

Initial Quick Tips

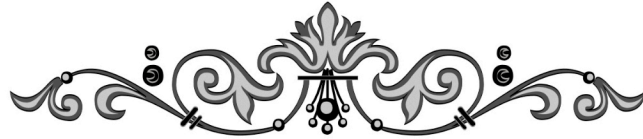
What Spirituality Can Do for You

- Spirituality gives you greater appreciation for everything in your life.
- Spirituality gives you more awareness of the bigger picture.
- Spirituality gives your actions more power, along with guidance on how to use that power.
- Spirituality brings you to a place of independent contentment.
- Spirituality is the key to overcoming sorrow.
- Spirituality encourages honesty and self-acceptance.
- Spirituality reveals that what you seek is inside yourself.
- Spirituality dissolves your limited ideas of who you are and guides you into greater self-respect.
- Spirituality helps you remember that everything is divine, even when it doesn't feel divine!

Dispelling Several Myths about Spirituality

- Spirituality is not the same as religion. Religion is the shell, while spirituality is the kernel within that shell. Religion is the map; spirituality is the territory.
- Being spiritual doesn't mean becoming something you weren't before. Although the light of spirituality may soften some of your personality's rough edges, your individuality is an important part of how spirit expresses in this world through and as you.
- Spirituality isn't just for a chosen few. The universe doesn't run with a class curve. Everyone can get an A in this class! In fact, everyone who gets an A helps more people get an A. One spiritually aware person can awaken many others, without even trying — through their positive efforts and expressions, and through the vibration of higher consciousness they contribute to the world.
- Spirituality is not about using metaphysical techniques to bend the universe to fulfill your material desires. Spirituality is about bringing yourself in harmony with the greater good of this universe so that blessings can unfold around you naturally without your having to grab them.
- Spirituality is not beholden to one or the other doctrine. Nor is it possible to fully express spirituality in any doctrine. Spirituality is alive in and personal to each soul.
- Spirituality is not about being outwardly smart or well-versed in theological debates. In fact, spirituality is one place where being simple, humble, and open is the first step! Spirituality is a shift to the wisdom of the heart.

- Anywhere
- Anywhere
- Everywhere



Dedication

This book is dedicated to my beloved gurus, Baba Muktananda and Gurumayi Chidvilasananda.

To the great beings and masters of all traditions.

To my dear reader: I know that the same Divine Consciousness who has composed these words also reads them through your eyes. I bow to the great spirit that exists in you and as you.