

# Introduction



*"... in the future no human being is to find peace in the enjoyment of happiness if others beside him are unhappy."*  
- Rudolf Steiner

## **The Whole Book**

The spiritual lessons herein came from ancient wisdom. They are incredibly hard to sum up or group or reduce. They defy categorization as you are going to see - they are, each one, a whole life's work and a whole solution to life's big questions. I could have introduced every one of the 20 chapters by saying, "All of life is about ... ," and then named one of the opportunities: *heart thought* or *belief* or *reawakening the child in the adult* or whatever. The reason for this is that a true spiritual lesson actually contains all of the other spiritual lessons in it. So, my recommendation for reading this kind of book is to come back to it often, crack it open on any random chapter, then let yourself go and have fun in that chapter as if you are reading the secret of secrets and there is no need to know anything else.

## The 20 Opportunities

These are my favorite exercises. I've used most of them for about half a century. They are simple things. Each one of them takes less than a minute. They are answering a question that has been nagging at my brain - and perhaps yours - our whole life. The question is something like, "Do you want to change? Do you wish you could be another version of yourself, one that is a little bit better in some ways? Do you wish to help the world?" Well, that is what transformations are all about. They are exercises to spiritually awaken so that we can do some of those things.

What is *spiritual*? Do you remember when you were a child? Do you remember the time before life heaped layers of experiences upon you? If you could recover how you were when you were a child, that would be a spiritual awakening. Why? Because, when you were a child, you were pure and innocent, and, in a certain way, you knew what good was in the highest sense. You knew what GOOD was. That is *spiritual* - for your higher self to know what you *really want*. And for most of us this takes change ... transformation. That's all there is to it.

**Transformation.** So, how to transform? Let me get a few rules down, here. There are a few things you have to know. Number one, it's not easy. Number two, it's not fast. And, number three, you have got to do it yourself. You can't get anyone to change you with some kind of a quick fix. You have to go through what an addict has to go through, because we are addicted *to the head!* And we have to get back to the heart. So, if that's your addiction, how do you handle it? You 'unlayer'. You let go of your thinking that is in your head, and you learn what it takes to have a *heart thought*.

What is a *heart thought*? It's a thought that includes what your head knows and what your gut knows. It's where your heart is the boss over the head, heart, and gut. It's the highest truth you know. The spiritual awakening. So, I'm going in circles. Yes. All of my

exercises go in circles, because they say, "If you want to transform yourself, yes, go transform yourself!" But, that's basically it. You kind of know somewhere inside you, what you wish at any one time in your life, if you stop and heart-think about it.

### **The Method**

Getting there is the whole problem. Rabindranath Tagore said, "It is very simple to be happy; but it is very difficult to be simple." It's an 'unlayering' of everything - a dismantling - a letting go of stuff. And guess where that stuff is? In the head. So, if you can let go of those kinds of thoughts and clear out and get back to the heart, then you are awakening. You are transforming yourself.

So, the basic method is to do it repeatedly. That is how you do it to yourself. Keep coming back here to listen to these one-minute exercises or read some good books or listen to some people who are mentally and spiritually healthy. Do this repeatedly - while your day is in progress. By using this repetition method, you will find yourself slowly becoming the next version of yourself.

That's it. I wish you luck. I hope that you enjoy them, and I'll see you when you come back, in one of those tomorrows.

