

Joseph R. Plazo Ph.D Melissa Stanton

Instant Transcendence

www.exceedglobal.co.uk

WWW.EXCEEDGLOBAL.CO.UK VOL 18 NO.9



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The world doesn't work out the way you want it to.
It's not the world's fault. It's yours. Time to change
what doesn't work.



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Unlocking Spiritual Zen and Start Living a Spiritual Life *Right Now*

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Unlocking Spiritual Zen, and Start Living a Spiritual Life Right Now

A Spiritual Life

The definition "spiritual" and "spirituality" has changed and evolved over the years. And, so has the practice of being spiritual, no question about it.

At one time, spirituality was linked entirely to religion. And, if you claimed to be spiritual, it simply meant that you were religious.

Today, you can hear some people saying, "[I'm not religious, but I am spiritual.](#)"¹

Truth is, you can be spiritual whether you are religious or not. Because, spirituality does not depend on your beliefs.²

Spirituality is not about what you believe. Because, beliefs are primarily mind-based. Beliefs do not have to be true or factual in order for them to be accepted and 'believed' by your mind.

This is not to say that all beliefs are based on things that are not true. Not at all.

So, as far as spirituality is concerned, whatever your mind is telling you that spirituality is, that's not it. The mind cannot know, because the mind is only involved in thinking.

And, the essence of spirituality has nothing to do with thinking. Spirituality is about being. It is about being yourself *fully*, and being one with *life* itself.

Some spiritual teachings can tend to lead you further and further away from the reality of your human self, i.e. your current life, what's happening in your life on earth, and what's going on around you.

However, this causes many humans to start questioning their teachers and even their religions. Because, "why would you have been put on earth, as humans, if you were not supposed to live here?" That is a common question that arises in the minds of many.³

So, being spiritual is not about tricking yourself into escaping or avoiding your current reality (which is here on earth.) It is also not about preparing yourself, through strict discipline or even

¹Spiritual Not Religious available at <http://religion.blogs.cnn.com/2012/09/29/my-take-im-spiritual-not-religious-is-a-cop-out/>

² Spirit of Now available at <http://www.peterrussell.com/SCG/EoC.php>

³ ibid

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pain, to change into someone or something that will fit into another realm, once you finally get there (which could be heaven, paradise, etc. depending on individual beliefs.)

No, being spiritual is about living on earth *fully*, while you're here. And, it's about enjoying all of earth fully, but not being *attached* to any of it. Being spiritual is also about recognizing that your human life here on earth is temporary. Because soon you will die. ⁴

And, when you do, all of your possessions, accomplishments, and even relationships will be left behind.

Okay... let's come back to earth, for now. And, let's discuss how we can be spiritual right now, while we're here on earth.

After all, the title of this document is "Instant Transcendence," which implies that you can be spiritual now, and not have to wait for tomorrow, or next year, or next decade.

As mentioned earlier, spirituality is about being, not about believing. It is about being yourself *fully*, and being one with *life* itself. ⁵

And, right now, your life is here - on earth. So, we have to start here. There is no way around that.

The Problem

We have already established that the mind has nothing to do with spirituality. The same is true for the ego.

But, there's a problem.

Most humans live their life predominantly led (even controlled) by their mind and their ego. And, as long as they are being led by mind and ego, they cannot be spiritual. ⁶

They can try, they can trick, they can force themselves to be more spiritual. But, the mind and ego won't allow it. The Mind resists change- especially when it resists internal consistency. ⁷

That means, in order to start living a spiritual life here on earth, in the quickest way possible, i.e now and not tomorrow, we have to address the two main problems first: mind and ego.

⁴ Johnson, Spencer. Who Moved My Cheese?: An Amazing Way to Deal With Change in Your Work and in Your Life. (1998)

⁵ Tolle, Eckhart. The Power of Now: A Guide to Spiritual Enlightenment . (2004)

⁶ The Ego Ideal available at <http://www.cla.purdue.edu/english/theory/psychoanalysis/definitions/egoideal.html>

⁷ Why People Resist Change available at <http://sourcesofinsight.com/why-people-resist-change/>

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So, that is exactly where we will start.

First, our discussions may start to get complicated. (Don't worry, it won't be that bad.) And, then we will start to throw out one thing after another, relating to the mind and ego, until we are only left with you and spirituality.

The Mind

The human mind was designed to think. It loves to think. And it's very good at it. We have trained it well: personally, for many years...and collectively (as a species) for thousands of years.

The mind is *very* good at what it does. (Did I mention that already? :)

The mind likes to keep busy. It likes to 'package' things in neat little boxes and categories. It likes to give things labels and titles.

But, in order for the mind to do all that, it has to isolate things, analyze them, and judge them - based on all the information that it currently has about those things.

And, eventually, the mind tends to separate and conceptualize everything. That's when problems start to arise. (We'll discuss these problems in more detail, soon.)

The mind never shuts up. It is always commenting, analyzing, labeling, and separating.

But, that's just what it does about things that are in front of you right **now**.

Then, there's all of the stuff that you have from the **past**. Years of memories and experiences. The mind also loves to comment on, analyze and tear apart those things as well.

It loves to entertain itself with "what if's" and "if only's" and "why didn't I's" and "I wish I had's" ...and on and on and on. It likes to go over every incident, every experience, and especially every mistake that you've ever made in your life.

But, that's not the end of it. There's still more.

Then, there's the **future** to think about!

It loves to think about all the things that you have to do, all the things that you may have to do, and even all the things that may never happen - ever.

And, once again, even related to the future, your mind loves to entertain itself with "what if's" and "I wish's" and "I hope's" and "I hope not's" ...and on and on and on.

But, that's still not the end of it. Oh, no.

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Then, there's the *collective* human mind...which is the scariest of them all.⁸

This is where we start thinking collectively (with other humans) about what's going on right now, what went on in the past, and what could or would happen in the future.

This is also where the news comes in. And, we, as a collective mind, start thinking about what we are doing to the planet...what others (other races, cultures, cities, states, and countries) are doing to us... what we are doing to them... what we are *going* to do to them for what they did to us... and on and on we go again.

All of this goes on in our mind, all day long.

Then, we will go to bed at night, where we may be able to quiet the mind (or most of it) for a little while.

And, tomorrow, we will wake up, and it will start all over again.

It's a wonder that any of us can ever get anything done, what with our mind going on and on about everything and everyone, all of the time. It never stops.

'Your' Mind

Let's get back to the individual mind for now. And, let's go a little deeper about your mind, specifically.

Most individual humans are so caught up with their own thoughts, so lost in their own mind, that they have a difficult time differentiating between themselves and their mind.

They start seeing themselves *as* their mind.

It is crucial for you to realize, and keep reminding yourself, that you are **not** your mind.

There is the *mind*... and then there is *you*.

That is why we refer to the mind as "*my* mind"... not "*me* mind." We say "*my*" mind because it belongs to us, or is a *part* of us. We don't say "*me*" mind because we are not the mind. We are separate from the mind.⁹

Sure, most of us may understand this on a *logical* level. But, the way we tend to live our lives suggests that we cannot separate ourselves from our mind. And, for most our lives, we believe that we are the mind...or the mind is us.

⁸ The Collective Consciousness available at <http://csmt.uchicago.edu/glossary2004/collectiveconsciousness.htm>

⁹ *ibid*

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This condition of seeing yourself as your mind tends to give the mind full control of your life.

And, as long as the mind is in the driver's seat of your life, spirituality can be very difficult to attain.

The Ego

Then, there is the human ego. Most of us still have our egos intact...unfortunately.

Just like our mind, our ego has the tendency - even a strong need - to do what *it* does best. And, like the mind, it has had a lot of practice and training, from a very early age.

The ego wants to protect itself. It wants to feel secure and safe. It wants to feel smart and strong. It wants to be good-looking, and it wants to be liked.¹⁰

And of course, it wants to be and feel *successful*. That means, it needs "stuff."

It needs good stuff, new stuff, the best stuff. It needs better education, and a better job or career. It needs a bigger car, a bigger house... and for all of that, it needs a bigger bank account, i.e. more money.

But, there's a problem... because it can't be better and have better stuff, unless it has something or someone to *compare* everything to. So, it can start by comparing to it's current self...and it can also compare itself to *other* people.

I mean, how can the ego know that it needs a better phone, bigger house, or better job unless it has an older one to compare to?

Does all of this wanting and comparing sound like anyone you know? :)

But, all of the above stuff still isn't the picture of "complete" success. Not just yet. The ego needs a husband or a wife. Not just any husband/wife though... but a beautiful one... and, a smart, strong, funny, likable, and success one. You get the idea.¹¹

And, how will it know that it has found such a husband or wife? Well, it can always compare them to its previous husband, wife, or partner. And, of course, it can always compare them to other people's spouses.¹²

¹⁰ Freud's Division of Mind available at <http://www.victorianweb.org/science/freud/division.html>

¹¹ ibid

¹² ibid

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Is that it? Does that define success? Hmm... not just yet.

It also needs children! It needs smart children, strong children, beautiful children, children who are good at sports and social activities.¹³

Frankly, it needs children that are *better* than everybody else's children - in every way!

What's next? Is that the end?

Is there ever an end? Will there ever not be a better phone, car, house, job, or career? And what about money? Will there ever be enough of that?

Oh, and what about the husband or wife? What about their phone, car, job, etc. But, wait, don't forget the kids! They to need better stuff. And, then they need better colleges than other kids!

Eventually, just as we do with the mind, we start believing that we *are* our egos... that we and the ego are not separate but one.

And, that only adds to the problem by making us believe that all of this wanting, needing, and desiring for the next best thing is actually a good thing. We continue to chase after it all in the name of "success."

Hence, we never realize who we really are. We are too busy trying to "find" ourselves by comparing ourselves and our possessions to others, in the hopes that doing so will define us and give us a better idea of who we are.

But, none of those things will ever tell us who we are. Because, we will never stop wanting more. We will always be comparing ourselves to someone better.

So, as long as there's something better out there, this vicious cycle will never end.

Your ego will always want the next best thing. Because it's never enough. And, it never will be.

And, as long as your ego is in control of your life, spirituality will be difficult to attain.

The Collective Ego

Yes, it still gets worse...

We then get to the *collective* ego. And, the collective ego can be much, much worse than the individual ego. (And no I didn't make it up. It exists.¹⁴

¹³ *ibid*

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When your ego finds other similar egos, it can then form a "group" because there's comfort and safety in numbers.

But, that's not all. This new group can now compare itself to other groups...whether it is social groups (clicks), other ethnicities, other cities, states, and countries.¹⁵

And, since our group is always "better" and more "special" than their group (or race, religion, or country,) we can even start to look down upon the other groups.

We can start by disagreeing with the other groups, then disliking them, even hating them, and eventually going to war with them...easily and willingly.

So, what started out as a simple and "harmless" comparison can eventually turn into killing and bloodshed.

Just so our egos can feel better, smarter, stronger, and superior to other egos.

Truth is, the ego actually loves to be in conflict with situations and with other people. Because being in conflict can once again help the ego define itself more clearly.

The ego can only ever know itself by comparing, conflicting and being at odds with others, i.e. other people, other ethnicities, other states, and especially other countries.¹⁶

And, as long as this is going on, attaining spirituality will be a distant dream.

Spirituality Tomorrow

So, as long as you continue to let your ego be in control, it will continue to make you believe that you need more accomplishments, more success, and even more knowledge in order to finally figure out who you really are.

In other words, it will continue to tell you that you can only know who you really are **tomorrow**, next week, or next year, i.e. only the future can finally tell you who you really are. A side effect is the conflict of desire- where even your personal wishes contradict your general wants.¹⁷

And, since wanting more and more will never stop for the ego, that tomorrow will never come.

¹⁴ The Collective Ego available at <http://therawness.com/collective-ego/>

¹⁵ ibid

¹⁶ ibid

¹⁷ The Conflict of Desire available at <http://greatday.com/motivate/080404.html>

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Similarly, if you decide that you would like to become more spiritual, your ego will again make you believe that you can *only* become more spiritual in the future. Not today, and especially not right now.

Today is just not that important to your ego. Because, today is filled with things to do, distractions to avoid, and problems to take care of.

So, there's no "time" for you to be spiritual today, according to your ego.

But, tomorrow? Oh tomorrow is perfect. It will be a new day, you will make a fresh start, and you will tackle this whole "spirituality" thing with both hands.

Well, unless, tomorrow gets busy too. But, hey, there's always next week. And if not, then next month for sure.

And, worst case scenario? We'll just start fresh new year...with some cool and motivating new year's resolutions! Yeah, that's it. Let's just work on the spirituality thing tomorrow. It'll just be more convenient, for your ego.

Oh, let's not forget about the mind either. Your mind will team up with your ego - as it always does - and make things even worse.

And, as long as your mind is also in control, it will keep you occupied with thought. It will keep making you think about, regret, and feel bad about all of your mistakes and failures of the past.

Your mind will also keep you busy by making you worry, fear, and feel anxious about the future.

And, what about right now? What about what you're doing today?

Today is just not that important to your mind, either. But, since today happens to be what's right in front of you at the moment, your mind will still find a way to occupy you with thoughts... by labeling, categorizing, analyzing, and of course judging everything.

And, in doing so, it will keep you from ever getting to what's really going on in your life right now.

Because, as long as you're labeling, analyzing and judging whatever's in front of you, you will never see it for what it really is. You will only see what your mind decides to interpret it as.

If today presents you with problems, you will almost never be able to get to the heart of the cause. Because, your mind will keep coming up with it's own theories, analyses, and judgments... blinding you to the real cause, and the real truth. Stop that.

And, in doing so, it will ensure that you will have this problem, or similar ones, many times in the future. (Hey, the mind needs problems to work on, doesn't it?)

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Spirituality Today

I'm sure you know by now that you cannot find spirituality out there in the future. You cannot be spiritual tomorrow because your mind and ego will keep you busy and distracted.

Therefore, contrary to what your mind and ego will have you believe, you can only be spiritual **today**.

Because today is all that you have.

Similarly, you can't know who you are by looking in the future. Because, again, tomorrow will never come.

When tomorrow does get here, it will be in the form of today. And your mind and ego will continue to trick you into looking out to tomorrow again, i.e. into the future... instead of focusing on today.

So, your only realistic choice, your only way around the cunning mind and ego is to start being spiritual today.

But, when is the best time to start being spiritual? What time today should you start being spiritual?

Spirituality Now

The only time you can practice being spiritual is right now, in the present moment.

Otherwise, your mind and ego will find a way to sneak into the forefront of your life (if they're not already driving your life) and distract you, make you sad, regretful, or fearful.

At the beginning of this report, we discussed that the essence of spirituality is about being. It is about being yourself fully, and being one with life itself.

We also discussed that being spiritual is not about escaping or avoiding your current reality (which is here on earth.) It is also not about preparing yourself for some event or place in the future.

So, in order to truly be spiritual, you have to do it now...in the present moment. In fact, right now is the only thing that's real. Because the past is already gone, and the future is not real. It hasn't happened yet, so it only exists in the land of possibility, i.e. it only exists in your mind.

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That means, you have to really "get" the fact that all you have is the present moment. This moment that's right in front of you is all there is.

So in the end, how spiritual you are in life boils down to how *connected* you are to life.

And, how connected you are to life boils down to how connected you are to the present moment, i.e. right now.

Because life is always about the present moment. Life is *only* about the present moment. That's all there ever is. And, that's all there ever will be.

Everything else is just thoughts and conditioned patterns floating around in your head.

Practicing Spirituality Now

The only way you can ever be spiritual in your life is by being fully present in whatever is in front of you right now.

You can do this by bringing all your focus and all your awareness to the present moment.

It doesn't matter what's going on in your life right now...whether its good, bad, pleasant, unpleasant, exciting, boring, or simply horrible.

Your mind will continue to try to distract you by labeling, analyzing, and judging the present moment.

And, your ego will continue to try to run away from the present moment, so it can be in some other *future* moment.

But, escaping this moment, or labeling and judging it will not do.

In order to be spiritual right now, you will have to be fully present. And, the only way to be fully present in this moment - while your mind and ego are busy trying to pull you away, is through **acceptance**.

So, the beginning of spirituality is in acceptance. When you accept whatever is happening in front of you right now, without trying to judge it or deny it, you open up to life itself.

Because, life can only be found - it can only exist - in the present moment.

And, by accepting life, you attain spirituality fully. You get to touch the spiritual realm where everything in life happens. Because it cannot happen anywhere else except in the present moment.

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Accepting the present moment does not mean that you *agree* with what's going on, especially if whatever's going on is negative, or existing in the form of a negative experience.

Accepting the present simply means that you acknowledge that **this is what is happening right now**. That's all.

So that you can stop trying to change what already is, right in front of you, because it is already here – it is already happening or has already happened.

Acceptance simply means that you don't try to deny or run away from **life**.

Sure, if right now is an unpleasant moment, you can change it, or you can walk away from it.

But, by accepting it for what it is *first*, you take away the power of your mind and ego from judging incorrectly and then reacting emotionally to the situation.

As we discussed early on in this report, you can never solve a problem if you can't even *see* the problem for what it really is.

And, if your mind and ego is busy trying to distract you, you will never fully see what's in front of you. As such, you will often react in anger, disgust, fear or other such negative emotions.

Any action that is motivated by negative emotions will only create more problems in the future...whether it's the next moment or the next year.

And besides, being filled with negative emotions will not allow you to be spiritual anyway.

That is why, you have to accept the present for what it is first. And when you do, you get clarity (because your mind and ego goes away for that moment,) and you can then make much better decisions and take better action.

The more of your life you can open up to, by opening up to more and more "moments" in your life (because that's what life is - a series of moments,) the more spiritual you can become.

And, the more spiritual you become, by practicing being in the present moment fully, the more you will get to know who you really are.

That is the essence of spirituality. That is the only way in which you can live a spiritual life.

Everything else that you do, think or plan for is secondary.

On the flip side, whenever you are trying to escape or deny the present moment instead of accepting it for what it is - right now, you are being in conflict with the present moment. And, when you are in conflict with the present moment, you are in conflict with life itself.

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Being in conflict with life, i.e. the present moment, will only create more problems and suffering for you, and for everyone around you.

And, it will continue to pull you further and further away from your true self, your spirit, and your spirituality.

So, being spiritual right now is the only solution. It's the only way to live life. And, living a spiritual life is as simple as being fully present in whatever you are doing right now, i.e. in the present moment.

When you do that, your ego and your mind has no power over you. Because becoming fully aware of the present moment dissolves your ego, and it quiets your mind, without your trying or focusing it to happen.

That means, living in the present moment is the only way to live life. Because the present moment is all there is. It is life itself.

Who Are You, Really?

So, if you're not your mind, and you're not your ego or your emotions, then who or what are you?

You are simply the **awareness** that is present underneath all the noise and clutter of the mind, body, ego, and emotions.

And, the moment you become *aware* that you are that awareness, that is the beginning of your awakening.

On Amazon, a special book called The Ultimate Reality (<http://amzn.to/UkzUax>) describes how awakening unfolds at several levels- and with the right technique, true ascension of consciousness can occur within years, not decades. It is because of this book that I came to realize several things that ultimately changed how I perceived seemingly random events... and turned them to my advantage.

But I digress.

Know this: his life here on earth is still what your current reality is. You still have a body and you still have a "life" here on this planet, with your family, friends, and so on. You can work around, through and within this framework, but always **WITH** them.

And that's fine. Because, as mentioned in the beginning of this report, being spiritual is not about escaping or avoiding current reality, i.e. your life on earth.

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Being spiritual is about living on earth *fully*, while you're here. And, that means, you can still interact with - and even enjoy - all the people, creatures and things that are on this planet and in this material life.

But, your existence here on this planet, as a human, is temporary. That's just how it is.

Soon, you and everybody else that is in your life right now will die. All of you will eventually leave everything you own and know, behind.

And, that's **okay** ...because, that's how existence on this planet, and in this life, happens. Every life comes and goes. That's the cycle.

So, your job is not to start worrying about what has already happened, or even what is going to happen.

Your job is to be here on this planet, in this life, *fully*. And, since you are a human *being*, living fully means allowing your *human* part as well as your *being* part to both be **present** at all times, or as often as you possibly can, while you live your life here on earth.

And, the more *present* you become, the more *aware* you become of this way of living, the more spiritual you become.

And, as you continue to practice this 'spiritual' way of living, by bringing that presence, awareness and *stillness* into your current life right now... the deeper you can go, and the more you can touch your inner self, your true self...which is not only your true essence but the essence of life itself.

What that means is, your essence and the essence of life itself is the same essence. And, every living being on this planet - and in this universe - is also made up of that same essence.

All the other stuff - the mind, ego, body, emotions - are just the stuff that's thrown on top.

In other words, at the deepest level of existence, you, everyone else, *everything* else, this entire universe, and life itself are all one.

This is not something that you should simply start to believe because you read it here or heard it elsewhere. Nor is this something that should replace your existing or past beliefs.

As I mentioned towards the beginning of this report, spirituality is not about what you believe. Because beliefs are primarily mind-based. Beliefs do not have to be true or factual in order for them to be accepted and 'believed' by your mind.

And, the essence of spirituality has nothing to do with thinking or even believing.

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The only way to know the truth in the above explanations - about who you really are - is to experience it yourself.

The only way to do that is to start living a spiritual life, by being yourself fully, and being one with life itself at every moment - or as much of your day (hence, your life) as possible.

So, living a spiritual life - a one where your awareness and presence is at the forefront - allows you to continue to be in touch with that essence - which is inside you and inside everything else in the universe. It allows you to *know* it. Not to just believe in it, but to actually know it first hand.

And, when you live your life from that place, when you live a spiritual life, all of your problems that are created by the thoughts and beliefs about being separate, better, worse, more or less successful than others - all of those problems simply start to dissolve.

The way to do that is to start with what's in front of you right now...the present moment.

By living consciously...by being fully present physically, mentally, and spiritually...in everything you do and everything you encounter (even those things that appear to be problems,) you allow yourself to know *who you really are*.

You don't need other people, or things, or even accomplishments to define you, to give you an identity, or to tell you who you are. None of that stuff is needed anymore. And you stop chasing after more and more, so you can finally find yourself.

And you continuously touch that place deep inside you - the essence, life itself - by living in this way.

Then, life becomes a friendly and supportive place. For most people, life is a very hostile and dangerous place where everything and everyone is constantly after you.

All of that stops. All of your problems go away. The fighting and struggling with life stops – or at least starts to go away.

That doesn't mean that you won't face *challenges* in life. Life is always changing and evolving (or growing, if you like that word better)... and you simply change and grow along with it.

And, you stop fighting with your challenges and simply take the appropriate action - which comes out of that deeper place/essence inside of you...instead of the (surface) *reactive* place controlled by your mind and ego.

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So, by being fully present in what you do - always - and by accepting whatever is in your life right now as the present moment, you stop fighting and struggling with life.

And, you take inspired action...which may be to deal with the situation/challenge, to walk away from it, or to do nothing. All of those are appropriate responses - depending on the specific situation.

That is what living spiritually is about. And, you can start doing that right now...starting with this very moment.

You don't have to wait for tomorrow, or when you have accomplished this or that, in order to start. You don't have to listen to your mind or ego telling you to "wait for the future" to be spiritual.

You can be spiritual right here, right now...in this present moment. And, you can be just as spiritual as anybody else. It's the stark truth: you are your own guru. Don't complicate things.

Finally, please keep this advice in mind...

Now that you're spiritual, and are living a spiritual life, don't let the mind and ego trick you into carrying around yet another label... the new label of being "spiritual." ;-)

It's an easy trick to fall for. As I mentioned earlier, the mind and ego are very good at what they do. They've had a lot of practice.

So, you don't have to start telling others, or bragging, about how spiritual you have suddenly become... about how you have now awakened and are more "evolved" than they are.

Doing so would be coming from a place that's driven by the ego and the mind.

You just simply be. That's the *true spirit* of being spiritual... it's the true spirit of spirituality.

Respectfully,
Joseph Plazo, Ph.D **Melissa Stanton**

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