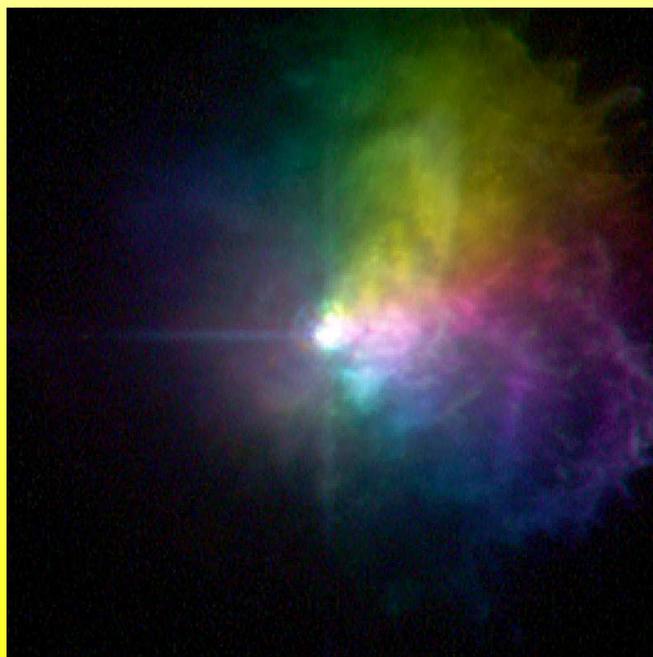


# **How to Become Immortal**

**By Martin K. Ettington**



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## Introduction

### a. Why another book on immortality?

There have been thousands of books written over the centuries on immortality of the soul. Also, thousands of books written on health, diet, exercise, and positive attitudes to allow one to live the longest and healthiest life possible.

Numerous books on myths and legends of immortal beings exist, and it's become a popular topic in Science Fiction.

I've read many books on all these subjects but never one intended to blend all these concepts together in an integrated manner. One which can provide a single holistic approach to life extension beyond the limits accepted by our civilization today.

The goal of this book therefore is to get the reader to first open their mind to the real possibility of a long life.

Second to provide a conceptual framework of why the Spiritual, Exercise, and Diet ideas proposed may really work.

Lastly, provide some real guidance about how to go about changing your life to reach an extended life goal.

### b. How I got interested in this subject.

I've always been interested in the wild and wacky unexplained phenomena of our world. This attitude goes back to when I was 10 years old and read a book called "Stranger Than Science" by Frank Edwards (1). I was amazed at some of the stories and had to find out what the explanations were. This led me on a lifelong hobby quest into the unusual, paranormal, and spiritual.

Have been reading on paranormal events and spiritual development all my life until I'm now in my fifties. I meditate daily and the peace from doing so has made an enormous difference in my daily life

I spent the last 10 years reading about UFOs and Aliens. Found a wealth of information which changed me from a skeptic into a full believer that not only are

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there UFOS but that Aliens have been visiting our planet for thousands of years and do so today. (Subject for another time)

I also always loved Science Fiction stories about Immortals and started searching for Immortal info on the Internet about the year 2000. I figured anyone around for a long time would eventually get on the Internet and start providing clues to look for other Immortals.

Didn't find any immortals directly but did find a lot of information which supported claims that Immortals do exist.

Also read some metaphysical books that were about Immortals. One was the book "The Magic Presence about the Immortal "Count St. Germain"

Other books on Indian Mystics often talk of Immortals who are fully enlightened souls but stay on the earthly physical planes anyway to help the common man advance his spirituality.

c. Why would anyone want to live longer than 100 years?

I think this question should be qualified to be living more than 100 years in good health. I think many of us would agree that living to a great age as an invalid is not worth a lot.

Now that I'm in my fifties I'm only starting to realize how much more there is to life. It would take me hundreds of years to accomplish some of the things I really want to do. Here is a short list:

- Travel to every country in the world. See and live in many cultures.
- Have multiple families (sequentially) with lots of kids
- Build a multi billion dollar business
- Vacation in a Hotel orbiting the Earth
- Learn and practice multiple professions like Doctor, Lawyer, Architect, Professional Investor, Artist, Musician, Newsperson, and many more
- Build extensive wealth to enjoy boats, airplanes, and the like
- Learn sports better and more of them. Like becoming a Karate Black belt, and more flying time for higher level licenses.
- Work on further spiritual development and related abilities

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Making a significant dent in this list would take 1000 years.

My main goal in life is to become enlightened. My interest in immortality is merely a side effect of that search. I've also thought that a long life will help me with my efforts to live an enlightened life in our physical world.

There are no degrees given in immortality studies and anyone living long enough to know the truth or falsehoods of what I'm saying probably wouldn't take the risk of exposing themselves anyway.

However, I have spent a number of years researching this subject. It has been one of my far out interests which became intense about the year 2000.

The idea came to me that if I were an immortal and had learned about the new capabilities of the Internet I might want to use that medium to search for others like myself.

After doing numerous Internet searches I didn't find any BBSs or web sites which Immortals used, but did find a number of web sites focused on the discussion of Immortality or providing information on the subject.

I also ordered a number of books on Spiritual aspects of the subject and also went back to re-read some of my older books like ones from Theosophists on Ascended Masters.

I also decided to try various exercises and supplements to see how they worked.

All I currently have is anecdotal evidence...that I do seem to be healthier in my early fifties than I was 10 years earlier.

My best suggestion is to do your own research on what I've given you here, trying out the avenues that appeal to you, then form your own opinions.

We can all meet in the year 3000 A.D. to celebrate the success of our life extension efforts.

## Chapter 1: Very Long Lived Persons

I spent many years from when I was a teenager until now when I'm 53 years old learning about philosophy, metaphysics, meditation, and the search for enlightenment.

My search for took an interesting turn when I started reading about very long lived people and immortals from other cultures.

In my research I found records of some unbelievably old people and some of the reasons they gave for their long lives also seemed to relate to their spiritual development.

The oldest person of record is LI CHING-YUN at 256 years. Here is his story:

*The New York Times, Saturday, May 6, 1933*

### **LI CHING-YUN DEAD; GAVE HIS AGE AS 197**

*"Keep Quiet heart, Sit Like a Tortoise, Sleep Like a Dog," His advice for a Long Life. Inquiry Put Age At 256.*

***Reported to have buried 23 wives and had 180 descendents – sold herbs for first 100 years.***

*Peiping, May 5 – Li Ching-Yun, a resident of Kaihsien, in the Province of*

Figure 1-Picture of Li Ching-Yun



*Szechwan, who contended that he was one of the world's oldest men and said he was born in 1736 – which would make him 197 years old – died today.*

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***A Chinese dispatch from Chungking telling of Mr. Li's death said he attributed his longevity to peace of mind and that it was his belief every one could live at least a century by attaining inward calm.***

*Compared with estimates of Li Ching-yun's age in previous reports from China the above dispatch is conservative. In 1930 it was said Professor Wu Chung-chien, dean of the department of Education in Minkuo University, had found records showing Li was born in 1677 and that Imperial Chinese Government congratulated him on his 150th and 200th birthdays.*

*A correspondent of The New York Times wrote in 1928 that many of the oldest men in Li's neighborhood asserted their grandfathers knew him as boys and that he was then a grown man.*

*According to the generally accepted tales told in his province. Li was able to read and write as a child, and by his tenth birthday had traveled in Kansu, Shansi, Tibet, Annam, Siam and Manchuria gathering herbs. For the first hundred years he continued at this occupation. Then he switched to selling herbs gathered by others.*

*Wu Pei-fu, the warlord, took Li into his house to learn the secret of living to 250. Another pupil said Li told him to **"keep a quiet heart, sit like a tortoise, walk sprightly like a pigeon and sleep like a dog."***

*According to one version of Li's married life he had buried away twenty-three wives and was living with his twenty-four, a woman of '60.' Another account, which in 1928 credited him with 180 living descendents, comprising eleven generations, recorded only fourteen marriages. This second authority said his eyesight was good; also, that the finger nails of his right hand were very long, and "long" for a Chinese might mean longer than any finger nails ever dreamed of in the United States.*

*One statement of The Times correspondent which probably caused skeptical readers to believe Li was born more recently than 1677, was that "many who have seen him recently declare that his facial appearance is no different from that of persons two centuries his junior."*

*An article from the May 15, 1933 issue of Time magazine titled:  
Tortoise-Pigeon-Dog*

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*In the province of Szechwan in China lived until last week Li Ching-yun. ... By his own story he was born in 1736, had lived 197 years. By the time he was ten years old he had traveled in Kansu, Shansi, Tibet, Annam, Siam and Manchuria gathering herbs. ... Some said he had buried 23 wives, was living with his 24th, a woman of 60, had descendants of eleven generations. The fingernails of his venerable right hand were six inches long. Yet to skeptical Western eyes he looked much like any Chinese 60-year-old. In 1930 Professor Wu Chung-chieh, dean of the department of education at Chengtu University, found records that the Imperial Chinese Government had congratulated one Li Ching-yun in 1827 on his birthday. The birthday was his 150th, making the man who died last week—if it was the same Li Ching-yun, and respectful Chinese preferred to think so—a 256-year-old.*

More about Li Chang Yun from the *Toronto Evening Telegram*, 26 April, 1942:

**LI CHING-YUN, 256, died May, 1933, Szechun Province, China.**

*At the age of 100 he was awarded by the Chinese Government a special Honor Citation for extraordinary services to his country. This document is available in existing archives. It is reported that he gave a series of 28 lectures at the University of Sinkiang when he was over 200 years old. He attributed his longevity to his life-long vegetarian diet and regular use of rejuvenating herbs plus "inward calm". A renowned herbalist, he used Fo-ti-tieng and ginseng daily in the form of tea. He enjoyed excellent health, outlived 23 wives, and kept his own natural teeth and hair. Those who saw him at age of 200 testified that he did not appear much older than a man in his fifties.*

A researched Li Chang(Ching) Yun is featured in this 1980 book: **The Seed of the Woman** by Arthur C. Custance

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Li Ching Yun is also featured in the recent book: ***Qigong Teachings of a Taoist Immortal: The Eight Essential Exercises of Master Li Ching-yun*** by Stuart Alve Olson (10)

LI CHING-YUN's story and many other long lived or Immortal persons are also recounted in the book "Immortality: A History and How to Guide" at

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

Besides his great age, what is really interesting is what LI CHING-YUN said about how to live a long time:

***"keep a quiet heart, sit like a tortoise, walk sprightly like a pigeon and sleep like a dog."***

This advice on "keeping a quiet heart" is very similar to what we hear from other sages on the need for meditation and other methods to calm ourselves into a more enlightened state. That when we do so we also make our bodies much healthier.

In fact, it has been suggested by many old sages and supposed immortals that most enlightened persons have learned to be able to live way past their peers to be able to have the time to learn how to live more in the spirit and closer to reaching their ultimate cosmic consciousness goals.

Most studies on enlightenment focus on the need for meditation. This is since meditation helps us center ourselves in our spirit.

Imagine that your spirit is like a light shining out that is surrounded by water. If dirt is introduced into the water and it is moving, the water becomes cloudy and blocks out the light of the spirit.

Imagine that your thoughts and emotions are the mud in the swirling water.

By stopping the water moving, the silt will drop to the bottom and the spirit shines out.

Achieving stillness provides many benefits of peace, calmness, health, and vitality.

Appendix A to this book has an example procedure to learn meditation.

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## Chapter 2: Your Spiritual, Energy, and Physical Bodies

One of the key concepts in this book is that you are not just your physical body.

These are concepts which are woven into many religions and philosophies, with related Energy body concepts mostly being understood in the East more than the West.

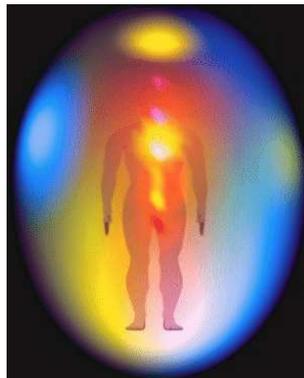
Many believe that your entire being consists of at least three states as described below.

### a. The Spirit

Here we mean the Spirit which is your “soul” or core of your being. An individual’s Spirit is one with the God Spirit and is present in every person and every being. It exists outside of time and space. A place some call “no time and no space”. It is everywhere present simultaneously.

The Spirit exists in all things and each person has that same core Spirit within them.

We can learn to live focused more in the Spirit through a variety of religious, meditational, and philosophical traditions.



### b. The Energy Body

Figure 2-An artist’s rendering of a Full Body Aura

Some organizations like the Hindus and Theosophists believe we have multiple energy body levels. The Theosophists (9) believe there are at least six distinct energy bodies. Many other traditions only talk about one energy body which provides the life force to energize our physical bodies.

The Acupuncture meridians and Chakras are all parts of the Energy body which exists in very close proximity to the physical body.

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The Aura is also a manifestation of the Energy body too, which overlaps your physical body.

Many people claim to be able to see “Auras” including this Author. The Aura is the physical energy manifestation of the Energy Body. All living people have an Aura and one can tell a lot about their health by how their Aura looks.

#### c. The Physical Body

This is the body most of us know and that most of us think is all of us that exists. This is the body we want to heal and energize to achieve physical immortality.

Exercises done on the physical body also affect the Energy Body.

Herbal supplements work from the Physical body to help correct energy flows in your Energy body.

#### d. How the Bodies work together

The concept of the Spiritual development exercises and physical exercises in this book is that they help increase the synchronization of these bodies.

Also, by bringing the absolute peace and stillness of the Spirit down into the Energy and Physical bodies you increase the perfection and health of those bodies.

This is since in the normal course of events the stresses of our life cause more randomness or entropy in our energy and physical bodies.

These stresses of daily life age us prematurely and cause disease.

We can repair our Energy and Physical bodies by integrating them better with the Spiritual body, and getting the energies to flow in the correct patterns, chakras, and meridians, and with more vital force.

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## Summary:

After reading this short book you should see that becoming Immortal 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.

As I learned these truths I decided to start writing about subjects of interest related to reaching a higher state of enlightenment.

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, and how to remove illusions for true happiness, among other subjects.

If you would like to learn more about becoming Immortal and want to read the full book “Immortality: A History and How to Guide” the please link the link below:

[M.K. Ettington Books Immortality 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](mailto:mke@ecsassoc.com)

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## 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.

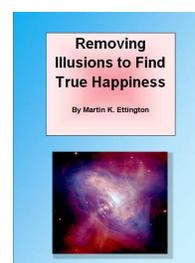
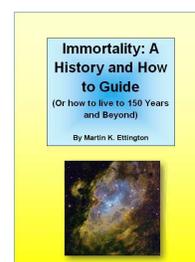
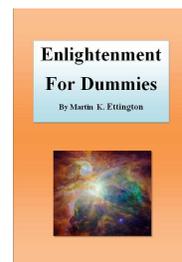
The books cover the subjects of how to become immortal, how to learn prophecy, how to remove illusions for true happiness, and how to find enlightenment among other subjects.

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

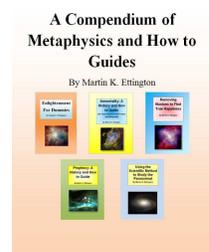
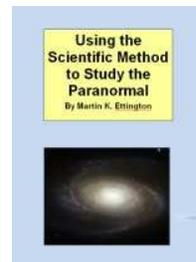
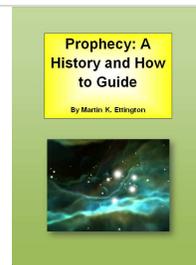
It's titled "A Compendium of Metaphysics and How to Guides" and consists of the following books:

(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”



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