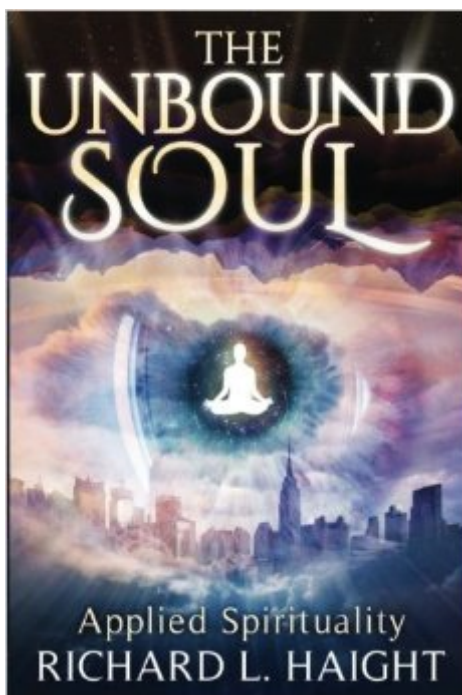


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# The Unbound Soul: Applied Spirituality



## Synopsis

This memoir tells the true story of a boy's vision inspired adventure across the globe in search of enlightenment through the study of martial, meditation and healing arts. In *The Unbound Soul*, Richard L. Haight reveals the profoundly simple yet elusive truth that illuminates your life, he provides a unique meditation method, and he outlines a set of powerful awareness tools to assist you on your personal path. Most importantly, a precise and totally functional method to resolve the disharmony and suffering of the mind is revealed, a method whose application brings about a fearless life of unconditioned love, passion, and inspiration - a life filled with power and presence, free of regret. Richard L. Haight is an instructor of martial arts and meditation. He spent 15 years living in Japan training in the ancient martial arts, ultimately receiving masters licenses in martial and therapy arts. Throughout his life, Richard has had a series of profound visions that have ultimately guided him to the realization of the Oneness that the ancient spiritual teachers often spoke of. Through his new book *The Unbound Soul*, his meditation and martial arts seminar, Richard Haight is spreading a practical method of spiritual unfoldment that is free of all constraints. Richard Haight now lives and teaches in Oregon in the United States.

## Book Information

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## Customer Reviews

Good read. This book will take you down one particular path of one particular seeker intent on finding the truth. What he finds is truly an inspiring truth of connection and harmony and why we should want that. The author then reveals simple tested ways of helping a person down their OWN

path. No gimmicks. No special pictures or runes. JUST YOU. I feel this book really connected ideas and philosophies that scholars have been dancing around for centuries. You will look at the world a little bit differently after reading it. Have fun and enjoy reading The Unbound Soul By Mr Richard Haight

Author Richard L. Haight feeds readers food for the mind, consciousness and soul, with his enspiriting non-fiction work, The Unbound Soul which centers on his spiritual endowment learned through his inspiring life experiences while on his path to spiritual enlightenment and empowerment. The information, lessons and guidance, deftly dispensed by author Haight throughout this book can be called nothing short of soul stirring as he touches on many pertinent elements of the spiritual awakening process he learned helping himself to move out of the negativity wielding mind and into consciousness. Through this book he shares his experiences and offers sage guidance, in the hopes that his message will get through and help others to uncover the latent disharmony buried within themselves, thusly leading to expanded spiritual awareness and purpose. What makes Mr. Haight a voice to be heard in the world of spiritual self-help is his many years of combined experiences involving divine guidance, meditation, healing therapies and the metaphysical conditioning of martial arts. He proves each to be an equally important facet of the process of spiritual unfolding. In fact, he shares his inspiring guidance not only within this book, but also as a multi-licensed instructor in meditation, therapy and martial arts. His journey has also led him to devise and teach a process of enhanced spiritual expansion, named Shinkaido, a multifaceted approach which is supposed to speed up the path to spiritual awakening. Author Haight candidly unveils the details of his life's journey, his voice is powerful, his honesty palatable and his words awe inspiring to say the least. The portrayal of his journey seems to come from a well-grounded perspective as he divulges shocking, but resonating first-hand, information concerning the future of earth, humanity and the necessity for expansion of one's spirituality. Mr. Haight posits, like many other spiritual leaders currently are, that earth is going to go through a great change and move into a new age of consciousness but the journey will be rough. Overall I was both deeply inspired and awed by The Unbound Soul. It was an engrossing and intense read that has forever changed my personal spiritual paradigm. I found some of his experiences to be almost incredulous, but indeed awe-inspiring. As I read, I experienced a range of emotions spanning from soul-shaking fear to reverberating inspiration especially as I experienced those "Aha" moments of realization. Although the book as a whole is metaphysically edifying, I found the content of Chapter 11, The Frequencies of Mind and Consciousness, eminently mind-blowing. This book is

a keeper and I highly recommend it as an integral part of the libraries of those seeking expertly-helmed guidance to becoming consciously awake

Richard Haight begins his book by saying "spiritual" is a misconstrued word. Two other words associated with spirituality are "realization" and "unfoldment." Haight says "Unfoldment" indicates radical simplification while "realization" indicates being aware of something that had previously gone unnoticed. None of these words are associated with becoming, growing, or attaining. His book is written for those who are ready for new insights into the spiritual world. Haight's words and actions seem to be governed by Tao, which he calls Isness or Beingness. He begins his book with life events from early childhood and through many years, much like a memoir. He includes many spiritual experiences in his memoir. This is a most interesting read and can be read at a reasonable speed. On one page, he questions himself by asking, "How is it that I perceive as being imperfect?" He has a new unconditional experience and calls it "inspiration" because the learning is within the soul and/or spirit. While reading Part One, I thought of my reading of *Varieties of Religious Experiences* by William James. This is a great honor to Haight to be equated with this other book and author. Haight's book was written for those who are ready for revelation. The second part of the book, can be more difficult and needs to be read at a slower pace and perhaps spaced intervals to grasp some of the concepts presented. Haight himself states, "the reader may experience difficulties when reading this book as the light of consciousness begins to shine through those identifications that do not want to be seen." In the second part of the book, Meditation, the Dance of the Self, and more about Unfoldment are shared. The "process of spiritual unfoldment is first and foremost a tuning to Isness" that reveals the very core of Beingness. Haight uses his experience of martial arts, meditation, therapy, and instructor to put this great piece of literature together for our enjoyment. Another profound statement in the book is when it comes to placing blame on others, it is wise to remember: "whatever happens is a reflection of the energy that I am projecting." Throughout the book, Haight talks about a feeling of being "pulled" physically to something. I have also felt this same spiritual pressure exerted upon myself. I've always considered it spiritual, heavenly, Godly, or angelic. Such feelings are hallmark. It coerces us to take a necessary action. Trust these feelings. It may often be the next step in a journey of spiritual learning. Haight shares about negativity and "belief systems are compensating for traumas and deep-seated insecurities." He talks about reflecting on our lives and how we only need shelter, food, water, love, and inspired purpose. He

talks later about inspired purpose and unconditional love. He went on to say "Most of my wants were actually attempts to fill an empty space inside." The action of "shaming" is explained very well in this book. And a new view of Hell was given to me. Haight agrees with me that the world is moving faster than ever in the past. There are many people searching for answers, more than ever before. We are hungry and we are thirsting for spirituality. Include the book *Unbound Soul* in your collection. I'm glad I did.

When I agreed to edit this book, I had no idea that doing so would prove to be life changing. I had long felt a powerful attraction to Zen ways of being at the start of the assignment, but in the course of my edit the strength of author Richard Haight's engagement with such principles struck me as welcoming and transformative. Simply put: You should read this book. Chances are that, in one way or another, it will change your life for the better. Just as it did mine.

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