

CONTENTS	
Introduction	11
How to use this book	16
An overview	19
Establish a Spiritual Value System	27
Techniques	33
A little humility helps	34
Patience and perseverance: A spiritual farmer	35
Enthusiasm for the task: A child walking	36
Practise regularly: The musician	37
Commitment	38
The ABCs of Meditation	41
Meditation in the simplest sense	45
More ABCs	48
A Life Crisis	55
A confirmation of sorts	65
Just What Did Those Teachers Say?	71
The nature of the mind	78
Consciousness	85
Breathing and consciousness	92
The Consciousness Play	97

Concentration & Meditation	103
Let's make some observations	106
From concentration to meditation	111
 The Cosmic Onion: Holistic Meditation	117
Change your mind!	127
 Inner and Outer Development	139
Meditation for the body	140
Meditation for the vital	142
Meditation for the mind	143
Exercises for the mind	144
The power of words	145
Meditation for the heart	154
Living a meditative lifestyle	157
 The Beginning of Self-Mastery	161
A moment to clarify “the heart”	164
A healthy inner disassociation	164
A glimpse of the spiritual Teacher	166
Eggs and onions	167
 Spiritual Transformation	169
The transformation of sexual energy	172
“But I can't do that!”	174
 Problems and Adversities	177
Two life-tasks	178
Learning our life's lessons	180
Problems, problems, problems	182

Don't look back	184
The situational problem	187
The personal problem	192
The responsibilities of life	199
Life Progressions	203
From unconscious	
to conscious aspiration	204
Tolerance	206
The law of karma	207
The Teacher and the Path	211
Just what is the experience	
of a spiritual Teacher like?	212
Is a Teacher necessary?	215
A Spiritual Path	218
How does a spiritual Teacher actually teach?	219
Why not learn from many teachers?	222
How do I find a Teacher?	223
But I want to do this by myself	225
Is it you who is taking the teacher?	227
Communion in consciousness	231
At the Feet of my Master	237