



Universal Spiritual Philosophy and Practice: an Informal Textbook for Discerning Seekers

David Low PhD

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This book presents all the central insights of mystical experience, and relates them in a practical way to psychological understandings of spiritual maturity. Topics covered include the unimportance of belief, the “deep structure” of religion, rebuttals of orthodoxy, cosmologies and theories of enlightenment, types of spiritual teachers and groups, the mechanics of alternative healing and dreams as they relate to spiritual progress, and more. Over 20 different spiritual practices are reviewed, and 48 illustrations and lively graphics make for easy reading. It is intentionally succinct, clarifying only the most important core truths in each chapter area. If you are sick of all the fighting and political nonsense around religion, and long to experience something deeper, you are bound to appreciate how my more systematic approach endeavors to take you to a deeper experience, by starting to dissolve all the cultural and linguistic conditioning which, inevitably, confine us spiritually as we grow up. Short appendices are devoted to more detailed understandings of meditation, and crucial, usually overlooked philosophical understandings connect with the religions.

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