

## Adyashanti Quote

Once you taste this stillness, this peace, then the ego will stand out in stark contrast to it. The vortex of suffering will then be much easier to see. You may go unconscious for moments, you may not always see the ego trying to hijack you with various thoughts, but even when that happens, if you just stop for a moment and see the pattern, then a gap opens up. It's a doorway to a different possibility—a possibility to experience the peace and happiness for which you've always been longing—even when you are right in the middle of conflict.

— Adyashanti, *FALLING INTO GRACE* (2013) at 66-67.