

# BNXTLVL GUIDE TO UNIVERSAL SPIRITUAL PRACTICES



*Finding Truth & Purpose Across Diverse Traditions*

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## 1. Introduction

### Purpose of This Guide

At **BNXTLVL**, we believe there's wisdom to be found in all spiritual paths. This PDF is designed to help **absolute beginners** who aren't sure where to start. You'll get a **timeline** of notable spiritual teachers, each with a brief message summary, plus **actionable steps** to integrate these teachings into your daily life. Finally, you'll find a **recommended reading list** with direct links to explore these traditions further.

**Key Takeaway:** You don't have to choose *one* religion or practice; you can explore **universal truths** shared by many paths. Take what resonates, leave what doesn't.

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## 2. Quick Timeline of Major Spiritual Teachers & Their Core Messages

Below is a simplified timeline highlighting key figures in spiritual history. Each entry includes **who they were**, **their main teachings**, and **how we might apply** these teachings today.

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### 2.1 Hermes Trismegistus (Ancient Egypt / Hellenistic Period)

- **Timeframe:** Legends place him anywhere from early Egyptian civilization to the Hellenistic era (circa 1st–4th century CE).
- **Core Message:**
  - Emphasized the **Hermetic Principles** (Mentalism, Correspondence, Vibration, Polarity, etc.) found in texts like *The Kybalion*.
  - Belief that our **inner state** shapes our **outer reality**.

- **Modern Application:**
    - Practice **mindset work** and recognize how your thoughts influence your life.
    - Explore daily **affirmations** or short meditations to tune your mind to positive frequencies.
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## 2.2 Siddhartha Gautama (The Buddha, ~5th Century BCE)

- **Timeframe:** Approximately 563–483 BCE (dates vary).
  - **Core Message:**
    - The **Four Noble Truths** and the **Eightfold Path**—identifying suffering (dukkha) and how to end it through ethical living, mindfulness, and wisdom.
    - Encourages **non-attachment** and **compassion** for all beings.
  - **Modern Application:**
    - Try **mindfulness meditation** daily, focusing on breath or body sensations.
    - Practice **compassion** by showing kindness and empathy in everyday interactions.
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## 2.3 Lao Tzu (Taoism, ~4th–6th Century BCE)

- **Timeframe:** Traditional dating places him around the 6th century BCE, though exact dates are debated.
  - **Core Message:**
    - The **Tao Te Ching** teaches harmony with the **Tao** (the Way), simplicity, and effortless action (*wu wei*).
    - Emphasizes **balance** and going with the natural flow.
  - **Modern Application:**
    - Cultivate **inner calm** by simplifying your daily routines.
    - Reflect on **where** you might be forcing things and explore letting go to find more ease.
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## 2.4 Stoic Thinkers (Epictetus, Marcus Aurelius, ~1st–2nd Century CE)

- **Timeframe:** Epictetus (55–135 CE), Marcus Aurelius (121–180 CE).
- **Core Message:**
  - Focus on **what you can control** (your mind and actions), and practice **virtue** as the highest good.
  - Accept external events calmly, understanding you can't control everything.
- **Modern Application:**

- Start each day by **acknowledging** potential challenges and deciding how you'll respond with **calmness** and **virtue**.
  - Practice **gratitude** journaling to appreciate what you already have.
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## 2.5 Jesus of Nazareth (~1st Century CE)

- **Timeframe:** Traditionally 4 BCE–30 CE.
  - **Core Message:**
    - Centered on **love**, **forgiveness**, and **compassion**—loving your neighbor as yourself.
    - Emphasizes **faith** and moral living as paths to spiritual fulfillment.
  - **Modern Application:**
    - Integrate **acts of kindness** into your routine—help a friend or volunteer weekly.
    - Reflect on **forgiveness** as a tool for personal freedom and healing.
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## 2.6 Additional Figures

You might also explore:

- **Muhammad (570–632 CE):** Teachings on **devotion**, **charity**, and monotheism (Islam).
  - **Guru Nanak (1469–1539):** Founder of Sikhism, stressing **service** and **equality**.
  - **Modern Teachers:** Paramahansa Yogananda, Eckhart Tolle, Thich Nhat Hanh, etc.
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## 3. Action Steps: How to Match Your Actions to These Principles

1. **Daily Reflection**
  - Pick one teaching (e.g., Hermetic principle of Mentalism or Buddha's mindfulness) and set a **mini-goal** for the day.
  - Journal or reflect on how applying that principle felt.
2. **Embrace Stillness**
  - **Meditation or Prayer:** 5–10 minutes daily. Could be silent, guided, or with affirmations.
  - **Yoga or Simple Stretching:** Merges physical movement with breath and presence.
3. **Acts of Service**
  - **Weekly Kindness:** Offer help to a neighbor, coworker, or community.

- **Volunteer:** Choose a cause that resonates with you—environment, animals, children, the elderly.
- 4. **Cultivate Discipline**
  - **Set SMART Goals:** Align them with a “higher why,” whether it's improving your health or giving more to your family.
  - **Delayed Gratification:** Remember that spiritual practices and personal transformation often take time—embrace the process.

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FREE SPACE TO JOURNAL THOUGHTS:



## 4. Recommended Reading

Below are **ten** books spanning different traditions and philosophies. Choose the ones that spark your curiosity:

1. **“The Kybalion”** by The Three Initiates
  - *Focus:* Hermetic principles attributed to Hermes Trismegistus
  - [\[The Kybalion- FREE AUDIO BOOK\]](#)
2. **“The Dhammapada”** (Buddhist Text)
  - *Focus:* Core teachings of the Buddha in verse form
  - [\[The Dhammapada- FREE AUDIOBOOK\]](#)
3. **“Tao Te Ching”** by Lao Tzu
  - *Focus:* Taoist wisdom on living in harmony with the Tao
  - [\[Tao Te Ching- FREE AUDIOBOOK\]](#)
4. **“Meditations”** by Marcus Aurelius
  - *Focus:* Stoic reflections on virtue, discipline, and inner peace
  - [\[ ALL 12 MEDITATIONS- FREE AUDIOBOOK\]](#)
5. **“The Holy Bible (New Testament)”**
  - *Focus:* Teachings of Jesus, love, and forgiveness
  - [\[FREE BIBLE SUMMARY AUDIOBOOK\]](#)
6. **“The Quran”** (English Translation)
  - *Focus:* Devotion, moral living, charity
  - [\[THE QURAN FREE ENGLISH AUDIOBOOK\]](#)
7. **“Autobiography of a Yogi”** by Paramahansa Yogananda
  - *Focus:* Modern spiritual journey bridging East & West
  - [\[ENGLISH TRANSLATION FREE AUDIOBOOK\]](#)
8. **“The Power of Now”** by Eckhart Tolle
  - *Focus:* Living in the present moment, letting go of ego
  - [\[POWER OF NOW FREE AUDIOBOOK\]](#)
9. **“When Things Fall Apart”** by Pema Chödrön
  - *Focus:* Buddhist-inspired wisdom on navigating life’s challenges
  - [\[FREE SUMMARY WITH LINK TO BOOK\]](#)
10. **“The Art of Happiness”** by Dalai Lama
  - *Focus:* Conversation on joy, compassion, and spiritual friendship
  - [\[Art of Happiness- FREE AUDIOBOOK\]](#)

**BONUS READING:** [“FULL AUDIOBOOK: Don’t Believe Everything you Think”](#) by Joseph Nguyen

*Focus:* Learn how to overcome anxiety, self-doubt & self-sabotage without needing to rely on motivation or willpower.

**Note:** Some texts may be available for free in public domain formats.

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## 5. Embracing the Journey

**Remember:** Spiritual growth is a **lifelong process**, not a quick fix. Every tradition above highlights **patience**, **continuous learning**, and **self-compassion**.

- **Start Small:** Pick one practice—maybe mindfulness, journaling, or a volunteer opportunity—and commit to doing it weekly.
  - **Stay Curious:** If a certain teacher or principle intrigues you, explore their texts deeper.
  - **Align with BNXTLVL:** Combine these spiritual insights with your **mental** and **physical** pillars for a *holistic* transformation.
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## 6. Final Thoughts

At **BNXTLVL**, we celebrate **all** paths leading to **higher understanding** and **greater love**. By recognizing the **shared truths** among major spiritual teachings, you empower yourself to grow in **discipline**, **empathy**, and **purpose**—no matter which tradition speaks to your heart.

### Call to Action:

- **Reflect:** Which spiritual teaching resonates most with you right now?
- **Act:** Integrate one practice (like a 5-minute Hermetic-style affirmation or Buddhist mindfulness session) into your daily routine.
- **Share:** We'd love to hear about your journey! Email us at [drjohndc@drjohndc.com](mailto:drjohndc@drjohndc.com) or connect on social media **@BNXTLVLHEALTH**.

**Thank you** for exploring this guide. Here's to **living a life of meaning**, guided by timeless wisdom from across the ages!