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reader exactly what the author  
aches for himself: ÷a temporary  
transfer to a dark moon÷.  
There's so much sadly human  
beauty that pulses through  
these pages, and we get to  
know the protagonist, Mordy,  
as though we stole a diary that  
we were never supposed to  
read. But we do read it, and it  
is impossible to turn our face  
away from it, because within  
these pages is the truth that  
nobody wants to admit about  
themselves. - E. Lockhardt  
**Cosmic Accounting: A Journey  
to Enlightenment** is a spiritual  
guide with nine key steps for a  
balanced lifestyle. **The Life  
Balance Process for Inner  
Transformation** shows you how

to explore divinity so that you can experience true abundance, inner peace, and enlightenment. By combining accounting principles with universal truths and ancient wisdom, the cosmic journey will take you into the world of money, mysticism, and divine beings, like you've never seen before. You can embrace a new awareness that we are interconnected, and spirit, wealth, and empowerment are part of the same cosmic energy. In a time when many of us are concerned about the state of our financial affairs, it provides a spiritual solution to our modern dilemma. You can learn how to: Integrate the wisdom of infinite intelligence

in many areas of your life including your relationships, health, career, and finances Understand money from a spiritual perspective and create a flow of abundance Uncover the secrets of your true Self with a personal inventory Recognize the magical relationship between your work and becoming enlightened Transform suffering and challenges into the fuel for your enlightenment Rewrite your destiny in the accounting of your life Reclaim your divine birthright for financial freedom and live your soul's purpose Even though others might be able to point us in the right direction, no one can embark on the amazing journey of

enlightenment for us. For the truth seeker, the answers can only come from within. Uncover the magic within these pages. In a old temple tucked into a Tokyo back street, and at a remote temple in northern Japan, Maura O'Halloran began her formal Zen training. A restless, socially committed young Irish-American woman, Maura had already traveled the world in search of enlightenment and human fellowship. One thousand days later she received the dharma transmission of her Roshi. Her promising life was cut short when, at age 27, she was killed in an accident on the road to Chiang Mai; she continues to be revered as a Buddhist saint

by her fellows in the Kannonji Temple. Collecting Maura's journals and letters during this three year period in Japan, Pure Heart, Enlightened Mind is a powerful record of one woman's journey to her destiny. Maura eloquently describes the rigors, hardships and ultimate joys of Zen training and temple life. Throughout her private and heart-felt writings, an endless sense of compassion is revealed which will deeply touch all who read this book. This collection of fifteen articles and talks by Tulku Thondup constitutes a manual on how to transmute the situations encountered in daily life, whether external or

internal, into spiritual disciplines and experiences. Among the topics covered are:

- The fundamental principles of Buddhism.
- The practice of meditation as a means of arousing compassion.
- How suffering can become a more powerful tool than happiness in achieving enlightenment.
- The symbolic significance of holy places, temples, statues, books, and other spiritual artifacts.

Spiritually Incorrect Enlightenment Isn't One Kind of Enlightenment - It's the Only Kind THE MARK OF A TRUE MASTER is that he can express a subject of the utmost complexity with uncanny simplicity. Jed McKenna is such a master, and spiritual

enlightenment is his subject. His first book, Spiritual Enlightenment: The Damnedest Thing, was an instant classic and established him as a spiritual teacher of startling depth and clarity. Now, his second book, Spiritually Incorrect Enlightenment, takes us on a fascinating tour of the enlightened state - what it is and what it's not, who's there and who's not, how to get there and how to get somewhere better. Delightful surprises abound, including the dramatic unveiling of perhaps the greatest spiritual masterpiece of all time - long hidden in plain view and well known to all. Whitman, Melville, Thoreau, Mark Twain and U.G.

Krishnamurti all appear, and a student from the first book returns to share her Spiritual Autolysis journals. Also surprising are the author's gentle efforts to guide the reader away from enlightenment toward a more desirable and accessible state. Failing to fetch me at first, keep encouraged, Missing me one place, search another, I stop somewhere, waiting for you. - Walt Whitman  
Jed McKenna's books aren't for everyone. They're for people who are tired of the spiritual merry-go-round and ready to confront the unadorned reality of the awakening process. If you like your teachers with all the spiritual trimmings and

trappings, Jed may not be right for you, but when you're ready to jump off the merry-go-round and begin your journey, Jed McKenna is the guy you want to see standing there, waiting for you. Enlightenment: It's Not What You Think reveals how you can replace the perspective of the ego the habit of identifying with the body, emotions, and thoughts with a new perspective: the Witness, that of your soul pure consciousness. With compelling logic, practices for everyday life, and guided meditations, the book explains how you can free yourself from suffering, enjoy inner peace, and find intuitive guidance. Enlightenment is the goal of

many spiritual traditions. Today, a large and growing number of people identify themselves as spiritual but not religious. What does that mean? Is it more than the rejection of adherence to organized religion? Can science confirm the existence of higher states of consciousness associated with spiritual enlightenment? Those who identify themselves as spiritual are seeking to be present in this world in a higher, lasting state of consciousness. Spiritual seekers strive to be in the Eternal Now; they emphasize the power of being present in this very moment. But they are not seeking merely passing

spiritual experiences. They are searching for a lasting state of higher consciousness, variously described as enlightenment, the awakening, satori, illumination, samadhi, Self-realization, and Christ Consciousness. Although these expressions vary among spiritual and cultural traditions, they refer to the permanent attainment of a higher state of consciousness in which the seeker realizes Oneness with all. The essays in this book explore the descriptions of enlightenment in various spiritual and wisdom traditions, the process of becoming enlightened, and how to overcome the inner obstacles to the achievement of

that goal. In *Becoming Enlightened*, His Holiness the Dalai Lama powerfully explores the foundation of Buddhism, laying out an accessible and practical approach to age-old questions: How can we live free from suffering? How can we achieve lasting happiness and peace? Drawing from traditional Buddhist meditative practices as well as penetrating examples from today's troubled planet, he presents step-by-step exercises designed to expand the reader's capacity for spiritual growth, along with clear milestones to mark the reader's progress. By following the spiritual practices outlined in *Becoming Enlightened*, we can learn how to replace

troublesome feelings with positive attitudes and embark on a path to achieving an exalted state -- within ourselves and within the larger world. Full of personal anecdotes and intimate accounts of the Dalai Lama's experiences as a lifelong student, thinker, political leader, and Nobel Peace Prize Laureate, *Becoming Enlightened* gives readers all the wisdom, support, guidance, and inspiration they need to become successful and fulfilled in their spiritual lives. This is a remarkable and empowering book that can be read and enjoyed by seekers of all faiths. Readers at every stage of their spiritual development will be



captivated by His Holiness the Dalai Lama's loving and direct teaching style. Building on his previous groundbreaking work, Peter Ralston once again proves to be a sure-footed guide for readers seeking to negotiate the challenging terrain of personal and spiritual growth. In accessible language, Ralston demonstrates how the lofty goals of self-transformation and enlightenment can be achieved with a no-nonsense approach available to anyone willing to reach beyond their current experience of self and reality. Pursuing Consciousness is a down-to-earth handbook for staying focused on the work at hand, even while tackling such

unsettling tasks as investigating deeply ingrained psychological beliefs and identifying common areas of misunderstanding that hamper transformative growth. Ralston explains that deeper levels of consciousness aren't just for monks—anyone can have an enlightenment experience. He shows that enlightenment does not transform the self, and transforming the self does not produce enlightenment. Once we grasp that these two pursuits take place in entirely different domains of consciousness, we can use each to empower the other. Ralston provides specific tools for changing the very person that we experience being. His work

has been acclaimed by people from a diverse range of disciplines—including spiritual teachers, psychiatrists, cognitive scientists, physicists, and artists. As with Ralston's previous works, this book points the way to a direct encounter with the true nature of Being and the possibility of real personal change. Adeptly navigating between elegy and celebration, fear and determination, confusion and clarity, DeBaggio delivers an exquisitely moving and inspiring book that will resonate with all those who have grappled with their own or their loved ones' memory loss and with death. With his first memoir, *Losing My Mind*,

Thomas DeBaggio stunned readers by laying bare his faltering mind in a haunting and beautiful meditation on the centrality of memory to human life, and on his loss of it to early-onset Alzheimer's disease. In this second extraordinary narrative, he confronts the ultimate loss: that of life. And as only DeBaggio could, he treats death as something to honor, to marvel at, to learn from. Charting the progression of his disease with breathtaking honesty, DeBaggio deftly describes the frustration, grief, and terror of grappling with his deteriorating intellectual faculties. Even more affecting, the prose itself masterfully

represents the mental vicissitudes of his disease—DeBaggio's fragments of memory, observation, and rumination surface and subside in the reader's experience much as they might in his own mind. His frank, lilting voice and abundant sense of wonder bind these fragments into a fluid and poetic portrait of life and loss. Over the course of the book, DeBaggio revisits many of the people, places, and events of his life, both in his memory and in fact. In a sense, he is saying goodbye, paying his respects to the world as it recedes from him—and it is a poignant irony that even as this happens, he is at the height of his remarkable descriptive

powers. In his moments of clarity, his love for life's details only grows deeper and richer: the limestone creek where he has fished for years; his satisfying and lonely herb farming days; the goldfish pond his son designed and built in his backyard in honor of DeBaggio's passion for "any hole in the ground with some liquid in it"; the thirty years in his beloved home in Arlington, Virginia; his early career as a muckraker; the innumerable precious moments spent with his wife and son; his belated grief over his parents' deaths. To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind.

From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, "The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, *The Power of Now* is one of those rare books with the power to create an experience in readers, one that can radically change their lives

for the better. This book lifts the veils of mystery around embodied spirituality and sovereignty. What happens to our minds, hearts and bodies when we allow the alchemical process of self-realization? How does it affect our lives and relationships, and how can we navigate through the dark night of the Soul into the dawn of enlightenment? These are some of the themes covered in this book. Whilst each path is unique and personal, there are certain tools that can be supportive on this bizarre adventure. In addition to such tools of clarity and inspiration, the book includes in-depth interviews with eight modern masters, awakened humans

who are walking their paths of self-realization whilst living very human, 21st century lives. Above all, the purpose of this book is to support the reader in connecting with and embodying their inner voice of wisdom and mastery. You think the proposition is preposterous, don't you? You have always believed that enlightenment would get you lasting happiness, even bliss. In fact, you have believed that a prerequisite for "getting" Enlightenment was shunning happiness, maybe even embracing pain. If that is so, welcome to a refreshingly new understanding. What Pursue Happiness And Get Enlightened does is to turn the

whole subject of enlightenment or self-realization on its head. Ramesh Balsekar, articulate sage, leading teacher of Advaita Vedanta and author of over 30 well-known books, leads you step by interesting step to the understanding of the intimate relationship between Happiness and Enlightenment. He makes it clear that although uncertainty is the basis of daily living - no one can know whether the next moment will bring pleasure or pain - total free will to do whatever one feels like doing in any situation is as much our birthright as the ultimate happiness in life. The key is to understand what true happiness is. Ever since the

newborn baby intuitively seeks its mother's breast, the whole purpose of life is to seek happiness, not enlightenment because enlightenment has never been a certified event. Pursue Happiness And Get Enlightened speaks with authority because it is not based on hearsay but personal experience endowed by God's Grace. Traditional seekers, crystallised into set concepts, may not find it easy to accept this book, but followers of true masters like Ramana Maharshi will welcome its wisdom like manna from heaven. Enlightenment is man's emergence from his self-incurred immaturity. Immaturity is the inability to

use one's own understanding without the guidance of some other. This immaturity is self-incurred if its cause isn't lack of comprehending, but lack of resolution and bravery to utilize it without the guidance of another. Then of enlightenment is consequently. Have courage to use your own comprehension! Learn more there. INSTANT NEW YORK TIMES BESTSELLER A NEW YORK TIMES NOTABLE BOOK OF 2018 ONE OF THE ECONOMIST'S BOOKS OF THE YEAR "My new favorite book of all time." --Bill Gates If you think the world is coming to an end, think again: people are living longer, healthier, freer, and happier lives, and

while our problems are formidable, the solutions lie in the Enlightenment ideal of using reason and science. By the author of the new book, *Rationality*. Is the world really falling apart? Is the ideal of progress obsolete? In this elegant assessment of the human condition in the third millennium, cognitive scientist and public intellectual Steven Pinker urges us to step back from the gory headlines and prophecies of doom, which play to our psychological biases. Instead, follow the data: In seventy-five jaw-dropping graphs, Pinker shows that life, health, prosperity, safety, peace, knowledge, and happiness are on the rise, not

just in the West, but worldwide. This progress is not the result of some cosmic force. It is a gift of the Enlightenment: the conviction that reason and science can enhance human flourishing. Far from being a naïve hope, the Enlightenment, we now know, has worked. But more than ever, it needs a vigorous defense. The Enlightenment project swims against currents of human nature--tribalism, authoritarianism, demonization, magical thinking--which demagogues are all too willing to exploit. Many commentators, committed to political, religious, or romantic ideologies, fight a rearguard

action against it. The result is a corrosive fatalism and a willingness to wreck the precious institutions of liberal democracy and global cooperation. With intellectual depth and literary flair, *Enlightenment Now* makes the case for reason, science, and humanism: the ideals we need to confront our problems and continue our progress. You think the proposition is preposterous, don't you? You have always believed that enlightenment would get you lasting happiness, even bliss. In fact, you have believed that a prerequisite for getting Enlightenment was shunning happiness, maybe even embracing pain. If that is so,

welcome to a refreshingly new understanding. What Pursue Happiness And Get Enlightened does is to turn the whole subject of enlightenment or self-realization on its head. Ramesh Balsekar, articulate sage, leading teacher of Advaita Vedanta and author of over 30 well-known books, leads you step by interesting step to the understanding of the intimate relationship between Happiness and Enlightenment. He makes it clear that although uncertainty is the basis of daily living - no one can know whether the next moment will bring pleasure or pain - total free will to do whatever one feels like doing in any situation is as much our

birthright as the ultimate happiness in life. The key is to understand what true happiness is. Ever since the newborn baby intuitively seeks its mother's breast, the whole purpose of life is to seek happiness, not enlightenment because enlightenment has never been a certified event. Pursue Happiness And Get Enlightened speaks with authority because it is not based on hearsay but personal experience endowed by God's Grace. Traditional seekers, crystallised into set concepts, may not find it easy to accept this book, but followers of true masters like Ramana Maharshi will welcome its wisdom like manna from heaven. The

renowned spiritual leader outlines an accessible approach to the pursuit of enlightenment that draws on traditional Buddhist meditative practices, in a guide that covers such topics as embracing a positive attitude and overcoming suffering. If you've been feeling like the world has been getting worse off, that violence is on the rise, or that humanity has already "peaked" then this book will challenge everything you've been feeling. Delve deep into the world of data where Pinker presents rock-solid arguments for the betterment of humanity as a whole. Steven Pinker wants to prove that we are living in a world that is better off than it has ever been,

and it will only continue to get better. In *Enlightenment Now*, Pinker argues that the best tools we have come from the 18th century ideals of reason, science, progress and humanism, and we can leverage them in very 21st century ways by using data to tell the story of our modern world. What does this ZIP Reads Summary Include? A synopsis of the original bookAn overview of the core tenets of Enlightenment thinkingDetailed chapter-by-chapter breakdownsKey takeaways including major data points from Pinker's bookA in-depth editorial review of the merits and shortcomings of the original titleEditorial Review of

the original bookShort bio of Steven PinkerAbout the Original Book: *Enlightenment Now* is Steven Pinker's love letter to the Enlightenment. Knowledge, he argues, is our best tool against the traps set by atrophying political parties, salacious media, and theocratic social norms. With reason, science, and humanism—the foundational principles of the Enlightenment—and our modern ways of measuring progress by way of data, Pinker elegantly proves that the world is in a better place than it used to be, and things will only keep getting better so long as we stay committed to those principles that have served us and still do. **DISCLAIMER:** This

book is intended as a companion to, not a replacement for, *Enlightenment Now: The Case for Reason, Science, Humanism, and Progress*. ZIP Reads is wholly responsible for this content and is not associated with the original author in any way. Many Americans who claim to have had an unusual spiritual experience also have had problems handling stress, anxiety, and depression. Now in paperback, psychiatrist Dennis Gersten's program for psychological-spiritual peace, fitness, and integrity provides information for dealing with the sense of dislocation that often accompanies spiritual

experiences. Lily Tomlin once asked, "Why is it that it's called prayer when we talk to God, but when he answers back it's called schizophrenia?" Almost half of all Americans claim to have had an unusual spiritual experience and as many more have had problems handling stress, anxiety and depression. In *Are You Getting Enlightened or Losing Your Mind?* Dr. Gersten, a practicing psychiatrist for twenty years, recounts his experiences with his patients to answer questions about the entire spectrum of human consciousness. A doctor of the soul, Gersten clearly differentiates between miracles and madness, spiritual emergence

and mental emergency--as well as the everyday stresses that affect our states of mind. Dr. Gersten demonstrates how a spiritual practice can positively influence our mental health and emotional well-being. His unique, step-by-step program of meditations, breathwork, and imagery for mental fitness will enhance your peace of mind, sharpen your focus and alertness, teach you imagery techniques for gaining perspective on your problems, and strengthen your core values. Visit the Gersten Institute at [www.imagerynet.com](http://www.imagerynet.com) Discover How to Attain Inner Peace and Enlightenment In this Exciting Spiritual Journey you will

discover how to achieve Inner Peace for a more harmonious and happy life. Becoming kinder, more likable, more loveable, and more inspirational is just a read away. Learn to how to become one with the universe and discover how to respond to difficulties without losing either your cool or your sanity. Enjoy life as you grow spiritually and discover the sacred and divine. Don't settle for less than what you Deserve! Learn what you can do in order to Live a Happy and Spiritual Life Now! Here Is A Preview Of What You'll Discover... The Driving Forces That Will Propel You To Spiritual Success How To Properly Incorporate



Spirituality Into Your Life The Importance of Living In the Present How To Harness the Powers of Forgiveness and Gratitude Powerful Spiritual Mental Strategies How To Overcome Your Fears and Limiting Beliefs How To Be More Compassionate and Loving How To Strengthen Your Spirit How To Become Fully Self Aware Much, much more! What are you waiting for? If you are still reading this you are obviously motivated to get all the benefits this book has to offer. Stop thinking and take ACTION. Get Your Copy Right Now! This book is for anyone looking for enlightenment which is simple once you know what it is. It's to

see yourself as the pure being you are away from everything you've ever been brainwashed by. Sounds simple but many people live an entire lifetime and not realize they are pure beings with their own true natures who do not owe anything to the people or the society around them except to pay bills and follow the laws. Most misery comes from not being who you are in your natural state. Watch any animal. Cage him up, he gets depressed and angry. Let him be free and he's happy. Most of us grow up to be slaves to some artificial value then wonder why we're not happy. The first slavery is to your family. Your father has

expectations for you. He wants what is good for you but if he was a truly enlightened father, he would let you live your own life and not push you into the path he wants for you. My second slavery was to my Catholic religion which was not all that bad. It gave me a sense of community and morals but at sixteen, I went to confession then realized that was kind of silly, me a grown man, confessing my sins to another grown man. I still believe in the community the church offers but my relationship to God is direct. No middle man intervenes. I was brought up in a capitalist-pop culture neighborhood in Halifax, Canada. We were into the

Beatles and pinball. Everything was about working, business, making money, buying stuff, getting ahead in the capitalist sense. There is more to life than money. There should come a point when you ask yourself what can I do to make me happy beyond these material things I'm surrounded by. I went to a Catholic elementary school where we pledged allegiance to the Queen and listened to the national anthem Oh Canada every day. The 36 volumes about living by your free spirit are as follows: Volume 1. A Free Spirit's Search for Enlightenment Volume 2. How Do You Keep it Goin' All the Time? Volume 3. Purge your

Life-force with Gusto to Ride that Free Feeling Volume 4. Live by Your Natural Flow Volume 5. Reach Transcendence Volume 6. The Soul on a Spectrum that I Call the Soul Scale Volume 7. Anatomy of the Soul: the Soul is an Essence with 22 Parts Volume 8. Joy is Living by Spiritual-Esthetic Flow Volume 9. The Artist Looking for Purpose Volume 10. Paradise in my Mind Volume 11. Fire in Your Soul Volume 12. Don't Stop Ever Volume 13. Your Archetypes Help You Feel Free ... You think the proposition is preposterous, don't you? You have always believed that enlightenment would get you lasting happiness, even bliss. In

fact, you have believed that a prerequisite for 'getting' Enlightenment was shunning happiness, maybe even embracing pain. If that is so, welcome to a refreshingly new understanding. What Pursue Happiness And Get Enlightened does is to turn the whole subject of enlightenment or self-realization on its head. Ramesh Balsekar, articulate sage, leading teacher of Advaita Vedanta and author of over 30 well-known books, leads you step by interesting step to the understanding of the intimate relationship between Happiness and Enlightenment. He makes it clear that although uncertainty is the basis of daily living - no

one can know whether the next moment will bring pleasure or pain - total free will to do whatever one feels like doing in any situation is as much our birthright as the ultimate happiness in life. The key is to understand what true happiness is. Ever since the newborn baby intuitively seeks its mother's breast, the whole purpose of life is to seek happiness, not enlightenment because enlightenment has never been a certified event. Pursue Happiness And Get Enlightened speaks with authority because it is not based on hearsay but personal experience endowed by God's Grace. Traditional seekers, crystallised into set concepts,

may not find it easy to accept this book, but followers of true masters like Ramana Maharshi will welcome its wisdom like manna from heaven. 7 Steps To Enlightenment is the rediscovery of everything you already know deep within you. This short book holds the reflections of a modern-day mystic who has experienced what it means to be enlightened in his own way. The information contained here may not be easily accepted by people who choose to remain in an unconscious state of mind. It is for those willing to explore a new but ancient way of living in the now, in eternity, and in perfection. Society has caused us to believe we must

strive to get ahead, to make something of our lives. The pressures are endless and the source of our stress. Please be aware that these teachings are the result of the author's personal experience and may not reflect the general population's view of what we call reality. "Goes through the entire gamut of topics covered by the Vedas, making use of yoga, detachment, the ego, karma, dharma, love, meditation and much more." —East and West Magazine This complete guide to enlightenment presents the wisdom of the ancient science of self-inquiry, a time-tested means for achieving spiritual freedom. The author discusses

the purpose of self-inquiry, the quest for lasting happiness, issues of identity and transcendence, the role of wisdom and action, and the subconscious obstacles to freedom. He convincingly refutes the popular view that enlightenment is a unique state of consciousness and debunks a host of other enlightenment myths. In his straightforward style he reveals proven methods for purifying the mind, and includes chapters on love, the science of energy transformation and meditation. He takes the reader from the beginning to the end of the spiritual path, patiently unfolding the logic of self-inquiry. "Vedanta is the

original systemized enlightenment teaching, and James does an extraordinary job of extracting the essential nectar of the teachings from its dusty, ancient, Sanskrit origins and elucidating it with utmost clarity. One review cannot do this teaching, with its rich history and depth, even a modicum of justice. James's book is the best introduction there is to this subject." —Consciousness Junkie "Explains methods of Vedanta in his survey of spiritual techniques, pairing theory with practice and explaining the myths and realities behind an enlightened state. From reflections on moving to a larger living space and clutter

to assimilating experiences, How to Attain Enlightenment is a powerful survey any new age library needs." —The Bookwatch ENLIGHTENMENT THE ULTIMATE FLOWERING Enlightenment is the disappearance of ego, desires, and all that is tangible and connected with mind. Enlightenment is the state of no mind. It is a state when drop has merged into the ocean. Thought is mind in motion. No-thought is mind at rest. Samadhi is witnessing of both. It is transcendence. Masters speak of enlightenment so that the seekers will get the first glimpse. And this first far away glimpse is relevant for the seekers. A satori is a state of

the person becoming enlightened. When satori gets crystalized your inner space is full of light. This crystalized state of inner light is Enlightenment. This is the stage when drop merges into the ocean. This is the near shore of enlightenment. The river of enlightenment needs the other shore for the river bed - for the enlightenment to flow like undercurrent. Samadhi happens when the other shore too is found. And not only your inner incandescence guides your emotions, intelligence and intellect instead the whole existence has become enlightened through you. Samadhi is the ultimate in

enlightenment. In fact it is the state beyond enlightenment. First you become one from many and then become zero from one. This is the whole mathematics of spirituality. From many to one and from one to nothingness you attain to utter emptiness within. As a result for your inner search to attain a new impetus I am speaking to you on various aspects of enlightenment and also experience of the masters who have attained to enlightenment. Have you ever wondered about how best to live your life? Religions claim to have answers, but they are couched in faith and constrained by rituals that make each religion different

from the next. The inevitable result has been conflict and war. Enlightened Living is neither religious nor spiritual, offering instead a rational and practical path that is available to everyone. Enlightenment isn't found by austerity or following rituals but by the sustained practice of observing attachments and letting them go. Many Americans who claim to have had an unusual spiritual experience also have had problems handling stress, anxiety, and depression. Now in paperback, psychiatrist Dennis Gersten's program for psychological-spiritual peace, fitness, and integrity provides information for dealing with the sense of dislocation that

often accompanies spiritual experiences. A yoga teacher finds new life in India—just not the one she was expecting. Nearing thirty, Amanda thought she'd be someone else by now. Instead, she's an ex-nanny yogini-wannabe who cranks out "For Idiots" travel guides. True, she has a sexy photographer boyfriend, but he's usually off shooting a dogsled race in Alaska or a vision quest in Peru—or just hooking up with other girls. However, she's sure her new assignment to the ashrams of India will change everything. What she finds, though, is an ashram run by investment bankers, a model-obsessed guru, tantra parties, and silent

retreats. India, it turns out, is not the spiritual refuge she'd pictured. But she finds a friend in Devi Das, a redheaded sadhu who refers to himself as "we." And when a holy lunatic on the street offers her an enigmatic blessing, Amanda realizes a new life may be in store for her—just not the one she was expecting. This book gives an easy, simple method to understand about Enlightenment and Liberation. The author says only an intellectual understanding is adequate to get enlightened. The concept is primarily an understanding about mind and its function. The whole knowledge is imparted in six chapters. It does not need any

practice to get enlightened. Enlightenment is a mystery, but becoming enlightened is not a mystery. There is a very clear and precise process for waking up and becoming fully enlightened. When you become aware of the secret teachings that reveal this process and commit yourself to them, awakening unfolds organically, like the petals of a flower that open in the light of the sun. Be the Mystery is your guide to becoming fully enlightened. Advanced instruction is an entirely different body of knowledge from earlier practice. The advanced teachings are traditionally only shared privately with the most senior students, because you

have to have advanced awareness to understand them. For the first time, the secret teachings for the entire journey to full enlightenment are being disclosed to anyone who wants them. Receive these words as sacred treasures. The current of freedom contained within these pages has the power to wake you up and carry you Home. A MASTERPIECE of illuminative writing, Spiritual Enlightenment: The Damnedest Thing is mandatory reading for anyone following a spiritual path. Part exposé and part how-to manual, this is the first book to explain why failure seems to be the rule in the search for enlightenment, and how the rule can be broken. ::

Book One of Jed McKenna's Enlightenment Trilogy. Contains Bonus Material. Listening to The Voice Within is a guide for transformation. It will help us become enlightened beings. It is time to grow into adulthood and mature. To grow, we must leave our old selves behind. We must open our minds and hearts to reason and inspiration and listen to the promptings of The Voice Within. Life is a journey, not a destination. We need to discover who we are spiritually instead of what we are physically. Our journey of awakening starts when we learn to exercise our freedom of choice. We are responsible

for our lives and the decisions we make. This book is full of empowering and liberating insights. If we take one insight from this book, we will forever be changed. Here are some of the topics presented in this book: Who Am I?; Freedom of Choice; Natural Enemies of Humanity; Life and Death; Raising Our Consciousness; What is Truth?; Journey to Enough; The Second Coming; Love is Power; In God's Image; Good, Bad and Evil; Good News and Sad News; Living in Truth; The Path Less Travelled; Soul The fundamental purpose of the soul is to grow and expand, but if we all just keep growing and expanding without direction, the universe will

continue to explode into greater chaos than it already has. Our unifying direction must be our own personal growth. We are capable of wielding powerful forces of light and guarding our galaxy against the forces of lower vibrations. To grow into this power, we must look within ourselves and cultivate love. The New Science of Enlightenment focuses on removing all that is in the way of becoming such a being of light and love. Using the Kundalini Karma System, it offers a modern-day approach to building an abundant, peaceful, and happy existence, helping you learn to navigate the world of spirit and matter

simultaneously. You can attain your goals, understand the true meaning behind the events of your life, overcome the challenges that come your way, and triumph as you take control of your destiny. Become an enlightened and powerful being in the modern world and live a truly magical existence as a modern mystic on your road to God. This guide explores ways to harness the power of your Kundalini energy to get the life you want, allowing you to end the cycle of reincarnation and return to the mind of God. Getting to the Heart is a book filled with information that helps individuals understand the soul's journey and it's

importance. Many spiritual and personal growth topics are explained in short excerpts that can be easily read and understood. The main theme of this book is to transform soul consciousness through understanding and using the Aura and Chakra centers. This unique book gives a complete explanation of what chakras are and how to align and activate them to help oneself. Getting to the Heart also explains the Art of Meditation, the Astral Plane, The Souls Journey and so much more. This book embodies teachings of Spiritual Initiation and Empowerment. Part two of Getting to the Heart is an amazing workbook designed



and filled with exercises that walk individuals through step by step processes for clearing old emotional baggage and creating new feelings of love and joy in life. These powerful exercises cover Forgiveness, Affirmations, Re-Programming, Self -Dialog and Visualization. Rarely can one find all of these tools melded together to show how they work hand in hand with one another. Getting to the Heart is a must for those wishing to explore and expand consciousness. #1 BESTSELLER You've always wanted to be a unicorn, deep down. This is your chance. Anxious, depressed or lost? This easy unicorn ride to happiness will bring you insta-

peace in a handful of pages. Be part of the unicasue with a SnapChat competition and YouTube challenge. Don't miss out! Based on the authors' work with top companies such as Hewlett-Packard and BellSouth, Enlightened Leadership is a practical program managers can use to create "change-friendly" environments that will foster the continuous innovation businesses need to stay ahead in today's competitive world. From a New York Times and USA Today bestselling author comes the exciting continuation of the Mind Dimensions series. Kidnapped. Consciousness expanded. And that was just the start of my day. I always

thought I was a nice enough guy. The kind who'd never want to commit murder. Turns out I simply lacked incentive. Some crimes can never be forgiven. The integration of spirituality and psychiatry, Are You Getting Enlightened Or Losing Your Mind? provides a model to distinguish mental illness from spiritual and paranormal experience. Extensive mental fitness techniques, especially mental imagery, help the reader to integrate miracles and madness.

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