



Extreme Spirituality: The Secret Key to Empowerment

Tolly Burkan

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Extreme Spirituality is any experience whether it be firewalking or practicing humble service to others. It shows us how our egos mask, limit, distort, or diminish our knowledge of a greater reality. Over twenty extreme spiritual practices are highlighted, and readers will learn how even unpleasant or dangerous situations can help us experience how love, wisdom, compassion, and interconnection reveal aspects of our divine nature and leave us with a crystal-clear distinction between our egos and our "higher-selves."

This book, using many different extreme spiritual practices as examples, uses a logical and enthusiastic approach to teach people how to assume a totally spiritual perspective in any situation. By doing this, even sorrowful or frustrating situations don't have to cause as much suffering. We can choose our reactions to them and use them as insights for spiritual growth.

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