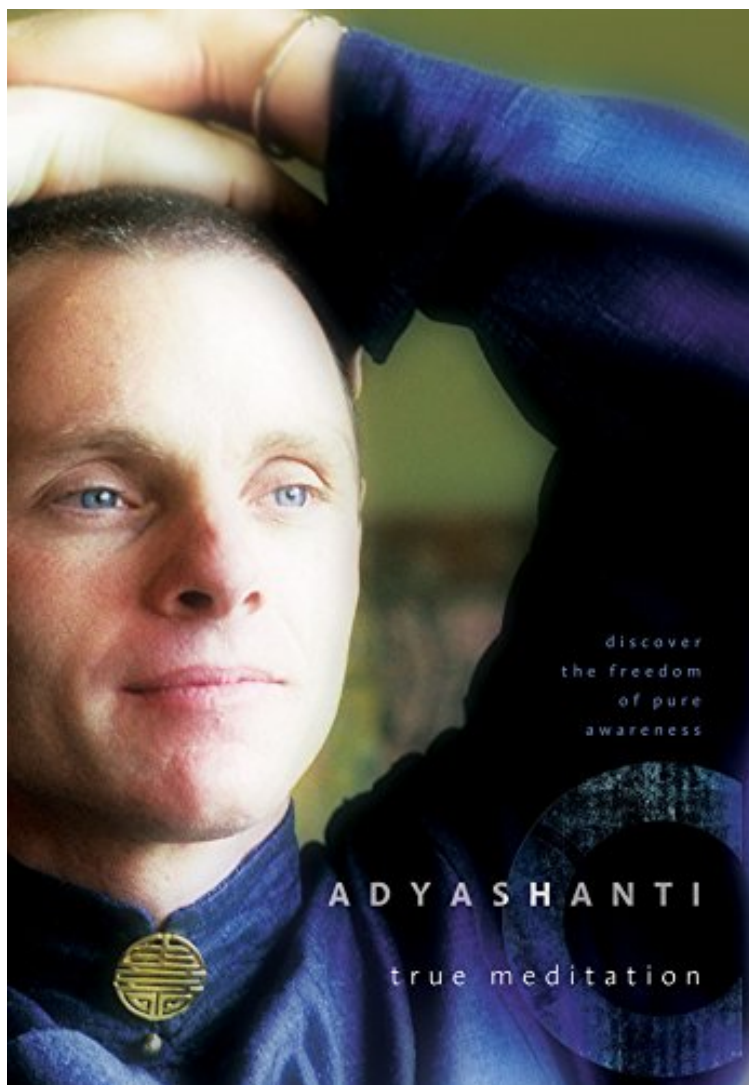


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Description :

Prsentation de l'diteurWhat would happen if you were to allow everything to be exactly as it is? If you gave up the need for control, and instead embraced the whole of your experience in each moment that arose? In the 14 years that he studied Zen, Adyashanti found that most seasoned meditators had used the practice as "an end instead of a means to an end." What he ultimately realized was that only when you let go of all techniqueseven the concept of yourself as a meditatorwill you open to the art of True Meditation, dwelling in the natural state. True Meditation invites you to join the growing number of seekers who have been touched by the wisdom of Adyashanti to learn:How to make the "effortless effort" that will vivify the present momentMeditative self-inquiry and "The Way of Subtraction": how to ask a spiritually powerful

question and determine the real answer