



# Everyday Enlightenment: Seven Stories of Awakening

By Sally Bongers

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Sally Bongers, the distinguished Australian cinematographer, compiled these interviews while researching subjects for a documentary film on Enlightenment. Initially she sought out established spiritual teachers, but her emphasis changed to interviewing ordinary people who had experienced a shift of perception which, in the Eastern tradition, would be called Enlightenment or Liberation. She found men and women who still live their lives much as they had done before the realization, working and living in the everyday world. Seven of their stories were chosen for this book. Hearing these people talk about living with this understanding in the real world (not in an ice-cave somewhere!) confirmed the closeness of it all. These stories make it clear that Enlightenment can “happen” to anyone, regardless of so-called spiritual qualifications.

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## Everyday Enlightenment: Seven Stories of Awakening By Sally Bongers Bibliography

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### Editorial Review

From the Back Cover

#### Seven people tell the story of their awakening

In oral histories from Europe, USA, UK, and Australia, we hear of radical transformations, while the person's everyday life continues.

“It's like a sort of living, vibrating, interested, alert 'something' that permeates absolutely everything and is everything—and you know, in fact, that it's always been there.”

“The self image fell away. The habitual idea of yourself gradually faded away until there was just what is seen, hanging there in nothingness, in emptiness.”

“For me, realization has been an awareness that I am not that one who is going to die. It's such a simple thing in a way. It's such a simple thing.”

“You already know this, but the mind says: ‘Well, I don't quite understand.’ And that's the problem. The mind wants to understand something you already know. And the mind can't understand it because it's not logical. It's not rational.”

“All of this is happening and all of this is me.”

About the Author

**Sally Bongers** is a film director, photographer and cinematographer, based in Sydney. Sally studied at the Australian Film Television and Radio School, subsequently winning two AFI Awards for Cinematography. She runs her own film production company, Light Corporation, in Australia. Sally's spiritual journey has taken her from Muktananda to U.G. Krishnamurti, Ramesh Balsekar to "Sailor" Bob Adamson and Tony Parsons.

**Jeff Foster** studied astrophysics at Cambridge University. A severe depression then propelled him into a spiritual search that ended with the discovery that he had only ever been seeking life itself. He presently holds meetings, retreats, and private one-to-one sessions around the world, gently but directly pointing people back to the deep acceptance inherent in the present moment. He was voted #51 in Watkins' *Mind Body Spirit's* 2012 list of the world's 100 Most Spiritually Influential Living People. His website is [www.lifewithoutacentre.com](http://www.lifewithoutacentre.com).

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**Richard Taylor:**

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