



**LEAP BEFORE  
YOU LOOK**  
**72 Shortcuts for Getting  
Out of Your Mind and  
Into the Moment**

**Arjuna Ardagh**

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### About the Author: Arjuna Ardagh

Arjuna Ardagh is the founder of the Living Essence Foundation in Nevada City, California, a nonprofit church dedicated to the awakening of consciousness within the context of ordinary life. He is the author of *Awakening Into Oneness*, *The Translucent Revolution*, *Relaxing Into Clear Seeing*, *How About Now?*, and *The Last Laugh* (a novel). He is the host of the *Awakening Into Oneness* DVD series, and is the creator of *Let Yourself Go*, a six-audio CD set, the *Living Essence Audio Series*, and many other audio and video products.

Ardagh was educated in England, at Kings School, Canterbury, and later at Cambridge University, where he earned a master's degree in literature. Since the age of fourteen he has had a passionate interest in spiritual awakening, and he began to practice meditation and yoga at that time. In his late teens he trained as a meditation teacher. After graduating from Cambridge, Ardagh devoted himself completely to the call he felt inside, and studied and lived with a number of great spiritual teachers, both in Asia and in the United States. In 1987 he founded the Alchemy Institute in Seattle, Washington.

In 1991 Ardagh returned to India for a period of prolonged meditation and met H.W.L. Poonja, a direct devotee of the great sage Ramana Maharshi, with whom he experienced a radical awakening. He returned to the United States to share this awakened view with others at Poonja's request. In 1995 Ardagh developed the Living Essence Training, which prepares people to be facilitators of a shift in consciousness and to cultivate translucence.

Ardagh was invited to the Oneness University in 2005, and he now integrates the Oneness Blessing (Deeksha) into all of his work. He speaks at international conferences, and has appeared on TV and radio and in print media in twelve countries. He co-teaches the Deeper Love seminars with his wife, Chameli Gad Ardagh. They live in Nevada City, California with his two sons.

To learn more about Arjuna Ardagh and the Living Essence Foundation, visit:  
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