

## LEAP BEFORE YOU LOOK

72 Shortcuts for Getting  
Out of Your Mind and  
Into the Moment

Arjuna Ardagh

Paperback

5 ¼" x 8" / 208 Pages

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## LEAP BEFORE YOU LOOK

### How to Use This Book

There are many ways to use the practices in this book. One approach is to first read the book cover-to-cover, to get a feeling for the full scope of the practices, and then return to the practices you feel most drawn to. Experiment with integrating them into your day. See if they become natural and automatic with time.

Secondly, you could dip into the book anywhere, find a practice with a title that attracts you, and try it out. When you have a sense of mastery with one practice, you can move on to another.

Third, you could familiarize yourself with the practices in the book, learn them one by one, and use them as antidotes in your day-to-day life when old habits and limitations kick in.

But it is through the fourth and final way to use this book that you will squeeze the most juice out of it. Use this book together with a friend, or a community of friends, and instead of selecting your own practice, ask your friends to choose the practices they feel would most help you. If you agree to go through with their suggestions, they will support you, and encourage you through the inevitable valleys of doubt or lethargy. Your friends and community then become your teachers.

The practices are organized according to the areas of life that they affect:

**Meditation Practices**, practiced alone, are designed to calm oneself in order to see oneself and all of life more clearly. Meditation practices are a foundation for the rest of the book.

**Insight Practices** involve using intelligence and common sense to break through the false beliefs of the mind.

**Daily Routine Practices** are designed to disrupt the tedium of daily life, bringing a quality of zest and aliveness to those activities that have become automatic.

**Body Practices** use the physical form to bring us back into the present moment. The body lives perpetually in now, only the mind runs backwards and forwards in time.

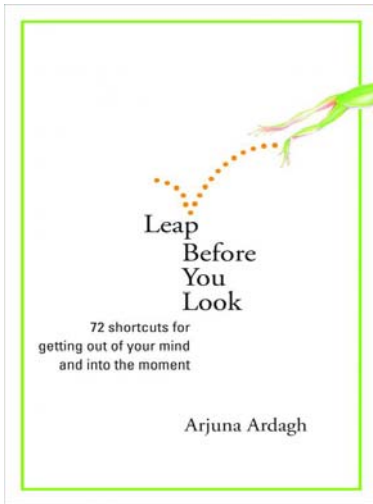
**Feeling Practices** allow us to transform our relationship to our emotions. Rather than drowning in them, we learn to surf emotions like waves.

**Relating and Loving Practices** use our connection with other people to open the heart and fill us with wonder and depth of feeling.

**Sexual Practices**, to be used with one's intimate partner, transform sex from desire and addiction into an overflow of giving and worship.

**Family Practices** allow you to come together as a family and connect deeply with each other in a playful way that all generations can enjoy.

**Devotional Practices** allow us to fall into worship and devotion; when the heart is fully open to anyone or even everyone, the veil of separation lifts.



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**Compassion Practices** help us feel the pain of another as our own pain, the triumphs and defeats of every being as our own conditions.

**Community Practices** bring your spiritual life into social and political action, so that you can make a difference to those around you and your world.

Each practice is rated according to its level of difficulty:

\* One star means accessible to anyone, with no experience or preparation necessary.

\*\* / \*\*\* Two or three stars require a little more courage and confidence.

\*\*\*\* Four or five stars are more advanced, and should be left for those times when you feel like a bigger stretch. They are the bungee jumps of spiritual expansion.

Many of the practices may not at first seem meditative, or associated with a spiritual life. How can acting like an idiot in a supermarket possibly bring us closer to God? Read on.

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