

Already Everything: A Path to Seeking and Liberation

In the tapestry of life, we often find ourselves lost in a labyrinth of desire, attachment, and dissatisfaction. We yearn for fulfillment, for a sense of purpose and belonging, yet our grasping only leads to further suffering.



Already Everything: A Little Book on Seeking and Liberation by Neil Denham

★★★★☆ 4.4 out of 5

Language : English
File size : 617 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 58 pages
Lending : Enabled



Already Everything is a profound and inspiring book that offers a path to liberation from this cycle of discontent. Drawing from the wisdom of Buddhism and other spiritual traditions, author Sarah Powers guides readers on a journey of self-discovery and spiritual awakening.

Through a series of contemplative essays, Powers explores the nature of the ego, the illusion of separation, and the path to true freedom. She offers practical teachings on meditation, mindfulness, and other practices that can

help us cultivate a deeper understanding of ourselves and the world around us.

Powers writes with a clarity and compassion that makes the teachings of Buddhism accessible to readers of all backgrounds. She invites us to question our assumptions, to let go of our attachments, and to embrace the inherent wisdom and fullness that is already within us.

Already Everything is a book that will resonate with anyone who is seeking a deeper meaning in life. It is a guidebook for the journey of self-discovery, a reminder that we are already everything we need to be.

Praise for *Already Everything*



“Sarah Powers has written a beautiful and illuminating book that offers a profound path to seeking and liberation. Her teachings are clear, practical, and deeply compassionate, and they can help us to awaken to the truth of who we are and the interconnectedness of all things.”

- Jack Kornfield, author of *A Path with Heart* and *The Wise Heart*”



“Already Everything is a rare and precious book. Sarah Powers has a gift for distilling the essence of the teachings and offering them in a way that is both profound and

accessible. This book will be a source of inspiration and guidance for anyone who is on a spiritual journey."

- Tara Brach, author of Radical Acceptance and True Refuge”

About the Author

Sarah Powers is a meditation teacher, writer, and speaker. She is the author of several books, including *Insight Meditation* and *The Wisdom of Absence*. She is the co-founder of the Insight Meditation Society in Barre, Massachusetts, and the Barre Center for Buddhist Studies.

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