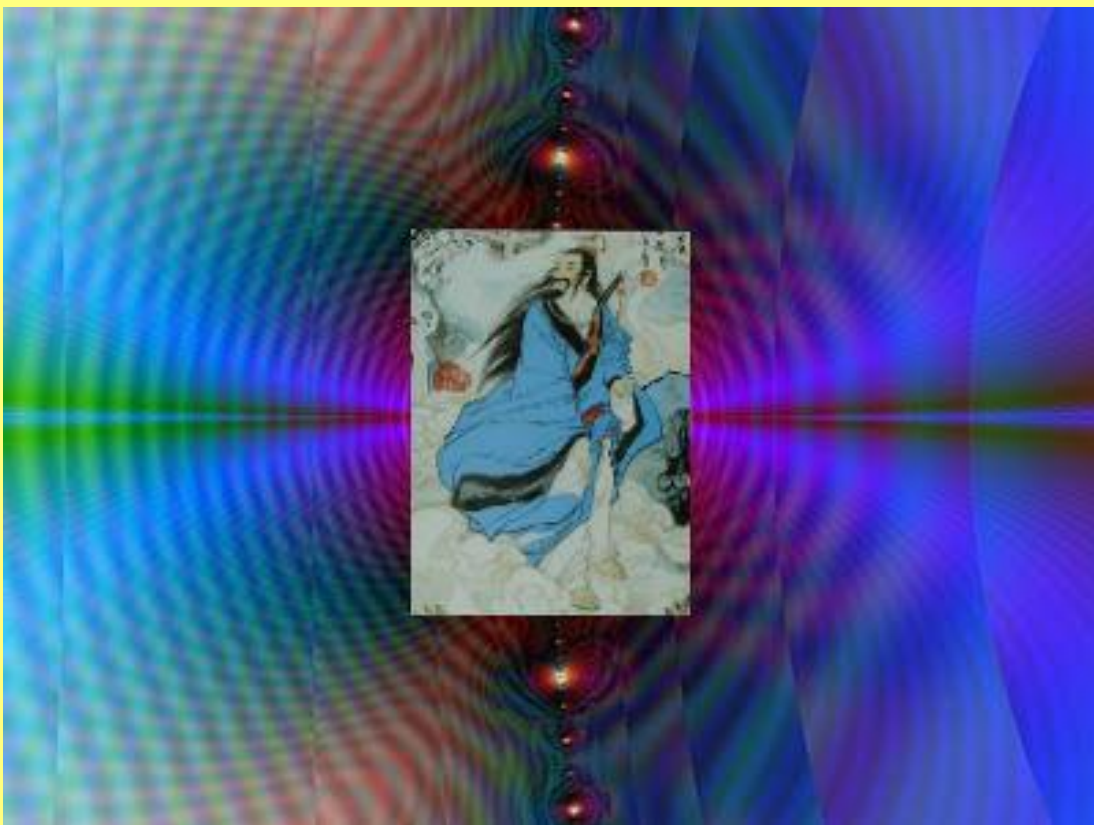


Enlightenment and Immortality



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(Sample Pages)

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THE EGO IN OUR LIVES

I ♥ MY
SELF +
THATS
ALL THAT
MATTERS

I was given a great gift before the beginning of my life, and I've only recently realized how great that gift was.

This gift was me being blessed with a continuous memory from before my conception--through birth—and until now.

I have clear experiences of remembering before my birth: Breaking off from a larger consciousness, choosing my mother, being in her womb, birth, and as a young baby.

Here is what I learned from remembering the incarnation and birth process....

The core of our being-our eternal spirit- tries to bring itself forward into our lives in each new incarnation.

We are all born with a piece of the spirit in us as the core of our consciousness.

As a newborn babe our minds are almost all made up of that spirit-and a sense of perception and curiosity about the world.

As the baby consciousness grows we learn about the world. While we do this we acquire an Ego. This Ego is part of our growth and helps us discern how to live in the world around us successfully.

It is a natural part of the growth of a baby to build this shell of thoughts and emotions around their spirit to become more aware of how to live in the world. Without this discernment we can't relate to our parents or our surroundings.

An analogy of this process might be that after shellfish drop older shells which are too small, they are very soft and vulnerable until their skin hardens into a new shell.

The building of our Ego shell is a similar protective mechanism.

The simple fact of learning to cry to get our mother's attention is how we learn to communicate to satisfy the needs of our bodies and to build the connection with our Mom and Dad; who help nurture us spiritually, emotionally, and physically.

I remember being hungry in my crib as a newborn baby and the only way I had to communicate was to cry—which babies do very effectively.

The usefulness of my crying was reinforced every time I did it—because I was hungry, had pooped or peed, or just wanted attention. Also, when I was hot, cold, or just unhappy.

This process steadily builds the infant ego as we all come to believe that our crying and desires control the universe around us.

As we become more aware and able to communicate, we start to understand that we are interacting with other beings—our parents and our family.

When I was about two years old I was sitting on the floor of my parent's living room watching cartoons on television. All of a sudden I felt like I had wakened from a dream. I saw everything around me much more clearly, and knew that I was alive and living in the world. It was my "I think therefore I am" moment.

I interpret this experience as being the moment my Ego congealed into a solid part of my consciousness. Everything going on around me became more understandable and clearer.

Parents naturally start to cut back on the total infant service as the child grows because they want the child to do age appropriate work for itself—feeding itself, using a toilet, getting dressed—all the steps a child goes through when they grow.

This process continues as we go to school and grow into adulthood.

Many people feel an emptiness as they grow and want to know more about themselves and why they are on this earth—they are searching for a connection to their eternal spirit.

Unfortunately, it's not so easy because the whole process of our growth into adults is normally in an environment which continues to value us as egocentric beings.

Take sports, grades, and all forms of competition. These are not bad—they are just part of everyday life and we are taught to make all of these activities and corresponding goals part of who we are.

This process naturally leads to us being centered in our artificial egos and we value the events and processes of the world as the main reality which we understand.

When we start exploring about who we really are, it is a learning process. Many of us turn to the religions in the cultures we are raised in.

Many of us have more of a passion and want to answer questions like:

- Why are we here?
- Who or what is God?
- Is my religion the best or only path to understanding?
- What is the meaning of life?

For most people with other priorities in life it may seem that we will never have time to explore the meaning of our lives and reach through our Ego to rebuild a deep connection with our spirit.

The growth of the Ego in each of us is a natural part of our lives on earth. However, we each have to make a conscious decision if we want to learn to feel the connection with our eternal spirit.

LONGEVITY AND SPIRITUALITY

I believe that our purpose in life is to experience this earth and evolve on it as spiritual beings.

A fortunate few learn how to feel the presence of the spirit in our everyday lives. Those persons become more and more enlightened as they build this connection with their spirit. It may be through learning prayer in a traditional religion like Christian Catholicism, or through meditation from the eastern philosophies and religious teachings.

Most people become caught in the everyday illusions of life and live with unhappiness in many forms due to their illusions.

This is where the expected roles of aging in a society create limitations.

The natural sequence in all societies is to be born, grow into adulthood, work, marry, have children, raise the children, retire, live a few years, and then die.

It seems a terrible tragedy that most of the people ever born on this earth are so caught up in the travails of everyday life that they never get beyond the packaged beliefs they are raised in to see the truth of their spirit for themselves.

Most people's free time for self examination is very limited due to the daily activities of their lives—even into old age. We are talking about 99% of the population.

What can be done about this problem? How are we to help the masses have the opportunity for spiritual growth and self fulfillment into becoming more realized beings?

After much thought and meditation I've concluded that helping each of us to have the potential for much longer lives than is now common would help us address what I would like to call the "life gap of enlightenment".

In my separate research and writings I've documented many persons who have lived well over the age of 150 years—some into the several hundred year range.

I now believe that my interest in the subject some years ago was driven by a subconscious spiritual knowledge of the importance extended longevity to create more opportunities for our spiritual growth.

Think about it—adding many more years beyond the normal lifetime naturally provides a greater opportunity for an individual's introspection and growth.

Once a person reaches the age of a “Senior” (commonly starting in the fifties and beyond), they have experienced most of what normal life has to offer—love, careers, family, death of those close to you, accomplishment, and the seeing the results of their efforts here on earth. What is left?

The older one gets, the more they have “boredom” with the world and want to learn about their reason for being. This curiosity may come out of hiding in their subconscious after a lifetime of being suppressed below the other priorities of living in the world day to day.

Providing more time for a person to search for the truth in their lives thus allows them to have a greater chance to reach a greater enlightenment about themselves and a greater connection with their spirit.

It's also interesting to note that when studying the lives and teachings of very old persons—these people know that one of the main components of extreme longevity is being centered in the spirit.

I use as an example the well documented case of Li-Ching-Yung who lived to 256 years and who said his secret to a long life was:

“Keep Quiet heart, Sit Like a Tortoise, Sleep Like a Dog”

A “quiet heart” in the speech of the east refers to being in touch with your core being or spirit. Sitting like a tortoise also has to do with living in a slower and more thoughtful way.

So we can see that living with a closer connection to our spirit is not only a way to reach a more enlightened and happier state within us, but the action of doing that brings that spirit down into our bodies to increase our overall health and longevity.

Now we have a connection between extended longevity and the spiritual value of that additional lifespan.

One could say that the search for the spiritual connection in our lives also has a byproduct of extending our lives.

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To what end do we want to do this? My intuition tells me that the purpose is to allow many more of us to become realized beings in this life.

Isn't that what the cycle of birth and death is all about? To become a further evolved and realized being at the end?

To become more spiritually evolved is to become more enlightened. What is enlightenment? Do we understand what the state is that we are striving to reach?

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