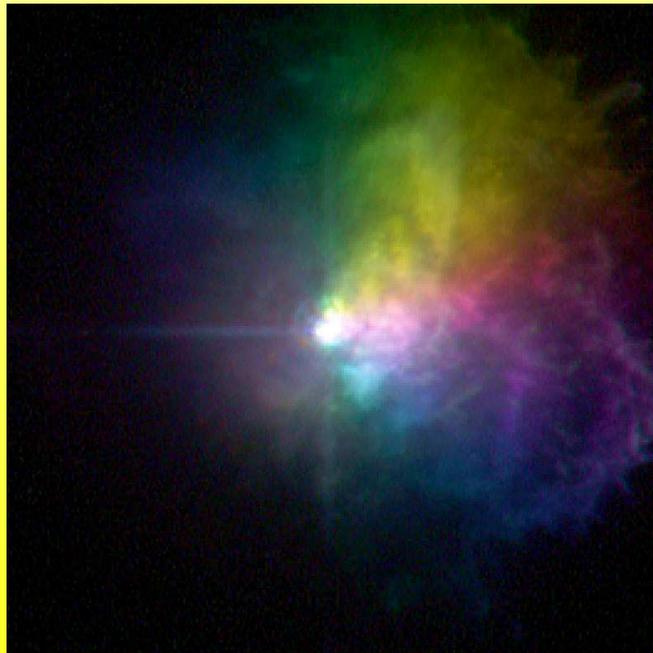


# **Finding True Happiness**

**By Martin K. Ettington**



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## Introduction

The goal of this book is more complex than my recent writings.

I really want to make readers more aware of all of the types of illusions they live under from a micro to a macro level their whole lives. This is important for our spiritual growth.

The more I thought about it though, the more I figured that a motivator to get people to read the book would be to provide them some immediate perceived value from not only what illusions are, but why it is important to get rid of them.

The thought came to me that one of the great benefits in banishing illusions is that each person will become more centered and have happier lives as a result.

The challenge then is to explain all about illusions—what they are, examples, how to get rid of them, without losing track of one of the main benefits—to be an overall happier and more satisfied person.

Related to this is helping people realize what true happiness is and how to find it.

To me true happiness is also part of what you get out of the enlightenment process which involves the removal and penetration of illusions

In fact it could be said that the purpose of life is to find your own happiness.

A good starting point is to see what different sages throughout the ages have said about illusions and their impacts on our lives.

Many thinkers and wise persons throughout history have said that our lives are illusions in many ways. Here are some quotes from those persons to ponder:

Behold! Human beings live in an underground cave. (...) They only see their own shadows, or the shadows of one another, which the fire throws on the opposite wall of the cave.

Plato, 428-347 b.C., Greek philosopher, in *The Republic*

Castles in the air – they are so easy to take refuge in. And easy to build, too.  
Henrik Ibsen, 1826-1906, Norwegian writer, *The Master Builder*

We are such stuff  
As dreams are made on, and our little life

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Is rounded with a sleep...

William Shakespeare, 1564-1616, English writer, *The Tempest*

A man that is born falls into a dream like a man who falls into the sea.

Joseph Conrad, 1857-1924, Anglo-polish writer, *Lord Jim*

What is life? An illusion, a dream, a fiction, and the biggest well is small, because all life is a dream, and the dreams, themselves are only dreams.

Calderon de la Barca, 1600-1681, Spanish writer, *Life is a Dream*

In the night that brings the sleep, the dreams laugh of us, wandering in front of our eyes.

Petronius, *Satiricon*, I Century b. C., Roman writer

Dreams are true while they last, and do we not live in dreams?

Alfred Lord Tennyson, 1802-1809, English poet, *The Higher Pantheism*.

Those who compared our lives to a dream have more reason than they thought.

Montaigne, *Essays*, 1533-1592, French writer and philosopher

*Illusion (viparyaya)* is false knowledge in the sense that perceived form or characteristic is not inherent in the object. [An *actual* object is misjudged here.] Yoga Sutras of Patanjali

As you read on in this book, you will see why people's actions, goals, and happiness are artificially bound by their illusions on who they really are and what their limits are.

You will need an open mind to take advantage of some of the concepts in this book since many of them are not accepted by the "common wisdom" of western civilization

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## Chapter 1: Lack of Happiness is due to illusions



Figure 1-Illustrating the Illusion of Happiness

Fortunes are made selling self help books. Why? Because, most people are not happy—and want somebody to tell them how to become happy.

To be happy you have to be satisfied with the way your life is now and not want to change it. Everyone is looking for something they can learn or read to become happier.

Almost all of us want more than we have and more than our current life offers us. Great religions, religious teachers, gurus, and self help teachers all fill the need of people for direction on how to become happy and fulfilled.

I maintain that happiness has a lot to do with the illusions we internalize as “laws” inside ourselves which bound what we allow ourselves to think, to do, and to become.

An example: A man has built a relationship with a woman and asks her to marry him. She says no and the man feels rejected and depressed.

This man may feel bad for several reasons:

- He feels the loss of her attention which normally makes him feel good.
- He feels inadequate to her and this hurts his self image
- The future he was envisioning with her is now gone.

Sadly, all of these perceptions by the man are illusions of the ego and should really be seen as follows:

- The man has a false sense of value in his ego which the woman “strokes” to increase his perceived value.

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- His personal value as a man is tied up in her opinion of him rather than his value being based on who he is as an eternal spirit at his core
  - His future vision was probably based on an illusion of what would make him happy.

I'm not suggesting that a person should avoid relationships or not marry. What I am saying is that our perceptions of why we want to do many things are illusions of the ego.

In this book we will explore the illusions we live within our daily lives and attempt to break those bounds or limits to reach a more satisfying and ultimately healthier state of being.

A quote from an article I found provides a view into the situation most people exist in which affects their happiness:

(2) Happiness is a very serious matter and the common human being is very far from real happiness the way one lives and with all the psychological problems inside oneself. Of course, living in the open sanatorium named Earth, one can only have several fears, a confused mind and a heavy heart. One's life is full of suffering and deceptions...

Depression is so common today that even teenagers are depressed. Their psychological problem is so grave that it has become a neurosis: they cut their bodies when they are sad.

In this world with such a reality, *how can you be happy? Be realistic.*

*Only if you transform your psyche and reach wisdom, you will discover internal peace and understand how you can help world peace with your work, in your own neighborhood, family, and everywhere that you play an important role and you have to give your answer as a human being.*

*Real happiness is a transformation and an obligation.*

You'll only feel fine if your world is safe, and your world will change only when the human being becomes totally human, instead of being a wild beast that can only kill and destroy.

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## Chapter 2: Understanding Stillness and How to Remove Illusions

Removing illusions also allows one to be at greater internal peace. Greater internal peace is part of the Path to true happiness.

I have practiced trying to reduce my Ego and penetrate the Ego shell surrounding my spirit for quite a few years now and the effects are becoming dramatic.

Where I used to have anxiety all the time, I'm now a lot calmer than I would expect in many stressful situations.

The primary example of this right now in my life while I'm writing this book is the following:

I'm presently going through a nasty divorce, a custody fight for my son, and my job is evaporating so that I'm only getting about ½ time on my regular consulting job.

This means I'm losing thousands of dollars per month due to court ordered divorce expenses.

If I was a lot younger before I had experienced "inner peace" I would frankly be in a panic right now and very depressed.

I do sometimes become temporarily depressed when I really focus on my current situation.

However, most of the time my spirit seems removed from these problems and I have a much deeper peace and calmness than I used to. In fact it surprises me that I can maintain this attitude while dealing with a very stressful situation.

I attribute my current success at peace and calmness as being a result of my continuous meditation practices for years.

Meditation is also called by many "stillness practice". In this Chapter we will review what stillness is and one method of learning to meditate.

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Once a person has learned to reach stillness their happiness will expand many fold since they will be resting in the spirit and will have total peace which means real happiness.

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**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.

If you would like to learn more about finding Happiness and want to read the full book “Removing Illusions to find True Happiness” the please link the link below:

[M.K. Ettington Books Illusions and Happiness Book Information Page](#)

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

Sincerely,

Martin K. Ettington

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## Other Offerings By [mkettingtonbooks.com](http://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.

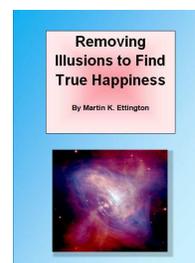
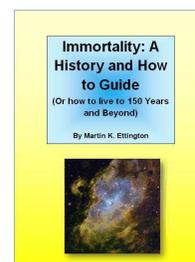
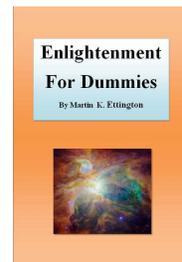
The books cover the subjects of how to become immortal, how to learn prophecy, how to remove illusions for true happiness, and how to find enlightenment among other subjects.

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

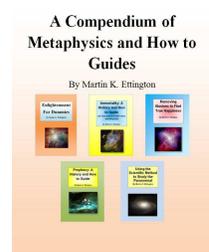
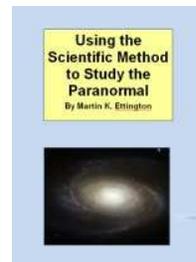
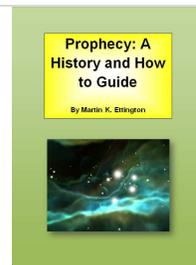
It's titled "A Compendium of Metaphysics and How to Guides" and consists of the following books:

(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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