

Foreword to *Meditation: Path to the Deepest Self* by Michal Levin

There is a secret, a rather extraordinary secret, that has come down to us through the ages, that has been whispered in the forests by visionary shamans, counseled quietly in mountain temples by ancient sages, guarded by the awakened ones who are said to have plumbed the very depths of the human and the Divine. This secret has rumbled down the valleys, cascaded through the hills, caught the wind by surprise and sent all who heard it weeping with awe. Some say this ultimate secret unlocks the mysteries of life and death itself, that it points directly, unmistakably, to a hidden road that miraculously leads from time to eternity, from death to immortality, from bondage to freedom, from the human to the radiant Divine... finding which, one has found All.

In the past, this secret has been mightily guarded, a nuclear power that in the wrong hands could spell disaster. Guarded also because, quite frankly, it takes a very special person to be able to even see it, or recognize the staggering, shuddering power it can unleash: a power that trumps death is nothing to bandy about carelessly, is it? Only in isolated, sacred, lonely grounds has this secret been whispered from master to student, a finger over the lips. “Shhhh.... Tell only those who are ready,” was the sagely advice.

It is one of the great ironies of the modern world that, exactly at a time that many would consider the most forlorn, the most abandoned, the least spiritual, the least meaningful—only in the modern world has this secret been released from its cloistered

estate and been made available to those who have the ears to hear and the eyes to see and the heart to respond.

Well, then, the secret? It comes in three parts, the sages say. One: Spirit does indeed exist. Two: Spirit is not a God out there but a Self in here. Three: The royal road to that Spirit within is meditation.

And, the sages add, in such an extraordinary venture, on such a miraculous journey, please choose your guides with care.

My friend Michal Levin is such a guide, and the book you now hold in your hands, *Meditation: Path to the Deepest Self*, is a superb introduction to this ultimate secret, the secret of how to find who and what you truly are... in the deepest, highest, part of you. For the great sages East and West are unanimous about one, fundamental, earth-shattering fact: the very deepest part of you intersects, and is directly one with, the all-pervading Spirit of the universe at large. There is indeed a God: that God is looking out of your eyes right now, reading the words on this page right now, holding this book in its hands, *right now*. And meditation is a way to realize that truth, to awaken to that ever-present Reality, to honor that ultimate secret of the universe that will indeed lead you from time to eternity, from death to immortality, from bondage to liberation... in this simple moment, and in this simple moment, and in this.

Are you ready to begin that extraordinary journey? Well, my friends, you have come to the right place, and with all my heart I wish you Godspeed on this remarkable discovery.