

# The Way of Selflessness

*A Practical Guide to Enlightenment  
Based on the Teachings of the  
World's Great Mystics*

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1. To demonstrate that, despite their outer (or exoteric) differences, the world's great religious traditions share an inner (or esoteric) Truth testified to by their mystics.
2. To help develop a new worldview in which the Truth realized by the mystics and the truths of modern science can be seen as compatible ways of understanding the same underlying Reality.
3. To foster and maintain a community of spiritual practitioners who wish to follow the teachings and practices of the mystics of all the great traditions, presented in generic, contemporary terms.

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*For my wife, Jennifer, light of my life.*

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