



The Short Path to Enlightenment: Instructions for Immediate Awakening

Paul Brunton

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“Paul Brunton gives voice to the profound teachings of immediate spiritual awakening that have the power to short circuit the seeker in us and reveal the true nature of reality here and now.” —Adyashanti

People who enjoy Eckhart Tolle (*The Power of Now, A New Earth*), Michael A. Singer (*The Untethered Soul*), or Adyashanti (*Emptiness Dancing*) will enjoy and benefit greatly from *The Short Path to Enlightenment*.

These accessible teachings distill the essence of Advaita Vedanta, Zen, Sufism, Dzogchen—Brunton calls them “Short Path” teachings. A simple recognition, a brief moment of grace, can make what seemed like a far-off spiritual goal actual here and now. But we need reliable pointers for how and where to look. This compilation of gems distills the essence and effective practices of this path in direct, jargon-free language useful to followers of any or no particular tradition.

“The true gift of this wonderful book,” says Adyashanti, “is in how nuanced and subtle Paul Brunton understood these profound and transformational teachings and how directly he conveys them. Read this book as you would a scripture or a sutra and let it open your eyes to eternity.”

Includes:

- How to move from the Long Path of spiritual disciplines to the Short Path of direct insight
- Short Path exercises
- Experiences that may occur
- Warnings
- Stages of realization
- The nature of lasting enlightenment



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