

INTRODUCTION

Oneness

Separation

Enlightenment

Ascension

Ego

Love

Fear

All of these words convey an image of some particular (read that "advanced") state of being you are **supposed** to (or not) embrace. They drive the search and meaning for your personal "spiritual path". These words, when combined in phrases, separate you from others. You begin to feel as though you are the only one who could possibly understand the confusing feelings within. In short, they divide. The division creates boundaries and, pretty soon, you find yourself operating from behind the **walls** of those boundaries.

What to do? Where to go? It seems as though every teacher imparts a message that feels almost right. Sometimes the teachings really resonate with you for a given period of time and then, poof! After a week, a month, a year, they no longer apply; you start all over again. It feels endless and futile. **Want to stop? Want to call a halt to the "search"; to no longer feel the need to be a "seeker"?**

This guide book has been written for that primary purpose. It is a means with which you can bring a halt to what appears a fruitless journey, embrace yourself as you **are** and set fire to the concepts piling up in your personal space.

Uniting acceptance of your ego personality with an investigation of the cramped crawlspaces within your physical body, this book will guide you, challenge you, frighten and enthrall you. Using a combination of science and metaphysical philosophy, it takes you on an inner voyage inside the crevasses of your own mind and heart.

Knowing that you may not yet be living the concepts discussed, a handy Glossary of Terms is included in the back. Refer to those pages when you don't remember or do not understand the text you are reading.

You – A Field Guide is all about **you**: your multi-faceted personality, your physical vehicle (the human body), the wanderings of your mental state, the untidiness of your emotions and the wonder of your spiritual self. Written partially tongue-in-cheek, it is a commitment to your understanding. You will find ideas you thought you knew (refreshed and reframed), phrases you will re-read several times over, and a response to the burning within to know yourself. It will conjure images upon which you don't want to look, pictures that you wished were true, memories long buried and hopes you have believed you would not ever fulfill.

This book is not simply a set of pages to download, print out and read on a boring Saturday evening. It is a set of guidelines you can refer to when the world begins to turn upside down (yes, again!) and you have nowhere to turn. It is a friend to put next to your bedside or leave out on the coffee table for guests to peruse. It will always tell you the truth, will not flatter you to gain your friendship and doesn't care if you respect it, like it or spill food all over it. It is constant and consistent. Plain and simple, it is a blueprint of you - existing in this dimension, in this earth, right now – infinitely.

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