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Liberation Unleashed: A Guide to Breaking Free from the Illusion of a Separate Self

Ilona Ciunaite

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Liberation Unleashed introduces you to the process of unraveling the false sense of a separate self at the center of your existence. With insightful metaphors, personal stories, and guided dialogues, this book points directly to our lack of separation and helps you move toward a new, more open reality of selfless bliss. Using the seven clear and focused steps presented, you'll find liberation in realizing there is no individuated "I" and marvel at the true nature of things.

Author Ilona Ciunaite's search for the truth began when she first "experienced silence of the thinking mind, a sweet sense of being, contentment, peace," and "feeling at home." Driven by a desire to reach that state of oneness once more, her path led her through spiritual writings to the process of deconstruction and non-dual self-inquiry and finally to a peaceful emptiness of not knowing, but of simply being. It's from that place that Ciunaite cocreated the popular Liberation Unleashed forum—a global Internet-based community helping people see through the illusion of a separate self—and it's just that sense of unknowing peace she wishes to impart with this book.

Liberation Unleashed is a lively, fresh, and moving account of the author's own searching, liberation, and transformation, woven together with the stories of fellow seekers and a clear exposition of the simple, focused tools you can use to go through the "gateless gate." With its conversational tone, provocative questions, and the presentation of the seven steps—"Clearing the path—meeting the fear," "Strip away ALL expectations," "Get in touch with the real," "'I' is a thought," "There is no separate self," "How does it feel to see this?" and "Falling"—this book serves as an introductory how-to guide, demonstrating how to use the process of self-inquiry to get free from the falseness of the separate self and realize a blissful oneness.

So many of us go through life feeling isolated, searching for ourselves, or seeking a more authentic reality through religion, spirituality, or other, more unconventional means of expanding consciousness. Now, with this book and its guiding principles, you'll learn how to look deeply into the nature of self and existence; combat the anxieties, fears, mental blocks, and reservations that can arise in self-inquiry; and see the simple beauty of the everyday moment.

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