



# The Direct Path: Creating a Personal Journey to the Divine Using the World's Spiritual Traditions

*Andrew Harvey*

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"**The Direct Path** is the Path to God without dogma or priests or gurus, the Path of DIRECT self-empowerment and self-awakening. Whether you know it yet or not, you have been on it since the day you were born."

Today more Americans than ever consider themselves to be "spiritual" people, and yet regular attendance at religious institutions is down, perhaps because many of us are searching for a way to encounter the divine on our own terms. We long to connect with something greater than ourselves, but are often conflicted about the teachings and rituals of organized religions, or simply don't know where to begin. In this groundbreaking, eloquently written work, renowned religious scholar Andrew Harvey builds on his twenty-five-year study of the world's various mystical traditions--including Buddhism, Hinduism, Taoism, Sufism, the Kabbalah, and Christian mysticism--to create an illuminating spiritual map that anyone can use to develop a direct path to the divine.

Andrew Harvey has devoted his life to the study and pursuit of the divine, and in **The Direct Path** he chronicles his own spiritual journey, revealing the events that led to his own disillusionment with the guru system, and the hierarchy and hypocrisy of many contemporary religious movements. He then provides us with the tools we need to cultivate a personal relationship with the divine without relying on gurus, churches, or other institutions and intermediaries. Drawing on mystical traditions from around the world, Harvey outlines eighteen sacred practices--including breathing, chanting, meditation, prayer, and the practice of lovingkindness--that readers can use to unite mind, body, and soul, and he streamlines them into a step-by-step guide to personalized spiritual development and enlightenment. He discusses the four stages of spiritual transformation--awakening, engagement, marriage, and birthing--and shows us how we can incorporate the sacred into everyday life through activities such as dieting and fasting, dancing, laughing, and healing exercises such as yoga and tai chi. Through practical lessons and exercises, Harvey guides us in excavating our spiritual self, and creating not only a path to the divine but to the millions of other selves who walk the earth with us.

Perfect for anyone who, in this time of spiritual uncertainty, yearns for fresh teachings and wisdom that will bring them closer to their life's purpose and meaning, **The Direct Path** is an intelligent, beautifully crafted masterpiece from one of today's most celebrated and respected spiritual luminaries.

*From the Hardcover edition.*

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