

Chapter 1

Finding Authentic Spirituality

Topics in this Chapter:

- * Understanding the importance of spirituality in today's world
- * Finding your way around this book
- * Tasting what lies ahead

Today's topsy-turvy world brings a unique array of spiritual challenges. Religions east and west stand accused of indiscretions and violations, while spiritual teachers who should be lifting seekers into higher wisdom are often concerned with uplifting their own bottom line. Some modern prophets cater to desire-obsessed audiences by teaching a kind of "Santa Claus" theology that is guaranteed to get you that new car you want, or if nothing else, that will get these "profit prophets" the new cars *they've* always wanted. What is a spiritual seeker to do?

Newsflashes warn about small and large apocalypses that have or could happen at any moment in-between investigations about which star has revealed which bad quality to the paparazzi and which politicians are supposedly colluding with whom. Countrymen don't trust their leaders; family structures are crumbling; autism rates are climbing, citizens of all ages are being overmedicated with pharmaceutical industry fare, and most people feel cut off from or unable to experience and understand their divine spiritual heritage.

An important key to turning these and other troubling things around and bringing greater light and healing into our world in all sectors and realms is authentic spiritual knowledge, awareness, and blessings.

What our world needs now is the kind of spiritual love, wisdom, and practices that provide an anchor into the peaceful, sublime happiness of the eternal universal soul. We need authentic, intelligent explanations of higher-consciousness spiritual principles that honor, support, and guide them right in the midst of our lives. The goal of *Spirituality For Everyone* is to be a helpful guide for your journey — a friend on your path that opens new doors of awareness, understanding, and experience.

In this chapter, I share with you some spiritual basics and tell you where to go in this book to explore its ideas more fully.