

An aerial photograph of a city, likely San Francisco, with a large mountain (Mount Diabolo) in the background. The image is overlaid with a semi-transparent blue filter. The text is positioned in the upper right and lower left areas.

DAY 11

# Shortcut Spirituality

*By: Geordie Ziegler*

What is the **gospel**?

# Shortcut To Spirituality

**Robert Augustus Masters, Ph.D.**



## **Shortcut To Spirituality:**

*Shortcut to Spirituality* Bob Gottfried, 2004-04 What if you could achieve inner peace right now regardless of your life circumstances *Shortcut to Spirituality Mastering the Art of Inner Peace* is a non fiction manuscript based on the author's clinical work Unlike many spirituality and self help books this book goes beyond information to offer a multi dimensional approach that can save years of searching for inner serenity compared with either mediation or psychological techniques alone The book offers an array of significant life lessons introduced in a fresh and innovative way from resolving stress anxiety and depression to dealing with difficult people conflicts and complex emotions such as anger and grief It describes a unique process to cope with various health problems as well as death and dying Most significant it approaches these issues from a practical result driven perspective not usually associated with spiritual writings Many spiritual books are based on a special personal experience Others reflect traditional religious principles or Eastern philosophies In contrast *Shortcut to Spirituality* is based on the author's clinical experience as a therapist interacting with thousands of real people about daily challenges The book also discusses a number of controversial topics which readers will find stimulating and challenging

**Shortcuts to Mindfulness: 100 Ways to Personal and Spiritual Growth** Catherine Auman LMFT, 2014-07-06 Wake up to calmness and clarity with simple mindfulness meditations and stories Can't find time to meditate You can easily calm and center yourself with this collection of short essays by Catherine Auman Licensed Marriage and Family Therapist LMFT By reading this book you will experience mindful awakenings about spirituality your relationships love tantric sex how to become a better person Easy and enjoyable to read *Shortcuts to Mindfulness* offers simple but powerful stories and essays that will positively impact every area of your mental and physical health from productivity and focus to relief from stress and anxiety better sleep mind blowing sex personal relationships the benefits are limitless The result More headspace less stress Catherine brings this ancient practice into the modern world tailor made for the time starved among us **Yoga Journal**, 1983-07 For more than 30 years *Yoga Journal* has been helping readers achieve the balance and well being they seek in their everyday lives With every issue *Yoga Journal* strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty *Integrating Spirituality into Counseling* Andrzej K. Jastrzębski, 2022-09-14 *Integrating Spirituality into Counseling* uses the Christian tradition as a starting point for developing a universal frame of reference and is predominantly based on an existential approach to counseling one that is applicable to several faith traditions as well as spiritual but nonreligious audiences The chapters of this book proceed from the theoretical toward the more practical in a logical fashion allowing a clear distinction between different topics starting from meta reflection and finishing with practical applications The design of the book allows students to focus on whatever is of importance to them each chapter is self contained and can be read independently of the others *Integrating Spirituality into Counseling* is

designed for students of counseling pastoral care spirituality theology and chaplaincy It will provide readers with the tools they need to work with spiritual issues across traditions Students will also find advice for when to refer clients to religious leaders or ministers and they ll also deepen their understanding of the ways in which spirituality influences one s life

**Spiritual Bypassing** Robert Augustus Masters, Ph.D.,2010-07-27 A wonderfully significant and important book Ken Wilber The Integral Vision A timely and penetrating analysis of spirituality s shadow Stephen Batchelor Buddhism without Beliefs A spiritual teacher and integral psychotherapist offers a first of its kind study on how we use and abuse spiritual beliefs and practices revealing how to identify and move beyond what holds us back from living life fully Spiritual bypassing the use of spiritual beliefs to avoid dealing with painful feelings unresolved wounds and developmental needs is so pervasive that it goes largely unnoticed The spiritual ideals of any tradition whether Christian commandments or Buddhist precepts can provide easy justification for practitioners to duck uncomfortable feelings in favor of more seemingly enlightened activity When split off from fundamental psychological needs such actions often do much more harm than good While other authors have touched on the subject this is the first book fully devoted to spiritual bypassing In the lineage of Ch gyam Trungpa s landmark Cutting Through Spiritual Materialism Spiritual Bypassing provides an in depth look at the unresolved or ignored psychological issues often masked as spirituality including self judgment excessive niceness and emotional dissociation A longtime psychotherapist with an engaging writing style Masters furthers the body of psychological insight into how we use and abuse religion in often unconscious ways This book will hold particular appeal for those who grew up with an unstructured new age spirituality now looking for a more mature spiritual practice and for anyone seeking increased self awareness and a more robust relationship with themselves and others

**The Guardian Path: A Seeker Explores Wisdom in a World of Shortcuts** Pasquale De Marco,2025-03-03 In a world obsessed with instant gratification and quick fix solutions true wisdom has become an elusive treasure We chase after enlightenment seeking shortcuts and formulas to transcend our limitations Yet the path to wisdom is not a straight line it is a winding journey a labyrinth of experiences that challenge our assumptions and transform our understanding of the world In this thought provoking book we embark on a quest for wisdom a quest that takes us beyond the confines of conventional thinking and into the uncharted territories of self discovery We explore the pitfalls and paradoxes that often accompany the pursuit of enlightenment unraveling the myths and misconceptions that can lead us astray Along the way we encounter seekers from all walks of life each with their own unique story and perspective We delve into the teachings of ancient sages philosophers and spiritual masters gleaning insights from diverse cultures and traditions We examine the nature of the ego the obstacles it presents on our path and the importance of surrendering to the unknown We venture into the wilderness seeking wisdom in the beauty and harshness of the natural world We discover the profound teachings embedded in the cycles of life and death the interconnectedness of all things We learn to embrace impermanence to let go of our attachments and to find solace in the present moment Ultimately we come to

understand that wisdom is not a destination but a journey itself It is a process of continual learning growth and transformation It is a journey that invites us to embrace our own vulnerability to question our assumptions and to open ourselves up to the infinite possibilities of life This book is an invitation to embark on your own quest for wisdom It is a guidebook for the seeker a roadmap for the journey of self discovery With honesty vulnerability and a willingness to embrace the unknown you will find the path that leads to true wisdom a path that is uniquely yours If you like this book write a review

*A Spiritual Heritage* Glen Schuknecht, Ellen Bragg, 2017-10-24 A guide for raising children to be Christ following adults and parents With three adult children eleven grandkids and over forty five years in Christian education Glen and Ellen Schuknecht are asked a lot of parenting questions But the most common question is always How do I raise my kids to love God and love family even after they've left my nest The truth is that all the rules in the world will do nothing if parents don't reach their kids hearts Through compelling insightful stories from parents and grandparents who've been in the trenches the Schuknechts demonstrate why that heart level connection is so crucial in building long lasting connected relationships with a foundation of Christ These stories are intertwined with ideas tips and biblical truths any parent can engage with including a parent coaching questionnaire to help readers build a more connected parenting style The authors fresh approach empowers parents to find their own vision for their families tailor made to their children and their circumstances There's no magic formula here just truth grace and hope instead of to do lists Glen and Ellen come alongside fellow parents and grandparents to help them find the ideas they crave the hope they need and the grace they must have to raise passionate and God connected future generations

*Shortcuts to God* Gerald G Jampolsky M D, Gerald G. Jampolsky, 2013-08-22 More than twenty years after the publication of LOVE IS LETTING GO OF FEAR best selling author Gerald Jampolsky brings us the highly anticipated sequel In SHORTCUTS TO GOD Dr Jampolsky sheds light on the human longing to be closer to the mystical parts of our lives and teaches us to abandon our fears and embrace honesty forgiveness and love When asked why the sequel has been so long in coming Dr Jampolsky explained that learning about love can be a lifelong expedition one that has continuous cycles of hardship fulfillment and revelation each of which builds on the past to shape the self Fortunately for the rest of us Dr Jampolsky has emerged from his own spiritual journey much the wiser and ready to share the insights and revelations he's gleaned along the way SHORTCUTS TO GOD will jump start your journey to love and spirituality whether you're just starting down the path or well on your way to enlightenment

**Touchstones** Anonymous, 1986-07-01 Don't let life discourage you everyone who got where he is had to begin where he was R L Evans One cannot always be a hero but one can always be a man Johann Wolfgang von Goethe tells us but sometimes simply being a man can be a mighty struggle Take heart from this companionable book of daily meditations a year's worth of friendly words to cheer you on your way Speaking straight to men who are striving for serenity or trying to maintain emotionally and spiritually balanced lives these daily touchstones begin with quotations from sources as varied as William Shakespeare Wendell Berry Michael Spinks and Woody

Allen and conclude with affirmations that underscore the lessons of intimacy integrity and spirituality They explore the masculine role of lover or spouse father or friend and like a helping hand extended case the daily strain of making a man s way

**Science and Spirituality in Modern India** Makarand R. Paranjape,2006 Papers presented at the International Conference on Science and Spirituality in Modern India held at New Delhi during 5 7 February 2006

**Journaling for Spiritual Growth** Marc Alan Schelske,2025-08-05 A Guilt Free Non Intimidating Guide to How Journaling Will Change You Over the centuries journaling has emerged as one of the most consistently transformative practices recommended by leaders across spiritual traditions therapists coaches and others Why then are so many people intimidated by journaling today while others try it only to give it up feeling frustrated or guilty that they couldn t maintain the practice Author Marc Alan Schelske experienced the same feelings of frustration and guilt Through personal experience research and working with others he has compiled proven ways to develop and maintain a wholehearted and fulfilling practice of journaling which he s now kept up for over twenty five years Journaling for Spiritual Growth is different from other kinds of journaling Its focus is getting to know yourself better with an expectation of God s presence in the process and a commitment to listen Incorporating both ancient spiritual wisdom and current neurobiology Marc explains how to be present to your life and hear what the Spirit is doing within you Although based in the Christian tradition this material has been used successfully by people from a wide variety of backgrounds and traditions Through a step by step process over six weeks you will gradually learn and grow in the practice of journaling through empathetic instruction and prompts infused with gracious flexibility The author shows you What mindsets and questions are most helpful for lasting growth Which journaling pattern is the best fit for you What expectations undermine and enhance journaling s effects How to create a sustainable habit for your individual life and temperament As you are guided by this encouraging book you will find journaling to be a vital and life changing spiritual practice for you

**Understanding Spirituality and living it 24x7: Real Questions, Rational Answers** Ramesh Bijlani,2025-06-30 From being a fashionable substitute for religion to a sophisticated synonym for being a good person and many things in between spirituality can mean anything But what does it really mean Why should we know what it really means Is spirituality mere intellectual entertainment Isn t it enough to be a good person and let rationality guide life Understanding Spirituality and living it 24 x 7 answers all these questions and more in a language that is clear simple and easy to understand Using examples from everyday life it shows how spirituality can bring joy peace and fulfillment to individuals as well as make the world a better place to live in

Religion of the Rustic Gods Vs. the Gospel Truth Uche Ephraim Chuku,2007-05 The motive of all customary religions is the same to jointly serve the will of the wicked gods of the world They also have one clear and simple message for enlightened humankind to return to the Eden like life of total spiritual blindness and shamelessness presented in various ways by the various religious sects The brave achievements of Adam and Eve in Eden receiving the divine fruit of the knowledge of good and evil for humankind still pose great worries for Yahweh

Allah and the other sneaky gods of the world In retaliation the gods try to reverse humankind's spiritual gains through the devious activities of human religion Religion of the Rustic Gods Vs the Gospel Truth Religion without Reason Book 5 examines the teachings of the various major religions of the world Uche E Chuku asserts that in respect to humankind's quest for true spiritual salvation Hinduism Jainism Sikhism Buddhism Confucianism Taoism Shinto and all other religions are simply religions for nothing What they espouse as mystical awakening is blindness to the basic facts of this life Chuku discusses how the founders of all the customary religions of the world have become the thieves and robbers of human souls and why seeking to unite with the gods of the world is seeking to share in their eternal spiritual damnation *Reading the Christian Spiritual Classics* Jamin Goggin, Kyle C. Strobel, 2013-05-01 This new collection of essays edited by Kyle Strobel and Jamin Goggin offers an evangelical hermeneutic for reading the Christian spiritual classics Addressing the why what and how of reading these texts these essays challenge us to find our own questions deepened by the church's long history of spiritual reflection

**CULTIVATING SPIRITUAL MATURITY** Lalitha Thomas, 2018-05-17 The much needed message of this book is that spiritual practice is not a weekend hobby or an activity for adolescent seekers of any age Instead Lalitha makes a case for mature spirituality which evolves from a serious commitment to the Path and assumes dignity integrity and personal responsibility for one's life choices She proposes a series of questions that matter including What Path Are You Really On What Are You Seriously Committed to What Do You Call Love Are You on Your Deathbed The playing field of spiritual maturity can never be separate from one's everyday life one's work relationships art physical limits suffering aging and dying Lalitha affirms And it will always reflect a sacred regard for the highest principles one's aim along with gratitude for what is and kindness generosity and compassion toward others Lalitha is a spiritual teacher and a farmer her ashram in BC is also a working organic farm She knows the disciplined efforts needed to prepare a ground for planting to nurture and maintain young shoots to guard against predators and to harvest a mature crop As a long term spiritual practitioner she has worked with students for over twenty years She knows the risks the sweat and the fruits of the spiritual path Full of practical help her book cites dozens of examples relative to spiritual authority doubt and confusion a life of practice and the facing and embracing of death as well as other issues that matter She is the author of *Waking to Ordinary Life* and several books on health and healing

**His Yoke Is Easy** Debbie Stern, 2022-08-01 A Simple Daily Devotional That Fits Our Busy Lives To know God better does not require hours of study or lengthy investigations of His Word All that God requires is an open heart We all can have a closer relationship with Him and a fuller life through Him These short daily insights in this devotional will help you obtain the fullness of what God is offering Just a few minutes a day is a great start to a much greater life

Spirituality for Christians Reference for the Rest of Us Olumide K. Olamigoke, 2006-01-30 This is a practical book that may help you build a personal best of the best relationship with God I mean the best of the best Sound Spiritual relationship with your Creator the One that also nourishes and guides you Several other relationships the world cherishes and cultivates

with God are religious and more often that of accumulating wealth material gains positions of power and control awards and recognition education certificates diplomas and degrees Most people base a sound progressive and successful relationship with God on the achievement of those mundane things YOUR Primary Relationship with God is spiritual Father Spirit Son or Soul and should remain that of spiritual values and ideals such that in time you can say I was caught up to the third heaven last night I can hear the inner Sound of God crystal clear I am illuminated by the inner Light of God God is real to me I have discovered the straight gate and the narrow path within me that lead to the Kingdom of God I experience and share Divine Love every moment I know how to be still to see God s true salvation I can mount up with wings like the Eagle I saw myself as Soul this morning dressed in a White Garment of Light This book teaches you how to become a true worshipper a Godlike being It teaches you how to worship God in Truth and in Spirit      Fearless Vision Project Lynne Leahy,2013-12-18 The Fearless Vision Project is a simple and practical way to ignite universal energy to fulfill your ambitions and life goals through the power of visioning It begins with the creation of your Fearless Vision Project book The Fearless Vision Project book like the stars at night will be a treasured lifetime visual journal always guiding you towards your greater good You can then meet with others to supercharge your visions You can use this book in a mastermind group a meetup group or create your own Fearless Vision Project group Your Fearless Vision Project book is portable and private But unlike a vision board in the privacy of your office or bedroom the Fearless Vision Project when shared with others creates accountability Its pretty hard to start backpedaling on your goals and dreams when your friend or group has already seen the bigger picture of you The Fearless Vision Project will propel your life and your career to new heights      Managing Stress: Skills for Anxiety Reduction, Self-Care, and Personal Resiliency with Navigate Advantage Access Brian Luke Seaward,2023-12-22 Managing Stress provides a comprehensive approach to stress management honoring the balance and harmony of the mind body spirit and emotions Referred to as the authority on stress management by students and professionals this book equips students with the tools needed to identify and manage stress while teaching them how to strive for health and balance The holistic approach gently guides the reader to greater levels of mental emotional physical and spiritual well being by emphasizing the importance of mind body spirit unity      **SPIRITUAL AWAKENING** Darshan Singh,2025-02-22 The Golden Age begins with each of us it begins within each of us There is a sure definite path which we can follow to realize the totality of our potential the path of Spiritual Awakening It is at once man s oldest and his newest preoccupation We need only look at recent medical research in life after death experiences and studies in the New Physics to realize that science itself is now confirming the insights of the ancient prophets and mystics The language and symbols may change as time passes or as we move from one culture to another but the underlying truth is the same The talks collected here fall into three parts Part I Eternal Science deals with the fundamentals of spirituality Part II Crucible examines the daily discipline necessary for success on the spiritual path Part III Alchemy of Love considers love as that alchemy which alone transforms the human into the divine Finally Part



IV comprises questions and answers which explore related issues If some of the chapter titles appear to be unusual for a collection on mysticism and spirituality there is an unusual explanation I made my first tour of America during the summer of 1978 A two month program of lectures was planned but much to the dismay of those traveling with me the suitcase filled with all my notes articles and manuscripts the material for my lectures was lost by the airlines With talks scheduled for almost every night what was to be done As I then remarked The choice is to turn and flee or to plunge headlong into the program Relying on the grace of the great Masters Hazur Baba Sawan Singh and Sant Kirpal Singh I decided to take the plunge According to an old tradition in India parents are honor bound to preserve the purity of their daughter up to the time they give her away in marriage So I prayed to the Masters to preserve their own honor and they came to my rescue Because of these circumstances the themes of the talks often suggested themselves by the accidents of the moment On one occasion as I walked to a hotel lecture hall a marriage party was in progress and the result was Eternal Spouse On another the hotel's air conditioning failed and the guests squirmed in discomfort This mechanical breakdown became my point of departure for Air conditioning This collection of talks also includes several delivered in India and these too follow a similar pattern of development After particularly heavy rains floods destroyed much property and tragically took the lives of many people in Delhi Witnessing the extent of this disaster on the way to deliver a weekly discourse I spoke of the Boat of Naam I am indebted to Vinod Sena Ruth Seader and Jay and Ricki Linksman for preparing this volume for publication Some of the chapters contained herein have previously appeared in periodicals and I am grateful to Malcolm and Kate Tillis for reviewing those chapters Thanks are also due to those who assisted in transcribing typing typesetting paste up or proofreading They are Jamie and Martha Smith John and Isabel Wolf George Barham Ron and Valerie Tarrant Sandy Glassman Dale and Marsha McCurley Alex Vafiadis John Servidio Jonathan and Douglas Kruger Chris and Katie McCluney Jane Disinger Georg Koester Meena Kumari Joanne Wiemeyer Mary Paton Eliot Rosen Ed Wallace Julius Burt Bruce Dodd and Sham and Sunaina Bhatia Darshan Singh

## Unveiling the Magic of Words: A Overview of "**Shortcut To Spirituality**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Shortcut To Spirituality**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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