



## Let Everything End, by Adyashanti

There is a great momentum of suffering and confusion that every spiritual seeker encounters. It is the momentum of ignorance which manifests as the experience of conflict and confusion and which causes suffering. In order to discover the perspective of liberation, which alone transcends this entire movement of ignorance and suffering, one needs to let everything end. "Letting everything end" means to stand in the moment completely naked of attachment to any and all ideas, concepts, hopes, preferences, and experiences. Simply put, it means to stop strategizing, controlling, manipulating, and running away from yourself -- and to simply be. Finally you must let everything end and be still. In letting everything end, all seeking and striving stops. All effort to be someone or to find some extraordinary state of being ceases. This ceasing is essential. It is true spiritual maturity. By ceasing to follow the mind's tendency to always want 'more', 'different', or 'better', one encounters the opportunity to be still. In being still, a perspective is revealed which is free from all ignorance and bondage to suffering. From that perspective, eternal self is realized. The eternal self, the seer, is recognized to be one's true nature, one's very own Self. This is an invitation to let all seeking end, all striving end, all efforting end, all past identity end, all hopes end, and to discover that which has no beginning or end. --Adyashanti