



Living Enlightenment

A call for evolution beyond ego

by Andrew Cohen

What Is Enlightenment Press © 2002

152 pages

The Big Ideas

Rude Boys

Wilber says Andrew's one.

What Is Enlightenment?

Good place to start, eh?

WHY Enlightenment?

Even more importantly...

Hellooooo, Ego!

Meet your challenge.

Clarity of Intention

How clear are you?

The Dynamic Absolute

Transcendent singularity.

Heaven & Hell

Where are you?

The Meantime

Waiting forever...

It's Not About You

Impersonal enlightenment

For the Sake of All Life

Evolutionary Enlightenment.

Take the First Step

What are you waiting for?

“Once the call of the True Self is heard not only with the heart but also with the mind and conscience there will be no way back to the way things have been. Sooner or later we will recognize that we no longer have any choice but to allow ourselves the extraordinary freedom to go all the way in this life. Because, after all, if we have begun to see through the illusory world that the ego creates and have heard the call of the True Self to live our lives for a greater purpose—what else is there to do?”

~ Andrew Cohen from *Living Enlightenment*

This short little book is totally digestible and the question and answer format makes it highly readable and (gasp!) fun.

If you're new to the work, you may find yourself scratching your head and you run the risk of pulling a muscle in your mind as you wrap it around some of Andrew's Big Ideas, but it's undoubtedly one of the best ways to jump into Andrew's teachings. (Well, that and a subscription to his fantastic magazine, *What Is Enlightenment?* :)

In this *Note*, we're going to explore questions like “*What is enlightenment?*” And, perhaps more importantly, “*WHY enlightenment?!?*”

We'll take a peak at the role the ego plays in keeping us in a state separate from the Self. And, we'll look at the crucial commitment we need to make with the foundation of Andrew's teaching: “*Clarity of Intention.*” We'll also touch on the ideas of *Impersonal and Evolutionary Enlightenment* in a whirlwind tour of some incredibly powerful thoughts.

I trust you will find the book as enlightening as I did. With that, let's jump in!

Rude Boys

“Andrew Cohen is a rude boy. He is not here to offer comfort; he is here to tear you into approximately a thousand pieces... so that Infinity can reassemble you, Freedom can replace imprisonment, Fullness can outshine fear. And that simply will not happen if all you want is consolation, soothing prayers, ruffle-free platitudes, “It will all be okay.” Well, it will not all be okay if you want Enlightenment. It will, in fact, be hell, and only Rude Boys are rude enough to tell you that, and to show you that—if you can stand the rudeness, stay in the fire, burn clean as Infinity and radiate as the stars.” ~ Ken Wilber from the foreword to *Living Enlightenment*

Ken Wilber's foreword to Andrew's book has gotta be one of the best forewords out there. A delicious rant on the different types of spiritual teachers—Good Boys vs. Rude Boys—