

Arjuna Ardagh Bio

50 words

Arjuna Ardagh is an Awakening Coach, writer and public speaker. He has trained more than 1300 people to become facilitators of awakening. He is the author of eight books, including the #1 National Bestseller *The Translucent Revolution*, and the new book *Better than Sex*. Find out more about Arjuna Ardagh at arjunaardagh.com.

100 words

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400 words

Arjuna Ardagh is an Awakening Coach, writer and public speaker, who also trains others to become facilitators of awakening. He is the author of eight books, including the 2005 #1 National Bestseller *The Translucent Revolution*, which was featured in "O" magazine. His new book *Better than Sex* is the complete introduction to Awakening Coaching. His novel *The Last Laugh* was published by Hay House in spring 2013. He is also the creator of several on-line courses, including *Living Awakening*, and *The Deeper Love*.

Ardagh has been a keynote speaker at conferences all over the world, including a recent talk at the United Nations, the International Conference on Business and Consciousness, the "No Mind" Festival, the Whole Life Expo (in 5 cities), the Integral Spiritual Experience Conference, and the Omega Institute Annual Conference. He has appeared on TV, on the radio and in print media in seventeen countries. He is a member of the Transformational Leadership Council.

Ardagh was educated in England, at Kings School, Canterbury, and later at Cambridge University, where he earned a Master's degree in literature. Since the age of 14 he has had a passionate interest in spiritual awakening, and he began to practice meditation and yoga at that time. In his late teens he trained as a meditation teacher.

After graduating from Cambridge, Ardagh devoted himself completely to the call he felt inside, and studied and lived with a number of great spiritual teachers, both in

Asia and the United States. In 1991 he met his teacher, H.W.L.Poonja, a retired army officer in Lucknow India, with whom he passed through a radical shift in consciousness.

Ardagh started to train facilitators of Awakening in 1995, in order to create an environment where awakening can happen outside of the usual patriarchal and hierarchical context: as peers supporting peers. The same work has now evolved in the Awakening Coaching Training, where most of the courses are offered on line, thus bypassing the need for students to travel and take time away from their other responsibilities. We have trained more than 1300 facilitators of awakening since 1995.

Arjuna Ardagh is the creator of several on-line courses. Through high definition video interviews with 40 remarkable people, *Living Awakening* shows us how states of inner awakening can become the stable foundation of enlivening and giving the Unique Gift each person was born to share.

Arjuna and his wife, Chameli Ardagh, have created *The Deeper Love*, which teaches singles and couples how to integrate awakening consciousness into intimate relationship.

Arjuna and Chameli live in the Sierra Nevada Mountains of Northern California. You can find out more about Arjuna Ardagh at arjunaardagh.com, and about Awakening Coaching at awakeningcoachingtraining.com

The Complete Version

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Public Speaking

Ardagh has been a keynote speaker at conferences all over the world, including a recent talk at the United Nations, the International Conference on Business and Consciousness, the "No Mind" Festival, the Whole Life Expo (in 5 cities), the Integral Spiritual Experience Conference, and the Omega Institute annual conference. He has

appeared on TV, on the radio and in print media in seventeen countries. He is a member of the Transformational Leadership Council.

Education

Arjuna was educated in England, at Kings School, Canterbury, and later at Cambridge University, where he earned a Master's degree in literature. Since the age of 14 he has had a passionate interest in spiritual awakening, and he began to practice mediation and yoga at that time. In his late teens he trained as a meditation teacher.

After graduating from Cambridge, Ardagh devoted himself completely to the call he felt inside, and studied and lived with a number of great spiritual teachers, both in Asia and the United States, including Maharishi Mahesh Yogi, Bhagwan Shree Rajneesh, Urygen Tulku Rimpoche, and Mantak Chia.

Awakening

In 1991, after returning to India for a prolonged period of meditation, Arjuna met H.W.L. Poonja, a direct student of the celebrated sage Ramana Maharshi. With Poonja's help, Ardagh went through a radical shift of perspective. Rather than attaining what he had imagined, he had the profound realization that what he had been seeking for was what he already was, and always had been. He realized that it was in the abandonment of all seeking and wanting that the heart found its fulfillment. What remains is a limitless presence, perfectly at peace and missing nothing.

In 1992 Poonja asked Ardagh to return to the West to "share this secret with his friends." He returned to Seattle and began to work with people one-on-one and in groups, facilitating a dramatic shift in awareness with thousands of people throughout the United States and Europe. He quickly discovered that this same realization was easily accessible to anyone who was willing to look in the right place, and that this had a profound effect on simple day-to-day life.

He has been traveling, both in the U.S. and Europe, since that time, facilitating this kind of shift, and supporting people in the art of living life from this recognition. He has experienced that the shift is becoming progressively easier for ordinary people, with no formal preparation, and he has since met with many other teachers and writers who have come to the same discovery.

Publications

Ardagh's first book, *Relaxing into Clear Seeing* was published in 1997, and won him critical acclaim from many of today's most eminent authorities on the transformation of consciousness. It was followed in 1999 by *How about Now?*, and in 2003 by a novel, *The Last Laugh*, which was republished by Hay House in 2013.

The Translucent Revolution, published in 2005 by New World Library, a #1 national bestseller, was featured in O Magazine as well as on radio, TV and print media. It has been translated into 11 languages. This book is based on 170 in-depth interviews with authorities on individual and collective awakening: people like Eckhart Tolle, Byron Katie and Lynn Twist.

Leap Before You Look came out in April 2008 and includes 72 short-cuts for getting out of the mind and into the present moment.

Better than Sex came out in fall 2012, and is a complete and definitive guide to awakening coaching.

Ardagh is also featured in many audio and video products, most notably a 6 CD series from Sounds True titled *Let Yourself Go*. Others include the *Living Essence* Audio Series, and dozens of talks available for download at arjunaardagh.com

Arjuna Ardagh is the creator of several on-line courses. Through high definition video interviews with 40 remarkable people, *Living Awakening* shows us how states of inner awakening can become the stable foundation of enlivening and giving the Unique Gift each person was born to share. Faculty includes John Gray, Lynn Twist, Jack Canfield and Marianne Williamson.

Arjuna and his wife, Chameli Ardagh, have also created *The Deeper Love*. which teaches singles and couples how to integrate awakening consciousness into intimate relationship. It includes very practical tools which are easy to integrate into ordinary life.

Awakening Coaching

Arjuna started to train facilitators of awakening in 1995 at the Alive and Well Institute in San Anselmo CA. He felt that the old ways of hierarchical and often patriarchal traditions, which had been useful in their time, were now becoming unnecessary, and he was interested in exploring an environment where awakening could happen in a peer supported culture.

He has trained more than 1300 people in the years since, who share this work all over the world. Some integrate Awakening Coaching into psychotherapy or more traditional coaching, while others use it in hospice, prisons, schools and churches. In the last few years all of the courses have been converted to an on-line delivery, thus

bypassing the need for students to travel and take time away from their other responsibilities. Find out more about Awakening Coaching Training [here](#).

Find out More

You can find out more about Arjuna Ardagh at arjunaardagh.com,
and about awakening coaching at awakeningcoachingtraining.com

Links

Blog: arjunaardagh.com

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