

Table of Contents

The Essentials	vii
a. The Book's Central Concerns	
Section I: The Philosophy of Spirit	1
a. Spirit and the Spiritual Life Defined	
b. Logic and Language	
Section II: The Spiritual Self	21
a. Essential Features of the Spiritual Self	
b. What it's Like to Live From the Spiritual Self	
Section III: Disidentification and Spiritual Growth	65
a. What it Means to Disidentify	
b. Why Disidentification is a Spiritual Necessity	
c. Ways to Facilitate Disidentification	
d. Faith and Spiritual Growth	
Section IV: The Workings of the Ego	95
a. The Ego as Self-Conscious	
b. The Ego as Controlling and Resisting 'What Is'	
c. The Ego as a Collection of Subselves	
d. Death and the Ego	
e. Egoic vs. Spiritual Will	
f. Facilitating Ego Disidentification	
Section V: Spiritual Experiences	155
a. Transcendent Experience as Meaningful	
b. The Mystery, Beauty and Harmony of Transcendence	
c. Different Kinds of Transcendent Experiences	

Section VI: Spiritual Ethics: Love and Goodness183

- a. Spiritual Love as the Basis for Ethics
- b. Evil as Ignorance or Unawareness
- c. Spiritual Knowledge of the Good
- d. Spiritual Love vs. Egoic Love

Section VII: Happiness and Suffering205

- a. Two Types of Suffering: Boredom and Depression
- b. The Value of Suffering
- c. Spiritual Happiness vs. Egoic Happiness