



Runaway Realization: Living a Life of Ceaseless Discovery

A. H. Almaas

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For the first time in print, well-known spiritual teacher A. H. Almaas presents the highest level and most profound teachings of the Diamond Approach on the true nature of reality and the path to enlightenment.

The teaching in this book is off the map—because reality itself cannot be captured in a map. In fact, reality is far more alive, far more mysterious than anything we can conceive of. It is always revealing itself by knowing itself; and knowing reality and living it becomes the fulfillment of our life. A. H. Almaas, the originator of the Diamond Approach, here presents a new paradigm for understanding reality: the view of totality. He reveals that our life can become an endless revelation of reality, an adventure with neither beginning nor end.

A. H. Almaas has been developing and teaching the Diamond Approach, a spiritual path of self-realization and maturity based on an original synthesis of modern discoveries in the field of psychology and a new paradigm about spiritual nature, for more than thirty years. If we can say the Diamond Approach has a goal it is to realize the truth at progressively deeper levels until one reaches the ultimate Truth, the Absolute, and to become integrated into that truth so that we are a living presence and embodiment of that truth. The teachings of this path have been unfolding over time, and *Runaway Realization* presents—for the first time in print—the highest level of teachings in the Diamond Approach in the most profound work by Almaas so far. In this book, Almaas offers a detailed look at the true nature of reality and the nature of enlightenment. He also talks about practice--what it is and what it isn't, and how practice relates to the process of realization. He looks at what it is to be a human being and what our role is in the totality of the universe. The material includes a discussion of the nature of space and time, as well as a view of more and more subtle levels of realization.

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