



Awakening: A Paradigm Shift of the Heart

By Rodney Smith

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An amazingly succinct and accessible answer to the question "What is enlightenment?"--from one of America's most prominent teachers of Insight Meditation.

One of today's most highly regarded Insight Meditation teachers describes the process of enlightenment in a way anyone can understand--demonstrating in clear language why we operate with the illusion of separation, how we can move out of it to the realization of emptiness and no-self, and how we can live from that state of awakening. He provides brief, powerful exercises that enable us to challenge the reality of our thoughts in order free ourselves from the illusion they keep us bound to, all the while steering us away from the temptation to regard spiritual practice as a process of self-improvement or a goal to be obtained.

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Editorial Review

Review

“With systematic precision, and with subtle wisdom born of a lifetime of practice, Rodney Smith uses science, psychology, and traditional Buddhism to explain the unexplainable: the how and why of authentic spiritual awakening. The book’s thorough and remarkable argument is bolstered throughout with subtle exercises that guide the reader to experiential appreciation. Radically simple, but never facile or easy, *Awakening* is an original work by a contemporary spiritual master at the height of his powers.”—Norman Fischer, author of *Training in Compassion*

“Rodney Smith presents the results of the shift of view that spiritual practices aim for. This approach helps the reader to review his/her spiritual path from a fresh perspective and to avoid effort based on the self-paradigm that is the main obstacle to awakening. This book has much to offer and can be read and reread many times for wise reflection.” —Ajahn Sucitto, author of *Turning the Wheel of Truth*

About the Author

RODNEY SMITH is the founding and guiding teacher of the Seattle Insight Meditation Society and a guiding teacher of the Insight Meditation Society in Barre, Massachusetts. He leads classes and retreats regularly throughout the United States. He is also the author of *Lessons from the Dying* and *Stepping Out of Self-Deception*

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