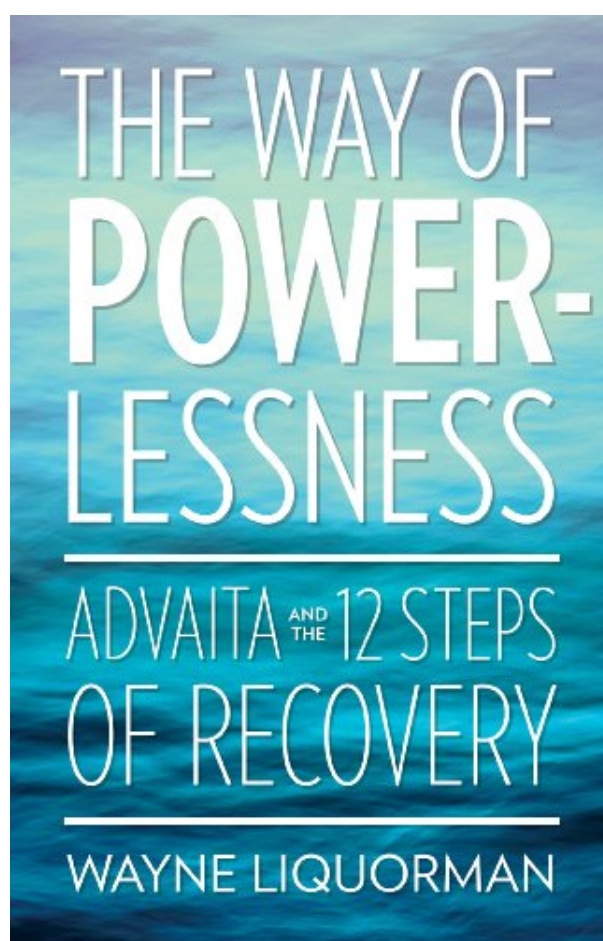
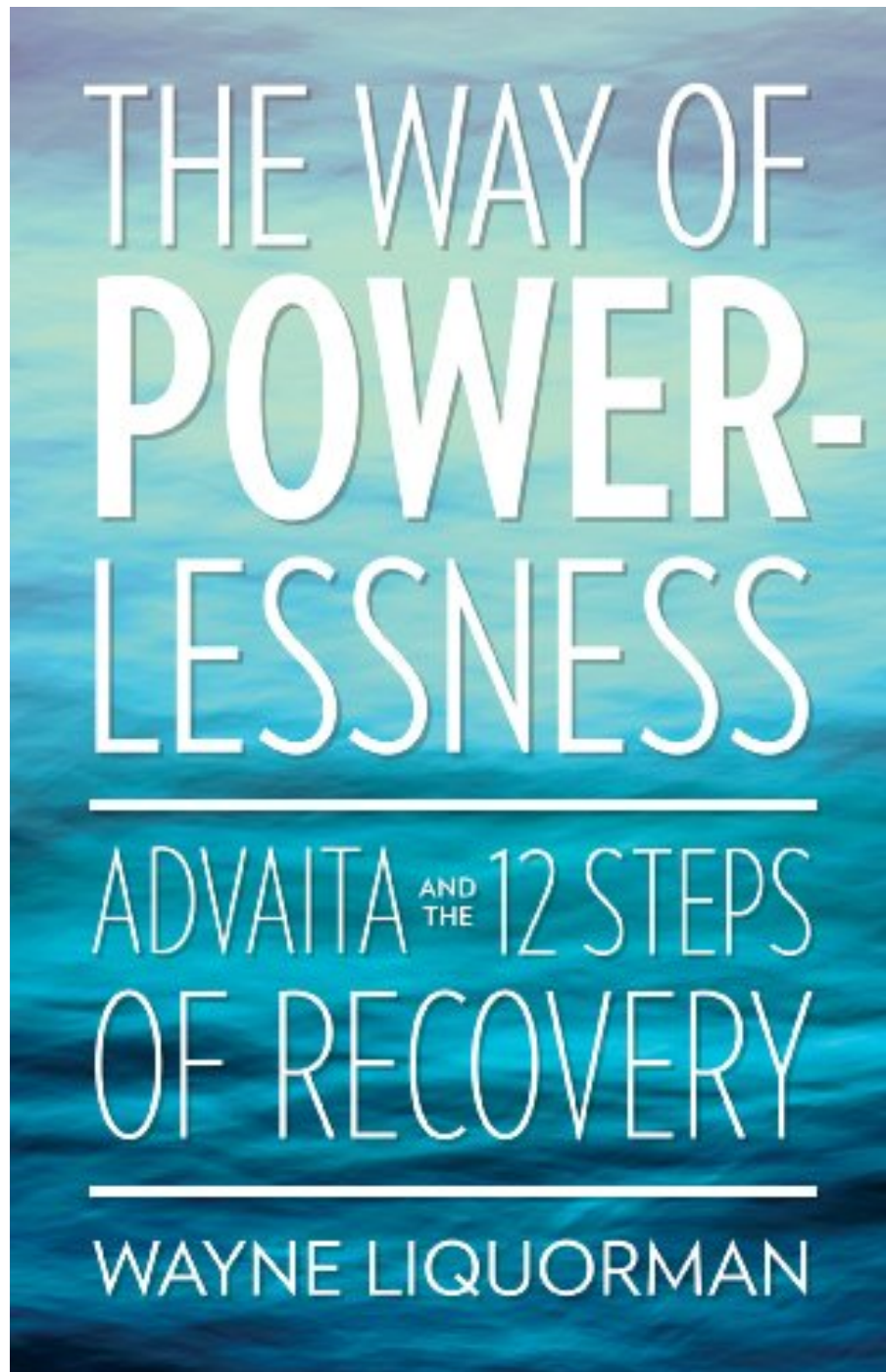


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AND THE 12 STEPS OF RECOVERY BY
WAYNE LIQUORMAN**



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Wayne Liquorman (b. 1951) describes himself as being “completely ordinary.” He grew up in the suburbs of Los Angeles and then attended the University of Hawaii where he graduated with a BA in Creative Writing. He then returned to Southern California, married, fathered two children and started an import/export business. A nineteen-year bout with active alcoholism and drug addiction ended spontaneously in 1985 leaving him sober and a spiritual seeker. His goal became to determine, “what power in the Universe could transform me so suddenly and against my will.” After 16 months of daily involvement with the Twelve Steps and intensive spiritual seeking, he met his guru, the retired president of the Bank of India turned Advaitic Sage, Ramesh S. Balsekar. He soon began publishing Ramesh’s books and arranging Ramesh’s speaking tours. Spiritual Awakening occurred for Wayne in April of 1989, soon after which he wrote the book **NO WAY...for the Spiritually Advanced**. He published the book under the pen name Ram Tzu because he didn’t want “a bunch of miserable seekers cluttering up my living room.” Clearly, life had other plans for him. In 1996 Ramesh instructed Wayne to teach. When Wayne tried to convince Ramesh he was not suited to be a teacher, Ramesh answered his objections with the simple words, “if they come, talk to them!” People began coming and Wayne now spends half of each year traveling the world, talking about personal powerlessness and Advaita to groups of interested people (and often has a bunch of spiritual seekers cluttering up his living room when he is not traveling!) His Living Teaching and his powerful presence continue to touch the lives of many. This is his fifth book. Wayne’s schedule (including free Live Internet broadcasts) and further information about the Living Teaching of Advaita can be found at: www.advaita.org.

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We suffer from the most insidious kind of addiction —

one we don't even realize we have.

It is the addiction to power itself.

The Way of Powerlessness by Wayne Liquorman, brings together the Living Teaching of Advaita and the 12 Steps of Recovery.

Central to both disciplines is the recognition of our complete personal powerlessness.

When we recognize personal powerlessness in our own actions, the twin burdens of pride and guilt vanish. When we recognize powerlessness in the actions of others, we are freed from the poisoning effects of resentment and hatred. Relieved of pride, guilt, resentment and hatred we live comfortably with life as it comes, in true humility and peace.

The Way of Powerlessness reveals that recognizing our personal powerlessness is the unguarded secret to harmonious living and ultimate Freedom.

“Wayne's loving heart acknowledges the suffering of our human condition and nurtures the possibility for another way of being.”

—Ryan Spielman, Lucid Living

“Fresh, vibrant and dead on!

If you think you have power, use it to read this book!”

—Bill C.

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Most helpful customer reviews

24 of 25 people found the following review helpful.

THIS IS A GREAT BOOK!

By Tom Thompson

"I drank myself to death and was resurrected as the Guru." - Wayne Liquorman.

This is Wayne's best book. And they are all great.

I have to admit I have a strong bias towards Wayne and this book, but after some consideration I do know the book is as great as I think it is. I have now read it twice. It is usually all I can do to get through most books once.

I was a spiritual seeker for many years and had been with really, really great gurus and teachers and received tremendous benefit from them on many levels. And then after reading Wayne's first book, No Way by Ram Tzu (a.k.a. Wayne Liquorman), we invited Wayne to our center. I thought he would be a very interesting and amusing teacher, but did not expect him to have too much impact, especially with me. What I didn't know was that outside my conscious awareness I had been building up critical mass around a certain essential issue of life and Wayne would be the one who dropped the feather that would bring everything tumbling down.

Wayne said something like, "If you were really in control of your life, wouldn't you be doing a better job of it? Wouldn't you always be happy, healthy, wealthy, enlightened and in love? Well, wouldn't you?" Simple enough statement. Certainly something to be considered and looked at. But at that moment, I was at the tipping point. Critical mass had been reached. I had a major satori, perhaps the major satori of my life and I saw beyond a shadow of a doubt that "I" am not the author of my life or any aspect of my life. "I" am powerless. That whatever "I" have clearly has been given to me.

Although this was seen clearly at the time, it took a few years for the repercussions to fully filter through. I didn't speak about it for awhile because it was seen so clearly that it seemed obvious that everyone knew this. How could it be otherwise?

This book is about that realization or understanding, but it is much deeper and more profound than my words portray it to be. This book is about two approaches to this truth, "you are not the author of your life." One is the eastern advaita approach of "not two," or , as The Yoga Vasistha says, "All there is, is Consciousness." When I met Wayne, I was already familiar with this approach. The other approach is The 12 Steps of Recovery. Although I have suggested AA, NA or OA to many people over the years, I had no idea what the 12 steps were or why and how they really can work. Now I do. And I must say Wayne has done a brilliant job of showing why both of these approaches are so important for anyone who wants to stop suffering, and why they can go hand in hand, supporting and strengthening the other.

Wayne uses the ancient metaphor of Ocean (Consciousness) being all there is, waves being expressions of all there is as us human beings and whatever else appears, and droplets as the "appearance" or apparent "experience" that somehow someone can actually be separate from all there is, an encapsulated "ego" separate from all and everything, Good trick if you can do it!

This is a short book. Read it slowly and carefully. Really get what it is saying before you read on to the next section. And then read the whole book again. It will be well worth it. This book may very well be the grace you need to end your suffering. As Wayne says, "May it find you now."

12 of 13 people found the following review helpful.

A beautiful blending of the twelve steps and spirituality

By Heidi Singfield

Have you ever found a book that seems to be speaking to exactly the issues and questions you have been mulling over in your own life? That is what The Way of Powerlessness, Advaita and the Twelve Steps of Recovery is for me. This book brings together two extremely important elements in my life- my spiritual journey and my involvement in a 12 step program.

I would recommend this for anyone participating in a 12 step program who is interested in delving more deeply into the spiritual aspects of the program. The author also does a wonderful job of explaining the twelve steps in a clear and concise manner for those who have never had an opportunity to work with them.

The author shares his experience and deep insight into the roots cause of our suffering. Each chapter speaks to a separate step with examples of how our need to control and manage life actually leaves us more out of control and unhappy- what a paradox! The author has a unique perspective on guilt and an understanding of this can go a long way towards allowing more peace in one's life.

This is a book that I am sure I will use as a reference for years to come and a great gift for anyone involved in a twelve step program.

11 of 12 people found the following review helpful.

Five stars is not enough.

By Phil Wilkinson

This is interesting. I've never written anything for public consumption before, so am a trifle nervous about writing a review of my guru's latest book. There was resistance and I thought "I might mess it up. I might write some really stupid stuff". Then I laughed at my own absurdity. So here goes:

I was reading it on the train home from a weekend with Wayne in London and had that experience where you look around, read a bit, look up again and everything's clearer, and I'm more present. Wonderful. But I knew something was really getting inside me as I neared the end. My ego (FSA if you know Wayne's terminology) reared up, and I really wanted to rip that book to pieces. Fortunately I recognised what was going on and am happy to report that the book is still intact.

This is a really powerful book. I hope it gets you like it got me!

PS

If you don't get why I laughed at the thought I might mess this up, read the book. If you did get it, read it anyway.

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