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Foreword

For the intents of this book, the word spirituality concerns your collection of notions about reality, including your discernment of how reality works, as well as your personal role in the universe.

Whether you take part in a popular faith or take an independent course, whether you trust in divine creation or cling to strict physical objectivity, your notions about reality specify the overall context of your life. In that sense, all of us are spiritual beings as we all have particular beliefs about reality. Even to believe nothing may still be considered part of a spiritual belief scheme.

Your spiritual development is an inherent part of the process of human growth. Reality, affection, and major power don't prescribe a particular spiritual doctrine, so there's lots of freedom to research an assortment of beliefs. But, the highest ideal for your spiritual doctrine is being intelligent.

If your notions don't fulfill the essentials of being intelligent at the very least, they can't be considered spiritually sound as they'd be in violation of universal precepts. If a spiritual doctrine buckles under to untruth, if it unplugs you from life, or if it breaks you, it runs afoul of the rules and will only lead you astray.

Social disciplining teaches us to have secure attachments to our spiritual notions to the point of mixing such notions into our identities.

We state, "I'm a Christian," or "I'm an agnostic," as though such doctrines specify us as humans and can't be changed. In this book, I'll challenge you to view your spiritual notions with reality, affection, and might. My goal isn't to convert you to follow any specific practice but instead to help you bring greater conscious awareness to your present spiritual life.



Law Of Attraction: Universal Attraction Law

Develop Spiritual Prowess By Harnessing Your Inner Being.

Chapter 1:
Spirituality and Reality

Synopsis

A good spiritual doctrine must be firmly rooted in reality. This demands that we strive to see reality as accurately as possible.

How precisely may we accomplish accuracy when attempting to perceive the true nature of reality? We can't simply utilize our eyes and ears to look up the meaning of life. A pragmatic answer to this quandary is to view reality with multiple belief systems in order to look for the big picture.



Explore

Your beliefs cause you to center on different aspects of reality. A Muslim, a Buddhist, and an agnostic might all view the world differently, yet there are distinctly areas where their percepts overlap. When we brush off the incongruencies, we discover there are fields of consensus. What's most noteworthy is that the commonalities lie of the universal rules of reality, affection, and major power.

To the level that assorted spiritual doctrines agree with one another, they all urge their practitioners to look for better alignment with reality, affection, and might. In the fields where they don't concur, you'll commonly find untruth, disconnection, and disempowerment. In spite of the wide range of spiritual opinion systems, it's fantastic to see that the common denominator is that we all inherently value these 3 basic principles.

Stereo vision is among our more riveting human abilities. Our eyes capture 2-D snapshots of our surroundings, and our brains and optical circuitry quickly combine them into 3-D pictures. Even though each eye perceives truth in two dimensions, by mixing the data from both eyes in a particular way, we see our fields of vision in apparent 3-D. This picture is richer than either of its 2-D parts. You may likewise say it's a more valuable representation of reality than the raw, preprocessed information taken in by our eyes.

The merged input from all of our physical senses produces a rich web of sensory data. Therefore, when we go out to dinner with acquaintances, the sights, sounds, smells, tastes, and textures of the evening produce an experience that's better than the total of its parts.

We likewise have access to a rich set of stimulus. Regrettably, most of us are taught to dedicate our attention to a little subset of that stimulus and tune out the rest as irrelevant or deceptive.

This spiritual sightlessness produces functional issues for us. Such issues evidence in many forms, including depression, solitude, hopelessness, and meaninglessness. Even as your physical let you see different subsets of reality, your spiritual senses likewise act as cognitive filtering mechanisms.

These filters let you center on bits and parts of preprocessed data which might or might not be useful to you. The more spiritual sensorial information you may get at and comprehend, the more plentiful your spiritual life will be, and the more precisely it will model reality.

Your spiritual sensory gear includes:

- 1st-, 2nd-, and 3rd -person points of view (I/we, you, it/they)
- Subjective and objective viewpoints
- Intuition and gut instincts
- Feelings and emotions
- Logic and reason
- Aspirations and visions
- Religious and philosophical notions
- Cultural, social, political, and economical beliefs
- Functional notions
- Personal notions

Imagine you're fixing dinner for yourself. You are able to utilization your eyes to measure the ingredients, your ears to hear the timer

beeping, your nose to breathe in the aromas, and your tongue to taste the outcome. If you wished to do so, you may rely exclusively on just one or two of your senses to fix a meal, but you'd likely find it harder to accomplish a great result.

Likewise, when we confront the key spiritual queries of our lives, like who am I? And what is my design in life? We may consult the full spectrum of sensorial channels available to us, or we may limit our input to a little subset of those lines.

As a whole, when we restrict our input too sternly, we wind up making things more difficult than necessary, much like attempting to fix a meal while wearing a blindfold and earplugs. This is what occurs when we state, "I'm only going to think about this single spiritual viewpoint because it's the one reality."

Our percepts are the way we view reality, but they aren't reality itself. What we perceive is invariably preprocessed to one degree or another. We aren't consciously mindful of individual photons of light or vibrating atmospheric compression waves. We merely observe a photo or a song.

If this sort of sensory compression happens, an enormous amount of raw data is irrecoverably lost. Each of our senses compacts and repackages the field of perceivable information in different ways, and it's this heavily refined output that ultimately reaches our conscious awareness.

Our notions and other cognitive filters provide us similar glances into reality, but they likewise supply us with highly compressed and refined images of the underlying information. For instance, imagine

you try to see nonphysical entities. What will you consciously feel? With Christianity, you might connect with angels and saints thru the mechanism of prayer. Being a Native American, you might perform a vision quest to consult with ancestral spirits or beast guides. With skepticism, you might perceive nothing at all or maybe something really fuzzy and inconclusive.

You don't consciously perceive reality as it truly is as the raw information would overpower your cognitive abilities. Rather, you have to attend to the highly compacted versions.

Even though every line of input has limited expressiveness, if you may access a diverse enough set of lines, every one compressed and filtered in different ways, you may acquire a more exact and complete icon of reality. Every belief system you study supplies a different way of viewing the same underlying info, therefore helping you develop a better understanding of the whole thing.

Our eyes might be able to see well enough, but they see more info when augmented with a microscope, telescope, or oscilloscope. Likewise, one belief system like atheism or Christianity supplies a little insight into a better reality beyond the physical, but any singular filter is full of informational holes. However, if you consider the points of view of a half dozen belief systems, the big picture ultimately begins to take form.

How do you recognize which views will supply the most crucial data for a particular situation? You work it out in the same way you learn to utilize your physical senses. Do you ever make the clumsy error of attempting to get to know somebody by tasting them?

Maybe you did when you were an infant, but most likely you prefer your eyes and ears today. With trial and error, you learned which senses are most suitable for every situation.

We still make sensory errors, however. Occasionally we get fixated on the wrong input grooves. Have you ever caught yourself ogling somebody you're attracted to, not recalling a word that was said? Or have you ever put excessive emphasis on your taste buds, shoveling food into your mouth while your eyes couldn't help but observe how heavy you were becoming?

In spite of these occasional failures, however, it's still the case that life is much more plentiful with an assortment of sensory lines rather than merely one.

By learning to think about reality from multiple views, you'll overcome a lot of the limitations of individual belief systems. You'll bit by bit shed fallacies that distort your perceptions, you'll fill in gaps in your reason, and you'll come into better alignment with truth.

Chapter 2:
Spirituality and Affection

Synopsis

Affection -centered spiritual practice ought to help you become more connected with yourself and other people. While some spiritual seekers shun the contemporary world and withdraw into solitude, there's no reason you must assume such a lifestyle. It's possible to quest for spiritual growth in isolation, but affection suggests it's at least as crucial to do so by interacting with others. If we're all spiritually connected anyhow, then why not research that through direct interaction?



Connection With love

Quiet reflection and meditation may be potent spiritual practices to help you connect inside, but it's most beneficial if they're combined with abundant social interaction. Leave yourself gain spiritual lessons both from your interior domain and your outer domain. Occasionally your answers will come from motionlessness; other times they'll arrive from direct communication. Hear both lines.

Personal relationships may be an enormous source of spiritual development. While it's possible for us to drop out of touch with reality if we spend too much time solo, such issues are less likely with abundant interaction.

If we get too impractical in our thinking, the individuals around us will tell us we've gone over the deep end. The quest of spirituality is truly the pursuit of accuracy, where our goal is to formulate the most accurate model of reality we may. If we fail to include other humans in this model, we cast aside too much potentially valid data, and our model is condemned to inaccuracy.

Spiritual growth calls for the freedom to connect with different pieces of reality in order to comprehend them more fully. The more you're able to research, the more connections you may form, and the better your spiritual development will be. When you feel a strong want to connect with something in your reality, hear your intuitive steering, and make the association.

Occasionally we're drawn to paths that appear to lead us away from reality, affection, and might, but which really increase our principle

centered nature in the long haul. If I'd never researched different things and different ways of living, a really valuable portion of my life would have been lost.

A major reason I'm able to share myself truthfully nowadays is that I know what it's like to be dishonorable. I'm likewise able to embrace conscious living as I know what it's like to live unconsciously.

Am I suggesting that you ought to deliberately go out and explore various things that might be bad for you? I can't tell you what to do here as it would violate the idea of command. That's a decision you'll have to arrive at for yourself.

But I'll say that regardless of what you choose, I'm in no position to label you for it. The best advice I may give here is to follow your heart and see where it guides you.

Chapter 3:
Spirituality and Might

Synopsis

Among the most empowering choices you are able to arrive at is to decouple your spiritual beliefs from your personal identity. In spite of how firmly held your beliefs might be, they may never define you. If you alter your faith, you're still you. A given belief system may only limit your power to grow; it's like permanently closing one eye and refusing yourself access to your innate stereo vision.



Power

Personal attachment to notions, particularly cultural and spiritual notions, is regrettably very common. While experiencing a belief scheme from the inside is normally a wise choice, likening your identity with any fixed opinion is a disempowering error. As the idea of reality reveals, beliefs are a way you can view reality.

Each reveals some facets of reality while concealing others. The more views you experience, the more complete your understanding of the whole. Even if you get incredibly attached to one specific view, it remains merely a view and can't define you. Adhesion to one particular view of reality limits your might and cuts back your power to connect with individuals who hold different views.

This is a hard concept for many individuals to accept as we grow used to identifying with our notions. It may be disconcerting to quit identifying with any fixed ideology and to recognize that all beliefs are views and can't define us. Social disciplining tells us we have to turn one specific set of ideas into our individuality.

Are you a capitalist? A Christian? A doubter? The way these questions are asked presumes you have to respond with a yes or no. But this is like asking if you're an eye, an ear, or a nose. It would be more judicious to ask questions like "Do you comprehend the point of view of Christianity?" Rather than attempting to equate it with your personal identity. When you begin linking particular beliefs to who you are, you unnaturally restrict your sense of self. This practice violates the idea of might.

It's far more productive for us to learn to view reality through multiple views and look for higher truths together rather than battling over who holds the most popular view.

Once you first attempt to see reality through multiple views, particularly those that appear to inherently contradict one another, it will feel as if you're attempting to do the impossible. You'll be like a newborn trying to add up scattered blobs of light, noise, and pressure. You might feel overpowered and frustrated, as though you're flooding your brain with absolutely worthless data.

Be patient with yourself. With sufficient practice, you'll bit by bit learn to merge data from multiple points of view into a single logical picture. At first, it will take considerable conscious work as you mentally shift between different views, asking questions like: "How would a Buddhist see this situation?" or "How would a Christian work out this issue?"

Finally, your subconscious will learn to do it for you, and you'll start to sense the big picture that comes forth from multiple points of view. As this starts to occur, you'll unlock a fresh level of clarity, like a baby realizing for the first time that the aimless blob is its own hand. It won't be a perfect lucidity, but you'll likely discover that a few issues that previously plagued you get much easier to solve. In order to line up with might, you have to shed limiting points of view that dis-empower you. I A multi-spectral philosophy of life—that's, one that combines input from multiple views—aligns closely with what's considered common sense.

When you discover your beliefs incongruent with what your good sense is telling you, maybe you simply need to view the situation from

a different angle. This is better than clutching limiting thoughts that get in your way. Your good sense is likely right.

We all have a tendency to concern and resist the obscure, so the notion of giving your beliefs such flexibility might give you pause.

Will you lose your feel of self? Will you get totally amoral and ungrounded?

In my experience, these cares are unwarranted. Allowing a better richness of perceptual lines will only better your might to make decisions that line up with your most sacred values and ethical motives.

The point of spiritual exploration is to help you make witting, empowering selections. The deeper your field of input, the better your choices will be, and that in turn advantages all the lives you touch. In order to bring more might to your spiritual path, you have to remain open and receptive to all viewpoints. If you close your brain to fresh ideas, you fall out of alignment with might, and your spiritual practice will suffer as a result.

Chapter 4:

Spirituality and Unity and Command

Synopsis

As we're all inherently connected, we perpetually influence one another by the spiritual choices we arrive at. Therefore, our spiritual practice isn't merely a private issue. Our personal spirituality has a collective affect.



Put These Together

A lot of serious conflicts in the world result from the decision to pass on notions that label other humans as vile, damaged, or evil. If we're to live consciously, such notions must finally be abandoned as they're out of alignment with reality, affection, and might. The health of the whole can't be maintained when the parts decide to fight amongst themselves.

Your private spiritual duty is to ensure that you harbor beliefs that are lined up with the principle of unity. To the extent that you ignore this duty, you cause harm to other people by teaching separateness rather than unity.

Only if we all learn to line up ourselves with reality, affection, and might at the individual level will we be able to accomplish peace at the worldwide level.

The idea of command makes it clear that yielding command of your spiritual life to somebody else is an error. You must be the elemental expert in your life—not God; and not some guru, master, or instructor. Your spiritual practice is yours to lead. Feel free to consult with whosoever you want, but don't forget that you're in charge.

You can't delegate your spiritual command to anybody else. In the end this is a quest you have to pursue for yourself. In order for your notions to be lined up with command, they have to be effective. This implies that they have to ultimately meet the following 8 measures:

1. **Precise.** Effective notions have to be consistent with your observations of reality. Your notions can't contradict any facts you understand to be reliable.

2. **Broad.** For your notions to be effective, they must jointly address your whole field of experience. If you experience matters that lie outside your notions about reality, then your belief scheme is incomplete, and an incomplete belief system may never be totally trusted.

3. **Pliant.** Effective notions adapt well to fresh conditions. They provide appropriate guidance regardless of your job, income level, relationship situation, life-style, etc.

4. **Honorable.** It's never effective to acquire notions that lead you to harm yourself or other people. Such thoughts are rooted in concern and ignorance. Effective notions don't urge violence or knavery.

5. **Congruous.** Either your notions must be internally consistent with one another, or you have to have a clear technique of resolving incongruencies.

6. **Consciously selected.** You inherit your initial set of notions from your raising and social disciplining. But as a totally conscious grownup, those notions ought to be identified, examined, and then by choice changed or reintegrated. This is an in progress process that may take years, if not your whole life.

7. **Pleasure-increasing and/or pain-reducing.** Effective notions make you feel great, either by advancing your emotional state or as a side

effect of yielding the results you want. Effective notions likewise reduce fear by bringing reality to the unknown.

8. Empowering. Your notions ought to let you experience whatever is technically possible; they ought to never mislabel the possible as impossible. Subject, naturally, to honorable and moral circumstances, your notions shouldn't unduly restrict your abilities. If you believe something is impossible for you, then it must really be impossible, no matter your thinking. If a mental shift would change your abilities thru the placebo effect, then your notion is both disempowering and inexact.

Take a minute to put down a few of your present notions about reality. What do you trust to be real about your wellness, career, relationships, funds, spirituality, and so on?

Then check out the 8 criteria above to see how your notions measure up. If you don't like what you see, craft better tenets to supersede the old ones.

Remember that your notions are not merely observations of reality; they likewise shape and specify your experience of reality. A lot of the thoughts you hold most sacred might reveal buried falsehoods when you take the opportunity to consider the options.

Chapter 5:

Spirituality Bravery and Being Intelligent

Synopsis

In today's domain, it takes bravery and intelligence to think for yourself rather than blindly accepting what other people wish you to believe. It's up to you to hold yourself to the course with a heart and soul and to follow it where it might lead, no matter how other people judge you for it. Ultimately, your spiritual practice must be vastly personal and consciously selected.



The Final 2

As you get on your unique spiritual course, you might experience periods of drawn-out confusion lasting many weeks or longer. During such times, you might feel distant and unplugged. Reality abruptly makes very little sense to you, and you grow uncertain of everything. This dark night of the soul is a time of monolithic cognitive restructuring.

Your brain is reconsidering its prior model of reality in order to complete the jump to a fresh level of understanding. Regrettably, there are times when your old formulas are jumbled beyond repair, but fresh ones haven't yet formed. When this occurs, it may feel exceedingly unsettling. There isn't much you are able to do except wait it out.

Luckily, once you complete one of these jumps, you enter a period of unbelievable lucidity. It's like your whole brain has been retuned to a fresh level of reality.

I remember going through one of these periods a couple of years ago. I was attempting to reconcile my upper-level personal spiritual course with the practical realities of executing my business. On the one hand, I was really committed to helping individuals grow. Then again, I was a successful entrepreneur running a business. But, I lacked a total spiritual doctrine that brought these 2 functions of my life together in a way that felt great to me. I was going through a battle between executing a business to yield revenue and wanting to help individuals as selflessly as possible. For a lot of weeks, I lurked in this place of inner swarthisness and doubt. Eventually, my brain was able to see a fresh underlying order that made perfect sense to me. I recognized

that we're all cells in the same body, and that the wellness of the body depends upon the health of the cells. This made it clear that if I wished to effectively serve other people, I had to make certain I was likewise meeting my needs or my career wouldn't be sustainable.

In order for your spiritual practice to be really authentic, you can't compartmentalize it. You can't be a spiritual individual for an hour every weekend and then place that part of yourself on hold when you attend work on Monday morning. An intelligent spiritual practice is a holistic one. It mixes with all portions of your life, including your occupation, your funds, your wellness, and your relationships. According to reality, affection, and might, the greatest level of spiritual accomplishment would be perfect alignment with those things, which entails perfect intelligence. The elemental ideal of any sound spiritual course is to be infinitely true, endlessly affectionate, and infinitely mighty. By extension, this likewise requires infinite unity, infinite command, and infinite bravery. The ultimate spiritual quest is to endeavor to live congruently with all of these.

As the principles of reality, affection, and might are universal, a suitable spiritual practice must be universal also. This implies that even when you're doing your taxes, your spiritual notions must be applicable to the job at hand. If you face any spot in life where your opinions can't be employed, then they aren't universal, which implies they can't be aligned with reality, affection, and might. Even if you consider something as unremarkable as mowing your lawn, you are able to use the values reality, affection, and might to help guide you. Any additional universal spiritual rules must satisfy the same standards.

Wrapping Up

As you use the might of conscious selection to bring your life into better alignment with reality, affection, and might, the long-run result is spiritual wisdom and peace.

Your life accomplishes a fresh level of clearness where all the parts start working harmoniously together.

Our collective spiritual growth is based in our common interest in reality, affection, and might. These are our scouts through all the challenges of human life.

If it were in some way possible for everybody on earth to come together and agree on one spiritual doctrine, it would be one that contains the universal rules of reality, affection, and might.

These are the ideals that lead us not only as humans, but likewise as spiritual beings.

