

The Ultimate Shortcut

Since the main premise of the book is to find a shortcut to spirituality, I'll point out as we progress through it what I believe has to happen so you can significantly expand your spiritual experience.

Right now, I would like to give you a fair chance to “get it” before you read further. It may sound as if I am teasing you. Well, I am and I am not. What I am about to say is 100% true, but understanding it deeply could definitely pose a challenge. When I say “deeply,” I mean realization beyond intellectual understanding. I mean achieving awareness so deep that you can feel it in every cell of your body.

I have said that Spiritual Intelligence is innate. This means that you are fully and completely spiritual already. This moment. You don't have to learn anything new. It's yours, and you can claim it right here, right now. You don't have to practice anything to manifest it.

All you have to do is clear your mind totally. Free it from everything: thoughts, analysis, mental concepts and perceptions, excuses, and conditions. Whatever is left, after you have cleared all that, is SPIRITUALITY.

I am not talking about a dead brain, but a calm mind. Your spirituality is staring at you this very moment. Can you remove the veil that obstructs this simple, yet profound clarity and realize it? Take a moment, an hour, a day or a week. Can you figure it out? Because once you do, you have figured out everything. EVERYTHING! You might as well close the book and give it to a friend. You won't need it anymore.

Take time to reflect on the shortcut of all shortcuts. It's challenging, isn't it? Chances are you will find this harder than it sounds. It's so simple, yet so difficult.

Why? The answer is—years of limiting mental programming. This programming is full of false ideas about what life is; about who

What humanity owes to personalities like Buddha, Moses, and Jesus ranks for me higher than all the achievements of the enquiring and constructive mind.

Albert Einstein

we are and what we think we need to make us happy. The good news is that it's possible to transcend this programming. I wouldn't be writing this book if it weren't.

Are you still with me? For most people, this powerful shortcut statement requires more work. Even if you are not yet ready to take this step, please keep it in the back of your mind.

Finding spirituality is much like trying to open a combination lock. First you need to know the numbers and then the sequence. Finally the lock is open and freedom is yours. This freedom is total, freedom from the pain of the past, worrying about your future, the opinion of others, and all the limitations of your upbringing. Try this exercise:

Take a deep breath in and exhale slowly. Suspend all thinking while continuing to breathe slowly. Can you feel the freedom, even if only for a moment?

The rest of the book will be dedicated to understanding what has to happen for you to permanently connect with this extraordinary reality. But if I had to summarize the process in one word, it would be *allowing*.

Spirituality is not about change. Change belongs to the psychological terrain. In a way, you will make the biggest change of all without altering a thing. Just by allowing yourself to connect deeper, by permitting the full dissolution of ideas and concepts that keep you where you are right now, by allowing yourself to broaden your view and really see, you can recognize what has always existed.

A moment ago you had an opportunity to ALLOW yourself to experience freedom. Did you?

Spirituality and Materialism

Materialism and its close relative commercialism are both in opposition to spirituality. According to Webster's Dictionary, materialism is "the doctrine that comfort, pleasure and wealth are the highest or