



Beyond Addiction to Awakening

Gary Tzu PhD

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In *Beyond Addiction to Awakening*, Gary Tzu lays out a framework that illuminates the journey from addictions and seeking to non-dual wholeness. What is remarkable, and most helpful, is that Gary doesn't spare himself - we learn that he has made the journey that he is inviting us to share, from the time when he shouted out in a session 'I want to be number one!' through all his grasping and attachments to career, relationships and being seen as special including soothing underlying emotional pain through different addictive rituals, and even confronting the ultimate spiritual narcissism of being enlightened. All these grasplings of the ego were transformed through letting go and a paradoxical embracing of the abyss, to a place where... and here we can best quote Gary himself: "There is no longer any special status to claim, and all of life is embraced in a friendly way. We are not the special one, just a friendly being in existence, living in the vast suchness of existence, open and vulnerable to life. But now we are free to bring our joy and passion into the world." Reviews: "Modern non-dual teachings are starting to stretch themselves, finally, into the current discussion and treatment of addiction and Gary is helping to lead the way. So many of Gary's insights mirror my own, through my years of being addicted and looking into the nature of reality. I loved the examples from clients with whom he has worked and the examples from his own life because it shows that this way of pointing has palpable benefits for people struggling with addiction. In other words, this book is not just theoretical, it's practical in every way. And Gary isn't afraid to say what so many other programs have difficulty saying, which is that hope itself is an addiction. That's just one of the many insightful gems in this book. There is no self-improvement game here and that's why the book resonates with me. It also doesn't paint the pathless path as only fluffy and blissful, but suggests a call-to-looking at the most deeply rooted beliefs in self, death, illness, relationship, rejection, desire and even the fear of non-existence or "no self," all of which affect the addictive cycle. I highly recommend this book for those who are looking for a deeper approach to this most stubborn affliction called addiction." Scott Kiloby, author of *Natural Rest for Addiction*. "In openly sharing his shadowy struggles with the ego-based addictions of the false self, Gary invites his readers along on his powerful inner journey towards wholeness, acceptance and true awakening. Highly recommended." Chuck Hillig: Author of *Enlightenment for Beginners* "Gary's book is a watercourse way to standing as awareness. Each chapter flows along a water bed and cuts deeper and deeper as it flows along." Jerry Katz "Nonduality.com"

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