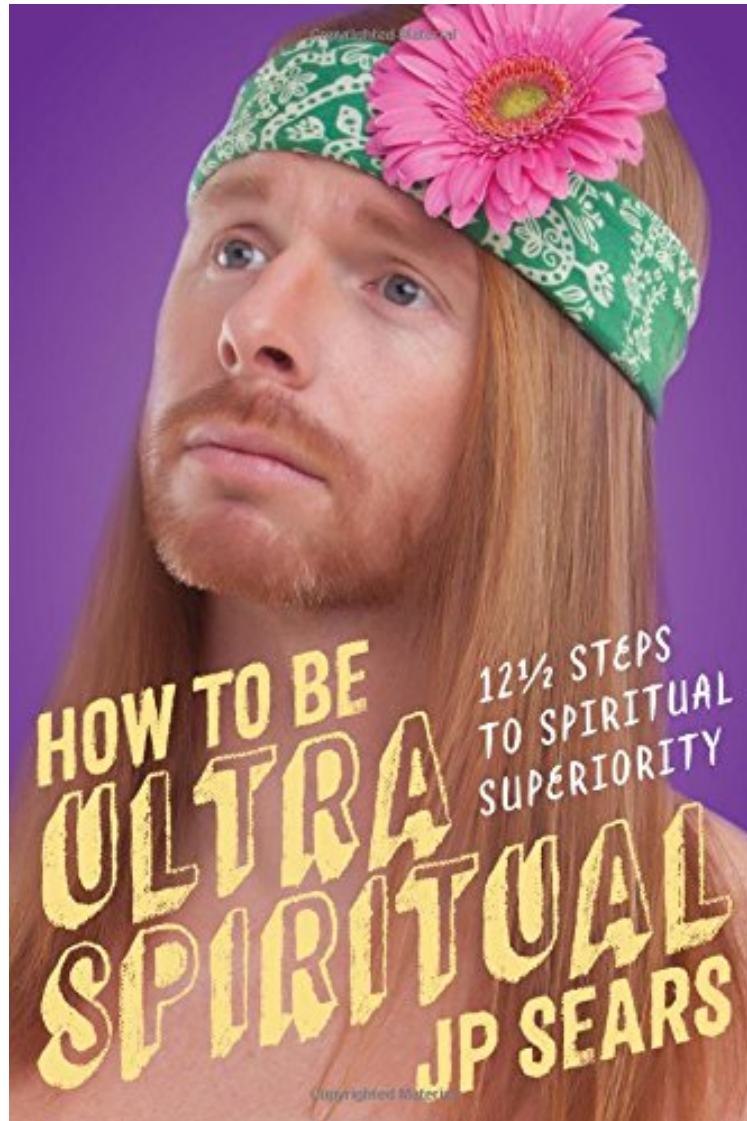


[Free] How to Be Ultra Spiritual: 12 1/2 Steps to Spiritual Superiority

How to Be Ultra Spiritual: 12 1/2 Steps to Spiritual Superiority

JP Sears

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#11010 in Books 2017-03-07 2017-02-25Original language:EnglishPDF # 1 8.90 x .70 x 6.00l, .0 #File Name: 1622038215272 pages | File size: 53.Mb

JP Sears : How to Be Ultra Spiritual: 12 1/2 Steps to Spiritual Superiority before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Be Ultra Spiritual: 12 1/2 Steps to Spiritual Superiority:

16 of 19 people found the following review helpful. Irony Is Just Another Word For KarmaBy Pop BopI think you have to thoroughly know and deeply care about a subject in order to most effectively mock it. That's pretty much what you have here. It may be in the vanguard of a new type of self-help book - the semi-serious parody drawn from an author's successful semi-serious You Tube parody channel.I just finished Dom Mazzetti's "The Swoly Bible", which is

a send up of muscle gods and body builders, drawn mostly from Mazzetti's "Bro Science Life" You Tube channel. Now I have this, a send up of Karma gods and spirit builders drawn heavily from Sears' "Ultra Spiritual" You Tube channel. I see a trend. There's a risk here. In videos the authors can sell hip irony and satire with a wink and a smile. It's harder to get that across in a book. Videos are snippets; you aren't going to watch a two hour video, and what works in a video can become tedious in a 300 page book. A character who is funny and appealing on screen may feel like a tedious bore on the page. Well, Sears navigates that tricky course with a good deal of success, (actually with ultra success). The message, such as it is, is clear. Spirituality isn't a competition, even if lots of people think it is. The book consists of a vast range of shots taken at competitive, ultra, spirituality. Nicely, it operates on two levels. On one level, the book is loaded with very funny one-liners and throwaway bits. On a second level, it makes the larger case against one-upmanship in the world of enlightenment. So, while I get that larger message, I keep coming back for the one liners. Here's an example. There is a longish bit about selfie-taking yoga babes who style around in their yoga outfits, drinking lattes at the sidewalk cafe and "receiving aesthetic saturation from people's fascination with how beautiful they are". Said ultra-spiritual person's "amazeballs post-yoga coffee shop aesthetic strategy" includes wearing "maximal beauty notification apparel". If you think maximal beauty notification apparel is a funny line, you'll like this. And if you think Gwyneth Paltrow should maybe take a few weeks off, you'll like this. To be fair, we get some repetition, and if you try to read too much in one sitting the method behind Sears' madness may start to feel predictable. But I don't think of this as an I-couldn't-put-it-down read. It's a skimmer and more like a themed anthology, and it's just fun to turn to when the competitive need to be ultra spiritual overtakes you. And isn't that just fine. (Please note that I received a free advance copy of this book without a review requirement, or any influence regarding review content should I choose to post a review. Apart from that I have no connection at all to either the author or the publisher of this book.)

5 of 5 people found the following review helpful. I wanted to like this but it's nothing like his videos. By Myrrhmayde I REALLY wanted to like this. I took one look at it and realized it wasn't anything like his videos. His videos are hit and miss - some are funny, some miss the mark and he takes too long to get to the various punchlines. I love his sarcasm and the way he's able to make a point...hitting below the belt...while remaining in character. But the book somehow doesn't reflect his personality. It comes across dry and pedantic.

15 of 17 people found the following review helpful. SO glad I got it. By William Loutensock I just got this book yesterday and neglected my family to read it! I couldn't stop. His Religiously Unreligious chapter had me laughing until I cried. SO glad I got it. It's going to be the gift I give my friends this year. I hope he writes a non satirical one next. I appreciate his serious side as much as I do his comedy!

Welcome to the Glorious Grandeur of Ultra Spirituality. In case you haven't noticed, the New Age has become the Old Age. But don't recycle your crystals just yet! His Enlightenedness JP Sears is ushering in the Newer Age, blinding us with the dawn-like brilliance that is Ultra Spirituality. How to Be Ultra Spiritual presents Ultra Spiritual JP's none-of-a-kind guidance, so you can better yourself through teachings on:

- Competitive spirituality—the Ultra Spiritual foundation that the rest of your Ultra Spiritual path rests on
- Why burying your feelings alive makes you thrive
- Dreaming up your awakening—how to engineer your carefully contrived spiritual narrative
- Rigidly yogic yoga—the moisture-filled cloud formation that drops rain upon your river so your flow can flow
- Following the light to the greener spiritual pastures of veganism
- He-ness, financial levity, deathliness, and other qualities of the quality guru
- Mindfulness—mindfulness with none of the mind
- Merciless meditation—the most effective way to become more meditative (and, duh, more spiritual)
- Accessing the forces of critical nonjudgment
- Using plant spirit medicine to experience a degree of enlightenment that you aren't enlightened enough to experience without the spirit who lives inside its particular vegetation
- Humbleness, and how to employ it in the most superior sense of the word

With How to Be Ultra Spiritual, His Enlightenedness JP Sears brings the heart and soul of ancient spirituality back to life with a progressive aggression, replacing the diluted uselessness of modern spirituality with the waaay more spiritual wisdom of Ultra Spirituality. See if you can keep up . . .

“JP is a brilliant wit, and moreover, seems to have one-upped me in the ‘grace race’ by being the most spiritual guy around. I’m not entirely sure that’s a good thing, but—oh well. I’m still the humblest, by far. We need more Dharma stand up and trickster wisdom in this Buddhist ghetto, where there’s so much old fashioned sittin’ and bowin’ going down. I myself am getting tired of the new Now; it’s kinda getting old, no? Anyway, this book is a genuine delight and a real contribution; it will help anyone who reads it see thru self-deception and various kinds of illusion while having a laugh, too. Lightening up while enlightening up, together. I don’t know a better way to travel this marvelous, mysterious, magical Path.” —Lama Surya Das “Learning to laugh on our path may be the most potent spiritual medicine there is, and I believe there’s no better guide to help us do just that than my dear friend, JP Sears. This whole game of spirituality, awakening, ‘Namaste’ this, and ‘love and light’ that is often taken way too seriously—so why not read this book, lighten up, and laugh at the fact that we’re all a little ‘Ultra Spiritual’ in our own way?” —Chris Grosso, author of Indie Spiritualist and Everything Mind “This book is simply brilliant and made me laugh out loud on every page. JP also sneaks in his trademark wisdom and insights. We humans are such a ridiculous species—I

mean, ask any animal, mineral, or plant—and yet no one points this out more humorously than Mr. Sears. Don't miss the joy of reading this book.” —Paul S. Dolman “Spirituality is a funny thing. By the mere act of personally identifying ourselves as ‘spiritual,’ we instantly drop out of spirituality into ego. JP Sears sheds a critical and humorous light on New Age attempts to grasp, speak of, and take ownership of that which is ungraspable, unspeakable and uncontainable. You'll find yourself laughing, thinking, and laughing some more!” —Elliott Hulse “I still remember the first time a friend sent me JP's ‘Ultra Spiritual’ video—I laughed my ass off! I sent it to everyone I know. I share How to Be Ultra Spiritual with my students because I want them to live more fully connected to the power of their hearts—not society's hyper-spiritualized B.S. of the egos. This book is loaded with laugh-out-loud humor, but it still intelligently exposes the spiritual delusions that many people trick themselves into adopting. Finally someone has intelligently shined the light; JP provides a clever and upfront riposte. Enjoy his perceptive underlying insights while you laugh beyond all understanding.” —Tony Robbins “How to Be Ultra Spiritual bridges the wisdom of bearded Jesus with the playfulness of baby Jesus.” —Spiritual Scholar “His Enlightenedness JP is funnier than the law of karma!” —The Universe “I got really attached to this book!” —Buddha “His Enlightenedness JP is the honey badger of the spiritual kingdom!” —Krishna “Finally someone has intelligently shined the light; JP provides a clever and upfront riposte. Enjoy his perceptive underlying insights while you laugh beyond all understanding.” —Tony Robbins, author of Awaken the Giant Within