

# Contents at a Glance

<b><i>Introduction</i></b> .....	<b>1</b>
<b><i>Part I: Getting Acquainted with Spirituality</i></b> .....	<b>9</b>
Chapter 1: Finding Authentic Spirituality .....	11
Chapter 2: Defining Spirituality .....	19
Chapter 3: Discovering Your Spirit.....	37
Chapter 4: Exploring Your Soul’s Journey.....	57
Chapter 5: Finding Your Spiritual Path .....	77
<b><i>Part II: Spiritual Practice Makes Perfect</i></b> .....	<b>97</b>
Chapter 6: If You’re Already Spiritual, Why Practice? .....	99
Chapter 7: Spiritually Energizing Your Body.....	115
Chapter 8: Empowering Your Mind .....	127
Chapter 9: Nourishing Your Spirit .....	155
<b><i>Part III: Living a Spiritual Life</i></b> .....	<b>169</b>
Chapter 10: Cultivating Spiritual Virtues.....	171
Chapter 11: Uplifting Your Whole Life .....	189
Chapter 12: Turning Troubles into Triumphs.....	213
Chapter 13: Finding the Deep Calling of Your Soul .....	225
<b><i>Part IV: This Conscious Universe: How You Connect.....</i></b>	<b>237</b>
Chapter 14: The Nature of Universal Creation.....	239
Chapter 15: The Laws of Karma and Attraction .....	257
Chapter 16: When Thy Will Be Done Becomes My Will Be Done .....	279
Chapter 17: Liberation, Enlightenment, and the Cosmic Joke .....	299
<b><i>Part V: The Part of Tens</i></b> .....	<b>315</b>
Chapter 18: Ten Small Things You Can Do to Uplift Your Life .....	317
Chapter 19: Ten Spiritual-Sounding Lines and What They May Really Mean .....	325
Chapter 20: Ten Opportunities to See Your Life with Spiritual Eyes .....	327
Chapter 21: Ten More Commandments .....	339
<b><i>Appendix: About the CD</i></b> .....	<b>345</b>
<b><i>Index</i></b> .....	<b>351</b>
<b><i>End-User License Agreement</i></b> .....	<b>367</b>

# Table of Contents

.....

<b><i>Introduction</i></b> .....	<b>1</b>
About This Book.....	2
Conventions Used in This Book .....	2
Foolish Assumptions .....	3
How This Book Is Organized.....	4
Part I: Getting Acquainted with Spirituality.....	4
Part II: Spiritual Practice Makes Perfect .....	4
Part III: Living a Spiritual Life.....	5
Part IV: This Conscious Universe: How You Connect .....	5
Part V: The Part of Tens.....	5
Icons Used in This Book.....	5
A CD of Inspiring Music .....	6
Where to Go from Here.....	6

## ***Part 1: Getting Acquainted with Spirituality*** ..... **9**

<b>Chapter 1: Finding Authentic Spirituality</b> .....	<b>11</b>
Spirituality and Self-Knowledge.....	12
Spiritual Practices .....	13
Spiritual Living.....	13
Spiritual Wisdom.....	14
Trusting yourself .....	15
Serve joyfully .....	17
<b>Chapter 2: Defining Spirituality</b> .....	<b>19</b>
Spirituality: The Basic Idea .....	19
Making a best guess in life .....	23
Spirituality: The true wealth .....	24
Spirituality is about following your heart .....	24
Oh, the contradictions!.....	27
The Difference between Spirituality and Religion .....	28
Playing “My God is better than your God” .....	30
GOD: Generous Omniscient Divinity.....	31
What Spirituality Can Do for You .....	32
Great things about being spiritual today .....	33
Not so great things about being spiritual today.....	34
<b>Chapter 3: Discovering Your Spirit</b> .....	<b>37</b>
The First Step: Knowing That You Don’t Know .....	37
Two kinds of ignorance.....	38
You are a worldview maker .....	39



The Truth Is Simple, But You Have to Be Ready .....40  
Who Are You? .....42  
    Knowing thyself .....42  
    Looking at your shadows .....46  
    Appreciating your depths .....46  
    You are the flowing water .....48  
Yes, But Who Are You Really? .....50  
    Big Self, little self .....50  
    Good news! You already are spiritual .....51  
    Fanning the divine flame .....52  
    Taming the donkey .....53  
Moving Beyond Ego .....53  
Being Nothing Isn't So Bad Either .....55

**Chapter 4: Exploring Your Soul's Journey ..... 57**

Why Are You Here? .....57  
    You're here to evolve .....60  
    Life is a school for the soul .....60  
    Finding the hidden gems .....61  
Where Will You Go Next? .....64  
    Befriending death .....64  
    Death: Period or comma? .....67  
    Reincarnating all over again .....70  
    A guided tour through death .....72

**Chapter 5: Finding Your Spiritual Path ..... 77**

Searching for Truth in a World of Pretense .....78  
    Being a good editor .....79  
    Following your intuition .....79  
Spirituality Is Not One Path Fits All .....81  
    Finding the right spiritual diet for you .....83  
    Exploring today's spiritual buffet .....83  
    Growing as a group .....85  
    Creating your own spiritual community .....87  
Separating the Wheat from the Chaff .....88  
    All that glitters is not gold .....90  
    If we're all one, then act like it .....91  
Benefiting from Teachers, Thinkers, Saints, and Sages .....93

***Part II: Spiritual Practice Makes Perfect..... 97***

**Chapter 6: If You're Already Spiritual, Why Practice? ..... 99**

Growing Through Spiritual Practices .....99  
    Clarifying what you want .....104  
    Applying steady effort .....105

Finding What Practices Are Right for You.....	106
Discovering the techniques .....	107
Letting your practices flow .....	109
Doing practices for body, mind, and spirit .....	110
Strengthening your will power .....	111
Practicing being happy.....	112
<b>Chapter 7: Spiritually Energizing Your Body .....</b>	<b>115</b>
Taking Care of Your Body Temple.....	115
Adding spiritual touches to physical activities .....	116
Remembering your physical needs.....	117
Exploring food choices .....	118
To indulge or not to indulge.....	118
Staying natural.....	119
Stretching, Exercising, and Hatha Yoga.....	122
Where hatha yoga postures come from .....	122
Remembering to rest.....	123
Practicing Spiritual Breathing .....	124
<b>Chapter 8: Empowering Your Mind .....</b>	<b>127</b>
The Amazing Value of Your Mind .....	127
Opening up your creative mind.....	128
Change your outlook, change your life.....	130
Taking steps to refine your mind.....	133
Recognizing and Clearing Your Mental Clutter .....	133
Using contemplation to clear your mental clutter.....	135
Focusing your thoughts.....	142
Putting your desires in order.....	142
Contemplating Spiritual Teachings.....	143
Unlocking the scripture of your own life.....	144
Tapping into the power of contemplative writing.....	145
Meditating: Silent Mind, Holy Mind .....	146
Meditation: A natural part of life .....	148
Relaxing into meditation .....	149
<b>Chapter 9: Nourishing Your Spirit .....</b>	<b>155</b>
Understanding Spiritual Communion .....	155
Prayer: Touching the Sacred .....	157
Connecting through prayer.....	158
Giving blessings to others.....	159
Be your own house of worship.....	160
Worshipping God in Form .....	161
Creating a sacred space.....	161
Checking out a few divine forms .....	163
Singing to the Divine.....	166
Singing with a Group.....	167

**Part III: Living a Spiritual Life..... 169****Chapter 10: Cultivating Spiritual Virtues .....171**

Discovering How Spiritual Awareness Brings Virtues .....	171
Watching virtues arise naturally .....	172
Recognizing the signs of a sage .....	173
Understanding how one virtue leads to another .....	175
Gaining the Power of Truth through Honesty .....	176
Discovering the perks of being truthful.....	177
Being honest with yourself .....	179
Understanding Humility .....	179
Resting in the humility of your heart.....	181
Protecting your virtues through humility.....	182
Wishing Everyone Well with Compassion.....	183
Increasing your power of compassion through empathy .....	184
Being compassionate in today's world.....	185

**Chapter 11: Uplifting Your Whole Life .....189**

Moving from Worldly Limitations to Spiritual Freedom.....	189
Moving beyond desires and attachments .....	191
Entering a vision of equality .....	192
From Work to Divine Service .....	194
Serving without personal motives .....	195
Seeing how service and success work together.....	196
From Forgiveness to Gratitude.....	197
Moving beyond forgiveness .....	199
Maintaining an attitude of gratitude .....	200
From Greed to Divine Abundance.....	201
Can you really have it all?.....	201
Living in pursuit of lasting fulfillment.....	203
From Relationships to Divine Love.....	204
When Harry met Sally: Love, relationships, and potential potholes .....	204
Avoiding mediocre relationships .....	207
Understanding the power of company .....	209
Finding love inside yourself .....	211

**Chapter 12: Turning Troubles into Triumphs .....213**

Seeing Troubles with a Positive Eye .....	214
Rising above suffering.....	215
Finding blessings from tragedy .....	217
Recognizing That There Are No Mistakes .....	218
It's Not Punishment, but Guidance .....	220
Transforming Challenge into Ecstasy.....	221
Weathering the storms .....	221
This, too, shall pass .....	222

<b>Chapter 13: Finding the Deep Calling of Your Soul</b> .....	<b>225</b>
Discovering Your Dharma .....	225
Discovering your righteous path of living.....	226
Finding your calling.....	227
Being guided from within .....	228
Following your bliss .....	230
Being an Artist of Life .....	230
Finding your own style .....	231
Sharing the treasures of your journey through writing.....	233

## ***Part IV: This Conscious Universe: How You Connect*** .....237

<b>Chapter 14: The Nature of Universal Creation</b> .....	<b>239</b>
The Spiritual Science of Universal Creation .....	239
Stage 1 .....	242
Stage 2.....	242
Stage 3.....	243
Stage 4.....	243
Stage 5.....	243
Stage 6.....	245
Stage 7.....	246
What is the world made of? .....	247
How this world is like a movie.....	249
Rising above illusions .....	250
Life is but a dream.....	252
Shifting into a Higher Perspective.....	253
First cause versus second cause.....	254

<b>Chapter 15: The Laws of Karma and Attraction</b> .....	<b>257</b>
The Laws of Karma .....	257
Karma is a natural law .....	258
Cleaning up your karmas.....	262
The Law of Attraction.....	266
Checking out some laws .....	268
Applying the laws .....	268
You are a co-creator .....	270
Untangling the web of desires .....	270
Ask for the whole cosmos! .....	272
Appreciating the Power of Words .....	273
Empowering your affirmations .....	274
How affirmations affect your mind .....	275
How affirmations transform the world .....	276
The Universe is always listening .....	277

## **Chapter 16: When Thy Will Be Done Becomes My Will Be Done . . . . . 279**

Spirituality and Worldly Desires.....	279
Clarifying what spirituality is by describing what it's not .....	281
Using manifestation techniques .....	282
It's not nice to fool Mother Nature .....	284
Are you really ready to drive this thing? .....	284
Clarifying Your Intentions and Goals .....	285
Weeding your desires.....	286
Asking for the highest.....	286
Accepting the inevitable.....	287
The Supreme Surrender .....	288
The importance of divine guidance .....	290
Understanding to whom you're surrendering .....	292
Welcoming "Thy will be done" .....	293
Understanding that everything happens for the best .....	294
Depending on Spirit .....	296

## **Chapter 17: Liberation, Enlightenment, and the Cosmic Joke . . . . . 299**

What Enlightenment Is Like .....	299
You become yourself but more so .....	303
It's a shift of awareness.....	306
Being in the Flow .....	306
Being here, now .....	307
Flowing with time .....	308
Dancing through life.....	309
Enjoying the Cosmic Joke .....	310
Why do you think they call it realization?.....	311
And life goes on . . . ..	312

## ***Part V: The Part of Tens* . . . . . 315**

### **Chapter 18: Ten Small Things You Can Do to Uplift Your Life . . . . . 317**

Add Conscious Pauses to Your Day.....	317
Read Uplifting Words .....	318
Bless Your Day When You Wake Up .....	319
Play Spiritual Music to Soothe Your Spirit.....	320
Do Your Work with an Attitude of Service .....	320
Surround Yourself with Things that Evoke Positive Feelings.....	321
Be Friendly to the People around You.....	321
Add Symbolic Contemplations to Your Actions.....	322
Watch Your Breath .....	322
Use Rituals and Affirmations to Invoke Spirit .....	323

**Chapter 19: Ten Spiritual-Sounding Lines and What They May Really Mean .....325**

- “I Am Detached from All Material Possessions!” .....325
- “Make Me One with Everything!” .....325
- “I Am Not My Body!” .....325
- “God Bless You!” .....326
- “It Must Be Your Karma!” .....326
- “Buy My New Prosperity Book!” .....326
- “O Lord, My Life Is in Your Hands!” .....326
- “I Experience Completeness within Myself!” .....326
- “He Who Gives Shall Receive!” .....326
- “These Words Were Channeled!” .....326

**Chapter 20: Ten Opportunities to See Your Life with Spiritual Eyes .....327**

- When Obstacles Block Your Way .....327
- When You Have a Dream but Don’t Know How to Get There .....329
- When You’re Afraid of Losing Something or Someone .....331
- When You’re in Love .....332
- When You’re Under Ongoing Pressures .....333
- When You Don’t Like Your Job .....334
- When You’ve Experienced a Difficult Childhood .....335
- When You Feel Spiritually Lost .....336
- When Something Awful Happens .....337
- When Good Fortune Comes Your Way .....338

**Chapter 21: Ten More Commandments .....339**

- Do unto Others As You Would Have Them Do unto You .....339
- Think Good Thoughts .....340
- Look Beyond Matter to Spirit .....340
- Keep Good Company .....340
- Turn within for Guidance .....341
- Be Moderate and Balanced .....341
- Remember Death .....341
- Express Yourself Freely .....342
- Keep Your Word .....342
- Have a Good Sense of Humor .....342
- Never Let Your Creative Spirit Be Limited by Numbers .....343

***Appendix: About the CD .....345***

- Using the CD .....345
- Who’s on the CD .....345
- Tracks on the CD .....347

***Index .....351***

***End-User License Agreement .....367***