:  
[www.zen-satsang.org](http://www.zen-satsang.org).



## Open Gate Sangha

Post Office Box 782  
Los Gatos, California 95031

Infoline: (408) 356-8503  
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