

Spiritual Wisdom

The way you look at the world decides how the world manifests for you. Therefore, studying spiritual concepts and theories can vastly expand and improve your understanding and experience of life.

Certain eastern philosophies declare that this universe is divine, perfect, and one, even in the midst of its appearance of multiplicity, disarray, and imperfection. Imagine how such a viewpoint of divine universal oneness and perfection can change your approach to life! (See Chapter 14.) With a higher spiritual awareness, you can take your rightful place as a conscious co-creator of your world, and discover how to use your words and thoughts to create a happy, healthy, and spiritually enlightened life.

Some popular spiritual fads today give metaphysical principles that can help you create and manifest more of what you want in this world. These powers to create on a spiritual level tend to come naturally with spiritual maturity. However, many are using such techniques to tap into these powers of creation before they may be fully prepared to use them properly. This book is intended to give you a strong spiritual foundation that is lacking in many of these current spiritual fads.

One ultimate goal of spirituality is to attain the state of spiritual freedom and liberation that is sometimes referred to as enlightenment, nirvana, or self-realization. Becoming aware of your true nature changes everything. With self-realization, even if you're living the exact same outer life as you always have, your inner experience expands far beyond the mundane surface living that you may have settled for in the past. (Find more about spiritual liberation in Chapter 17.)

Two important instructions that will help you find and express authentic spirituality in your life are "Trust yourself" and "Serve joyfully." In a sense, everything in this book is intended to guide you in these two areas.