



The Impact of Awakening: Excerpts From the Teachings of Adyashanti

By Adyashanti

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"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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Editorial Review

Review

Like great Zen masters of old, Adyashanti breaches the bounds of conventional Buddhist discourse and speaks directly from Being itself. -- *Stephan Bodian, from Foreword of Book*

About the Author

Adyashanti has been described as a warm, down-to-earth, deeply-realized teacher by book reviewer Rodney Stevenson. After many years of Zen training he had a series of profound awakenings and began teaching at the request of his teacher in 1996. He speaks the language of both Zen Buddhism and Vedanta and brings a deep transmission to his students through his presence and love of truth. He teaches in the U.S. throughout the West, Northwest and Southwest.

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