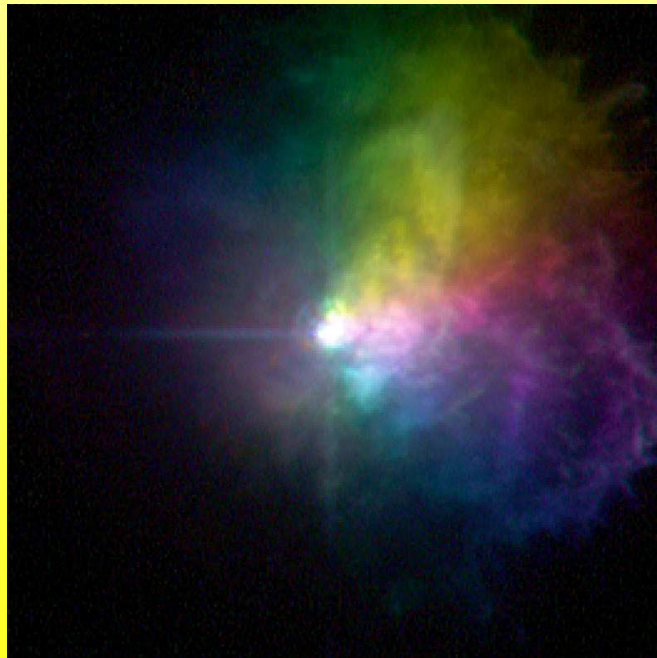


Enlightenment for Dummies

By Martin K. Ettington



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Introduction

One of my biggest interests in life has been the search for enlightenment and the practical effects of achieving a better state of peace and stillness.

As a student of the metaphysical and paranormal since I was ten years old, I've also had many paranormal experiences, read many books, joined different metaphysical groups, and meditated for many years.

In this book I'd like to help the reader understand what enlightenment is, what it is not, how one can find it, and the benefits of doing so.

Enlightenment should also be the main goal of every seeker. Other goals are distractions. Even though I talk about other benefits of enlightenment in this book I still recommend to the reader that you not be distracted from the path.

There are many detours on the path to enlightenment, and many fakers and Egotistical teachers who say they teach enlightenment but only teach devotion to themselves.

The path to enlightenment is a rocky one and only a few find the truth.

Amazingly the truth hides in plain sight. When we learn to set aside our Ego and live centered in our spirit we have reached the goal.

There are also many beneficial side effects from learning to live in the spirit.

This is since our total being is really composed of our spirit, an energy body, and physical bodies which all work together to determine our state of health.

Our spirit is really part of the universal consciousness that exists outside of time and space.

As you read this book you will understand more of these concepts and how they relate to your enlightenment, happiness, physical health, and other abilities.

Chapter 1: What is Enlightenment?

When I say enlightenment I mean the type defined by the Buddha, or in other eastern religions where one achieves peace and oneness with the underlying consciousness of the universe.

Christianity and other Western religions also have the same goal although it may not be as clearly stated. Note quotes from the Bible on peace and stillness as recognizing this state of being.

The goal of enlightenment is a very noble and difficult task since almost all of us are heavily bound up in our Egos from day to day.

We usually think only about what we want and how to become more important, popular, famous, or whatever it is we think will satisfy us.

Ultimately, nothing can satisfy the Ego because it is an illusion of who we think we are, not our true self.

There are of course many religions, philosophies, organizations, and books all written over thousands of years to help one in their search for enlightenment.

The fact that so few people ever report having reached this state shows how difficult a task it is.

Enlightenment is not about “feeling spiritual” because that is another trap of the Ego.

Also, many famous gurus, preachers, and some priests may also just be on an Ego trip and not really understand what enlightenment truly is.

Many books try to describe what enlightenment is but words fail to describe a state of being that one has to experience to achieve any understanding.

True enlightenment has to do with finding a state of “stillness” or “peace”. This is done by a variety of stillness techniques and meditation.

Chapter 2: Searching for Enlightenment



Figure 1-A Religious Celebration

Here is where the fun starts.

Most truth seekers start to read and talk with others and then find out that the elusive “state of enlightenment” is something they should search for.

Once you have decided to become enlightened you determine your course of action.

You might choose one of the following courses:

- Convert to Buddhism
- Serious Prayer in a formal religion
- Becoming a monk
- Moving to a spiritual development commune
- Learning Zen meditation
- Become a follower of a famous guru

Everything you have been taught is that you will need to spend years of effort and make many sacrifices to become enlightened.

Some gurus may insist that you give them all their worldly possessions as a sign of your “real commitment” to the goal of enlightenment.

So, you make major changes in your life and start your new practices to achieve the goal.

Years pass and you are becoming a mature member of your path’s group, beliefs, or religion.

Other’s respect you more since you have now acquired wisdom.

You may feel you have learned something, but are still haven’t had your “experience”, so you re-double your efforts.

You increase your practices from once to several times a day.

Now it becomes a grind. However, you still have faith that you will get there.

Now, other people become more impressed with you.

They say “See how spiritual he has become! He works really hard at his practices and must be close to enlightenment if not already enlightened.”

Finally, you become an old man and still haven’t had your enlightenment experience, but everyone says you embody the wisdom of the ages.

This kind of makes you feel good.... But what went wrong?

The problem is that you became too wrapped up in your “practices” and you lost sight of your goal.

Of course, this is what everyone with “wisdom” said you should do to achieve enlightenment.

What you may not have known is that most of the “enlightened” persons who gave you this advice probably don’t really know anymore about being enlightened than you do.

This is a real conundrum because if all these wise persons don’t know how to get there then how can you ever figure it out?

Maybe you were looking for the wrong experience?

Maybe you are starting to realize that true enlightenment is something different than it really is...

Chapter 3: What enlightenment Feels Like

I haven't had the cosmic consciousness experience that many people claim when experiencing enlightenment. Maybe it is still in my future.

However, I have noticed major differences in my personality and the way I see the world since I started meditating many years ago.

- I'm a much calmer person and more objective.
- I feel like I have an edge at work because I feel sharper after I meditate.
- I am healthier than I was more than ten years ago

The calmness and peace I also experience on a continuous basis helps me get through some major stressful situations.

At the time of this writing I'm going through a tough divorce and only working half time so cash flow is a serious problem.

If this was twenty years ago the stress might have driven me nuts or to have a heart attack.

Instead, I feel separated from the stress most of the time as an observer of myself.

This is a phenomena that many spiritually developed persons report—that they see their thoughts and emotions from a distance. They feel like they are an “observer” of events.

I still feel everything that happens to me as intensely as ever, but being more centered in the spirit helps keep everything in perspective.

I would not claim that I've reached total enlightenment since that would involve staying centered all the time and probably more of the cosmic consciousness that others describe.

However, I can tell you I feel more connected to others on a daily basis and realize I don't have to be controlled by my feelings.

There is no need to experience anger about my current situation. In fact I don't experience it unless I dwell on the subject and lose my spiritual focus.

I feel that gradually, as I dwell in my spirit more and more, my connectedness to others and the world is increasing.

Summary:

After reading this short book you should see that enlightenment is directly related to learning to live in the spirit and that state has many benefits.

That living in the spirit means that our spiritual “core” also lives outside of time and space.

That stillness is a reward in itself and that you will become happier as the Ego becomes stilled and we stop living the illusion that we are our Ego.

When mind is stilled we experience more happiness since true happiness really has to do with perceiving the stillness and peace of the spirit—and not being controlled by our thoughts and emotions.

Also, when we achieve stillness we gain what seem to be supernatural abilities since the cloud of thoughts and emotions which normally surround and cover our spirit have been stilled.

Living in an enlightened way also enhances our everyday experience in the world. We don't need to live in a cave but can enjoy our everyday lives more fully.

To learn more about enlightenment and proven techniques to get there you should consider purchasing the full book “Enlightenment for Dummies”

[M.K. Ettington Books Enlightenment Book Information Page](#)

I wish each of you happiness and fulfillment on your own journey to stillness and peace.

Sincerely,

Martin K. Ettington

The Author's email address is: mke@ecsassoc.com

Other Offerings By mkettingtonbooks.com:

We offer additional metaphysics books on our website which can help you answer spiritual questions you have or solve health and emotional issues.

The approach is usually to cover the history of the subject, a model for how the phenomena works, and then practical advice on procedures, exercises, or other things the reader can do to pursue their goal.

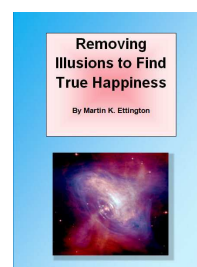
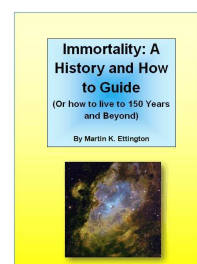
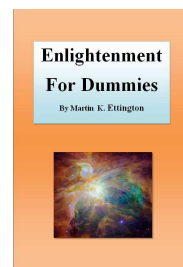
The books cover the subjects of how to become immortal, how to learn prophecy, how to remove illusions for true happiness, and how to find enlightenment among other subjects.

We also offer a Compendium of all of our Metaphysics books in one volume.

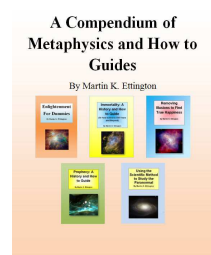
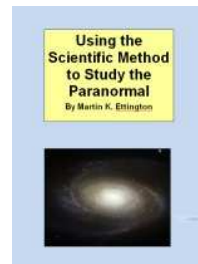
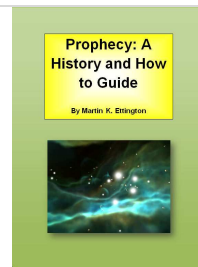
It's titled "A Compendium of Metaphysics and How to Guides" and consists of the following books:

(You can click on the graphics icons at the right to go to the detailed description and purchase pages for these books)

- "Enlightenment for Dummies" follows the approach of another popular series to offer a straightforward description to seekers on misconceptions about Enlightenment, what Enlightenment really is about, and some direct suggestions and recommendations on how to get there.
- "Immortality: A History and How to Guide" is a one of a kind book on the subject of Immortality. First it covers a history of the search for immortality, then examples of a long list of persons who lived to over 150 years. After this a model for the Spirit, Energy Body, and Physical body is reviewed. The last sections of the book offer practices, exercises, and supplements to help the reader lengthen their lives too.
- "Removing Illusions to find True Happiness" is also written from a different perspective. It has chapters on all the illusions we live with. Then it reviews how our lack of happiness is related to the illusions we suffer. Finally, specific advice on meditation and stillness practices is offered to help increase your overall happiness.



- “Prophecy: A History and How to Guide” reviews the history of prophecy and divination. Then it describes a model of how prophecy and divination may work. Finally, practices and exercises are recommended to help the reader see the future for themselves.
- “Using the Scientific Method to Study the Paranormal” which reviews the history of the Scientific Method and how it can be applied to studying very subjective phenomena like the paranormal
- Finally, we offer a single Compendium which includes all five of the above Metaphysics books in one volume. It’s titled “A Compendium of Metaphysics how to Guides”



For more info on these products you can also go to our website at <http://mkettingtonbooks.com>

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