



Leap Before You Look: 72 Shortcuts for Getting Out of Your Mind and into the Moment

Arjuna Ardagh

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"*Leap Before You Look* offers us an invitation to a celebration we cannot refuse: a full-out experience of authentic self-acceptance through a clear-sighted realization that Existence itself loves us, that it has placed within us all that we need to love ourselves and all sentient beings."
-Michael Bernard Beckwith, founder of the Agape International Spiritual Center and author of *Inspirations of the Heart*, *40 Day Mind Fast Soul Feast* and *A Manifesto of Peace*.

Perhaps you've caught a glimpse of who you are beyond thought-your spiritual nature-but weren't sure how to live it as a gift and blessing for all. What's the solution? Practice.

Leap Before You Look is a collection of simple exercises to help you on your way. Each takes just a few minutes to shift you "out of your mind" and into the infinite possibilities of the present moment. What's more, the 72 "shortcuts" contained herein will allow you to deepen and embody this realization in your daily life, from one minute to the next, wherever you may be.

So open to any chapter, and accept Arjuna Ardagh's invitation to *Leap Before You Look*- into "the possibility of spiritual practice not as a means to a goal, but as an endlessly unfolding exploration of a life of beauty, fully worth living."

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