



## **Liberation is Not a Spectator Sport, by Adyashanti**

The Way of Liberation is a stripped-down, practical guide to spiritual liberation, sometimes called awakening, enlightenment, self-realization, or simply seeing what is absolutely True. It is impossible to know what words like liberation or enlightenment mean until you realize them for yourself. This being so, it is of no use to speculate about what enlightenment is; in fact, doing so is a major hindrance to its unfolding. As a guiding principle, to progressively realize what is not absolutely True is of infinitely more value than speculating about what is.

Many people think that it is the function of a spiritual teaching to provide answers to life's biggest questions, but actually the opposite is true. The primary task of any good spiritual teaching is not to answer your questions, but to question your answers. For it is your conscious and unconscious assumptions and beliefs that distort your perception and cause you to see separation and division where there is actually only unity and completeness.

The Reality that these teachings are pointing toward is not hidden, or secret, or far away. You cannot earn it, deserve it, or figure it out. At this very moment, Reality and completeness are in plain sight. In fact, the only thing there is to see, hear, smell, taste, touch, or feel, is Reality, or God if you like. Absolute completeness surrounds you wherever you go. So there is really no reason to bother yourself about it, except for the fact that we humans have long ago deceived ourselves into such a confined tangle of confusion and disarray that we scarcely even consider, much less experience for ourselves, the divinity within and all around us.

The Way of Liberation is a call to action; it is something you do. It is a doing that will undo you absolutely. If you do not do the teaching, if you do not study and apply it fearlessly, it cannot effect any transformation. The Way of Liberation is not a belief system; it is something to be put into practice. In this sense it is entirely practical.

To read this book as a spectator would be to miss the point. Being a spectator is easy and safe; being an active participant in your own awakening to Truth is neither easy nor safe. The way forward is unpredictable, the commitment absolute, the results not guaranteed. Did you really think that it could be any other way?

--Adyashanti, from the Introduction to *The Way of Liberation*

