

COSMIC MOMENTS

Contents

And

Part One: “How to Use this Book”

COSMIC MOMENTS

Inspiring Reminders Of
Your Eternal Nature

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PART ONE

HOW TO USE THIS BOOK

How to Use This Book

*A*s a spiritual seeker, you know that the complexity and chaos of the physical world can at times make it difficult to turn your attention to the true spiritual nature of life. From my years of work as a spiritual counselor to many people, it has become clear to me that spiritual seekers need ways to help them remember who they are as eternal beings living a temporary life in a physical world.

The most effective way to awaken to your eternal nature is to have an ongoing spiritual practice that you do every day, such as meditation, prayer, Yoga, Tai Chi, a spiritual communion with nature, or other such focal points. Yet, many people who have such a focus tell me that they often lose the inspiration that they gain from their spiritual practice when they go out into the world to cope with the realities of a demanding society. Also, they say that it is difficult to stay inspired when they feel discouraged or frightened from their constant exposure to daily news reports of disasters and tragedies that occur around the world.

Others who do not have a spiritual practice tell me that they are so busy earning a living and making their way in the world that they just do not have the time to meditate, or drive

to a Yoga class, or commune with nature.

In my work, I have discovered that, no matter what a person's life situation might be, no matter how busy their days are, they can learn to create at least a brief moment of spiritual experience in their daily life. This means that *you* can create such spiritual moments. And, with practice, those brief moments can come to be very deep and very inspiring. In time, they can become *cosmic moments* that awaken you to the magnificent spiritual realities of life.



I have written this book to help spiritual seekers achieve those inspirational moments, no matter where they go, or what they need to do in the world. Drawing upon more than forty years of spiritual work with individuals, and my own deep experiences of expanded consciousness, I have prepared a series of powerful daily statements that can help you awaken to your eternal nature as a soul.

I call these statements *reminders*. I use the word, “reminder,” because I believe that within each of us, hidden beneath our conscious awareness, there is already an intuitive knowing of the spiritual truths of life. We simply need to be reminded of those truths so that they can be brought forward to become part of our conscious awareness.



The reminders in Part Two present powerful ideas and inspiring statements that you can first *think* about in a deep way. Then, as you use the statements day after day, you can begin to *feel* the underlying spiritual realities that the words are describing. Using these reminders consistently over a period of time can help you awaken your ability to experience the majesty of the spiritual realities that sustain your being.



Each page gives you a different important reminder. Some of

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the statements are focused on the underlying spiritual realities that seekers have investigated throughout the ages—the all-loving Creative Source of life; the Divine Universal Consciousness of which we are all a part; the eternal Oneness of life; or, what some people think of as God. There are also some reminders that offer effective ways to work with your thoughts, feelings, and actions in daily life to help you create the fulfillment that you desire.

Most of the reminders present complete ideas that you can absorb and quickly understand. A few of them are intentionally enticing. They are designed to stimulate *initial* thoughts in your mind, and then give you the opportunity to expand on those thoughts in your own way. With those reminders, you can complete the ideas for yourself.

You will notice that some of the reminders address a similar theme, but they each approach it from a different angle. That is because my experience has shown that these are very important themes and we all need more practice with them on a daily basis.



An effective way to use these reminders is to choose one to work with for a full day. In the morning, before you go out into your activities in the world, read your chosen reminder with a sensitivity to the *thoughts* that it stimulates in you. For a few minutes, think deeply about the content of the statement.

Next, shift to your *feelings*. Invite yourself to feel deeply moved, or comforted, or inspired, or to have some other strong positive feeling that is stimulated by the thoughts that you are having about the reminder that you just read.

In this way, you can create a spiritual moment that will help you begin your day with *inspiration*, rather than beginning with thoughts about the complexities and challenges of the world that you must deal with in the coming day.

Then, during your day, re-read your chosen reminder. Allow it to stimulate thoughts and feelings of inspiration as often as you desire throughout the day. That will help you create calming, loving feelings to balance the intensity of your ordinary thoughts and feelings that are associated with the many pressing details of your life in the physical world.



In working with the statements, you might choose to begin with the first one for a day, and then each day move on to the next reminder.

Or, you may choose to simply open the book at random each day and work with the reminder on that page, trusting that it will be the right inspiration for that day.

If you particularly like a certain reminder, finding it especially meaningful and inspiring, then work with that same one for several days.

Use your creativity to go through the book in the way that is most helpful for you. The important thing is to open yourself to inspiration throughout each day, using the reminders as a catalyst for awakening yourself to the deeper truths of life, and for remembering who you are as a spiritual being.



The process of discovering your eternal nature can enrich every day of your journey through life. It can become a journey of greater joy, love, and exciting fulfillment. As you awaken to the true majesty of your being, that experience can make even the most ordinary moment a cosmic moment.

