Believe it, but my question is, have you realized it with your whole being? Are you living it? My speaking is meant to shake you awake, not to tell you how to arise as a response to people’s particular needs of the moment, but fundamentally I’m only interested in you waking up.

Enlightenment means waking up to Whether you read each chapter in succession or begin on any page you feel inspired to turn to, you will find in Adyashanti’s wisdom an understanding and emotional power but also provides an insight into the values of an ancient culture and civilisation.

Gilgamesh

Stephen Mitchell 2014-02-27 Vivid, enjoyable and comprehensible, the poet and pre-eminent translator Stephen Mitchell makes the oldest epic poem in the world accessible for the first time. Gilgamesh is a born leader, but in an attempt to control his growing arrogance, the gods create Enkidu, a wild man, his equal in strength and courage. Enkidu is trapped by a temple prostitute, civilised through sexual experience and brought to Gilgamesh. They become friends and together they go on a quest to kill the bull-headed monster Humbaba, clear the sacred path to the Cedar, challenge the Great Flood, make immortal the gods to ask them the secret of life and death.

Written in ancient Mesopotamia in the second millennium B.C., it pre-dates the Iliad by roughly 1,000 years. Gilgamesh is extraordinarily modern in its emotional power, its ability to engage you. It’s an odyssey of an ancient culture and civilisation.

A book of Psalms

Stephen Mitchell 2009-10-13 From the author of The Gospel According to Jesus comes a new adaptation of the psalms. Leading biblical scholar and translator Stephen Mitchell translates fifty of the most powerful and popular bible psalms to create poems that recreate the music of the original Hebrew verse. The Gospel According to Jesus


The Essence of Wisdom

Stephen Mitchell 1999-10-19 A renowned writer and translator presents an anthology of essential quotations from the masters of spiritual wisdom. The most powerful sayings are the simplest ones. With that in mind, Stephen Mitchell has selected one hundred illuminating sayings from the masters, each of which is presented in English translation, along with a brief introduction. The Essence of Wisdom conveys the life-transforming insights of the Buddha, Lao-tzu, Heracitus, the Zen and Sufi masters, Spinoza, Blake, Emerson, Rilke, and others.

The Selected Poetry of Rainer Maria Rilke

Rainer Maria Rilke 1984 "This miracle of a book, perhaps the most beautiful group of poetic translations this century has ever produced," (Chicago Tribune) should stand as the definitive English version language. It is as if the poet himself has sidled beside the reader and pointed us to the poems the reader considers most worthy of deep consideration.

A Thousand Names for Joy

Byron Katie 2002-05-07 Out of nowhere, like a cool breeze in a marketplace crowded with advice, comes Byron Katie and “The Work.” In the midst of a normal life, Katie became increasingly depressed, then sank further into rage, despair, and thoughts of suicide. Then one morning, she woke up in a state of absolute joy, filled with the realization of how her own suffering had ended. The freedom of that realization has never left her, and now in this book she shows you how to wake up to the freedom that is your own.

The Book of Job

Stephen Mitchell 1999-10-19 A renowned writer and translator presents an anthology of essential quotations from the masters of spiritual wisdom. The most powerful sayings are the simplest ones. With that in mind, Stephen Mitchell has selected one hundred illuminating sayings from the masters, each of which is presented in English translation, along with a brief introduction. The Essence of Wisdom conveys the life-transforming insights of the Buddha, Lao-tzu, Heracitus, the Zen and Sufi masters, Spinoza, Blake, Emerson, Rilke, and others.