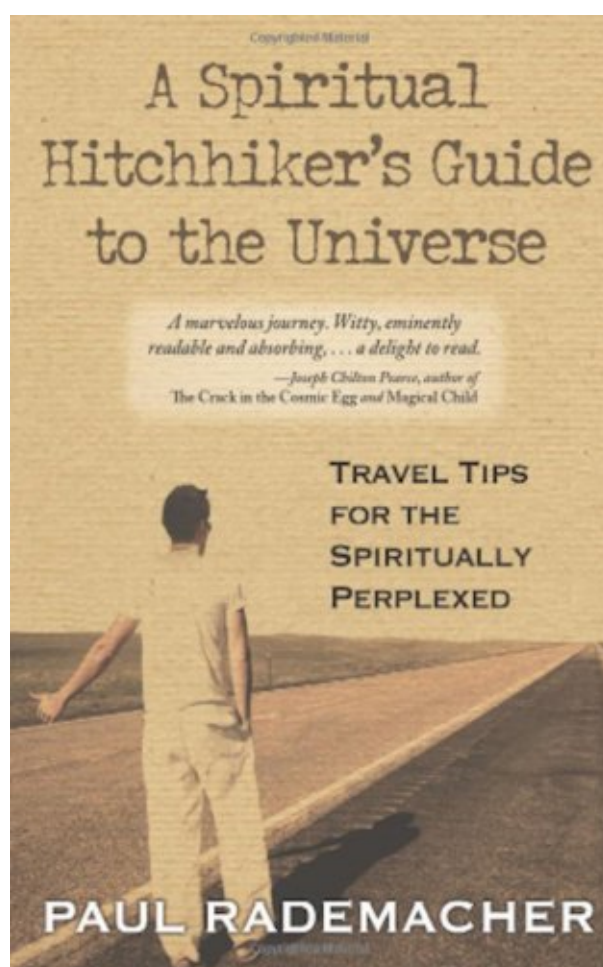
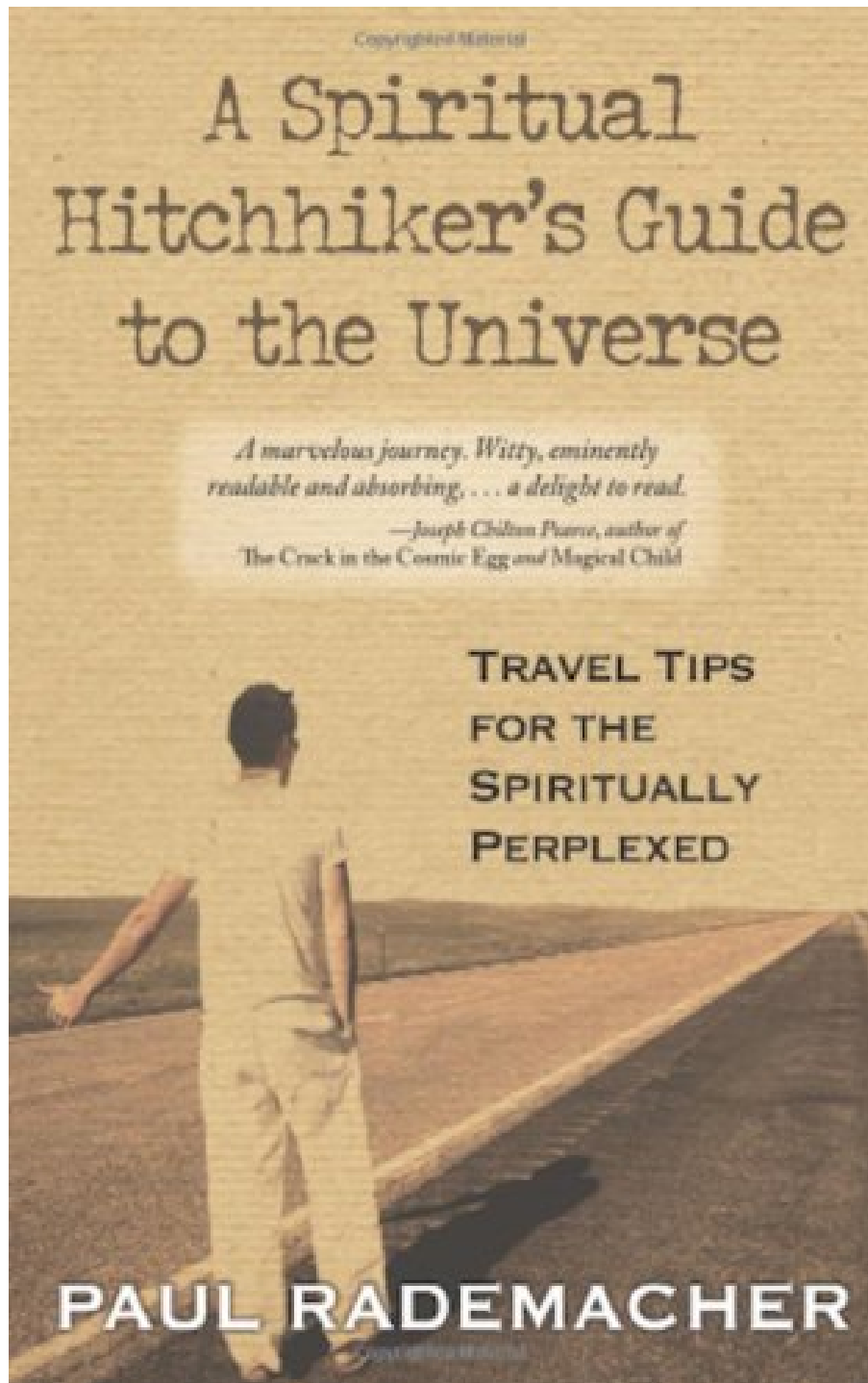


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A Spiritual Hitchhiker's Guide to the Universe is the perfect book for readers who feel that their religious tradition no longer satisfies their spiritual needs. An elegantly written memoir and meditation, the book explores the many paths of enlightenment available to readers looking beyond today's churches, temples, and synagogues.

Author Paul Rademacher, a former minister, found that too often church focused too much on eternity—what happens when we die. With this book, he shows that the rightful focus of any true spiritual path is on infinity—how to experience eternity, the fullness of our divinity, in the here and now. Rademacher has written a deeply personal book that often uses biblical texts as a jumping-off point to explore enlightenment outside of any traditional religious institution. His quest for enlightenment ultimately led him to discover the work of the Monroe Institute, where he was the Executive Director.

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23 of 23 people found the following review helpful.

A Spiritual Hitchhiker's Guide to the Universe: A Journey of Self-Discovery

By Zanthius

In most books on transpersonal states of consciousness and spirituality, the tone is understandably serious, sometimes a little mystical in tone, even scholarly. As a reader, I pay respectful attention to the depth and quality of the narrative, and when I'm finished, I'm left with varying degrees of satisfaction that the book was written in the first place. On rare occasions, a book emerges that combines all the best elements of this genre, and then some. Such a book is Paul Rademacher's *A Spiritual Hitchhiker's Guide to the Universe*, published by Hampton Press.

The author tackles a difficult subject - his slow process of disillusionment within the confines of traditional religion and his quest for spiritual growth and enrichment that could not be realized within the church. He courageously evaluates his life as a Presbyterian minister along with the events that impel him to move away from the ministry after fifteen years of service. Significantly, he uses humor that plays with the absurdities inherent in the mundane and what philosophers have labeled the realm of "deadly everydayness." Many passages are suffused with this delightful humor. Through his use of the ordinary as a baseline, his mystical experiences take on even greater luminescence and credibility. In addition, interspersed throughout his narrative, he re-examines some major Biblical events so that the psychological significance of the stories opens up in a revelatory way for the reader, taking on a new freshness and relevance.

Ultimately, Paul's quest leads him to The Monroe Institute, in Faber, Virginia, which he likens to a modern-day mystery school. There, amidst the beauty of nature at the foot of the Blue Ridge Mountains, he discovers that nonphysical reality is accessible outside the context of painful physical mishaps or near-death experiences. As he is safely guided through sessions that delve into the various focus states of non-physical consciousness, he experiences a new kingdom of rich imagery and light. In these focus states, images become one's reality, and the ordinary day-to-day consciousness (C1) is radically expanded in the process. The inevitable conclusion is that one is definitely, "more than one's physical body," the only credo promulgated by The Monroe Institute.

In many ways, Paul's journey mirrors the traditional stages of the hero's journey represented in Joseph

Campbell's classic, *The Hero with a Thousand Faces*. Beginning with his disillusionment as a minister within the Presbyterian church, a "call to adventure" is awakened within him. Consequently, he begins a search for a more meaningful set of values by which to live. During his ministry, although he battles growing doubt and dissatisfaction, he transcends the strenuous demands of his profession and makes himself incredibly accessible to those in need. He is eventually led to discover his life's true mission after experiencing the light of his own soul's reflection in non-physical states. And in his return to society, he has become an enlightened leader who can speak with authority, at last using his own authentic voice to convey important messages and tips for other travelers and seekers. Having turned his beliefs into "knowns," as Robert Monroe would have put it, he is well positioned to change the society in which he lives.

I highly recommend *A Spiritual Hitchhiker's Guide to the Universe* to anyone who has experienced frustration within the confines of traditional religion and who wishes to learn more about the "sacred calling" of one man who, in some respects, represents everyone's journey. Furthermore, the narrative illustrates how The Monroe Institute is capable of facilitating a rapid growth in consciousness through the use of the Hemi-Sync technology, a scientifically-based method of achieving altered states of consciousness. As a graduate of the Gateway Voyage and Lifeline residential programs, I can attest to the safe, accepting, serene, and completely non-judgmental environment that a week-long residential program at TMI provides. And lastly, I would like to thank Paul Rademacher for serving as a wonderful facilitator during my Gateway Voyage in 2005 before he became the Executive Director of TMI.

16 of 16 people found the following review helpful.

The best, most enlightening book I've ever read.

By Robert I. Gellert

I'm 71 years old and have been "searching" since I was about 30. OK, so I'm a bit slow.... but getting there is supposed to be half the fun, right?

I have had very few "experiences" similar to Paul's, but they all stick in my mind like flypaper. I attended the Monroe Institute for my 60th birthday (gift from my sweet wife) and was very impressed by the results that OTHER people were getting, but I wasn't having the experiences I EXPECTED, so after a feeble effort to continue practicing what I had learned, I let it go completely a few months after I got home.

However, after I ordered and received Wave I-VI of the Monroe Gateway Voyage and started "hemi-syncing" again, I began noticing some synchronicities in my life (like Paul's book). I also noticed some synchronicities that I hadn't noticed in the past, like a small, background voice occasionally saying to me, "ANYTHING IS POSSIBLE" LITERALLY A-N-Y-T-H-I-N-G.

As a retired Physicist I know some of the implications of quantum mechanics and such. Everything seems to be tied together and pointing to a reality that Paul experienced and Jesus described. Only now it seems to be quite literal and more real than anyone imagined. THANK YOU PAUL!

8 of 8 people found the following review helpful.

A great read!

By JSF

Rarely have I enjoyed a book as much as I enjoyed this one. It was like a sumptuous feast that I needed to read and digest in small amounts on a daily basis. I usually read very fast and devour whole books in one or two sittings. This book stopped me in my tracks so many times that I read it very slowly and lovingly. Not only is Rademacher an entertaining writer, he presented so many new ideas to me about the biblical stories that were wonderful. I laughed out loud; I cried. But, most of all, I thought and thought. For a week, I read for 45 minutes to an hour before going to sleep each night. Consequently, my dreams were vivid and alive in a way that I have not experienced in a long time. I never wanted it to end, so I would reread some stories over and over. Do yourself a favor and buy a copy of the wonderful book. You will not regret it.

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