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

By Adyashanti

SOUNDS TRUE INC, United States, 2013. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book. In the same way that we fall into the arms of a loved one or drop our heads on the pillow before sleep, we can let go into the beauty and truth of who and what we really are. Falling into Grace presents Adyashanti's response to anyone looking for a way out of suffering and into the freedom of spiritual awakening. With his first introductory book, he offers what he considers the fundamental teachings on seeing life with clear eyes to transcend the illusions that lead to unhappiness. Readers join this sought-after teacher to explore: . The concept of a separate self as the root of all suffering- and how to stop believing the thoughts that perpetuate our self-image . How to take the backward step into the pure potential of the present moment . Giving up the control we only think we have . The essential invitation of spirituality: wake up from the dream to embrace what is When we realize that there is grace in every moment, our minds will open, our hearts will expand, and...


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