

The Practical Spirituality Series

Books in **The Practical Spirituality Series** (authored by Chris Tong, Ph.D.) are aimed at addressing core issues of genuine Spiritual practice, in a manner that is very easily accessible to readers with no particular background in Spirituality or Spiritual literature, but whose hearts yearn for Something Greater.

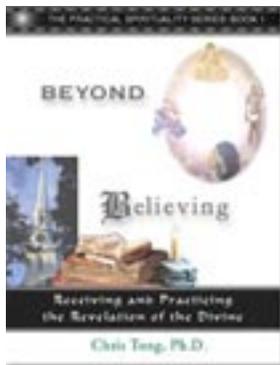
www.practical-spirituality.com



These books are published by The Practical Spirituality Press. All booklets are available as "eMatter" – digital documents – and are viewable and printable in PDF format, using the (free) Adobe Acrobat Reader.

All books \$5.00

PUBLISHED TITLES



1. Beyond Believing: Receiving and Practicing the Revelation of the Divine – A recent Gallup poll reported that 86% of all American adults believed in God. "Belief in God" is the primary way many of us describe our relationship to the Greater Reality. But why settle for just believing in God, when the tangible, ego-shattering experience of God would revolutionize your life? How "religion" became equated with "belief in God". The restoration of "re-ligio", the means for genuinely "re-connecting" with God.

"Speaking from my own religious experience, the occasional, personal knowing of God, in itself, does not confer staying power and retrieval of that ecstasy. The memories wear away with time. However, the consistent practice of the Revelation of God in the presence of a Realized Master confers depth of insight and Divine Transmission beyond one's own limited capacity. This is the practice that makes consequential the age-old belief in help from higher realms. Thank you for this labor of love!"

★★★★★
review

Lee Sannella, M.D., author of **The Kundalini Experience**

The PRACTICAL SPIRITUALITY SERIES addresses such core questions as:

Why do we suffer? What can we do to be happy? Is it possible to be perfectly happy? What, in spiritual terms, is the **root** of our un-happiness, from moment to moment? If change of circumstances (wealth; fame; a desired career; a loving partner, children, and friends; etc.) don't guarantee happiness (and this is clear from the records of the wealthy, the famous, the successful, and even the loved), then **what does**? What spiritual means are available for restoring us to happiness?

Books 2, 3, 9, 10, 11, 15, 19, 24

What can we **do** about the fact of our own mortality? What **does** happen after we die? In what way – precisely – does how we live impact what happens to us after we die? What is the best way to live in order to serve tangible spiritual growth, as well as our destiny after death?

Books 4, 5, and 6

Is it possible to go beyond just talk of and belief in God and a Greater Reality, and actually have direct experience of that Greater Reality? Does God exist? Why are we not aware of God **right now**? How do we actually find God for real? How can we stay in communion with the Divine Being under any circumstance? What is God really like? How can we know God directly?

Books 1, 3, 12, 15, 17, 18, 21, 25

What is the nature of the Greater Reality? How do the various teachings and Realizations of shamans, saints, yogis, and Spiritual Masters relate to each other and to the actual nature of Reality? Is it actually true that all paths to God are equal? Or are there real differences between religions and Spiritual paths that are important for us to know about in order to find the **most beneficial** Spiritual means? What is the greatest Spiritual potential and destiny we can realize, and what means is available for realizing it? Why aren't such Spiritual means more generally known or more widely practiced?

Books 2, 3, 7, 8, 9, 10, 11, 12, 13, 14, 15, 23

Tell me more about the tradition of genuine Spiritual Masters, the different degrees and types of Spiritual Masters, and what the relationship with a **living** Spiritual Master is like.

Books 2, 3, 6, 10, 11, 13, 14, 20

What are the connections between religion, spirituality, and science? What are the limits of the materialistic view?

Books 8, 12, 15, 16, 22, 24

2. Being Real, Part 1: Secrets of Human Transformation –

The impulse to change springs out of dissatisfaction and unhappiness. But what change is actually possible? And what bearing do approaches for change actually have on our happiness? In this book we will examine a variety of approaches to transformation, from Sigmund Freud’s psychotherapy, to Stephen Covey’s “7 Habits”, to the self-transcending God-Realization of the great Spiritual Masters.

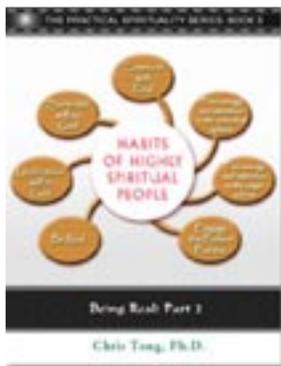


54 pages – May, 2000



“Tong is terrific! He debunks the buzz around popular self-help authors, claiming that the self cannot be the agent of change on its own behalf. Since it is the soul that experiences profound change, the self is but a step-child; it may be the last to know things are different. However, the soul cannot change on its own. It needs guidance.”

Gabby Hyman, spirituality editor, **Mighty Words / Fatbrain**



3. Being Real, Part 2: Habits of Highly Spiritual People –

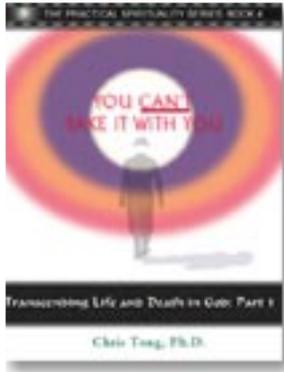
Perfect Happiness is possible through Spiritual Awakening from the dream of ordinary life. We provide a picture of the Spiritual practice for Waking Up, in the form of seven habits that serve to free up energy and attention from the dream so that the Awakened State can be discovered. The key to the practice is the Spiritual Master, who is the “guise” taken by the Awakened State in the dream, and who transmits the Morning Light into the dream to Wake us Up.

69 pages – June, 2000

“Wake up! This third installment in this author's spirituality series helps you break the trance of daily routine, surrender and allow God to transform your life.”



Gabby Hyman, spirituality editor, **Mighty Words / Fatbrain**



4. Transcending Life and Death in God, Part 1: You CAN'T Take It With You – Does your life have a purpose? If so, is it one that isn't going to get instantly ripped off when you die? Many of us spend our lives denying death, allowing ourselves to be completely consumed and distracted by our responsibilities, our indulgences, and our search for things we cannot take with us after death in any overt form (knowledge, accomplishment, fame, or friendship). But death is still coming. We get little support from culture, society, biology, or even conventional religion for becoming adequately prepared; indeed, we are actively discouraged from even considering the matter. In Western society, the “dying business” at best tends to help us come to the point of acceptance of death (which should be true for us right now). And the “death business” tends to assist the living go on living rather than assist the dead in their transition, as more informed cultures do. This booklet sensitizes us to our mortality, and encourages us to start preparing now.

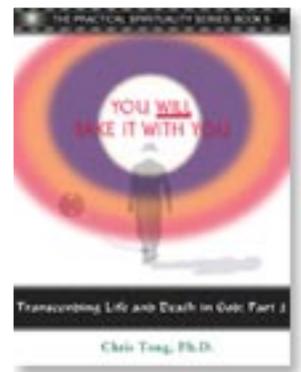
42 pages – July, 2000

“Neither money, property nor prestige will follow you to the afterlife, but you can take riches in the form of love, says Chris Tong in Transcending Life and Death in God. His spirituality series for MightyWords continues with this essay on connecting with God to get honest about your life and death.”



Gabby Hyman, spirituality editor, **Mighty Words / Fatbrain**

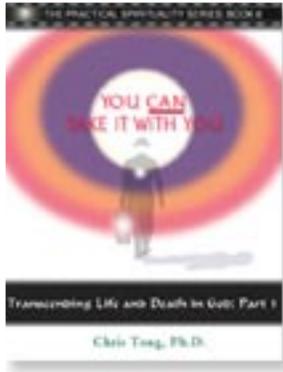
5. Transcending Life and Death in God, Part 2: You WILL Take It With You – What will occur after we die? This question can be answered, on the basis of a large body of reports across the centuries – on near-death experiences, after-life experiences, reincarnation experiences, paranormal phenomena, and the direct awareness of Spiritual Masters – as well as by studying the laws of the psyche as we observe it in life, to predict its destiny after death. The report is not all roses, though.



We are appropriately indignant at “hell and brimstone” preachers who have no direct experience of a Greater Reality and simply use such notions as “hell” to terrify and manipulate their congregations. But quite distinct from our aversion to being manipulated is the question of whether notions such as “heavens”, “hells”, and “bardos” do have a basis in spiritual reality. As it turns out, they appear prominently in the reports of every religious and spiritual tradition. We rightly understand them as experiences generated by our own psyche, rather than “rewards” or “punishments” imposed from without.

The conclusion of our report is that there is life after death, and re-birth, but also, that it is likely that we are going to suffer greatly during the period between lives, unless we develop, during our lifetime, a powerful Spiritual practice that endows us with the capability for finding and communing with God in every moment.

54 pages – August, 2000



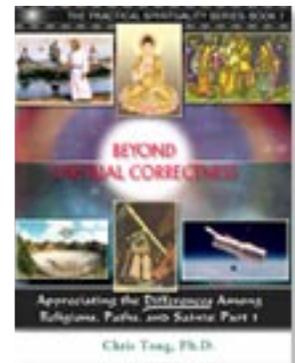
6. Transcending Life and Death in God, Part 3: You CAN Take It With You – What can we take with us after we die? True wisdom takes into account both the fact of our mortality and what we are likely to carry with us after death, and uses the course of a lifetime proactively, for the purpose of understanding our limits, and linking up now with That which is greater than life and death.

We focus on three key issues of the after-life, and the means for addressing these issues: Psychic attractors, which have the power to draw us out of the Presence of God after death; psychic bullies, from which we are constantly on the run while alive, and which can form the stuff of “hells” after death; and our nonrecognition of all that arises after death as our own mind-forms (as in a dream). In the Spiritual practice we describe, psychic attractors are outshined by Divine Distraction; psychic bullies are “stood up to” and disempowered by unlimited feeling; and the nonrecognition of conditional reality as a dream is dealt with by progressive Waking Up, first by absorption in God, and then by identification with God.

75 pages – October, 2000

7. Appreciating the Differences Among Religions, Paths, and Saints, Part 1: Beyond Spiritual Correctness – We consider two tendencies we acquire simply by living in Western culture: “spiritual correctness” and “spiritual anti-authoritarianism”. We come to understand the liabilities they represent, relative to our own Spiritual happiness and liberation.

Spiritual correctness goes something like: “all paths to the Divine or ultimate liberation are equal”, and anyone who suggests otherwise risks seriously offending whomever they are speaking with. But just as with “political correctness”, “spiritual correctness” can be carried too far; we get confused, presuming that, in order not be discriminatory, we must cease to be discriminating.



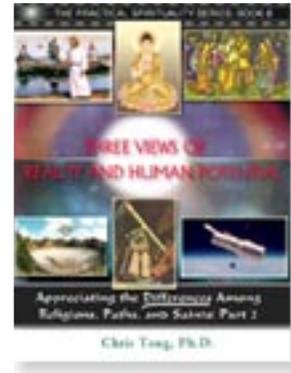
The tendency to spiritual anti-authoritarianism began with the Protestant Reformation, in righteous reaction to the corruption of the Church theocracy, eliminating potentially corrupt “priests” as necessary mediators between man and God. But this reaction too can be carried too far. We are all indeed equal in Spiritual “rights”, that is, in our Spiritual potential. But that is not the same as saying we are all equal in our Spiritual Realization. Vive la difference! Thank God that not everyone is equally Spiritually blind. The Spiritually Sighted are in a position to help the rest of us, and we should not be too proud to look for and accept that help since what is at stake is our own happiness.

56 pages – December 2000

8. Appreciating the Differences Among Religions, Paths, and Saints, Part 2: Three Views of Reality and Human Potential – In

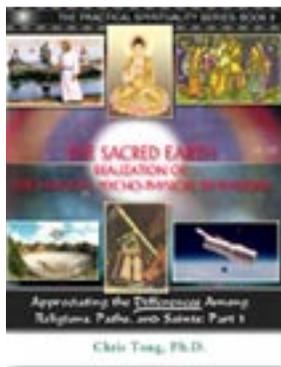
this book, we make sense of and compare the differing views of the Greater Reality. We place particular emphasis on the views of materialism, esoteric spirituality, and exoteric religion.

Materialism, the view that “what you see (or hear, or touch, or taste, or smell) is what you get (or all that is real)”, is seen to have many limitations, including its tendency to insist on reducing everything to its own terms; and its inability to adequately account for human consciousness and hence, human death.



Esoteric spirituality deepens human potential by acknowledging the Greater Reality, and providing the means for experientially embracing It. We briefly touch on four different dimensions of the greater Reality – animistic / psycho-physical, Spiritual, Transcendental, and Divine -- and we will elaborate upon these dimensions, their Realization, and the means for Realizing them, in Books 9, 10, and 11.

Exoteric religion is understood to derive from an originally esoteric source (such as a great Spiritual Master or a shaman). The practitioner of a **legitimate exoteric religion** – one that is still in touch with its esoteric roots – engages disciplines aimed at bringing him or her to full human maturity, in preparation for taking up the esoteric practices of his or her tradition. When an exoteric religion loses touch with its esoteric roots (e.g., by being “re-shaped” for the sake of political and social survival), it can devolve into an **illegitimate exoteric religion** that may be socially and politically influential, but is spiritually bankrupt.
108 pages – February 2001



9. Appreciating the Differences Among Religions, Paths, and Saints, Part 3: The Sacred Earth – Realization of the Magical, Psycho-Physical Dimensions – In the **animistic / psycho-physical experience** (aspects of which are shared by **shamans, medicine men, and psychics**), it is obvious that we arise as a psycho-physical being within Nature, which has not only a “body” (the “objective reality” of the materialists) but also a “soul”, or psyche. This Sacred Earth is a seamless, psychic unity, populated by all manner of etheric and psychic forces and entities beyond the merely physical, with which we are intimately interconnected (in a way that is not discernable from the purely materialistic view) and to which we can learn to be rightly, **magically** related (and, in so doing, allow to be revelatory).

We conclude by studying the limitations of the purely animistic / psycho-physical view, relative to the ultimate human potential of Complete Awakening from the dream of changes, material or subtle. We lay out what developments in the etheric and lower astral dimensions of our being are necessary and useful for supporting and quickening our Complete Awakening.

145 pages – May 2001

FORTHCOMING TITLES

Titles subject to change.

10. Appreciating the Differences Among Religions, Paths, and Saints, Part 4: Heaven – Realization of the Spiritual Dimensions

11. Appreciating the Differences Among Religions, Paths, and Saints, Part 5: Beyond Heaven and Earth – Ultimate Realizations

12. How To Read a Spiritual Book

13. The Taboo Against Spiritual Masters, Part 1: How to Construct a Tabloid Expose on Jesus Christ

14. The Taboo Against Spiritual Masters, Part 2: Where Prejudice Still Runs Unchecked

15. Primary Obstacles to Spiritual Growth

16. Psycho-Physics: Toward a Theory of (and Participation in) Everything, Everyone, and God

17. The Presence of the Miraculous

18. Does God Exist? Why Are We Not Seeing God RIGHT NOW?

19. Why Do We Suffer?

20. The Goodness of Love: On Spirituality and Morality

21. Evidence for the Existence of the Greater Reality

22. What's the Matter with Matter: Why Materialism is a Myth

23. Let Wisdom Rule: On the Separation of Church and State

24. Spirituality and Reactivity: Ending the "War" Between the Flesh and the Spirit

25. The Qualities of Real God

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