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A Unique and Fresh Look at Spirituality

God is an Illusion: To Live is to Experience is a concise summary of the practical essence of the entire world's religions that have survived the test of time.

The best way for one to live a meaningful life is to genuinely experience his life; such genuineness requires that one's experience be completely honest, free of even the slightest taint of his ego. At its core, this experience is a duality that consists of the interactive companionship between one's body (his timed and finite self) and his spirit (his eternal and infinite Self).

This new book is unique because probably it is the only spirituality guidebook that encompasses the essence of all seven major religions of the world, as well as a few minor ones (such as verbal religions). Most spirituality guidebooks in the market only deal with one religion at a time. A rare few deal with two, or at most three.

Key elements:

- When one is experiencing life as such, true peace imbues his heart— an experience that is always in the present, never in the past or future.
- If one encounters a divinity in this experience (such as God), because his understanding of it can at best be biased and incomplete, this understanding is only an illusion.
- For many years throughout our history, sages from various cultures have been telling us the exact same spiritual messages.

Why there should be no controversy about the existence of God?

As long as we can all agree on the definition of God. Different people define God differently; yet, people generally do not first agree on God's definition before entering into discussions about God. That is why there are so many unnecessary controversies about the existence of God.

Grace advises us:

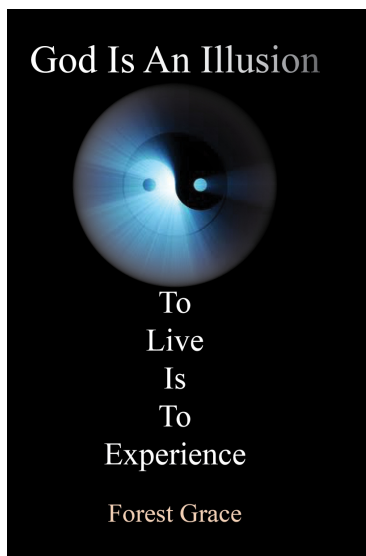
"It would be good to apply the techniques discussed in this book as frequently as possible, not just daily, preferably from moment to moment."

Author is available for appearances and interviews and can be reached through The Key Publicity, Heather Smith, e-mail: media@thekeypublish.com, Tel: 416-935-1790, www.thekeypublish.com, <http://www.forestgrace.net>



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Synopsis:

This book is a guide for individuals who seek spiritual meanings in their daily activities. Indeed, the most important spiritual quest for a human adult is to find the best way to live a meaningful life. No wonder, this subject is the focus of all the major wisdom traditions of the world. Though these traditions were originated at various times in our history and from different parts of the world, most importantly, they share the same core message. Here, the best way for one to live is to experience his or her *being*. But, this must be done with complete genuineness. Elegantly expressed by the symbol of the forever coexisting Yin and Yang, this *being* is a state of duality in which individual human experiences timed and finite self coexisting with an eternal and infinite Self—more simply termed as the body (self) coexisting with the spirit (Self). When one is genuinely experiencing this duality, he or she is enlightened according to Buddha, or in transcendence according to Hinduism, or in the Kingdom of God according to Jesus. Though named differently, these states of mind are all the same. In every state, the given participant is imbued by the same bliss—the exact bliss of oneness with Tao—and by the same peace: the very peace of spiritual Islam. <http://www.forestgrace.net/>

About the Author:

Forest Grace is a physician who practices internal medicine and acupuncture under his official name, Stephen En Ling, M.D. He lives with his wife and their two children in the South Bay Area of northern California (The Silicon Valley). Throughout his life, he has been immensely interested in comparative religion—with emphasis on practical spirituality—partly because of his complex cultural background, having grown up and received education in four different cultures across three continents, also because of over twenty years of privilege treating a highly ethnically varied population of patients who have come here from many different countries. This is his first book, and it is written for two purposes. One is for spiritual edification for those interested in the art of *living*. The other is to present commonality amongst all the major wisdom traditions of the world. In today's world of globalization, with potential clashes of cultures, it is his hope that such commonality can help the world better accept itself, with all its cultural diversities.