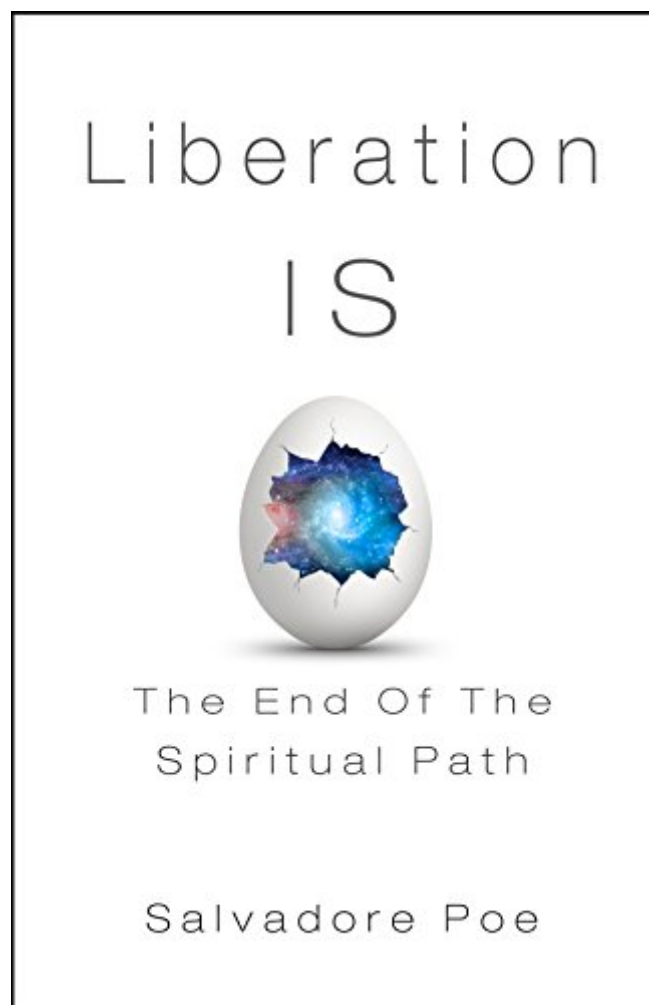


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# Liberation IS: The End Of The Spiritual Path



## Synopsis

There are a thousand books that talk about spiritual awakening and enlightenment, and while you read them you may be inspired, you may be impressed with the wisdom of the author, but you don't awaken, you just continue seeking. In this remarkable book, Salvadore Poe guides you step by step to awakening. Liberation IS is intended as a final push for those who are ready to be finished seeking. Through inquiries and experiments you are guided to recognize your free essential being, and to realize that you are whole and complete and lack nothing, exactly as you are now. When this is clearly seen and becomes doubtless, seeking ends naturally, by itself. As one person said who went through these inquiries, "Now, even if I find it hard to believe, all that seeking has completely lost any sense." •Excerpt from the editor's foreword, "I did the inquiry sessions, and they changed what I knew about myself, forever. After that, no more looking for teachers and retreats, no more spiritual seeking. Knowing who I am - essentially free, unborn, whole and complete - was all I needed to know. Sal, in the most direct and simple way, pointed out this essential truth from the beginning." • Lola Lozano Excerpt from the preface. "This book is not intended as another spiritual book, of which there are already thousands. It is intended to help you to be finished seeking. And it is not intended as a means to transcend your humanity, but to embrace your humanity in total." • Salvadore Poe The book includes Inquiries, Experiments, Questions and Answers, all intended for you, the reader, to come to know for yourself that you are now and always have been free.

## Book Information

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## Customer Reviews

I've read way too many books on non duality and zen, but Liberation Is is the very best of the best. Poe writes with incredible clarity. But the best thing about this book is that it addresses the most challenging experiential and intellectual challenges of really "getting" ideas and that undermine the ideas and self concepts with which we are most attached.

This is a beautiful, special book. I first heard of Sal on a BATGAP interview. There was a hint of freedom and liberation in the interview... so I bought the book. The main idea is the freedom possible by taking a "Holiday" from thought and mind. A holiday is taking a time-out, letting go of all thoughts, and to be in the present.... feeling any body sensations, kinda "no mind" state, being present, of getting out of our insistent heads, to a place of freedom and no thought. It's similar to meditation, but without the focus on the breath, and without the trappings of meditation, such as getting into an altered state, following the breath, a rigid posture, or an enlightened or awakened experience. The reader is invited to take a holiday whenever possible. One of the unique things of this book, is that at several points, Sal asks you to go back to the beginning of the book, and reread the short examples of what a holiday is, and then to actually take a holiday! It's not a book for speed reading! So much of spirituality is conceptual - every awakened dude trying to sell you their latest book - what worked for him or her, what Nisargidatta said, when the truth is very simple, Sal breaks down many rigid concepts and urges, such as being enlightened, and the spiritual search. This book is about ending the spiritual search - a pretty freaky thing. What would you do if you didn't have any spiritual books to read, retreats to attend, or satsangs to attend? "Liberation Is" has been a very liberating expression.

I've done a good amount of nondual inquiry over the years. Sal's approach has brought me to a level of clarity in a couple of short weeks that I have never been at before. Of course it could be said that I am 'ripe' from the years of seeking and, while that is true, there is an approach here that I find unique and extremely effective and simple for me. I've always felt that using one's daily life as a vehicle to drop all these indoctrinated notions about an 'I having a life' is the most efficient way to

go. It's hard for me to share more because I'm in the 'middle of this' right now, but I am surprised there are not more reviews of Sal's book and I wanted to add this in hopes more people will investigate the teachings presented here.

Excellent. I'm actually on my third read at the moment and each time I get more insights that I didn't see at first. One of the most well-written and clear treatises on nonduality. I highly recommend it to anyone who is serious about coming to the end of the search!!! Bravo Sal!

If you've read hundreds of non-duality books and you're getting weary of the spiritual search--this book may be the one to buy next. It may be your last spiritual book. It's that powerful. Sal cuts through to some simple basic inquiry that really allows us to perhaps--finally--quit searching. I can't recommend this highly enough.

I have read many books on liberation/awakening....and maybe it was just timing for me...but this one brought so many pieces together. There's so much wisdom and clarity in Sal's words. I really GOT for the first time that however the human being in me shows up is absolutely okay....I also loved the way he framed the fact that even when you get that you are done seeking, it takes time for the momentum to slow all the way down.Very helpful. So much gratitude for this book.....

Sal IS the gift of clarity. Part way through the book, I lost the desire to finish it or search for more or even to continue on a path after decades of going around in circles. If you're ready for an end, this is the book. Sal shows us how to go straight to our true selves. I keep sinking deeper into what I really am & look forward to finishing the book when I'm ready. Brilliant!! Thank you Sal.

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