

Coming in April 2008 from Arjuna Ardagh

Leap Before You Look *72 Shortcuts for Getting Out of Your Mind and Into the Moment*

Arjuna Ardagh

Do you sense that you are overflowing with gifts you don't know how to express? Have too many opportunities passed you by? Maybe it's time to "leap before you look," suggests Arjuna Ardagh. "Simply begin," he teaches. "Don't wait for the perfect time and place, or until you've accumulated the right amount of knowledge."

With *Leap Before You Look*, he offers a collection of practical tools and meditations that will help you jump-start any spiritual practice, including:

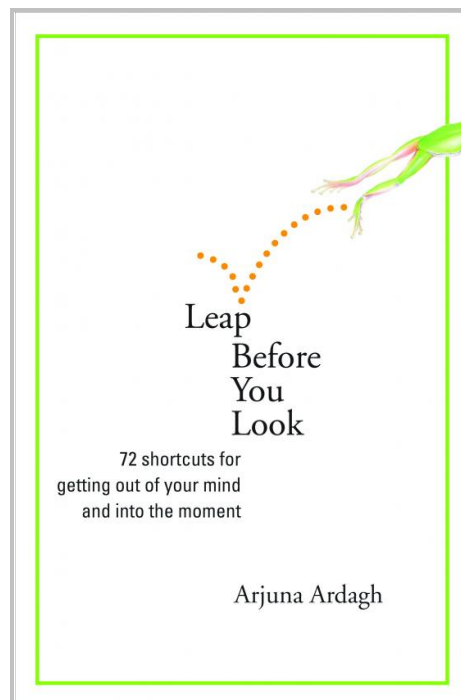
- "Just like me"—a simple exercise to dissolve judgments and accept others
- "Explode with anger"—a healthful way to experience and harness this much-maligned energy
- Asking "Who am I?" to reveal the mystery of divine presence right there behind your thoughts
- "Be still in sex"—a yogic exercise for partners to transform lovemaking into a portal to the divine

Leap Before You Look offers more than 70 techniques to practice in the home, office—or even the supermarket—to help us surf the waves of our emotions, let go of the stories we tell ourselves, and fearlessly soar into the vast spaciousness of life.



Arjuna Ardagh

... is an international teacher and the author of five books, including *The Translucent Revolution* (New World Library, 2005) and *Awakening into Oneness* (Sounds True, 2007). He founded Living Essence Foundation, a nonprofit organization dedicated to the awakening of consciousness within the context of ordinary life. To learn more, visit www.livingessence.com



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"Leap Before You Look offers us an invitation to a celebration we cannot refuse."—Michael Bernard Beckwith, Founder of Agape International Spiritual Center and author of *Inspirations of the Heart*



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