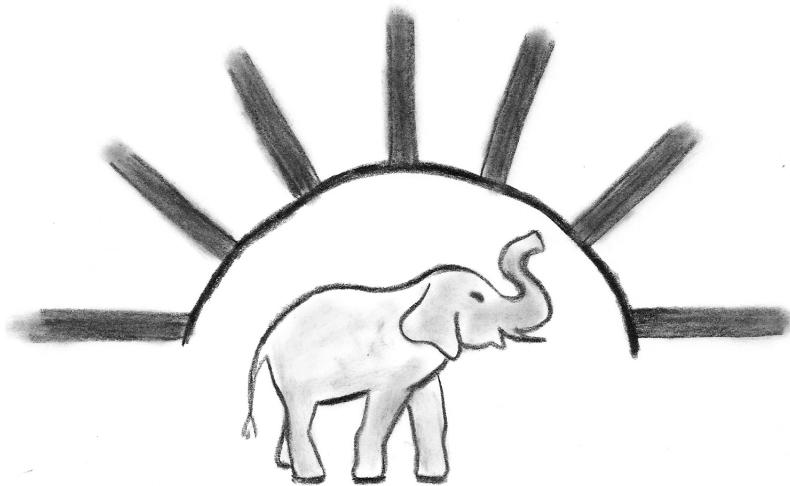


The Dawn of Awakening



www.thedawnofawakening.com

Thank you

Richard Bach, Babaji, Buddha, Rhonda Byrne,
Gregg Braden, Carlos Castaneda, Deepak Chopra,
Ram Dass, Leonardo DaVinci, JJ Dewey, Albert
Einstein, Masaru Emoto, Micheal Gelb, Nassim
Harmain, Vito Hemphill, John Lennon, C.S. Lewis,
Barbara Marciniak, Valdimir Medre/Anastasia,
Leonard Orr, George Orwell, Ayn Rand, James
Redfield, Eckhart Tolle, Neil Donald Walsh, and
many more who have been an inspiration for this
work.

1ST BINDING- JUNE 2012

Author's Limited Edition
ISBN 978-0-9851049-1-7

copyright © 2012 by Gio & Heather Ligresti

All rights reserved. This book may not be reproduced in whole or in part, or transmitted in any form, without written permission from the publisher, except by a reviewer who may quote brief passages in a review; nor may any part of this book be reproduced, stored in a retrieval system, or transmitted in any form or by any means electric, mechanical, photocopying, recording, or other, without written permission from the publisher.

Published by

G&H Press

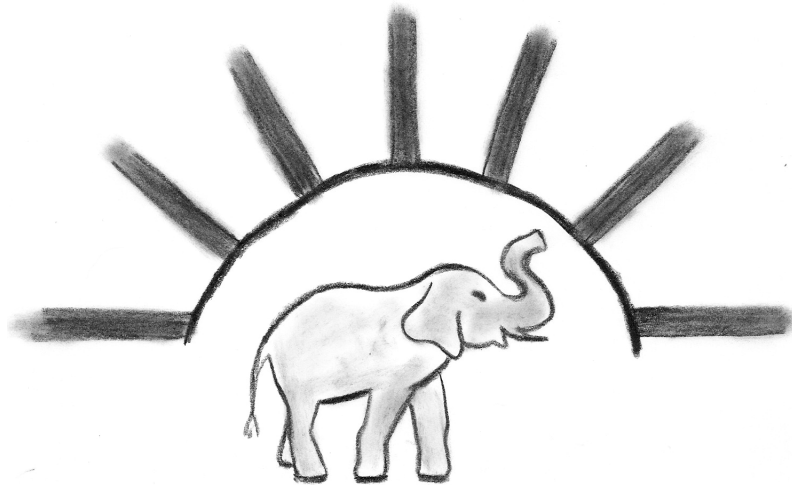
518 Santa Fe Trail #400
Santa Fe, NM 87505

Artwork by Heather Ligresti

**Printed in the USA using Recycled Paper
and vegetable-based ink**

The Manual of Spiritual Living

Part 1: The Dawn of Awakening



Gio & Heather Ligresti

***The Manual of Spiritual Living* answers these questions and more:**

What is Spirituality?

Do I go with the flow?

What are miracles?

Should I stop having judgement?

How can I increase my potential?

Are we all connected, and if so, to what?

What can I do to save the planet?

How do I create the outcomes that I desire?

I really enjoy comfort and abundance, does that mean that I am not a Spiritual person?

Can I still keep my after-life insurance with God if I take charge of my own Spirituality?

The Manual of Spiritual Living

Part 1: The Dawn of Awakening

Part 2: The Eve of Transformation

Part 3: Love is Union

and more to come

www.themanualofspiritualliving.com

A tale often told, mostly to demonstrate the subjective nature of truth, is the story of the six blind men and the elephant. Each of the blind men stand in front of the elephant and attempt to determine what an elephant looks like by feeling different parts of the elephant's body. The blind man who feels a leg says the elephant is like a pillar; the one who feels the tail says the elephant is like a rope; the one who feels the trunk says the elephant is like a tree branch; the one who feels the ear says the elephant is like a hand fan; the one who feels the belly says the elephant is like a wall; and the one who feels the tusk says the elephant is like a solid pipe.

The king explains to them:

“You are all right. The reason each one of you is telling it differently is because you have all touched a different part of the elephant. The elephant has all of the features you mentioned.”

This is supposed to resolve the conflict, and the story is used to illustrate the principle that truth can be stated in different ways. We feel, however, that this tale is better used to demonstrate how humans are stuck, not in their misunderstanding of what the truth is, but in the way that they approach the truth. If each of these men would have kept their hands moving and continued their search until they were reasonably sure that they had observed the entire elephant, none of them would have given such a silly description. And this is often the way humans approach things, they draw conclusions too quickly before having a whole picture. Humans are lazy

when it comes to searching for the truth and too often stop at the first glance, or in the case of the blind men and the elephant, at first touch. The second mistake that these men make, which is mirrored by humans, is that they do not communicate with one another to find out what the others are discovering. If two findings contradict one another then the search is not over. These men could have communicated with one another and shown the various parts to one another in order for them all to have a better idea of what an elephant actually looks like.

Had these men kept looking, and communicated with one another, all six of them would have had a very good idea of what an elephant actually looks like. Truth is unchanging, like the elephant, but how one approaches the truth will change ones perception of it. The greatest lesson of this tale is not that the truth is unable to be found, on the contrary, the lesson is that the truth is found from an impeccable search and an open communication with others who are searching for the like!

From "*The Manual of Spiritual Living, Part 2: The Eve of Transformation*"



“Awakening is the act of consciously waking up the dormant consciousness within. As we awaken, we become aware that what we know is not limited to what we have learned or experienced throughout this lifetime.”

~ Gio & Heather



Contents

AUTHOR'S PREFACE

page 7

<i>1 ♦ Spirituality: The Ultimate Union</i>	<i>12</i>
<i>2 ♦ We Are Who We Choose To Be</i>	<i>20</i>
<i>3 ♦ Duality</i>	<i>32</i>
<i>4 ♦ Good vs. Evil</i>	<i>44</i>
<i>5 ♦ Fear</i>	<i>48</i>
<i>6 ♦ Shedding the Layers</i>	<i>58</i>
<i>7 ♦ Fitting a Profile</i>	<i>64</i>
<i>8 ♦ The Emperor's New Clothes</i>	<i>68</i>
<i>9 ♦ Guruness</i>	<i>74</i>
<i>10 ♦ What Do I Do With My Ego?</i>	<i>82</i>
<i>11 ♦ To Judge or Not to Judge</i>	<i>88</i>
<i>12 ♦ Right is Right</i>	<i>104</i>
<i>13 ♦ Perfection</i>	<i>108</i>
<i>14 ♦ Breaking Habits</i>	<i>112</i>

CONTENTS

<i>15 ♦ Compassion</i>	<i>116</i>
<i>16 ♦ Morality</i>	<i>126</i>
<i>17 ♦ Respect, Not Submission</i>	<i>130</i>
<i>18 ♦ Awareness</i>	<i>134</i>
<i>19 ♦ Intending</i>	<i>142</i>
<i>20 ♦ Remembering</i>	<i>150</i>
<i>21 ♦ Manifestation</i>	<i>154</i>
<i>22 ♦ Domestication</i>	<i>160</i>
<i>23 ♦ Culture</i>	<i>168</i>
<i>24 ♦ Awakening</i>	<i>180</i>
<i>25 ♦ Intuition</i>	<i>182</i>

ENDNOTE

page 190

ABOUT THE AUTHORS

page 192

Author's Preface

As a loving couple, we have been able to teach and learn from one another. Love is our Spiritual Guide, and it is through our union that we have experienced our most powerful and profound Spiritual experiences. Our Spiritual Journey is one that is fun, easy-going, loving and free. We believe that Spirituality is not about unnecessary sacrifice; instead, it is a path of pleasure and joy overruled by an impeccable commitment to the truth and doing what is right.

After experiencing many years filled with an abundance of love, joy, healing, miracles, truth, and understanding, we got a clear inspiration that the two of us were going to write a book about our Spiritual Path. These books are written with the precise purpose and the clear intention to make this world a better place and to help humans transform into a more evolved expression of themselves.

Written on the pages of these books are all of the tools and information to help humanity to reach their next level of evolution, where they can live in harmony with each other and with the planet as intentional Beings. Our power as humans lies within our ability to co-create this world. This book facilitates the awakening process to bring humans more in touch with the part of them that is an intentional co-creator. It helps to see through the veils of illusion and teaches the great art of manifestation.

Yoga has been a very inspirational source for many of the teachings in this book. The Yoga Path is a much more encompassing philosophy than the intentional movements

which most people know it for. This book is a Yoga Practice for the mind.

Our understanding of Spirituality means prioritizing the search for truth regarding the understanding of humans and who they are apart from their body and their productivity in the physical realm. We wrote these books with the intent of awakening others and to help them find the courage to live their physical experience as protagonists of their destiny rather than victims of the events.

We believe that if one is completely true to their Highest Self all of our paths will eventually lead us to the same place.

There are people that believe in the existence of higher powers and there are those who do not. The Spiritual Path is simply a path of impeccability. It is a path of personally taking responsibility to reach the highest expression that we can conceive of – the path is one of Conscious Intentional Evolution. This path is for all those who choose to be the protagonists of a continuous improvement of the human species and all that humanity comes in contact with.

The Spiritual Journey is one that is ongoing. Our commitment to truth is our highest priority, so we are open, expectant and even hopeful that new information will lead us to new outlooks and even more enlightened interpretations. Our goal is not to impersonate someone else to follow while guiding others on the “right” path; instead, our goal is to help the Spiritual growth of those humans, who like us, are highly

committed to the growth of their evolution as Spiritual Beings while on a human journey.

Hopefully together with you we will reach higher and higher understandings as a family of luminous Beings, and shine our light over all who feel drawn to and driven by love and truth.

With Gratitude and Love,

Gio & Heather Ligresti

Santa Fe, NM

May 2012

Dedicated to you, the reader,
with gratitude.

I

SPIRITUALITY: THE ULTIMATE UNION

When the curiosity for the Spiritual mystery is accompanied by a sense of responsibility to become part of the process of finding truths regarding Spirituality, choosing to embrace it is the conscious thing to do. This means choosing to commit ourselves to make our whole life into a Spiritual Adventure rather than merely experiencing scattered Spiritual moments within our life. Instead of finding Spirituality in between chores we can make Spirituality our constant state of mind in which all of our chores reflect our commitment to Spiritual Evolution.

This Spiritual Journey will take us into all aspects of human living and it will encourage us to scrutinize all that we think we know because of our chosen commitment to find truth also when this truth resides hidden inside unquestionable places deep within us. There are shells that form and protect beliefs

when we deem these beliefs unquestionable. These shells create pockets of darkness shadowed, protected and undisturbed by the unwillingness to question everything, and therefore expose everything to the light of truth. The Spiritual path is a path of Intentional Conscious Evolution. Evolution is transformation, transformation is a process of change, and constructive intentional change demands that everything can be questioned. All that gets buried does not receive light, and what we uncover we bring into the light. This unraveling process has the potential to remove the layers¹ which entrap the light and shadow the truth, thereby unlocking human potential.

The most important way that we know to achieve Ultimate Union with the Divine consists of becoming impeccable with our behavior. We believe that the most powerful way to honor the Divine is by behaving with the same integrity, commitment, impeccability, compassion, rightfulness, determination, courage, and dedication to truth as we would imagine the Divine would display.

Many humans unquestionably accept that perfection is unattainable to them. The assumption is that perfection can only be found in God and seeking to mirror such perfection is considered an arrogant form of blasphemy. This causes humans to accept and maintain their state of imperfection as a form of respectful inferiority. This respectful inferiority becomes a self-condemnation to remain forever within the boundaries of inferiority and imperfection.

1 See: Ch. 6, Shedding the Layers, pg. 58

Honoring God by respecting this inferiority then becomes a justification for the lack of impeccability behind all behaviors and all endeavors.

Walking a Spiritual path, in our definition, means to choose the path of Intentional Conscious Evolution as the ultimate way to honor the Divine. We believe in living life, not as victims of an orchestrated Universe, but as the protagonists of our future. We believe that whether or not we can achieve the same heights as the Divine does not need to be a deterrent for trying, but rather a stimulant to push us towards higher states of Spiritual Evolution. It seems more objective and instinctively more inspirational for us to conceive of a potentially unlimited Spiritual Growth, rather than growth restricted by the need of superiority which many attribute to the Divine.

Superiority and inferiority are simply adjectives to express a measurement of something— not a way to maintain separation. In other words, an extremely evolved and evolving Being will maintain their ongoing evolutionary process, and rather than feel threatened or disrespected by other Beings focused on their path of evolution they will feel happiness and joy to know that other Beings are working their way towards them on the evolutionary ladder. In our understanding of the Spiritual Evolutionary Process, the more distance there is in evolution between Beings and the more lonely it can be. The more Intentional Spiritual Beings one can find on a similar path and at a similar level of Evolution and the more the Spiritual Adventure becomes desirable. Since all Beings are interconnected, including

Divine Beings, these Super-Evolved Beings will benefit as a consequence of others' Spiritual Evolution. Spiritual Evolution is also measured by ones capacity to discern the differences in evolution between Beings without indulging in unnecessary negative emotions.



Spirituality entails walking the path inspired by the highest vision of greatness and offering all the greatness within ourselves in return for this inspiration.



The goal is not to enter into a petty competition with what one can conceive of as the 'Ultimate Evolution'. One is honoring their commitment to evolution itself by offering all that they have to offer without holding back. We expect that a highly Evolved Being would not be wrapped up in their ego and consider our actions to be inappropriate or arrogant; instead, they would feel honored by this total commitment to Spiritual Evolution itself. The rational, likely reaction that we expect a Being of an exceptional evolutionary state to have when witnessing our impeccable, rightful, and good intentions would be one of pride and joy. Similarly would an evolved parent have such feelings when observing like behavior in their children.

There are many associations between the Divine and the Light. Instead of indulging in being a tiny reflection of the *light*, we focus on becoming a source of *light*. Rather than fearing the effects of the

consequential increase in radiance, we enjoy and honor the contribution that we are now offering by becoming part of this *enlightening* process and offering our own luminosity.

Accomplishing, or even attempting, such a grand task as becoming our highest self, including doing it for the purpose of connecting with the Divine requires a constant commitment. This commitment is honored by finding the connection between Spirituality and all of life's endeavors. Practicing Spirituality as one added endeavor means that the commitment to Spirituality will be limited to only a small percentage of our Being and the implication is that there is no need and no use for an Intentional Spiritual Attitude to overlook all of our actions. Only by taking it upon ourselves to impersonate the Divine, by acting impeccably, will we become intentional co-creators.

The act of becoming impeccable in ones intentions, and consequently in all actions, endeavors, judgements, decisions, and choices is the responsibility adopted by a Being wanting to be the protagonist of making themselves a better Being and participate in becoming part of the solution to make the Universe a better place. Becoming better is accomplished by being intentional about doing the right thing at all times. Doing the right thing at all times requires having the commitment and the courage to determine what is right² using a combination of impeccable objective reasoning and true compassion. We consider the act of walking a Spiritual Path very similar to walking a path

2 See: Ch. 12, Right is Right, pg. 104

of impeccability— the highest form of commitment towards the Spirit is honored by the amount of impeccability that one is willing to adopt. This path is the most likely path to lead to whatever Spiritual Truth may exist and/or to the embodiment of the Spiritual Truth itself.

The first thing that we recommend when approaching an Intentional Committed Spiritual Path is to reach the awareness of who one is underneath the layers and layers of inherited beliefs which most humans have been taught to believe represent who they are. **The commitment to find out who we are is not for the sake of maintaining that image as another sacred unchangeable truth; it is only the starting point to become who we decide to be.** That is Intentional Evolving Beings whose efforts are dedicated to the highest good. This means becoming intentional towards our evolution.

We believe that a Spiritual path is not limited to those who believe in the existence of the “Spirit”; it is for all those who want to start the journey in which they will explore the possibilities of Spirit without being bounded by other peoples beliefs. The word Spirituality, however, implies the existence of another layer of existence beyond what is physical. What we believe is important is to focus at least as much attention in becoming Impeccable Intentional Beings for the sake of goodness as in looking for the existence of an outer form of Spirit. Entering a Spiritual Adventure is not the same as adopting a Religious belief. Spirituality is an adventure because one can

approach it with an objective and curious mind, without having the burden of other people's beliefs and expectations.

We all are Spiritual Beings on a human journey.

Spirituality is the conscious and impeccable seek for the truth regarding our Spiritual Self and the conscious and impeccable attempt to find and share enlightenment by combining our intuitive and rational capacities. In other words, Spirituality is the impeccable search for truth guided by intuition and objectivity. The Spiritual path is a path that encompasses awakenings, and Living-Aware. Awakening³ is a process of remembering without the restrictions that come from our domestications⁴. Living-Aware means being present and diligently observing every aspect of our life with an open mind and an open heart. Many people spend most of their time in planning the future, and while doing so they pay little or no attention to the present. Planning the future reflects an active mind and a heightened sense of responsibility, however being present and enjoying life is what Spiritual Seekers strive to accomplish. One can learn to balance the enjoyment of living in the present moment with dedicating a reasonable amount of time to planning a beautiful future.

The seek for truth in regards to the Divine is a seek that when approached with impeccability is motivated by love. This means that the highest motive

³ See: Chapter 24, Awakening, pg. 180

⁴ See: Chapter 22, Domestication, pg. 160

that an Intentional Spiritual Seeker has to honor is to connect with their highest vision of greatness as an act of love. Love is the ultimate motive for all unions, whether with other Beings, ourselves, or the Divine.