

A misty forest path with a person walking away in the distance. The path is covered in brown mulch and leads through lush green ferns and other vegetation. Tall, thin trees line the path, and the overall atmosphere is serene and ethereal.

WISDOM FROM THE PATH

BOOK 2:
MY
GRANDMA,
MY
GURU

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

MY GRANDMA, MY GURU

My mother's mother, Ruth, was almost 90 when she passed away just one week before 9/11. She lived in a beautiful home with her devoted husband and had everything money could buy. My dad's mom, Eve, is 92 and still alive and kicking as I write this. She never had 2 dimes to rub together, raised 3 kids in a tiny home with one bathroom, was always at least 100 pounds overweight and has lived in a nursing home outside of Chicago for the last several years because she can no longer care for herself physically.

One of my grandmas is the happiest person I have ever known and one was completely depressed. Take a guess which is which.

I remember the first time I went to visit Grandma Eve in the nursing home. It is a very nice, clean facility but it is full of a bunch of old, sick people! I saw men in wheelchairs with their heads completely slumped over. There was an elderly woman at the nurse's station having a conversation with herself—she thought it was 1950. And then there was my Grandma, sitting in her chair smiling, talking to everyone in sight. She saw me and just lit up. We sat and talked and laughed.

"Richard!" she bellows, (yes, she calls me Richard), "my body doesn't work so well, but my mouth still works just fine!"

I stayed and visited for about an hour until she had had enough of me. I wheeled her to the lunch room and left. As soon as I exited the home, I broke into tears. I could not imagine living in a place like that. But then I quickly stopped and thought "wait a second ... she LOVES it there ... she is totally happy. She is the queen of the place and everyone loves her." Just because I could not fathom living there was completely irrelevant! She is happy and nothing else matters.

This experience got me thinking. What or who determines happiness? Is it your will? Is it divine will? My Grandma Eve had none of the material stuff yet she is the happiest person I know. Why? Whether she consciously knows it or not, she made a choice to align with divine will. Because you have the power to think about being happy, you have the will to be happy. And your desire to be happy is proof that you should have it. Where did this thought even come from? You obviously at various times have thought about happiness. *Being* happy is nothing more than accepting your divine right to be happy. Feeling blissful is also nothing more than accepting your divine right to live in bliss.

MIND GAMES

So what stops you from constant happiness, joy, and bliss? The answer is simple: your mind. Your mind is the cause of ALL your suffering and pain. All fear, worry, doubt, thoughts of lack and scarcity stem from your mind. The intention of this spiritual “work” is to transcend the mind and all its trappings—to go beyond the mind and live in your heart. The goal is not to kill the mind (the ego) but rather to train it to realize what you already innately know, which is: *You are not your mind*. You are not your body either. Rather, you are the consciousness which silently observes what your mind and body are doing. You are an infinite soul ... an enlightened being who popped into a body with a mind designed to help you navigate through this physical world.

Somewhere along the way your mind took control of the situation. In its desperate need to survive, the mind took sway over your true Self and began running the show. (At least this is the illusion your mind has created). You literally went unconscious; you fell asleep. Let these words serve as a wake-up call so you realize who you really are. I received this wake-up call in 2005 when I met my meditation teacher, Steven Sadleir. The greatest gift I have ever been given was when Steven reminded me that I was not my mind. Ever since this moment of awakening, I have been compelled to share this truth. Once you realize this and accept who you are, you will begin to experience the bliss that is omnipresent and your life will never be the same. You no longer will feel any desire (need) to go outside yourself to find happiness. You need only connect with the energy of the Universe; connect with the energy that created you and is you. You need only connect with your Self.

You already know that looking for happiness outside of yourself—through relationships, money, and material things—is a fruitless journey. This is not to say that loving relationships and “stuff” are bad—quite the contrary. There is nothing wrong with having a nice home, a nice car, comfortable things, and loving relationships. It is great to want and enjoy these things but the key is not to *need* them. We all naturally have desires. Desire is so human and can be wonderful. So it is okay to want material things and relationships ... just don’t lean on them to be happy. Let them enhance your life but not define it. The key is not to be attached to them. This is a critical lesson that people struggle with.

All too often, people’s happiness is greatly affected by external factors. For most people, it looks like this:

If they are in a passionate, loving relationship – happy
If the passion of the relationship dies – unhappy
Lots of money in the bank – happy
Feeling financially insecure – unhappy
Feeling healthy and energized – happy
Feeling sick and/or lethargic – unhappy

Any of the above sound familiar??

It is the proverbial dog chasing its tail. Money, relationships—external things—can never lead to sustained happiness and bliss. It is an inside job. My Grandma Eve knows this. She never had the money, the car or the big house but always had peace of mind and joy in her heart. Even when my Grandpa Joe died, her husband of 50+ years, she remained happy.

My Grandma Ruth conversely never had to work, was financially well off, and had a good husband and yet she spent the last couple decades of her life lying on the couch depressed. She was asleep ... unconscious. The mass of humanity lies asleep. I remember being at her funeral a few years ago. I looked at her body lying there in the casket and thought to myself “Damn, she looks good! This is the healthiest looking dead 89 year old person I will ever see!” I also noticed something profound—she was finally at peace. *She had to leave her body and mind to find peace.* This is the sad truth of the masses. Think about it—how many truly happy people do you know? Can you easily name 10 people you know who are extremely happy? Most people cannot.

Now don't let this story get you down. The good news is you already innately know who you really are. The even better news is that the collective consciousness is elevating. Never in the history of mankind has there been a time when so many people are getting present to their real reality. People are beginning to understand that they are not their minds but instead an infinite soul made from love and light. Can you accept this reality? You are pure love and light. You are the love that created all of existence.

Once you accept this as your reality, you will begin to live in the light, as the light, and experience pure joy and bliss. It is simple, yet not so easy! Why? Because your mind will fight you every step of the way. Your mind has been conditioned over millions of years to do one thing: keep you alive. Its job is survival. And once you accept your true Self, it becomes evident that survival is no longer the goal. Let's state the obvious: your physical body is going to die one day—and your mind will simultaneously be rendered useless.

So what is the fastest way to transcend the mind once and for all? That's easy—just chop your head off! If you want instant enlightenment that should do the trick! Now this is not the recommended method. First of all it sounds awfully painful and it probably would have some severe karmic impact in the next dimension! Plus you would miss out on all the magic of this existence. We live in a world of infinite beauty and possibilities. Life is an ecstatic playground to be enjoyed fully. You have the infinite power to find bliss and live in it always. You've got the golden ticket in your hand and the Chocolate Factory awaits you.

Let's now explore steps you can take to find and live in bliss.

HOW DO WE LIVE IN BLISS?

While there is no linear path to transcending the mind and living in bliss, there are specific concepts which have been proven time and time again to lead you in that direction.

CHOOSE TO BE HAPPY

The first step is to consciously choose to be happy. Consciously choose to be in bliss. Simply decide the state that you would like to live in. There is an immense power in deciding what you want. *Choosing your state of being is way more powerful than anything you will actually do.* Most people never think about happiness let alone make a conscious decision to live in bliss. Recently I spoke to a fairly high conscious group of people who were all interested in the Law of Attraction. I asked the group how often they thought about being happy. Only a small number of hands went up. Isn't that interesting? What could be more important than being happy? What is more important than totally enjoying this experience of life? And yet, very few people are truly happy. Do you think there is any correlation between that and the fact that most people do not consciously choose happiness on a daily basis?

Your thoughts create your reality. You become what you think about on a consistent basis. So the most important step is to choose thoughts that feel good. Choose happy thoughts and happiness will follow. It may sound elementary, yet it is true. Do you ever wonder where your thoughts come from? If you are like me, your mind comes up with some pretty random, sometimes crazy, thoughts. And while you cannot always control the first thought that enters your mind, you can control the second one and all subsequent thoughts. The typical person thinks tens of thousands of thoughts each day. The problem is the majority of the thoughts you think today are the same as you thought yesterday and if you are "normal" most of those did not serve you in your quest to live in bliss.

Our brains are thinking machines and each thought you think is creating your perceived reality and your future. Consistent negative thoughts are disease-like in that they slowly and subtly drain the life force energy out of you.

To illustrate the point, think about a time you had a very stressful day. You go to bed but the negative thoughts from the day are still streaming through your head. Those thoughts stir up negative emotions which zap your energy. This loss of emotional energy leaves you with only the mental residue of what you were reacting to. If you ever play the same "emotional tape" over and over and over in your head then you understand. This is how negative thoughts and feelings are born and also how they worsen and eventually turn into mental disease.

If you keep your attention on these unwanted thoughts and images, they will continue to aggravate and upset you. Fighting with your thoughts robs you of the energy required to experience true happiness. Your level of energy and happiness is directly related to your ability to control your thoughts and *responses* to daily experiences. In terms of being conscious, *the most important moment in your life is the instant between an occurrence and your response to that occurrence.*

The key to controlling your reactions to experiences is in staying present, staying in the moment. In other words, when something happens you do not go backwards and compare the situation to a similar “bad” experience nor do you go into the future and create a negative story of what will happen. Instead you stay in the moment and observe it. The evolution of your consciousness comes from being centered in the present in a state of non-attachment from all fear, worry, and doubt. When you are fully present, you eliminate expectation which eliminates anxiety. Your liberation lies in being in the present. Just be.

DEVOTION

*“People think I am disciplined. It is not discipline. It is devotion.
There is a great difference.”*

—Luciano Pavarotti

Once you have consciously decided you want to be happy, the next step is to devote your life to it. Our forefathers spoke of the pursuit of happiness. The challenge with pursuing happiness is that you won’t achieve it until you obtain something specific. (For example, when I find the perfect mate, then I will be happy). *The new paradigm is to choose happiness first and create the space for that which you desire to manifest.* It is more about the person you are being than what you want to have. It is about the *happiness of the pursuit*, not the pursuit of happiness.

Bhakti is a Sanskrit word which means devotion. It refers to completely devoting yourself to something. In a religious context it can mean devoting yourself completely to God. In a more spiritual context, consider devoting your life to being an unconditionally loving and happy person. Consider devoting your life to raising your own consciousness and playing a role in raising the collective consciousness. Consider devoting yourself to being a peaceful person and helping to create peace throughout the world.

Devotion is commitment at a deep, cellular level. As Goethe is so eloquently quoted as saying:

“Until one is committed, there is hesitancy, the chance to draw back. Concerning all acts of initiative (and creation), there is one elementary truth that ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one’s favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.”

His reference to Providence implies that as you commit to your desire, God or the Universe begins to align with your intention. Your individual will merges with divine will. They become one in the same. Devote yourself to living in bliss and bliss will show its majestic beauty in all that you see. The life you want truly wants you.

Devotion to bliss is a bold gesture that most people never consider and most that do fail to feel worthy of living in such a divine state. But to Goethe’s point, boldness has wisdom and truth in it. And to live in bliss is to trust the magic of your very existence. Devote yourself to something bigger than yourself. Devote your heart and soul to the energy that sustains you and even the mind will succumb to the immense power of Love.

NON-ATTACHMENT

To experience the fullness of your heart and soul, you must release the attachments of the mind. It is not possible to experience Love at the level described here without eliminating your attachments. Love is your passport into the garden of ultimate joy, peace, and freedom. And attachment is blocking your entry into the garden. Attachment is the desire to possess and the refusal to let go of that which want. It is the fist that mightily grasps what is desired and suffocates it to death. One can stay attached and still have a good, compassionate heart; however the experience of true Love will remain out of reach. To compare a kind, concerned person with attachments to one who truly knows Love is to compare the light of a single match to the light of the sun.

Attachment is need which blinds perception, a cloud that shades you from the light. Even the slightest attachment stunts the growth of real Love. Love requires complete sensitivity and our attachments destroy our sensitivity. It is only when our attachments disappear that we can experience the liberation that is called Love. With this freedom comes the ability to truly see. This liberation comes from transcending the mind which left to its own devices can not perceive what real Love is. Love can be found only in the heart which has no desire to attach. It is only the mind which craves things like attraction, possession, and satisfaction which ultimately lead to boredom (followed by a repetition of the cycle). Only the mind succumbs to anxiety, jealousy, possessiveness,

and pain. Only the mind rides on the merry-go-round of the mind. Love waits silently on the side. Love is blind yet sees all.

So how do you break free of the attachments which prevent the experience of real Love?

First, you must get present to the suffering these attachments are creating. Like a drug, attachment leads to highs and lows, unwanted twists and turns, anxiety, and paranoia.

Second, you must get clear on how this drug of attachment cannot lead to the freedom and Love that is your true nature. While it may feel good initially, it cannot lead to sustained happiness. It is your true nature to feel love and bliss in every moment of your life and your attachments are blocking this from occurring.

Third, and most important, you must understand that the things you are attached to are completely in your head. You are programmed to vest your interest in an image created by your mind, not the person or the thing itself! See the truth in this and become aware that real love comes only from within. Going outside of your Self to find Love can only lead to disappointment because now someone else controls whether you feel love or not. If their flame dies down, your warmth dies with it and the pattern repeats itself.

As your awareness increases, you can, over time, move from attachment towards Love. You move away from the suffering and into a space of loving everyone and everything. Life becomes an endless series of pleasurable moments. You come to realize that Love is an inside experience not contingent upon any outside stimulation. You begin to carry a feeling of supreme bliss in your heart that nothing can destroy. When you drop the weapon of attachment you are no longer attacked as there is nothing for anyone to take from you. You begin to feel happy for no reason at all.

Imagine experiencing extreme happiness ALL the time for no reason at all.

MEDITATION

The beauty of meditation is that it allows you to feel the happiness and the bliss that is your true nature. Meditation is a critical tool in your spiritual practice. Your natural state is happiness. Just look into the smiling eyes of a newborn baby. Babies are pure spirit born into a body in a state of bliss. Meditation, when learned properly and practiced consistently, allows you to re-connect with your natural way of being.

The idea is that by meditating, you feel your connection to your true Self. The more you sit in meditation, the more you connect. The more you connect, the better you feel. With time and practice, the connection and feeling gets so good that you just decide you never want to feel any other way. When you are connected, you are out of your head and in your heart. When you are out of your head, which again is the source of all your

pain and suffering, you are conscious. And when you are conscious, you are happy ... period. So the whole point of meditation is to get you conscious. Once you become conscious of your own consciousness, you can stay conscious. And staying conscious is the whole trick.

In the guided meditation which accompanies this book, you will have the opportunity to experience the bliss which these words can only attempt to describe. You are strongly encouraged to listen to the meditation as often as possible.

So far we have discussed that you must choose to be happy and the importance of being unattached. Next you commit (devote) to being happy. Then you practice meditation to stay conscious knowing that consciousness equals happiness.

SURRENDER

“Look beyond people’s appearances. Look beyond the roles one plays and the mask they wear. Look deep into their eyes and peer into their soul. There you will find their true essence. There you will find your true essence. And that essence is love.”

—Rich

The next concept is that of surrender. To experience true happiness (bliss) is to accept your true nature. This acceptance requires surrendering to the Truth. So what is the Truth? What is your true nature?

Let’s begin with what you are NOT:

You are not your mind. You are not your body. You are not your thoughts. You are not your stuff. You are not the roles (mom, dad, son, daughter, husband, wife) that you play. You are not the labels others put on you. You are not the labels you put on yourself. You definitely are not your “problems.”

What you are:

You are pure spirit. You are the divine incarnation of Love. You are pure love and light.

Read the line above again and breathe in the truth of these words. Feel the light enter your eyes and begin to accept the reality of who you are as you disregard who you are not. Close your eyes for a moment and bathe in the deliciousness of your reality.

Speak these truths to yourself until your mind accepts them.

I AM pure spirit. I AM the divine incarnation of Love. I AM pure love and light.

Somewhere along the way we forgot who we are. We got caught up in the matrix of life and got attached to our roles, our things, our opinions, and judgments. With extreme force, our minds took control of our lives. Our minds are very attached to being right. Unfortunately it is nearly impossible to be right and happy at the same time. Regaining consciousness and remaining conscious requires a surrendering. It requires a transcending of the mind and a surrendering to the Truth of who you truly are.

This surrendering, as discussed in the first book in this series, can be very difficult as our minds have a lot invested in their opinions. Most spiritual seekers hit a road block on their path when asked to fully surrender. Our mental programming, resistances, and attachments prevent us from breaking through the invisible barrier which leads into the garden. We feel that by surrendering we will lose everything we have worked so hard to gain. This is a simply a trick of the mind in its desperate fight for survival. Consider that the exact opposite is true. Consider that it is impossible to experience true bliss without surrendering to it.

GRACE

“Simply open your heart to receive and miraculous gifts will descend upon you like raindrops dripping from the wings of angels.”

—Rich

The final step is Grace. For those destined for enlightenment, Grace is required. To live in a state of pure, unconditional love, Grace is required. As all enlightened masters would agree, *it is through Grace that one enlightens*. It requires living in complete awe and gratitude. So if grace is a prerequisite to enlightenment and it is not of our doing, how do we receive it?

Our work is simply to do everything possible to purify the mind and body so that the pure love and light of our souls can shine through. Our work is to open our hearts to receive the love that is omnipresent. As your heart opens, your awareness of the Divine Presence expands. You begin to realize that your thoughts are not your thoughts and that your mind is not your mind. You realize that there really is no “you.” You are simply part of All That Is. And All That Is resides in this present moment. And only this present moment is real. And life is nothing but a continuous stream of present moments.

Perhaps the ultimate insight is this:

There is nothing that needs to change. You are fully complete and whole. *Your realization is that you are already fully realized.* You are already enlightened.

IN CLOSING

In this book I have brought to you many of the great lessons my teachers taught me. We covered the power in choosing to be happy. We looked at concepts of devotion and non-attachment. We looked at meditation and encouraged you to experience the meditation which accompanies this book. We ended with the incredible power of surrender and grace.

One final thought on my grandmas ... The truth is both of my grandmas are my gurus. One taught me the way I want to live and one taught me how I do not want to live. I love them both the same.

Come with me now and together let's meditate on the lessons discussed in this book.

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

<http://richgerman.com/Meditation2.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 author of the book *Living the Law of Attraction*.

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

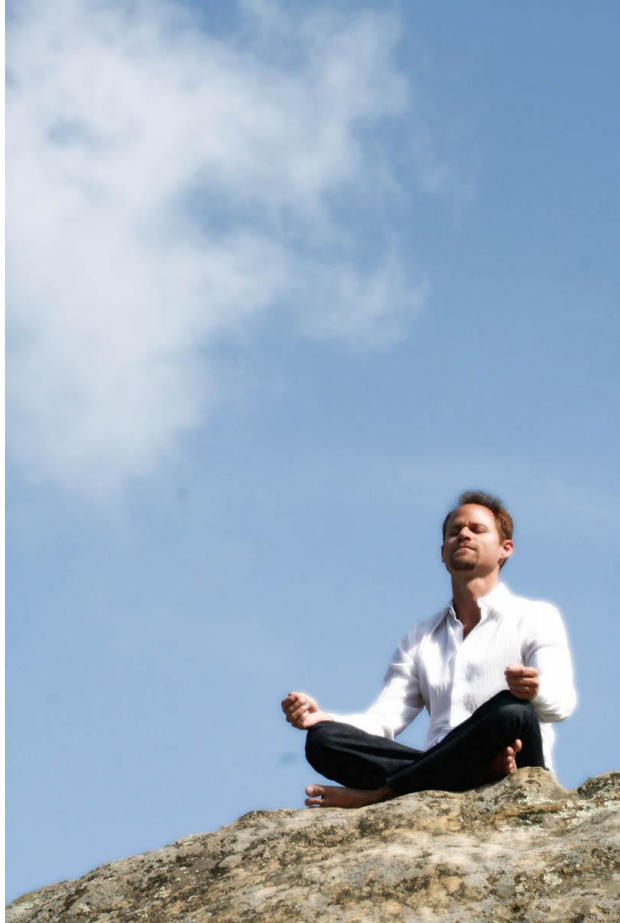
He is also a certified meditation teacher through the Self Awareness Institute.

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.

<http://www.richgerman.com>



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.