



AMODA MAA

Foreword by
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LIVING
YOUR
AWAKENING
IN EVERY
MOMENT

Embodied Enlightenment

Amoda Maa Jeevan

Embodied Enlightenment: Living Your Awakening in Every Moment



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In Embodied Enlightenment, modern spiritual teacher Amoda Maa Jeevan dispels the outdated view of a transcendent enlightenment and instead presents a new, feminine expression of awakened consciousness for all. Speaking from her own awakened experience, Amoda Maa Jeevan offers a timeless wisdom, busting some of the common myths about enlightenment and addressing topics often excluded from more traditional spiritual conversations's purpose. This book is a primary invitation to awaken in a profound, embodied method, and to participate in a collective development that may create a "new world's current ego-based paradigm, and alongside it, a unique expression of enlightenment is emerging. But imagine if, instead of something reserved for the mountaintop meditator or sage, the call to awaken is intended for us all? From the connection between consciousness and your body to romantic relationships to planetary health, one which is felt and known through what our everyday lives are made of: our emotions, bodies, intimate relationships, function, and life. And how can we consciously live that awakening amid our complex, messy, modern lives? In addition, she addresses the unfamiliar territory of what goes on after enlightenment, delving into awakened actions, creative expression, and even more. There's an urgency today to evolve beyond humanity. When a lot of us think of enlightenment, we may envision a life of seclusion and contemplation, transcending the body and worldly attachments, or the achievement of karmic perfection. With clarity, enthusiasm, and grace, Embodied Enlightenment invites you on an exploration of consciousness that embraces both messiness of your earthly experience and the non-duality of pure awareness, offering guidance on how your lifestyle can bring you into alignment with a divine destiny of individual and collective awakening.



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Beautifully written while bringing transparency to difficult topics in addition to every day issues.. An exploration about the foundation of awakening Therefore refreshing for me to read Amoda Maa's "Embodied Enlightenment. Blessings and Namaste! Then, I read "Embodied Enlightenment" cover to cover. The role of the ego can be clarified, not really vilified.. She articulates how to meet every scenario/energy/emotion that arises with unconditional like and non judgement. Compared to additional non-dual type books I've read, "Embodied Enlightenment" provides the most useful guidance that's easily digestible. It should be extremely valuable for anybody seeking embodied awakening, and (I could only assume) for anybody in the midst of that evolutionary process. How to become more fully human on the path to awakening. Amoda Maa's clear direction is to live life, to feel, to experience life without dread and disassociation. I have browse countless spiritual books over the last 40 years of my conscious trip. I've not had the chance to meet up with Amoda Maa in person, but I have paid attention to her talking on Youtube videos, which publication flows with her lively, compassionate and peaceful existence.. As the book progresses I am finding that almost every page has a sentence or paragraph that jumps out at me to learn and re-read and then invites me to avoid and digest and contemplate. As someone who has a life-time habit to overcome of not being fully present in my body, I particularly enjoyed the chapter on "YOUR BODY as A Gateway To Liberation. the inquiry is usually incomplete. But from my experience, mindfulness alone is not more than enough. We need to be figure out how to be completely embodied.. I understand that I am keeping this book by my aspect to revisit long when i finish it on this first round. I cannot recommend it extremely enough. Clear on what's most significant "Embodied Enlightenment" is certainly a beautiful timely book, in the spiritual supermarket. It's a crowded market. But this one is so good, I'd put it in the organic, locally grown section, & provide everyone a free taste.. attend satsangs, & come away with a bunch of terms, tips & approaches yet these all belong to the seeker, rather than the founder. Amoda's book is apparent on what's most important. In a single amazing chapter "Discovering the Luminosity of Being Present in the Body", she says that "It is this light that animates you You start to see the light because you will be the light: this is oneness" She asks us to "give yourself totally to the inquiry into what is accurate beyond all inherited concepts, ideas and beliefs". That true freedom "requires you to avoid investing in your individual story, whether it's a tale of victimhood or transcendence There is a loss of life of the self-identity that's wrapped around ego." In a chapter on romantic relationships, she views clearly that searching for a relationship is an expression of the "core belief in separation"... that "the search for the ideal partner, soul mate, or 'the one' is exactly exactly like the search for enlightenment.. Amoda Maa beautifully clarifies why that is so. Mind-opening Read, Filled with Clarity I received this reserve before interviewing Amoda for my podcast and was instantly hooked.. This is the crucial for me, "Your primary purpose in lifestyle: awakening from the imagine separation. labels and the "vertical" dimension to be, that of accurate awakening in every moment. This reserve is a very clear & valuable approach to nonduality and spirituality.. She acknowledges the problems of our daily presence and provides a beautiful opportunity to figure out how to be with our experiences.... But what's bad and the good? Just man made definitions meant to guide our knowledge towards more preferable encounters. Here's finished . the Amoda nails. She acknowledges the challenges of our daily existence and provides a lovely opportunity to learn to be with this experiences Amoda Maa bridges a gap for the seeking soul in the current modern age group..there is no good and bad..just 100 % pure experience. The chance of fully recognizing and moving from infinite divinity in our human life form permeates her presentation. Overall, she speaks from the center and if you listen with yours you will receive insight that resonates beyond anything you've ever perceived. Talking about seekers, Amoda defines the aspect of our selves that is rooted in the egoic mind that is continuously seeking. Seeking to be healthier, more spiritual, to have better relationships etc. She is a normal guest on my radio system, "In The Spirit. Her words and phrases have a way of caressing the soul and validating the inner experiences so most of us seekers go through. Radically Feminine! Amoda Maa may be the Real Offer!).

In ways, though, that suggestion provides credibility, for me personally, to the loftier comments about embodiment and living existence after shifting. It's readable nondual books &." "Mindfulness" is the big buzzword today in discussions associated with emotional and emotional well-becoming in today's fast-paced way of life. Embodied Enlightenment will elucidate the procedure of awakening by revealing for you your accurate potential, that is limitless. Her approach is radically feminine. The chapters progress from an overall view of the world we are living in today towards an ever much deeper enquiry into what this means to be a fully embodied and awakened human being living in today's world.. no prescriptions. If you want clear pointers toward embodied enlightenment and how it manifests in this world, this is the book for you.. As she says, she actually is not really a guru, not really a teacher. Enlightenment isn't turning one's back again to conditional reality, however the embrace of all aspects of our human knowledge.. just a direct invitation to ALLOW awareness and acceptance. Your true, limitless potential. The thought of many that all will be rainbows and joy post-awakening can be demolished and replaced with an authentic sense of the flavor of embodiment. You can find no methods, no rituals, no vows to be found here." I cannot recommend it enough... IF you are ready! Beautifully written, it strikes chords of deep truth. Enlightenment feels attainable with the in depth writing of Amoda Maa. Amoda Maa has an incredible capacity expressing complex details of spiritual awareness issues right into a comprehensive language that really helps in bringing an understanding to the topic with clearness and a unique and transparent style. Right down to earth and accessible, Amoda Maa Jeevan's most recent book clears aside any fluff and woo-woo that frequently characterizes much contemporary spirituality." She writes approximately 'authentic awakening,' 'the fallacy of seeking love,' 'the shedding of egoic identification' and even more. this seeking mechanism actually is the fuel for our coping with the accessories we make with this "good and bad" definitions." Talking with her, assists me to be there and go through the truth of as soon as. For me, this is a book I study and over again, to bring me back to being who I really am and living it. A Treasure! Having examine countless spiritual and spiritual books over the past four years, Amoda Maa has given all of us a treasure! She goes there! Sometimes one needs to weed out what's in the way to get the deeper Truth that lies within. In fact, both as a gem of a book so when a clear map to find the internal wellspring within. Amoda Maa addresses many aspects of surviving in this book, specifically where we are able to get stuck. Then through the open hand, a rest into acceptance and compassion we are able to more easily be with what is transpiring. A larger clarity of response arises. What an amazingly very clear and helpful window into embodied awakening! I just attended an incredible day-long program with Amoda and her Spouse Kavi and look forwards to seeing them at SAND2018 this fall. That sent me to YouTube to enjoy several of her videos. The fact of our humanity is embraced, not rejected. Was an easy flowing read, such an individual delivery from a brand new viewpoint - sharing her encounters with Awakening while debunking the common myths. dislikes, & Your true purpose is an inner, not an external, one." Everything comes back to the. "Don't recoil or retaliate, stay static in tender openness". That sent me to YouTube to enjoy several of her videos I heard about Amoda Maa initial from my sister, who said: "She speaks directly into my heart". Recommend reading this book, several times. I would suggest this to anyone who is looking for a crystal clear. "Amoda distinguishes between the "horizontal" motion of the egoic brain, with it's likes & good and bad. First of most I love just how Amoda Maa writes, this content is often engaging and easy to read. This is the most clear, insightful, articulate, and inspiring reserve I've ever browse. Amoda can be an uncommon and extraordinarily shiny, thoughtful and awake soul. I would recommend this to anyone who's looking for a apparent and deeper knowledge of the awakening experience and how exactly to integrate it into your true to life. Frank Robinson A Powerful, Radiant Feminine Expression It is such a joy to start to see the progression of books that demystify awakening, yet preserve its majesty, power and simpleness. Embodied Enlightenment is among the most recent and includes a lot of the older stuff (it's a change, it's cellular, it's radical, it generally does not generate an "enlightened person," it's non-egoic, it's non-mental, meditation probably

helps, etc. This book is for people who deeply sense that self-help, psychology, natural healing, and metaphysics aren't sufficient for Knowing Real Freedom. But what is very special here is the simple declaration that a lot of the inertia of personality will stay, including dysfunction, spontaneous and conditioned "contractions," & most of the "stuff" that was part of the "split self" that was your identification before awakening. Before KNOWER is included in one's inquiry. Plus, AMJ asserts with conviction and clearness that we need more powerful women speaking about this, that sacred feminine energy offers been lengthy missing from the ancient traditions, including within the last 50 years. Gary Weber also asserts the feminine quality of the universe, in fact it is easier to associate the unconditional like to be with feminine and maternal organic expressions... This reserve is a gift. I've been on the spiritual route for most of my adult life. I am the quintessential seeker, and a restless one at that. When I came across the teachings of Amoda Maa the road I walked for so long suddenly became clear of all particles. Her message is minus the ulterior trappings I've arrive to expect from spiritual teachers. with courage, grace, and compassion. no techniques. To me she actually is a messenger and the message is essential: Spiritual life should not be divorced from existence we reside in the body, the life we reside in the globe of forms, in romantic relationship with others.. I normally shy from writing a book review because terms don't flow out conveniently for me personally, but this publication urgently demands me to write a few lines, and, I haven't even finished it yet! Amoda Maa powerfully and gracefully INVITES the reader into this degree of inquiry..that it sets up mental and psychological projections onto reality, developing a fantasy that longing can be happy by something in the external world of form. She has such a powerful method of articulating experiences that can not be articulated. And the amount of attention she provides to the "mundane" aspects of life such as for example relationships, money, health insurance and career is so insightful, useful and refreshing. Amoda truly presents a book filled with wisdom on being "fully awake and fully individual. I recommend this book.



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