



Always Already Free: Recognizing the natural wakefulness we were born with

Enza Vita

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Always Already Free: Recognizing the natural wakefulness we were born with Enza Vita

“This brilliant contribution to our modern understanding of authentic identity and Presence brings us to a new awareness of ourselves and our innate wholeness and completeness. Enza’s personal awakening story, in the first few pages, is worth the price of admission. Enlightened wisdom is like an endangered natural resource today, which we overlook at our peril.”

— LAMA SURYA DAS, author of *Awakening the Buddha Within*

“This is a great contribution to our appreciation of the genuine voice of Pure Presence. It brings us to a deeper awareness of what it means to study the self and our intrinsic true nature as that which is already perfect, whole and complete. It is certainly worthy of your time and attention.

— ZEN MASTER D. GENPO MERZEL, author of *Big Mind, Big Heart*

THE BOOK

Based on Enza’s own experience, *Always Already Free* is a guide to discovering the deepest truth about who we are. In this book, the author:

- Presents her own personal direct encounter with the awakened state.
- Thoroughly addresses the ongoing debate between the necessity of spiritual practice and the ever-present possibility of sudden awakening, while at the same time offering detailed instructions for the practice “Instant Presence - Allowing Natural Meditation To Happen.”
- Guides the reader from the seeking process through the integration of spiritual enlightenment into everyday life and reveals that enlightenment is not a faraway dream, intellectual knowledge or even an experience but the direct realization of our true nature always available here and now.

“It is a paradox to practice to be what we already are” – says Enza Vita “but while it’s true that we are always the Self, if this hasn’t been truly and directly realized, this knowledge won’t do us any good. Just knowing that there is no gate to pass through doesn’t mean that we are at the end of the search, not if we are still standing outside that gateless gate. Realization is not about you, the wave, realizing it is ocean. The ocean realizes itself in you and reveals itself to have never been just a wave.”

THE AUTHOR

Enza Vita is the publisher and editor of *InnerSelf* newspaper and *Woman Spirit* magazine and the founder and director of the MahaShanti Foundation, a non-profit organization serving the spiritual awakening of all beings.

She has spent over 40 years searching and studying under many of the great spiritual teachers of our age and she was exposed to the wonderful writings of many others around the world. As a result she was able to discover the universal teaching underlining all of them and to distil and present a modern practical authentic spirituality that reaches beyond all religions, yet allows for them all to remain, as they are. “The truth I talk about is not limited to any tradition” – says Enza Vita, “but is found in, and open to, all true traditions”.

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