

Contents

Preface: Why I Am Writing This Book 9

PART ONE

1. The Gift Is Already Given 17
When You Surrender to Fear and Distraction, 19 | When You Joyfully
Surrender to God, 20 | Discover Your Birthright, 22 | Prayer —
Practicing Heaven Now, 25

2. The Great Unsayings 27

3. Three Ways to View the Sunset 30
The Urgent Need for Contemplative Seeing, 31 | What It Means to Be
a Mystic, 33

4. We Should Have “Known” Better 34
Knowing Worse: All-or-Nothing Thinking, 35 | Knowing Better:
Contemplation and Presence, 36 | Mystical Christianity: A Critique
from Within, 39

5. A Lesson from the Monks 43
The Limitations of Individualism, 44 | A Debate Everyone Can Win, 47

6. Glimpses of Wonder: The Quest Is Begun 50

7. But We Have to Make Judgments, Don't We? 53

We See What We Are Ready to See, 53 | The Radical Perceptual Shift:
Is It True? 57

8. Yes, But 60

9. Not Many Things, but One Thing 63

Getting Thrown Off Your Horse: Sudden Conversion, 64 | Gradual
Conversion, 67 | How Martha Becomes Mary: Willfulness and
Willingness, 69

PART TWO

10. What about Jesus? 75

The Prayer of Jesus, 78 | Not Here, Not There, 83 | The Two Heels of
a Christian Achilles, 88

11. Conversion: Begin by Changing the Seer 93

Healing the Observer, 94 | Three Levels of Conversion, 96

12. Change Your Mind 99

The Ego Hates Change, 101 | Different Religions, Same Ego Resistance,
102 | Inertia Resists Change, 104 | Heaven and Hell: You Must Change
Again and Again, 106

13. Things "Too Good to Be True":
From Polarity Thinking to Prayer 109

Reframing False Dilemmas, 110 | Alternative Consciousness, 111 |
Prayer Is Resonance, 112 | Experience Impossible and Improbable
Things, 114

14. The Lost Tradition 117
The Decline of Contemplation, 121 | More Recent Rediscoveries, 124

15. Faith Is More How to Believe Than What
to Believe 129

16. Opening the Door:
Great Love and Great Suffering 135

PART THREE

17. What Nondual Thinking Is Not 145

18. The Watchful Gaze:
What Do We Mean by Being “Awake”? 150

19. The Meaning of Spiritual Love 157

20. Sinners, Mystics, and Astrophysicists:
How to Celebrate Paradox 160
The Value of Paradox, 161 | Greek Logic, 166 | Trinity, 167 | Physics
and Astrophysics, 169 | What It Means to Follow Jesus 171

21. What Every Good Leader Knows 174

22. The Principle of Likeness:
In the End, It All Comes Down to This 178

Appendices
PRACTICING THE NAKED NOW

Appendix 1 | Levels of Development 185

Appendix 2 | Training for the “Third Eye” 188

Appendix 3 | Litany of the Holy Spirit 190

Appendix 4 | Practicing Awareness 193

Appendix 5 | Christian Tantra:
The “Welling Up” Exercise 195

Appendix 6 | The Prayer of the Self-Emptying One 197

Appendix 7 | The Virgin Prayer 198

Walking Meditation: The Mirror Medallion 200

A Joyful Mind 202

The Shining Word “And” 205

Notes 207