

A Comedian's Guide to Enlightenment is a hilarious and heartfelt solo show by award-winning comedian and storyteller **Aliya Kanani** that asks a deceptively simple question: what if the path to enlightenment is a lot messier than we've been led to believe?

After a period of illness, uncertainty, and searching, Aliya sets out on a journey to heal herself. What begins as a quest for physical wellness soon becomes something much deeper. Her journey takes her from an ashram in India, where she learns yoga and meditation for the first time, to silent retreats, spiritual communities, and one particularly memorable chapter involving an accidental brush with what may or may not have been a very lovely cult in Texas. Along the way, she encounters transformative experiences, unexpected teachers, uncomfortable Ayurvedic treatments, and the humbling realization that personal growth doesn't magically erase the challenges of being human.

Through a blend of stand-up comedy and storytelling, Aliya explores the tension between our spiritual aspirations and our everyday reality. We meditate, journal, and search for inner peace, only to find ourselves getting caught in old habits, existential spirals, and the endless awkwardness of modern life. With warmth, vulnerability, and razor-sharp humour, she invites audiences to laugh at the universal experience of trying to become a better person while still being gloriously imperfect.

At its core, the show is a celebration of our shared humanity. Drawing on years of travel and encounters with people from all walks of life, Aliya reflects on the surprising truth that beneath our different circumstances, most of us are searching for the same things: connection, belonging, purpose, love, and hope. In a world that often feels divided by fear, shame, and uncertainty, *A Comedian's Guide to Enlightenment* offers a refreshing reminder that we are far more alike than we think.

Following the success of her acclaimed solo show *Where You FROM, From?*, which earned Best of Fest at the Ottawa Fringe Festival and Patron's Pick at the Toronto Fringe Festival, Aliya returns with her most personal and ambitious work yet. Equal parts spiritual adventure, comedy special, and love letter to the beautifully chaotic experience of being alive, *A Comedian's Guide to Enlightenment* invites audiences to laugh, reflect, and discover that perhaps enlightenment isn't about becoming perfect after all. Maybe it's about learning to embrace the journey together.