

# Introduction

My spiritual journey was transformed when I was twenty years old after an intense period of meditation that lasted a couple of months. I had been practicing meditation for about two years and had been a philosophical thinker all of my life. But at that time, I did not have any definite spiritual belief. I knew there must be some kind of Higher Power, but I had long since let go of the concept of God that I had learned as a child. One evening, following a deep meditation, I had an experience that others have termed cosmic consciousness and what to me was direct contact with my soul and with God or the Divine Creative Principle that pervades all existence. For a period of about an hour, I experienced what I can only describe as being one with the Infinite Universe. I asked questions and received answers that could not possibly have come from my own mind. This experience changed my view of spiritual reality forever. I could clearly see that the entire universe works in perfect harmony as one eternal, symbiotic organism. Every energetic cell affects every other cell and every thought of every being affects every other being. The law of cause and effect, or karma, is a living, breathing dynamic. And everything occurs at the same moment. There is no sense of time or space in this state of supreme reality.

I understood from that moment of cosmic consciousness—a moment that has never been duplicated in my life but that I approach in meditation each day—that we are all one. My purpose in life became to empower others to a deeper understanding of themselves and to help people experience our essential oneness. My purpose has evolved through many different arenas in my adult life, including tennis instructor, minister, writer, cofounder and executive editor of *Meditation* magazine (a national consumer magazine published from 1985 to 1992), and most recently as a director for Sage Publications, a world-renowned, social science publisher. All of my successes,

both personally and in empowering others, have been a result of applying the principles set forth in this book. I have learned how to apply these principles both through failure and success, struggle and surrender.

I recognize the spiritual truth at the heart of all religious systems, but I do not belong to any one specific faith. I consider myself a member and supporter of all paths of spiritual growth and worship. I find the variety of customs and rituals of different religious and philosophical systems richly beautiful and refreshing. I also recognize that the deeper one goes into one's own faith, the more unified becomes the understanding of Spirit. As a great spiritual teacher once said to me, "There are many roads home."

The impetus for writing this book is born from my heart's desire to share the profound joy and fulfillment I have gained from practicing *The Magic of the Soul*. My intent is to offer an experience of soul to the reader—a map that can guide those interested enough to follow it into its splendor—to a life of increased magic, wonder, fulfillment, peace, and creative service. Thank you for allowing me to walk with you for a while as you explore the magic of your soul.