



Leap
Before
You
Look

72 shortcuts for
getting out of your mind
and into the moment

Arjuna Ardagh

Sounds True, Inc., Boulder CO 80306

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Published 2008

10 9 8 7 6 5 4 3 2 1

Library of Congress Cataloging-in-Publication Data

Ardagh, Arjuna.

Leap before you look : 72 shortcuts for getting out of your mind and into the moment /
Arjuna Ardagh.

p. cm.

ISBN 978-1-59179-636-7 (softcover)

1. Spiritual life. I. Title.

BL624.A715 2008

204'.4--dc22

2008000575

Book design by Dean Olson

Printed in Canada

♻️ This book is printed on recycled paper containing 100% post-consumer waste
and processed without chlorine.

Contents

Introduction	xiii
How to Use This Book	xxxv
Section One: Meditation Practices	1
1. Expand Peripheral Vision	
2. Stop	
3. Pure Waiting	
4. Enter the Space Between the Breaths	
5. Remember Spaciousness	
6. Enter the Darkness	
Section Two: Insight Practices.....	15
7. Who Am I?	
8. Is It True?	
9. Could You Let It Go?	
10. Would I Still Exist?	
11. Write Yourself a Letter	
12. Write Your Own Obituary	

Section Three: Daily-Routine Practices 29

- 13. Slow Down
- 14. Standing in Line
- 15. Get It All Done Before Nine
- 16. Adopt a New Personality in the Supermarket
- 17. Mess with Your Sleep
- 18. Take the Day Off
- 19. Discard the Old

Section Four: Body Practices 47

- 20. Feel Tension and Welcome It
- 21. Push the Body to Its Limits
- 22. Yawn
- 23. Pranayama
- 24. Explore Hunger
- 25. Breathe Totally

Section Five: Feeling Practices 61

- 26. Welcome All Feeling
- 27. Cradle Negative Feelings Like a Baby
- 28. Express Feeling Free of a Story
- 29. Explode with Anger
- 30. Enter Fear
- 31. Choose Depth over Pleasure

Section Six: Intimate Relationship Practices	77
32. Here-Nowing	
33. Other Realization	
34. Share Witholds	
35. Listen with All of You	
36. Exchange Points of View	
37. Become the Other	
38. Give What You Hope to Receive	
39. Welcome Criticism	
40. Celebrate Dependency	
 Section Seven: Sex Practices	 101
41. Be Still in Sex	
42. Sex as Worship	
43. For Men: Bringing the Energy Up the Spine	
44. For Women: Radiate Love from Your Breasts	
45. Make Love to Everything	
 Section Eight: Family Practices.....	 117
46. Rotate the Boss in Your Family	
47. Exchange Personalities over Dinner	
48. Chant on the Way to School	
49. Give Appreciation	
50. My Vision for Our Family	
51. Talk Gibberish	
 Section Nine: Nature Practices.....	 131
52. Sit in the Same Spot Every Day	
53. Open to the Vastness of the View	
54. Stare into the Open Sky	
55. Feel Nature Through Your Skin	
56. Talk to Trees and Plants and Animals	

Section Ten: Devotional Practices	143
57. Dance with the Divine	
58. Feel Devotion to Those Close to You	
59. Give Thanks for Blessings	
60. Surrender	
61. Couples Puja	
62. Call Out in Longing	
 Section Eleven: Compassion Practices.....	 157
63. Just Like Me	
64. The Heart Meditation	
65. Loving-Kindness	
66. Radical Forgiveness	
67. Release All Blame	
 Section Twelve: Community Practices	 171
68. Real Support	
69. Be an Invisible Angel	
70. Compliment Three Strangers	
71. Make Yourself into Live Entertainment	
72. Give Love Now	
 Acknowledgments.....	 183
Appendix: Going Deeper	185
About the Author	187