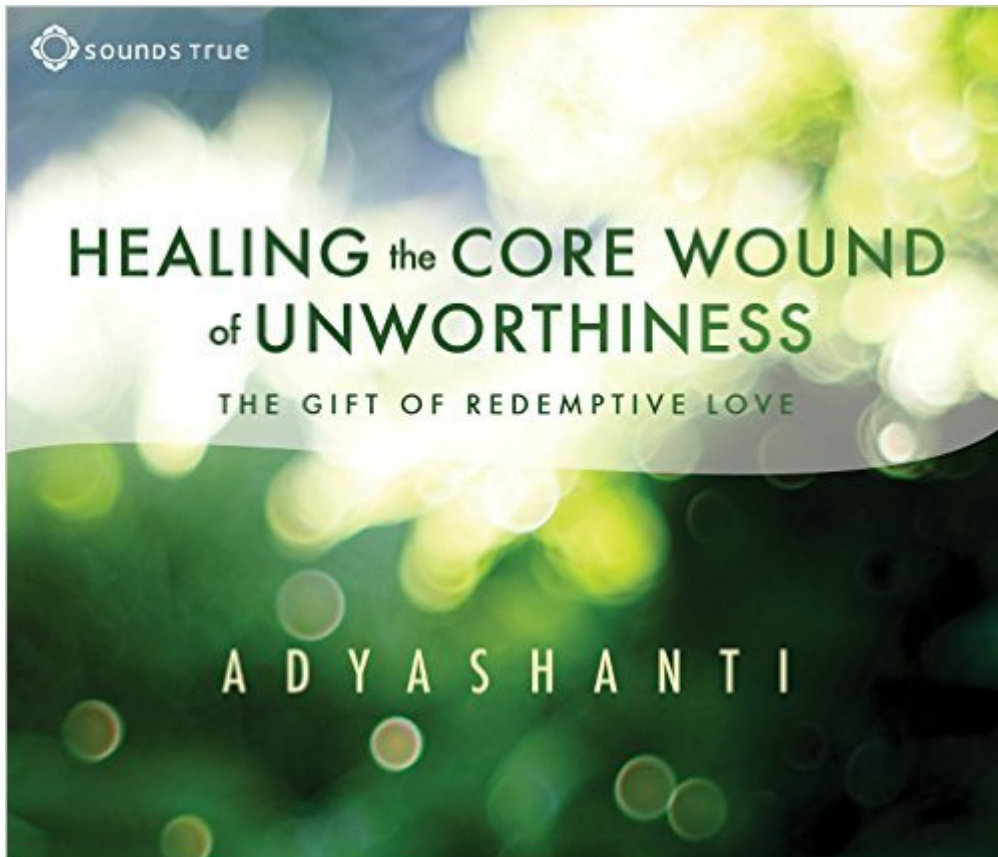


The book was found

Healing The Core Wound Of Unworthiness: The Gift Of Redemptive Love



Synopsis

From Shame to Wholeness: Inviting the Transformative Power of Grace

So many of us hold a deep belief that we were born unworthy, reflects Adyashanti, inadequate, unlovable, and alone. But what if, in truth, we weren't put here to pay penance, change our karma, or fix ourselves? What if we chose to be here because we so loved the world that we poured ourselves into it to make it whole again, to restore the hidden divinity amid the disaster? With *Healing the Core Wound of Unworthiness*, we're invited to entertain that possibility. Even after years of meditation, Adyashanti felt an enduring sense of self-disappointment and failure. And he sensed it in nearly everyone he met even among the most confident, successful, and outwardly happy people. Then healing came to him in a profound experience of redemptive love, a reunion with the deepest ground of being. It is a gift offered to all of us without struggle or the need to earn it. In essence, it says to us: This is how I love you. And this is how you shall love all things and all beings. Join this lucid teacher and author as he offers insights, meditations, and questions to help you bring your own self-created suffering into awareness, receive unconditional grace, reunite with all that arises, and bring it into every dimension of your life.

HIGHLIGHTS

- Identifying the unconscious cultural and personal stories at the core of shame and unworthiness
- How love enters us through the cracks of crisis, loss, and despair
- Allow yourself to run out of time right now
- How the urgency of mortality awakens grace
- Let go of what you don't know
- a simple contemplation for expanding into the Unknown
- What to do if you believe you've committed the absolutely unforgivable
- Guided practices for restoring wholeness and inviting love's redemption

Book Information

Audio CD

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Customer Reviews

Adyashanti comes from Zen Buddhist background but his teachings convey Truth that transcends any specific discipline. Having recently come to his teaching from a 50+ year path that has spanned Catholicism to Bhakti yoga to a longish Dark Night to Advaita I find he is the only teacher I've come across that addresses aspects from all these experiences. Reading his books has been reaffirming and reassuring that one does get through some of the more challenging experiences of a spiritual life path and that enlightenment is our purpose. This CD, however, I experienced a bit differently. I first listened while driving in my car and was not completely attentive to all the words, but at one point the energy behind his words snuck up on me and I had a fleeting experience of that wonderful and lately for me, elusive quality of Grace. The thought 'sweet nectar' came to mind. The teaching itself is full of insight and compassion and the stories of redemption inspire. The exercise at the end brought me to tears and the experience has been a gentle, perhaps more sustainable version of prior experiences of heart opening at the feet of a guru. I believe we are blessed to have a teacher like Adyashanti here in the west. Thank you and Namaste.

These teachings are profound, rare and deeply relevant. I was moved to tears during part of this series of talks, on account of the profoundly redeeming possibly Adyashanti points to. None of this is abstract - it is all grounded in examples and a sense of connectedness that is the hallmark of a rare and truly exceptional being. I have been learning from Adyashanti for 9 years, and still the beauty and redemptive power of these teachings comes as a revelation. I will be listening through at least another 50 times :)

I made the decision to nit focus on religion or spiritual practice but instead opened my heart to receive healing. A healing that I have longed for and have been searching for. I was present - vulnerable - grateful as the cracks appeared. As I opened myself to God's redemptive grace I felt His love flowing through me...tears streamed down my face as my heart embodied the unmerited favor of God. Though I have sinned and have made conscious mistakes, God's attitude toward me favorable in His willingness to forgive. God is not obligated by any internal or external standard to forgive us. It is something that God desired to do out of His love for us. I became willing to, open to and available to receiving the gift of Gods redemptive love and grace. Redemption for me is deliverance from bondage, feelings of unworthiness by the payment of a price, or ransom. I ceased

to act upon old conclusions of suffering. My heart - my life - my being is a vehicle that enjoys acceptance of God's redemptive love and grace. I enjoyed the stories shared during this recording and appreciated the transparency.

Love Adyashanti. Such a loving and compassionate teacher.

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