

A misty forest path with a person walking in the distance. The path is covered in brown mulch and leads through lush green ferns and other forest plants. Tall, thin trees are visible in the background, creating a sense of depth and atmosphere.

WISDOM FROM THE PATH

BOOK 1:
THIS
DELICIOUS
ENERGY

RICH GERMAN

PREFACE

If you want to get to the top of the mountain, go with the person who's got the map and has made the trip before.

Welcome to *Wisdom From The Path*.

I have been blessed with many incredible teachers who have helped guide me along my own spiritual path. In these mini-books I share the powerful lessons I have learned so you too can experience a more enriched and connected life. In addition, you will receive an **accompanying 20-30 minute guided meditation** with each book in this series. The books teach meaningful universal truths on an intellectual level, while the meditations are designed to help you integrate these truths at a deep, heartfelt level.

Wisdom From The Path delves into the nature of Love itself and helps shine the light on who you truly are, along with the real purpose of your existence. While the journey of the spirit is one based in Love, it is often accompanied by some pain and confusion caused by the mind. These books and meditations help you understand the mind's role and how to transcend it and all of its trappings. ***The real journey of the spiritual seeker is from the head into the heart.*** *Wisdom From The Path* provides a roadmap to take along with you as you walk your path.

Although we live in a world full of so much visible beauty, the most beautiful and fulfilling trip of all is taken deep into our own hearts. Allow these books and meditations to carry you deep inside where your soul silently awaits your arrival. Everything you need to live a life of complete joy, love, and happiness exists within you. No amount of outward seeking will bring you to the peace and bliss that lies within.

I hope you enjoy these books and encourage you to listen to the meditations time and time again.

With love, Rich

www.richgerman.com

THIS DELICIOUS ENERGY

"Turn off your mind, relax and float down stream. It is not dying.

Lay down all thought, surrender to the void. It is shining."

—John Lennon

"We accept the reality of the world with which we are presented."

—Ed Harris' character Christof,
director of The Truman Show

THE GRAND ILLUSION

There was a young boy of 6 who believed his entire life was actually a movie. He was the star and everybody else in the whole world was just an actor playing a role in a movie all about him. His eyes were the cameras and what they saw played on the screen in this film. It was similar to Jim Carrey in The Truman Show; the difference was that the boy knew (well at least believed) he was the star of this movie. He felt that if he turned his head fast enough he would catch a glimpse of the director sitting behind the scenes orchestrating this cinematic play of life. The boy had no tangible concept of God at this time in his life but if he did he/she/it would have been the director.

Honestly, this feeling that his life was just a movie lasted for many, many years. As he grew up, the logical, rational part of him discounted the preposterous idea that everyone in the world got together and had agreed to be extras in a movie about him and the childish idea was discarded.

Now a grown man, he had completely forgotten about that childhood fantasy until a few years ago. He is starting to think that maybe that small, innocent child was right ... perhaps his life, or at least the life his mind perceives, is not real at all. Perhaps his entire life *is* just a movie that he creates in his mind and watches through the camera lenses of his eyes.

Perhaps what we all perceive to be real is merely an illusion. Perhaps what we see with our eyes is not real at all. Perhaps we have it all backwards. Maybe left is right. Down is up. Out is in. White is black and black is white. Perhaps our perception is not our reality. Perhaps our fears are not real at all. Maybe our thoughts are not even our own.

That small boy was me.

"Perhaps the dream is dreaming us..."

—Sting

HOW THESE BOOKS CAME ABOUT

If you are reading this book it is a safe bet you are aware that you are on a spiritual journey. In writing this series of books, obviously I have thought about my own path and when it began. There are some key experiences that have occurred over the past few years which signify the commencement of my journey. But as I recall the above story from my childhood, it is evident that my whole life (like yours) has been a spiritual journey.

In the past few years, however, I have become conscious to some dramatic shifts in terms of my own energy and consciousness. As a result of a strong yearning to experience an elevation in my consciousness, a passion to find joy and bliss, and the desire to understand what reality is, I have committed my life to this spiritual “work.” As I began consistently meditating between 2-5 hours a day and really getting to the core of my own existence, I have experienced an opening of my heart and a clearing of my mind. As my mind, over time, has become clearer it has become a conduit through which many beautiful thoughts have traveled. Those thoughts have manifested into this series of short books, *Wisdom From The Path*. Many of these thoughts were spoken to me by the wonderful teachers I have and others came in meditation.

My main career for nearly a decade now has been as a business coach. I coach some of the most productive, successful salespeople in the United States. As my own life has evolved, my coaching has also evolved and now I work with people not only on their business but also their life in general which includes their spirituality. I seem to attract clients interested not only in business success but what I call True Wealth. True Wealth means you are abundant in all areas of your life including having a rich spiritual experience. I have found that helping people improve the non-business parts of their lives (including their physical life, spirituality, family, and relationships) has a very positive impact on their business. My belief is that *how you do anything is how you do everything*.

My greatest personal passion is my spirituality. Everything else in this wonderful world pales in comparison. My quest is not to only discover bliss but to absolutely live in it in every moment. My desire is to experience the full enlightenment of my own consciousness and to assist others who have the same longing. This is what I live for and this is why these books were written. My hope with these books is that you will enjoy more peace, happiness, joy, and love in your life; that you will learn (or simply remember) concepts that help initiate a burst in your consciousness and awareness. On top of that, I want you to be able to integrate your spirituality into your everyday world. These books are not about moving to India, sitting in a cave in meditation all day and experiencing bliss. (Unless of course that is what you are called to do.) My intention is that you learn to weave your spirituality into all aspects of your life and experience an enriched, extraordinary life.

Please understand that I do not claim to be enlightened. In fact I would be cautioned by anyone who deems themselves to be enlightened. In my opinion, a truly enlightened

person would have no need to proclaim such a thing. Plus who exactly is the one being enlightened? I can say that I am deeply committed to living an enlightened life, one rooted in unconditional love. While nowhere near perfect, I have experienced prolonged periods of complete bliss. I have been able to successfully integrate the spiritual principles presented in these teachings into my own life and hope to present this material in a way you can relate to. Plus I seem to have a gift when it comes to teaching people how to meditate and experience bliss for themselves.

I am honored to be a character in the play of your life. My hope is to play a role in the expansion of your awareness leading to a deeper spiritual connection and a greater understanding of who you really are. Ultimately, I just want everyone in my world ... in my movie ... to be happy. A good friend recently asked me what it is I really do. My response was something like, "Well I hope to help people experience more creativity, happiness, and greatness in their lives." He said, "That sounds great but what you really do is *'wake people up.'*"

My intention is that working with you through these books and the accompanying meditations will initiate an awakening. Most people are asleep but have no idea. Let these words be your wake-up call. Wake up from the dream to realize your true reality ... your true Self. Awaken to find the truth, the beauty, and the immense love ... the incomprehensible, indescribable love that is present for you in each and every moment.

Before we get too far into this, perhaps this is a good time to offer a warning to you. While the awakening of your consciousness will lead to amazing experiences and an outpouring of love into your life, it also can be accompanied by a lot of fear and pain. You see as you begin to raise your awareness and become present to your true nature, you will literally be transcending your own mind. You will begin to live in your heart. Your mind (ego) will not like this one bit. Throughout these books we will discuss the experience of transcending the mind. Just know that this process is very scary to the mind and it will likely kick and scream in its desperate fight for survival. The truth is most people fall short in their quest to maintain higher states of consciousness because they allow their minds to dominate their lives.

So on the road of surpassing your mind you will no doubt have to deal with it on the way. Like a child throwing a temper tantrum, if you simply avoid the mind it will shout even louder than normal. Instead we will take the mind on directly. In fact, using the tools of love and compassion, we will literally train the mind that it is not real. We will love the mind to its own eventual demise!

The mind is designed to survive at all costs and will resist with all its might. This is why there are very few people in this world who are truly, sincerely happy let alone enlightened. Think about it, how many people do you know who are completely happy? How many people do you know who live in total bliss? I ask this question to people all

the time and the truth is most people struggle to think of many people they know who are living incredibly happy lives. To me that is pretty pathetic yet true.

You've no doubt experienced moments of transcending the mind and feelings of bliss in at least short doses ... we can do it while watching a gorgeous sunset, while making love, while deep in meditation ... pretty much anytime we are totally present and "in the moment." But to actually live in this state is difficult. These teachings and specifically the meditations are designed to help you not only feel the bliss but to live in bliss. **In the meditations you will get connected and feel the bliss. If you are committed to the "work" you can stay connected and live in the bliss.** I don't know about you but I cannot think of anything more exciting in this existence than getting present to my real reality, living in the bliss of that reality, and sharing that love with everyone I encounter.

The process involves some extensive soul searching. It involves going deep to the core of you and discovering who you really are. There may be some hidden, heavy rocks that need to be turned over. It involves discovering some things about yourself you may not want to know. It involves some real "spiritual maturity." At times it can be a dark, lonely road. I have personally experienced a few "dark nights of the soul" on my own path.

But here's the good news ... you can be comforted by the thought that you are being guided every step of the way. You are protected by a power far greater than you can imagine. And you will never have to deal with more than your little mind and body can handle. If you simply open your heart to the infinite love within and around you, this journey will be one dominated by joy, fun, passion, and bliss.

Another intention of this material is to point out the warning signs you may encounter along your journey. This is not to say you won't have to deal with the things that come up for you but hopefully you will be able to move through or around any obstacles quicker. Like the proverbial "they" say, if you want to get to the top of the mountain, travel with the one who has the map and has been there. Just know that while all good spiritual teachings will offer you assistance along the way, ultimately it is your journey and yours alone.

*"Just do the steps that you've been shown
By everyone you've ever known
Until the dance becomes your very own
No matter how close to yours another's steps have grown
In the end there is one dance you'll do alone"*
—Jackson Browne ("For a Dancer")

THE MYSTERY

*“Let go into the mystery
Let yourself go
You’ve got to open up your heart
That’s all I know”*
—Van Morrison (“The Mystery”)

It is of importance to note that all the teachings in these books are intended to be universal. The objective is that you will find the lessons relevant and applicable regardless of your background. This work transcends faith and belief and speaks of universal truth; the idea is that you can integrate this material into your life regardless of your specific religious beliefs. *The only thing you need to believe in is LOVE.*

It really does not matter how you describe God or even if you believe in God. Most people, including the greatest scientists and philosophers, would agree there is a mysterious power orchestrating everything in the cosmos. You can call this power energy, God, spirit, source ... heck you can call it Bob. Everyone is entitled to their own view on what this mysterious power actually is and for the most part it remains just that ... a mystery.

I do not claim to be able to describe this mystery yet I do know with complete certainty that love is what matters most. Your ability to love everyone and everything, *especially yourself*, is a vital factor in your awakening. Your willingness to be open to receiving love is also of paramount importance. The nature of love will be a constant theme throughout this material ... just know that if you are coming from a place of love, you are on the right track!

So on a personal level, love is the answer. On a more global scale, love is definitely the answer. That is another purpose of this material—to help elevate the collective consciousness of the planet. The more conscious, loving people there are in the world, the better off our world will be for everyone. *Once love replaces fear as the dominant decision-making factor, we will finally be able to live in peace and pay attention to what is most important in today’s world.* Critical matters such as ending poverty, providing good education and taking care of our planet will be the focus versus fear-based issues like war and greed.

“The most beautiful thing we can experience is the mystery. It is the source of all true art and science. He to whom this emotion is a stranger, who can no longer pause to wonder and stand rapt in awe, is as good as dead; his eyes are closed.”
—Albert Einstein

THE STORM BEFORE THE CALM

I did not realize it at the time but October of 2005 was the greatest month of my life. It began with tragedy. I was living with a wonderful woman at the time on the small island of Key West, Florida. She had a black Labrador retriever, named Voodoo, who was the sweetest dog on the planet. Don't let the name fool you, Voodoo was pure love ... an angel. Everyday we would take long walks on the beach and on one incredibly unfortunate day, Voodoo ate something poisonous. Within a few days and after we tried everything possible to save her, we were left with no option but to put her down. She was a healthy, vibrant, energetic dog and within four days her little body completely shut down. Her liver was destroyed, her kidneys stopped functioning and she was in pain. It was a horrible decision to have to make and a desperately sad experience to watch the life force being taken from this beautiful creature. My girlfriend was crushed beyond belief. I always felt a part of her died that day also.

In the aftermath of the tragic death of our dog, it became obvious that the relationship between my girlfriend and me was dying also. The passion which was so strong initially had long since left and we were not able to get it back. The ending of any intimate relationships had always been hard for me and this was no different. I thought this was the woman I was going to marry and have children with. The realization that this was not going to happen created an obvious sadness. We were both sad over the death of Voodoo and now were both saddened at the eminent death of our love.

To make matters even worse, on October 24th, Hurricane Wilma, fast on the heels of Hurricanes Rita and Katrina, came cruising through Key West and destroyed my home and virtually everything in it! We had 2 summers in a row of close calls with hurricanes. The last of the bunch was Wilma, which was not given much consideration as Katrina had just leveled New Orleans. Wilma was supposed to brush past Key West as a lowly Category 1 storm. In the middle of the night it heightened in strength to a very dangerous Category 3 hurricane with winds over 125 mph and made a pretty sharp turn to the east. The eye of the hurricane missed Key West by just 15 miles making it a near direct hit. Plus it hit at high tide creating a 5-8 foot storm surge. We lived at the lowest point on the island and only a few hundred yards from the ocean. Add all these factors together and you have got yourself a dangerous flood.

We found safety on higher ground the night Wilma came through. The next day I couldn't get closer than 3 blocks from the home as the roads were all flooded out. I put on some rubber boots and drudged through the water towards the home. The yard was completely under water. I opened the front door and found 21 inches of water inside. Unless it was high up on the wall, it was destroyed. I remember standing there and saying out loud: "I just lost everything." I quickly wiped the tears away at the thought that at least no one was hurt and that the only thing lost was just "stuff." Still it was a

sad sight. I opened up all the doors of the house (which was a fabulous tropical paradise prior to all the storms) and just started chucking all my destroyed items out into the yard. The furniture was all replaceable. The books, photo albums, and other personal items were not.

Combine the death of our dog, with the loss of the woman I loved with the devastation of a hurricane and you can see I was in what most would call a MAJOR BREAKDOWN! But wait a minute, I started this by stating that this was the greatest month of my life— how could that be?!

You see in the midst of all this death and destruction, I was introduced to something that would change my life forever in the most wonderful way you can imagine....

THE ENERGY EXPLOSION

Just prior to the death and destruction I signed up to take a meditation class taught by a man named Steven Sadleir. He offers a 12-week class in which a group of people gather together via tele-conference call and meditate. He teaches a meditation call Shakipat. It is a very simple third-eye technique in which you connect with your own life force energy. In this meditation, you connect with the energy that created and sustains you. This is the same energy that creates and sustains the entire universe.

The very first time I practiced this meditation, I felt the most unbelievable “high” imaginable. It was as if my individual consciousness literally merged with the collective consciousness; any feeling of separation between me and everything else ceased to exist. The energy was so beautiful and virtually indescribable. I literally could not speak for hours after the meditation. I knew after that experience that my life would be changed forever. An entire new world presented itself to me by simply closing my eyes, getting present to the energy that is always there, and allowing this delicious energy to consume my being.

I remember Steven telling me on that call that I had the opportunity to fully enlighten in this lifetime. He said not only could I enlighten but that I would play a major role in uplifting the consciousness of the planet. I remember thinking: “What the hell is this guy talking about!? Enlighten? Uplift the consciousness of the planet?” These concepts seemed completely bizarre. I was feeling so incredible during the meditation that I opened myself up to these peculiar possibilities. I was not sure exactly what was occurring yet I knew I was in a state of bliss. *These books and the meditations included are designed to have you experience this bliss.* Through reading these books and practicing the accompanying meditations, you too can feel the bliss I am describing. All you need to do is be open to it. Open to allowing this delicious energy in ... open to feeling this energy that is always there, has always been there, and will always be there. This energy not only created and sustains you, it is you.

That first night I literally could not sleep as this energy flooded through my body. I did not care at all as the feeling was so magnificent. Since this initial experience I have been committed to not only feeling this bliss but to integrating it into my life. It is great to sit in meditation and get connected to this energy. It is even better to stay connected to this bliss and totally live in it. *Again that is another intention of this material ... to help you stay in the bliss and literally live in a blissful state.*

You may simply want to have more peace and love in your life. You may want to live in a joyous, blissful state. You may want full out enlightenment. Just know that you can have whatever you desire. All you need to do is be open to it. The more open you are to receive this beautiful energy, the more this energy will flow to you and through you.

The books and meditations will assist you in connecting to your Self. The more connected you are, the more joy, peace, love, abundance, and bliss you will experience. While I hope you enjoy the books, the real magic is found in the meditations themselves. The meditations allow you to experience what these words can only attempt to describe.

THE SPIRITUAL ALARM CLOCK

As previously mentioned, most of the world is spiritually asleep. The mass of society is unconscious. We wake up, get dressed, go to work, pay the bills, watch TV, go to sleep, and repeat the process. Meanwhile there is a heavenly existence waiting for us all right here on Earth. A blissful life is not available to only a few gurus and sages on the other side of the planet.

The true guru lies within. This is your opportunity to align with your soul and live a life that others can only dream of. The meditations are truly magical. Practice the meditations and connect to the energy. It is as if you are holding the golden ticket and the chocolate factory awaits you! Are you open to it? Do you want more peace, joy, and love? Do you want to experience life at a higher level of consciousness? Are you ready to transcend your mind and live in your heart?

Let these books serve as your spiritual wake-up call. It is time to awaken from the dream that your mind has so masterfully created. Most people live in a complete illusion. People are completely attached to their roles in life and have forgotten who they really are. We play the role of wife, husband, son, daughter, brother, sister, boss, employee, Democrat, Republican. We walk around wearing masks which signify our identity. But you know better don't you? You know that the role you play in society is not who you really are. Your role is not your reality.

The question is: Are you ready to awaken from this dream or will you hit the snooze button?

For those of you who are ready, an amazing journey deep into the core of your own existence awaits you. The ride is complete with twists and turns and ups and downs but I promise you the payoff far exceeds any bumps and bruises you may pick up along the way. The truth is if you are reading this then you are ready. Something inside you drew you to this material. Something deep inside you is silently screaming out ... *“Let go, let it go, come over here ... trust me, it’s really good over here ... you can have it all.”*

It is true. You can have it all. You can experience wealth in all areas of your life. Physically you can have infinite energy and vibrant health. Mentally you can have a clear, unclouded mind. Financially you can be abundant and secure. Your life can be rich with amazing relationships and a fantastic family. And most importantly you can experience the nature of your true spirit. You can truly know who you are and why you were born. You can do the normal “stuff” that we humans do (go to work, pay the bills, do the laundry, cook the meals) and simultaneously live in a state of utter bliss. You can know your Self.

THE REAL SECRET

Today I find myself living in a playground. I am in the playground and the gate I walked through has closed behind me. There is no turning back. This is a playground of infinite possibilities. This is a playground rich with vibrant colors, exquisite beauty, and amazing amounts of love.

Are you ready to enter this playground? Can you accept that this playground is your real reality?

Most people live in the matrix of their mind and are convinced it is real. But what exactly is real? That which never changes is real. The life force energy that created you and also created everything in the universe never changes. This energy breathes life into you and beats your heart. It does it automatically without you having to think about it. This energy was here before you were born and will remain after your body perishes. This energy is consciousness itself. You are consciousness. The more conscious you become of your own consciousness, the more you realize your true Self. You are an infinite being ... an infinite soul. You were incarnated in this body to love and laugh and cry and dance and to live passionately. Life was never intended to be hard. Only your mind creates the illusion that life is hard. Your mind is the cause of 100% of your pain and suffering. But let me let you in on the greatest secret I’ve ever been told: *You are not your mind.* This realization is the foundation of your awakening.

In this playground your mind waits outside looking in as you laugh any fears away; like a child who doesn't know any better.

LESSONS FROM THIS BOOK

There are two main takeaways for you in this first book. First is to open you up to the possibility of living a life rich with joy, happiness, and bliss. This life is not reserved for a few select saints and sages. This life is your birthright. Do you have the desire to live this way? If so, then you have the power to make it happen. All babies are born full of pure love and joy. It is their natural state. It is your natural state. You were one of those babies! It is time to reclaim this state of being. Not only will you benefit from this but so will everyone else you encounter.

The second takeaway is learning about and more importantly experiencing the life force energy. Connecting with this magical, delicious energy is a key to your awakening. While again it is hard to describe it in words, you will get to experience it in the meditation that accompanies this book.

Tuning into this energy is where the real magic occurs. Most people live their entire lives ignorant to the presence of this energy. Everything you need already exists within you. The journey towards enlightenment is an inside one ... it is an inside job. The meditation teaches you to go inward ... to tap into the energy that created and sustains you. It teaches you to become conscious. Simply put, the more conscious you become, the happier you will be. These books will teach your mind helpful intellectual concepts. The meditations help you to *transcend* your mind and to live in your heart.

So to experience this delicious energy, your next step is to practice the meditation. There are obviously many, many forms of meditation you can practice and I have personally tried many of them. All meditations are good in that they all are designed to at least calm your mind down and help you feel more peace. That alone makes sitting in silence worthwhile. The beauty of the meditation you will practice with me is the opportunity to experience an incredible natural high. You will connect with your own life force energy and feel an amazing presence. You will feel so much love in and around you. The beauty of this high is it has with no side effects.

I will close this introductory book with the poetry of Rumi. To me this passage illustrates the feeling that is possible for you when you connect to this presence ... when you open your heart to the energy ... when you open your heart to love.

*When the ocean comes to you as a lover,
marry at once, for God's sake!
Don't postpone it. Existence has no better gift.*

*No amount of searching will find this.
A perfect falcon, for no reason, has landed on your shoulder, and become
yours.*

You have been called to experience the awakening of your consciousness. The ocean has come to you as a lover ... dive in and bathe in its healing waters. A perfect falcon has landed upon your shoulder ... It is yours and will carry you wherever you want to go.

Come with me now and together let's experience this delicious energy.

**CLICK HERE TO DOWNLOAD AND LISTEN TO THE
MEDITATION THAT ACCOMPANIES THIS BOOK:**

<http://richgerman.com/Meditation1.zip>



About the author

Founder and Creative Director of *True Wealth Unlimited*, Rich German is recognized as one of the most accomplished and popular business and life coaches in North America. Since 1999, he has conducted over 15,000 individual coaching sessions and has led numerous training seminars for thousands more.

He guides his clients to dramatically increase their creativity, greatness, happiness, and goal attainment. In line with his concept of True Wealth, Rich helps people succeed not only in business but also in their physical, mental, spiritual, and family lives as well. Additionally, Rich is an experienced coach in the areas of energy, wellness, and higher consciousness.

In addition to these Wisdom From The Path books, Rich is also the coauthor of the book *Living the Law of Attraction*.

<http://www.richgerman.com/products/living-the-law-of-attraction-book.html>

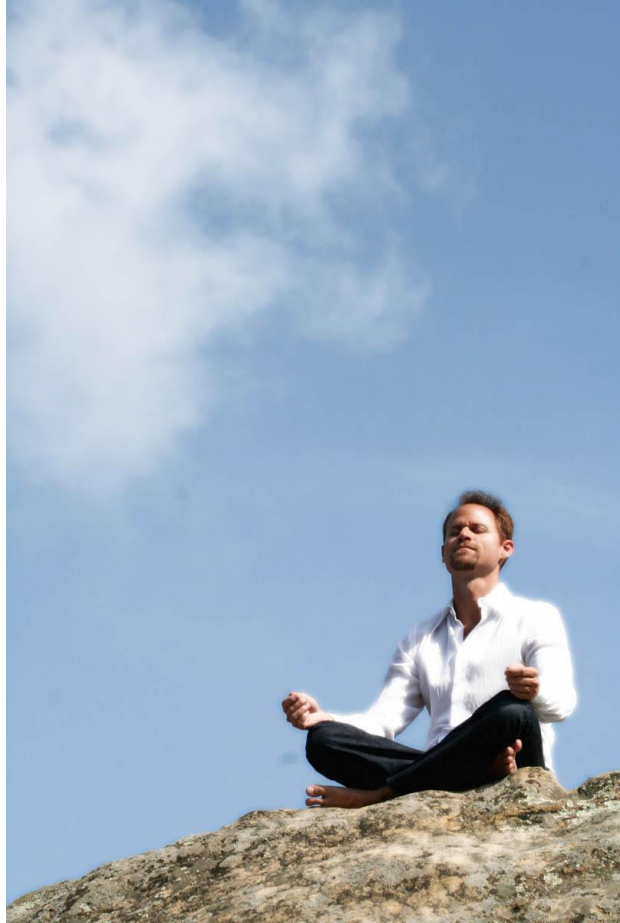
He is also a certified meditation teacher through the Self Awareness Institute.

True Wealth Unlimited is committed to helping people live abundant, happy, fulfilling lives. Rich has created a wide range of cutting-edge, practical tools designed to allow people to realize the lives of their dreams ... rich with incredible health, energy, vitality, happiness, joy, fun, and abundance.

Rich's core philosophy is that we all have a soul that is pure and enlightened. Experiencing True Wealth is about purifying the mind and the body to allow the light and love of your soul to shine through. It is about living, thinking, eating, being, and acting in ways that lead to amazing amounts of happiness and peace.

Rich enjoys exploring his creative side by playing guitar, painting, writing, and photography. He lives in Laguna Beach, California.

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Credits

The song on the meditation is "Euphoria" by Pete Hawk. For more about Pete and his music, visit www.PeteHawk.com.

The cover was designed by Maria Kellis.