



# Have This Mind: Supreme Happiness, Ultimate Realization, and the Four Great Religions—An Integral Adventure

*James E. Royster Ph.D*

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## **Have This Mind: Supreme Happiness, Ultimate Realization, and the Four Great Religions—An Integral Adventure** James E. Royster Ph.D

Have This Mind uses a rational, logical, and systematic approach to spirituality, religion, and God by focusing on the mind or consciousness rather than doctrine, ritual, etc. It provides a model that resolves the many seemingly conflicting views of religion and God.

The four largest religions of the world, Hinduism, Buddhism, Christianity, and Islam, are introduced in terms of their transformative dimensions that lead to an inclusive and eminently happy life. These principles and practices are illustrated with biographies of exemplary saints and sages from the traditions.

Have This Mind outlines three different ways of being religious--regardless of one's particular religious tradition--based on a progressively maturing mind. Of particular import to Christian readers are interpretations of biblical and theological views that facilitate transition from a traditional and mythic outlook tending toward exclusivism to one that is rational, transrational, and inclusive.

On the basis of an appreciative and inclusive view of the world's great religions, one discovers how these religions can actually enhance one's own spirituality and religious outlook. A perspective central to Have This Mind is that authentic religion and spirituality lie in the loving quality of one's life and not simply the ideas or beliefs held in one's mind.

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