

**Pursuing Enlightenment also Results in Immortality,
Happiness, and Other Abilities**

By Martin K. Ettington

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Other books by the Author

Spirituality and Metaphysics:

Physical Immortality: A History and How to Guide

The Commentaries of Living Immortals

Prophecy: A History and How to Guide

God Like Powers and Abilities

Enlightenment for Dummies

Removing Illusions to Find True Happiness

Using the Scientific Method to Study the Paranormal

A Compendium of Metaphysics and How to Guides

(Six books together in one volume)

Science Fiction:

Outside of this Universe

These books are all available in digital and printed formats from my website:

<http://mkettingtonbooks.com>

Table of Contents

[Introduction](#)

[Chapter 1: What is Enlightenment?](#)

[Chapter 2: Searching for Enlightenment](#)

[Chapter 3: The Yoga Sutras of Patanjali](#)

[Chapter 4: What enlightenment Feels Like](#)

[Chapter 5: God Like Powers & Abilities](#)

[Chapter 6: True Happiness is Related to Enlightenment](#)

[Chapter 7: Other Benefits from living in the Spirit](#)

[Summary](#)

[A Special Science Fiction Story](#)

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.

(I also wrote a book for newbies on enlightenment practices called:

[“Enlightenment for Dummies”](#)) ([Kindle Link Here](#))

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

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 descendants – sold herbs for first 100 years.

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

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 descendants, 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

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 <http://immortality.us.com>

[\(Kindle Link Here\)](#)

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.

Chapter 3: The Yoga Sutras of Patanjali



Another interesting perspective on enlightenment and stillness comes from the Yoga Sutras of Patanjali.

The Yoga Sutras of Patanjali (1) is close to two thousand years old and describes in Sanskrit the nature of consciousness and the path to enlightenment. Stillness and learning to live in the Eternal is a major goal.

It was written as a scientific exposition on the path to enlightenment, and the abilities and spiritual states obtained as part of the process.

Book 3 Chapters 14 and 16 can be translated as follows:

14. Every object has its characteristics which are already quiescent, those which are active, and those which are not yet definable.

The explanation is as follows:

Every object has characteristics belonging to its past, its present and its future. In a fir tree, for example, there are the stumps or scars of dead branches, which once represented its foremost growth; there are the branches with their needles spread out to the air; there are the buds at the end of each branch and twig, which carry the still closely packed needles which are the promise of the future. In like manner, the chrysalis has, as its past, the caterpillar; as its future, the butterfly. The man has, in his past, the animal; in his future, the angel. Both are visible even now in his face. So with all things, for all things change and grow.

16. Through perfectly concentrated Meditation on the three stages of development comes a knowledge of past and future.

With an exposition on it's meaning to be:

We have taken our illustrations from natural science, because, since every true discovery in natural science is a divination of a law in nature, attained through a flash of genius, such discoveries really represent acts of spiritual perception, acts of perception by the spiritual man, even though they are generally not so recognized. So we may once more use the same illustration. Perfectly concentrated Meditation, perfect insight into the chrysalis, reveals the caterpillar that it has been, the butterfly that it is destined to be. He who knows the seed, knows the seed-pod or ear it has come from, and the plant that is to come from it. So in like manner he who really knows today, and the heart of to-day, knows its parent yesterday and its child tomorrow. Past, present and future are all in the Eternal. He who dwells in the Eternal knows all three.

When reviewing the Yoga Sutras we see that the ancient view of consciousness was that because it is rooted in the eternal.

Therefore, those who have developed themselves so that they perceive things from the point of view of the Spirit which lives outside of time and space—live in true stillness.

Chapter 4: 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 phenomenon 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.

Chapter 5: God like Powers & Abilities



Nostradamus--A famous profit discussed in "[Prophecy: A History and How to Guide](#)"

Something else I learned in my journey of many years on the metaphysical and spiritual path is that there are many abilities of the spirit we can learn once we learn how to quiet our minds.

My particular gift has been prophecy, both for my own life and for some major events.

In my book "[Prophecy: A History and How to Guide](#)" ([Kindle Link Here](#)) I explore the history of prophecy, famous profits, and techniques which can be used to see our own futures and save us from accidents.

Here is the story of my first prophetic experience many years ago when I was nineteen years old:

During the summer of 1975 I had a summer CO-OP job at General Electric's Gas Turbine engineering group in Schenectady, NY

At this time I used to meditate at my desk during the lunch hour.

One day in early August I was meditating and thinking about a trip I was planning to Cape Cod. My mind was wandering as I was thinking about what I would do there. My thoughts went to what I would do at the beach.

All of a sudden, I had a blinding flash of a scene where I was in the surf at the beach, and a surfboard was coming towards me. Then a shock occurred and I was thrown out of my meditation and was wide-awake.

I thought that this was pretty weird, and mentioned this to a friend or two.

Two weeks later I was walking on the beach on Cape Cod. I saw a couple of guys with surfboards and asked where I could rent one to give it a try.

They said they had an extra one and I could try it with them.

(I had totally forgotten my vision at this point)

I tried to get up on that board all day, and had some modest success, but I was also getting exhausted in the process.

I decided to try it again and fell off when a big wave hit me. Next thing I knew I was coming up to the surface and I saw the exact same scene from my meditation.

The board hit me hard in the chin and almost knocked me out. I staggered to the shore and the two guys I was with helped me to the hospital where they put 10 stitches and 2 sutures into my chin.

The question arises—would I have been able to avoid the accident if I had remembered my vision and not gone surfing?

Later experiences have convinced me that the future is a set of probabilities, and we have free will to decide our actions.

I also had an experience on that trip of being able to partially heal my wounds very quickly through a deep meditation and application of psychic healing techniques. However, I do still have a small scar on my chin from this accident.

There are also many other types of spiritual abilities discussed with case histories and techniques on how to do them in "[God Like Powers & Abilities](#)". ([Kindle Link Here](#))

The important thing to remember is to not get wrapped up in these supernatural abilities since that focus can really derail the spiritual seeker.

Chapter 6: True Happiness is Related to Enlightenment



When a person achieves stillness through meditation they also have the benefit of learning to live more centered in the spirit and see through the illusions surrounding their daily lives.

This state is also conducive to true happiness. The book “Removing Illusions for True Happiness” discusses how removing illusions leads to happiness.

<http://removeillusionstruehappiness.com/>

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.

The truth is that to be happy you have to be satisfied with the way your life is now and not want to change it.

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.

- 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.

When the thoughts are emotions are stopped through meditation and other stillness practices then the Ego is also calmed.

This state lets the person live centered in their spirit which is a much deeper state of happiness and peace than most people have ever experienced.

See my book on happiness titled "[Removing Illusions to Find True Happiness](#)" for more details.

[\(Kindle Link Here\)](#)

Chapter 7: Other Benefits from living in the Spirit

One of the side effects of learning to live in stillness and the spirit is that your spirit perceives reality in a much deeper way.

Going back to the Yoga Sutras again, we find a whole book where supernatural abilities can be achieved from living more in the spirit. These include levitation, teleportation, and many mental abilities.

One of these beneficial abilities is learning to see the future. This is because the spirit lives in eternity outside of time and space.

When we reach a more relaxed state our spirit can naturally perceive things outside of the narrow time stream we call the present.

The book "Prophecy: A history and how to Guide" at <http://prophecybook.us.com> ([Kindle Link Here](#)) focuses more on specifics of developing prophetic abilities.

The Nature of Reality also helps one to understand how the spirit can exist outside of time and space.



Physicists and Astronomers all agree that the Universe we know was created in a huge explosion called the "Big Bang". This was when the Universe was created from nothing and inflated. As it inflated time and space as we know them came into existence.

When you study Einstein's Relativistic Physics you begin to understand that time and space are inextricably linked. You can't have one without the other.

Given our understanding of Physics, we know that time and space didn't exist before the Big Bang. The state of things before creation then was "No Time & No Space".

Another subject of great interest to Astrophysicists is what are called "Black Holes". Black Holes are a result of Einstein's equations and Astronomers have verified their existence in the last few decades.

Black Holes are stars which due to their own mass have collapsed down to an infinitely small point and where time stops. Scientists do not understand where all that mass goes.

Hmm.... A Black Hole seems to be another example of part of reality that exists without time and space.

In Quantum Physics, time is also viewed differently that we perceive it on a daily basis. Here is a quote from a Physics website explaining this view: (17)

The upshot is that, on the microscopic level, there just plain is no direction to time -- and this is even more spectacularly true in quantum physics than in classical physics. In the microscopic domain, everything just exists in a kind of nebulous, atemporal continuum. Then, every once in a while, something becomes observable, and enters the one-dimensional time continuum. The arrow of time does not exist in the universe as a whole. It only exists in individual subjective views of the universe!

I think it is fair to say that the place of stillness where time and space don't exist is a part of our reality.

Therefore, it shouldn't be considered too strange that our immortal Spirit is part of and one with that Stillness.

Given the above evidence of Science and my thinking I conclude that time is really an illusion of our physical being.

If we can pierce the illusion, we can expand our "time sense".

Summary:

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

A more detailed treatment of the subject of enlightenment can also be found in my book "Enlightenment for Dummies". It is on this web page on my site:

http://mkettingtonbooks.com/index_files/enlightenmentfordummies.htm

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

All can be found on my website: <http://www.mkettingtonbooks.com>

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

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

A Special Science Fiction Story

I recently used my knowledge of the spiritual and paranormal and some of my experiences, along with my interests in space travel, physics, and the fate of our Universe to write my first Science Fiction novel titled:

[Out of this Universe](#)

The story follows the life of Steven and his friends as he proceeds through innumerable ages of existence fighting forces which not even the Gods totally understand. It's a story of physical immortality, love, and evolution which transcends our Universe. Many spiritual powers are developed and used in confrontations as part of the evolution of the characters in this story. A thoroughly enjoyable romp which will expand your mind and leaving you asking "How much more is there to existence?"

This book can be found on my website at <http://mkettingtonbooks.com> ([Kindle Link Here](#)) and on Amazon.com as a Kindle digital book. (only \$2.99/\$9.99 for this 250+ page ebook)

Here are three excerpts from the beginning of the book:

Prologue:

The universe is much older, much bigger, and has many more dimensions than even the most far out speculative physicists ever tried to imagine.

There are universes within universes. Each has its own properties and potentials, and life exists everywhere in a tremendous diversity.

Life has everything from what we would see as true galactic and universe spanning Gods to your one celled life forms. Life exists even to the atomic level and smaller still...

Existence can be everything from carbon based life as we know it, to silicon substituting for carbon, and a whole plethora of incorporeal beings. The diversity of spirit in the nonphysical realm is even more extant than the physical world.

Life also has tremendous age, from trillions of years old to being born in this moment now.

Yes, I know that scientists say that the universe is only fifteen billion years old, but the vision and creativity of even our best minds is still too limited to see the reality that is out there waiting for us.

There are entities that see a billion years as a second, and have lived since before creation. Some of them live outside of time itself.

These entities have the powers of Gods and plans we can't even envision that exist on unimaginable scales and take eons beyond eons to reach fruition.

There is also a conflict which has always existed between the Gods who have different long range plans. When I say long range I mean beyond the scope of our universe. We can't even guess at some of their goals and would probably go insane if one of them tried to put the concept into our minds.

Suffice it to say that these Gods of reality have a conflict. A conflict between entropy and randomness. Between knowledge and ignorance. Between absolute love, growth, creation, and being a machine like intelligence.

Who is to say which is the right belief system and plan? It is not about right or wrong it is about the type of existence we want as consciousness for ourselves.

We are part of their plan. Even though we are as a mote of dust in a galaxy, we serve as instruments to these grand plans. Indeed, there are plans within plans.

It may sound unbelievable to say that Earth figures into these plans in a big way. Not because Earth is so important in itself, but because by chance, Earth has become a nexus in time, space, and creation.

Some places have to be more important to certain events than others, right? –Even in a universal or extra universal conflict.

A physical being has advantages. It lives reality more vibrantly than the ghosts of consciousness. A physical being also sees some details the others don't. Fear of death is also a motivator.

The conflict between two alien spirits and ways of thinking had been set in motion billions of years ago when one invaded the Universe of the other. It took a specific chain of events to set a solution in motion.

One human was destined to be a critical factor in this conflict. He didn't act alone, he acted with many others. His actions led to a web of changes critical to the growth of reality.

He had no idea that his being a factor in the evolution of universes was pre-ordained by the Gods of Reality who had made him an instrument of their unknowable goals.

Every fantasy and thought we can think of creates its own reality. Thus it was that the being we will call Steven started creating his new reality to conform to the God's ultimate plan for him and for the evolution of the greater reality.

Eventually this being would play a more critical role than anyone could conceive.....

Chapter 1: My decision to be Born

Being part of a group consciousness was very fulfilling. My consciousness was one of those masters overseeing the earth. It was beyond any mortal experience.

However, something was missing...I felt the need to send part of myself back to Earth for more experience to help out humanity. What was the reason? I existed at a very high vibrational level as a result of many lifetimes of experience on earth. However, the reasons to go back were something I wasn't totally aware of in my conscious mind.

My friends who were like me told me I didn't need to do this since I was already very much evolved—but I did feel the need to return. Was it for more experience or for something I needed to accomplish? I didn't know the reason but I was ready to go.

It was only a small part of my being to be sent down to Earth, but I decided to include all of the memories from the time it broke off from my whole.

Separating out of part of me would be like a small death. This part of me would acquire new knowledge and experiences but would be cut off from the rest of me for some time.

Then came the separation of consciousness... It was done by deciding what memories, knowledge, and spiritual qualities I wanted to use for my next incarnation. This was a painful process of loss and my friends kept telling me that I didn't need to do this—but my feelings were strong.

My new seed of life had some unique gifts such as the continuous memory from separation, and the buried certainty that it would have a critical mission to accomplish in life.

Later in Chapter 1:

One day during the summer when I was ten, some local friends of my parents decided to take a trip up to Harris Hill near Elmira with several neighbor kids to see the Gliders landing and taking off. I begged my parents to go and they were happy to be rid of me for a day. I promised to do extra chores to cover the five dollars that it would cost.

When we got there I just loved it. It was on the top of a couple of thousand foot hill over the Chemung river valley and the gliders were soaring all over the place.

It was the oldest soaring center for gliders in the United States and became an active glider center back in the nineteen thirties.

The field was a single runway with a taxi way next to it. A couple of glider buildings were on the side of the field. The view of the valley below was great and in the fall the colors of the trees made it a beautiful place to visit.

I wanted to fly a glider too but it was very expensive. One strange thing caught my attention as we were walking around to see the gliders up close near the hangers.

I saw a white haired tall older man talking to some women and he had the brightest energy colors I'd ever seen. He looked healthy enough to be in his twenties but by all outward appearances he was in his fifties or sixties.

When the women walked away, I finally got up the courage to go over and say hello. He gave me a funny look and said Hello back. I don't know why I said this but I ask him "Are you the man who lives forever?". He looked a little startled by my comment and his eyes got more focused. He said "Why do you want to know?". "Because your colors are brighter than I've ever seen".

"Well son, you do have some unusual abilities. Find an excuse to come visit me when you are a few years older and we can talk more. My name is Bernard Walker and I live in Elmira". Then he walked away. I was really intrigued but I was only a kid and a little afraid of his offer to visit. I certainly wasn't going to tell my parents.

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Appendix A: A basic Meditation Practice

Meditation is best learned from a teacher since that process provides regular feedback to help you improve your technique.

However, for those of you who don't have immediate access to a Teacher, here are some basic steps to starting your own meditation program:

- Set a regular time daily of 30 mins to do your meditation. Some persons like to do it early after they get up, or at a free time later in the day. Should not be just before bedtime because you may fall asleep and not get full benefit from the meditation session.
- Make yourself comfortable. It can be sitting or lying down. You don't have to do a cross legged sitting position unless you want to.
- Start by closing your eyes and working to relax your body.
- This can be done by going to each portion of your body and telling it to tighten then relax. An example would be: tighten you hand..tight..tight.. then relax. Do this with each portion of your body.
- After your body is fully relaxed then you need to relax your mind.
- You can do this by visualizations such as—my thoughts are slowing down, my thoughts are being released as little balloons. I'm sinking and relaxing like sinking down in peaceful warm water.
- When you get to a very relaxed level you should imagine your Spirit is in no space and no time—to start working towards a level of Stillness. Another way of visualizing this is that you are existing only in the present—no past and no future.
- After practicing this for a couple of weeks you should be able to start relaxing immediately to a fairly deep state.

Again, there are many books on how to meditate and many instructors.

This practice takes years to really get to a deep state, but starting now will begin to make a difference in your body's health.

See the Bibliography for books which might also help with those learning Meditation. (2)

Also, the Holosync CDs described elsewhere in this book can be an aid to learning to meditate quickly without even a well developed technique. (13)