

Introduction

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.

Denise Waitley

Readers of my book, *Path for Greatness: Spirituality at Work* told me they wanted more. I felt I had said all that I had to say. Well it's amazing what a few years of life experiences can teach us about how to move along our spiritual path. Besides my own personal transformative work, I've been privileged to hear many wonderful stories in the course of sharing my work with groups all across the country. Readers have emailed or called after finishing my book and told me how my book helped them make the transformation they were struggling with at the time.

Still I was hesitant to write yet another treatise on how one lives an awakened life. What could I possibly say that hasn't already been said before? I've realized that if people would have already understood how to walk this path based on what has already been written or taught, we wouldn't have the turbulence and violence that we see today. The world would be a far more peaceful, consciously loving place if people knew and practiced the ideas contained in the writings and teachings of the ancient or contemporary sages. All the great faith traditions teach how to live in Love.

The following story highlights why I finally accepted the idea that I should write this book.

A synagogue had called a brilliant young rabbi to be their new teacher. Everyone was thrilled with getting this young man because his reputation as a thinker and teacher was well known. In his first service he gave a brilliant message and the members were very pleased they had hired such a fine teacher. The next week the rabbi presented the same message. Some of the members of the synagogue scratched their heads and thought maybe the rabbi had forgotten he had said the same thing the week before. After the third week when the rabbi presented the same message, some of the members of the synagogue went to the elders questioning whether the young rabbi indeed was all that he was built up to be. When the fourth week the rabbi presented the exact same message the elders knew they needed to approach the rabbi. The elders pulled aside the rabbi after services and said that they really liked his presentation style and that they were waiting for him to share more of his insights with the congregation. The rabbi simply smiled and said, "When you've truly gotten the first lesson, I'll move on to the second one."

The primary lesson is that we need to remember that we are spiritual beings here on this earth journey to consciously evolve. Your soul chose your unique particular life for your greater growth and beauty. Your conscious evolution involves learning your key soul lessons, learning to offer and receive love, and staying connected to your Divine Essence.

The better able we are to awaken to our soul journey as we navigate through our physical world and daily living, the more we can share our Divine Essence. We are each here to love and share that Love unconditionally.

Great masters and teachers throughout time have offered ideas for enlightenment. So what does this book offer that is new? Perhaps nothing. But I hope that I might include some stories or insights in just enough different ways for you to continue on your journey. This book, like so many others written over the centuries, tries to help illuminate key spiritual lessons and help readers consciously recommit to their soul journey.

As I explained in the introduction of my first book, the way I use language here is important. References to personal pronouns will be alternated such that "he" may be used in one sentence and "she" in the next. The intent behind this is to be as inclusive as possible and to avoid focusing on one particular gender when making a point.

Because there are so many interpretations and characterizations of a divine power, I want to be explicit in how I am referring to such a power. Specific words that are capitalized throughout the book refer to the "Abiding, Abundant Love that goes by many names yet is beyond naming." This is done in recognition that one word for this Presence is too limiting.

This book is meant for those of you who are seeking a path of enlightenment, self-actualization, and spiritual integration in your life. It is meant for those of you who have felt pain deeply enough to change something in your life or wish to experience greater joy in your life. It is for those who have experienced the call for personal transformation and want to learn how to make it stick. It is also a reminder text for those of you already on the path of being a Light unto the world and perhaps in need of a bit more inspiration and rejuvenation in your work. Jack Kornfield wrote another excellent book on this subject *After the Ecstasy, the Laundry*. It was an important book for me to read and it helped me strengthen my resolve to make my personal transformations stick.

In the pages that follow I will share more stories of my own journey and others' transformative work. I will expand upon some of the ideas in my first book and offer more ways for finding or regaining your center even in the midst of chaos or upheaval. Ultimately this book is about integrating spirituality into daily life. It occurred to me while speaking to a group about my first book that it could have been titled "Life as Spiritual Service". Your life needn't be mundane or meaningless, it can be so joyous and rewarding you can hardly contain that joy. It requires persistence and commitment to follow the path of Love. Learning how to live life in spiritual service will help you follow your path of Love.

Many people unfortunately can't fathom being a light for others because they are in such a place of pain or woundedness. For too many people just surviving another day is a major challenge. We must help others find their inner light and share our own light along the way. Perhaps you are reading this book now so that you can be such a guide or torch bearer.

I was introduced to the singer songwriter Chuck Brodsky about a decade ago and I love these lyrics "We are each other's angels, and we meet when it is time. Go answer the calling, go and fill somebody's cup. If you see an angel falling, won't you stop and help them up."

Thank you for picking up this book and trying out the ideas. Thank you for continuing on your journey towards inner peace and transformation. Thank you for being a Light for the world.

Come, Come Whoever you are. Wanderers, Worshipers, Lover of Leaving. This is no caravan of despair. It doesn't matter if you've broken your vows a thousand times. Come Yet Again Come.

Rumi