Path to Enlightenment
By Maitreya Desire' Dubournet
Path to Enlightenment

Enlightenment is Non-Judgmental Awareness. It is simple to get to the state of enlightenment. It takes being able to stop all judgment, labeling, cataloging, talking, internal mind chatter, and all words in the mind for just ten minutes without sleeping. The SCIO/Eductor device can greatly help you get there.

This is a guide in a simple process of attaining enlightenment and setting yourself free from judging, clinging to desire, and excess suffering. It is my job as the Maitreya to teach the world this simple process. A simple process that is the hardest thing you will ever do.

You do not need to be a monk or live as one. The Buddha designed this teaching for the common people and he taught them how to get to enlightenment. Monks monasteries and the rituals came much later. But there is a simple process to achieve this at home. Most people get glimpses into enlightenment is small bits of time when they set aside words and judgments and act from the heart. It might be on the sports field, in church, in the eyes of a child or a lover. But here is a way to do it simply and easily at home. When I say simple I mean it as the hardest, most difficult, incredibly demanding, challenging simple thing you will ever do.

Children cannot do this until they have the corpus colossum (neural network between their brains) fully mylinated. This does not happen till after 18 years old in most people. Then and only then can the two hemispheres be united to communicate. Till then your word are and dream unconsciousness are not fully connected to fully entwine. Most children under 6 are in a moderate state of enlightenment already. They lose it after they develop words and we can recover it when we fully subdue the word are for just 10 minutes. Then we make the word area our tool for life not our master.
The Buddha took normal people with normal lives from the market place and taught them the way of enlightenment. After they achieve it the most often return to the market place enlightened, suffering reduced, judgments reduced, compassion love and honor greatly enhanced.

I have tried to outline and describe this simple process in English words and minimize use of foreign words. Use of foreign words can be a way of arrogance and a way to try to act above the person you are trying to help. This is not of the path so I will try to not use anymore foreign words that I must. But that being said I must use one foreign word straight away.

The first step into the stream of consciousness is seeing there is a flow of life, a stream as a metaphor. We will step into this stream and realize the flow. There is an infinite universe, an infinitesimal universe, a fractal complexity well beyond the capacity to know. We will outline the UnKnowables a bit later.

There is also a Cosmic Microwave Background Radiation flow of photons flowing thru the universe that bathes us all on the surface. Bell's theorem, the Observer Effect, and many other scientific principles have shown a collective consciousness of the universe. A God Consciousness if you would be so kind in the mind to allow or at the very least entertain the prospect.

Thus there is a Devine consciousness that brings things to us for our benefit. A Devine teacher you might say. She gives us lessons, brings us to points of learning, takes us on field trips to see and learn, and tests us often to make sure we learn. If we flunk the test she just makes us take a make-up exam and she keeps presenting the same lesson till we learn it. This teacher operates from within and without. But the flow of our lives is around this flow of things we need to learn, be and do as we travel thru this life. This flow is called many things but one name is Dharma.

Dharma is derived from Telugu of the 'Dharmam', meaning "what is established, law, duty, right". The derived Prakrit word is Dhamma.

Dharma in this latter sense is 'the path of righteousness', the way of 'correct', 'appropriate', 'decent', or 'proper' behavior.

Etymologically, the word Dhamma (Sanskrit: Dharma) is derived from the root "dham," meaning "to uphold" or "to support," and the commentary further explains that it is that which upholds or supports the
practitioner (of Dhamma) and prevents him or her from falling into states of misery or birth in a woeful existence. Of all Buddhist terminology, the word Dhamma commands the widest, most comprehensive meaning. Dharma is to cultivate the knowledge and practice of laws and principles that hold together the fabric of reality, natural phenomena and personality of human beings in dynamic interdependence and harmony.

No one saves us but ourselves
No one can and no one may
We ourselves must tread the path
Buddhas or Teachers only point the way

“Dharma is the Flow of Life
Dharma practice means forgetting your problems through helping others.”
There is infinite diversity. There is infinity to the power of infinity combinations of expression of diversity. We must try to end intolerance of diversity.

There is life, there is death. There is beginning and end. All things change in there expression of infinite diversity. Life tries to bring order and regularity as it grows out of disorder. Life makes repetitive cycles to maintain order. Life makes metabolic nutrition intake and waste output cycles and multiple organisms to make one species waste their food. Life has an innate quantum dynamics order that maintains the cycle as life fights against the thermodynamic entropy disorder. All life eventually loses their battle to thermodynamic disorder. Life makes reproductive cycles to repeat the cycle of order out of disorder.

All objects in the universe are connected in a subspace collective consciousness. In an infinite infinitesimal nonlocal dimensionless universe any point is an expression of the all. There is a connection to this subspace all in all of life. Even all humans feel from time to time the connection to the oneness of the universe.

As organisms grow they must make instinctual judgments to move towards nutrition fields and away from toxic fields and away from waste products. These judgments are innate in most life forms, but in humans we develop word areas of the brain to assist in making judgments. It is when the word area of the brain overrides the innate intelligence we get trouble.

Babies have a strong connection to the universe. Children have some but when language areas develop they mostly learn to gradually ignore the perceptions of the “ALL” because they are unpredictable and require focused thought. The child like mind is easily distracted by day to day trivia. We must teach the child what not to eat, where not to go, and don’t take candy from strangers. What we really need to do is teach them not to take candy from anybody. Most of the time unenlightened parents teach irrational bigotry and inappropriate prejudice. Children learn more from what they see of the parents, that what their parents say. Judgmental ignorance abounds in the world today.

The human brain has two hemispheres that have different functioning. Humans develop language mostly in the right hemisphere to communicate to others. The word area of the brain must learn rules and structure. It must learn rules of judgment. The word area must learn to not obsess on the perception of the all so the human can eat and reproduce. The biological needs of eating and reproducing are strong. Temptation and distraction abound.

The word area and right side of the brain is easily distracted. It has a memory of the past that it wishes to change and a hope of the future that it wishes to enhance. Thus it learns to lie. Greed develops on hopes of the future. Anger develops from hurts of the past. And lack of intellect makes people cling to false beliefs. The left side is more into the now so it has less greed anger and clinging.
The two sides of the brain have a connection bridge of nerve fibers called the corpus callosum. This neural bridge does not fully myelinate till age 18 or so. So the two brains do not fully connect till early adulthood. This is why full enlightenment does not happen till then.

The rules and over judgments of the word areas of the brain stop the connection to the all and the experience of enlightenment. If one can focus the mind to reduce the words and develop non-judgmental awareness one can approach the enlightened state. And one can learn to stop the words for just ten minutes he can get to the enlightened state. Set free the mind. Break the chains of emotional attachment to delusional false beliefs. There are an infinite path of ways to do this and a seemingly endless list of people to help you. Some of them are jealous zealots with false beliefs but they can still help you even if they have not done it themselves.

When you sedate the word brain and join the oneness of the universe for 10 min it is an ecstatic glorious experience beyond any drug state, sex act or anything you could imagine. It is blissful euphoria beyond comprehension and a life changing event.

Then one can return to the market place not bound by judgments or emotional attachments. The full spectrum of emotions can come to the enlightened one but he does not cling to them. Free form clinging or obsessing on judgments the enlightened person is free to be what he wants not what those around him want. Conformity issues are not dominant but the enlightened one is free to be, not compelled to do. Greed, Anger, Arrogance, and Intolerance are defeated. Beliefs are challenged and modified gently to improve our society.

Before Enlightenment-
chop wood, carry water- Complain

After Enlightenment-
chop more wood, carry more water
Enjoy the Wonderous Day
THE PATH

If anybody asks you what the Path is about,
It’s about generosity,
It’s about morality,
It’s about concentration,
It’s about gaining insight through
focused self-observation.

It’s about the cultivation of subjective states
of compassion and love based on insight.

And it’s about translating that compassion
and love into actions in the real world.

~ Shinzen Young

Leave alone whatever arises
in the mind.
Do not seek to
change or alter
anything.
It is all
PERFECT
as it stands.
Enlightenment shifts the Dharma flow from Pain + Suffering to Enthusiasm and Awareness.
The Four Imponderable (Unknowables) of the Buddha

Four things that Buddha warned against thinking on too much. One of these was trying to get into Karmic detail and look to find the “results” of volitional actions (Karma). It is enough to just Know and Understand and Intuitively have insight into the Fact that Volitional Action (karma) begets a result. It is even impossible to judge good and bad because that leads to the intellectual trap of duality. And the range of the powers of the mind is unknowable.

"These four imponderables are not to be over speculated about. Whoever over speculates about them will maybe go mad & experience vexation.

1. The Buddha-range of the Buddhas (i.e., the range of powers a Buddha develops as a result of becoming a Buddha)...the powers of the Buddha mind is unknowable.
2. The mind powers of one absorbed in the path of meditative growth (i.e., the range of powers that one may obtain while absorbed in path to enlightenment)...the powers of the mind in meditation are unknowable.
3. The results of karma are unknowable
4. Speculation about (the first moment, purpose, etc., of) the cosmos is an imponderable that is not to be speculated about. Whoever speculates about these things would go mad and experience vexation."
To Get to Enlightenment

1. Make the commitment to do it, leave the marketplace, remain steadfast and recognize you are in for the fight of your life. Make some “ME” time to do it and make your friends and family give you the time and support you need. Read this whole book.

2. Enter the stream and accept and respect the dharma and flow of Karma

3. Study the 4 Noble Truths and the 8 Fold Path, use acceptance and creation

4. With study and meditation Break the chains that fetter and hold your mind

5. Reduce distractions and focus the mind on reducing the words with meditation

6. As fascination and superpowers come. Realize they are just distractions and temptation traps meant to stop you from finding Enlightenment

7. Practice meditation consistently and push for daily improvement till you can remove all words from your mind for 10 minutes without any concept or without falling asleep

8. Return to the marketplace and remember and practice these lessons with compassion
So as you start sometime it’s hard to just sit in a chair for 10 min. the mind is full of chatter, judgments, labeling and interpretations. Memories, regrets, shame guilt and of the past, and hopes, dreams and expectations of the future take us away from the now. The mind is made to do this and it is difficult to reduce the verbal word mind to experience the unity of the infinite infinitesimal universe.

There are many ways to do this. Many paths to enlightenment, as many different ways as there are people. Like many boats to get across the stream. And once across the stream we do not need to carry the boat after getting across the stream. The path is not the important thing. The important thing is just not a thing.

The word person comes from the Greek word persona or mask. There is a mask we wear to the strangers we meet in the outer world. But it is still just a mask. There is a mask we wear to our close friends. But it is still just a mask. There is a mask we wear to our family. But it is still just a mask. There is a mask we wear to our children. But it is still just a mask. There is a mask we wear to ourselves when we are alone. But it is still just a mask. There is a mask we wear when we start to meditate. But it is still just a mask. There is a mask we wear as the observer watcher who watches us when we meditate. But it is still just a mask. There is a mask we wear when we get close to ending the mind chatter. But it is still just a mask.

Enlightenment happens when we end all masks and realize that at the core we are the infinite infinitesimal all which is thereby nothing. Here we are not moved towards or away from anything. For at the core we are beneath the words and we are all things which is nothing.

This could take a year or it could take a thousand lifetimes. All are on the path whether they know it or not. After this experience we are different and do not need to carry the boat. Reenter the market place with an enlightened mind.
The small mind suffers and imposes limits on itself, the world and onto others.

The words, labels and judgments add to the conflict.
We experience the chatter and reduce it

Practice till the words melt away
Eductor

The word 'Doctor' comes from the Latin word 'Eductor' which means 'to teach'.

Thomas Edison said that the doctor of the future will teach the patient how to live and how to eat, exercise and meditate.

The Eductor is a Biofeedback Teacher
“I know but one freedom and that is the freedom of the mind.” ~Antoine de Saint-Exupery

Once upon a time my mind was filled with negative talk and self-doubt. Those thoughts were so loud I could not hear my authentic, true self shine through. On a deeper level, I knew she existed, but I didn’t how to get to a place in which I could connect to her.

I believed I would have to work at it, change myself, somehow be good enough so I can be free to be myself. I believed the key to happiness was figuring out how to “fix” everything that was wrong with me (and oh, was there a lot to fix).
If I fixed myself, *then* I could enjoy life and be that free woman I always envisioned myself to be. Little did I know the key to this freedom wasn’t fixing myself at all, but was realizing that the little voice coming up with all those things to fix was a big, fat liar!

The most profound and important realization I’ve ever had come from reading a little book called *A New Earth* by Eckhart Tolle and was that I am not my thoughts, but the awareness behind them. Wow. My true Self is the awareness behind my thoughts and she is always here! I have the power right now to choose from which place I act—what a magical concept!

I then started looking at *all* of the areas in my life in which I could inject a little space between my thoughts and my awareness. I examined where my thoughts made me feel stuck, trapped, or hopeless.

My outer world, like myself, wasn’t something that needed to be fixed, changed, or controlled so I could experience peace in the future. This outer reality was a direct reflection of my thoughts, and as they stayed rooted in negativity, so did my world.
True freedom doesn’t come in the future, from a situation, or “from” anything at all, but is within you right now. The following are four ways you can shift your thoughts so you can feel freer, lighter, and happier in your life instantly.

1. **Don’t take anything personally.**
Nothing anybody says or does to you has anything to do with you. Each person’s opinion is solely the product of their own life and reality.

It’s hard to imagine this. It’s way easier to get offended, mad, or pissed off or to internalize and believe what they said. Rather than getting consumed by it, obsessed over it and letting it affect you, just let it go. Hear what they say, accept that it is a reflection of their world and poof. See the thought disappear.

This is also true when someone is giving you advice. Have you ever shared your biggest dream? The responses can be all over the place. One person may say, “Good luck with that, maybe you should come back to earth” while another may be all about it, “YES! Go for it!” Does that mean the first person doesn’t believe in you? Absolutely not. It means (s)he doesn’t believe in himself. In other words, it is hard for that person to imagine your dream in his own realm of possibility.

When someone says something to you, whether it be an insult, piece of advice, or anything at all, connect back to your awareness. Only you can know what is true or not. By taking another person’s opinion of yourself to heart and choosing to believe it, you are doing yourself a huge injustice.

2. **Don’t be a victim.**
It’s easy to think that the world is against you. Have you ever had one of those days where everything goes wrong? It happens. There are things in our control and out of our control. You can’t control the world around you, but you can control how you react to things. Don’t fall into the downward spiral of the victim trap.

Embrace each and every thing that happens as an opportunity. When something “bad” happens ask, “What is the universe trying to tell me?” Often it’s saying stop, slow down, and come back to the present before your life zips passed you. And if it’s not saying that, it’s saying something. So listen.

Accept situations as signs or opportunities, and remember that there is a purpose and a greater good to each. Look for the lesson rather than getting stuck in victim mode.

My new favorite mantra when the times are tough is “Thank you, thank you, thank you!!!” Feeling gratitude for all things, at all times is incredibly freeing.

3. **Be gentle, kind, and compassionate with yourself.**
As the awareness behind your thoughts, acknowledge what you say about yourself. Are your thoughts kind? Or are you your own worst critic? When you look in the mirror, do you see pure beauty or do you pick yourself apart?
Imagine having a little person on your shoulder telling you horrible things about yourself all day long. Sounds awful, doesn’t it? How do you think that would affect your life? Well, that is what we’re doing to ourselves if we stay in a place of constant negative self talk. Work on shifting your thoughts to ones that are more loving and kind. Every time you think something negative about yourself, replace it with a positive. Focus on the good things and give attention to your awesomeness. Eventually you will start believing them. Doing so allows you to have the freedom to just be you.

4. **Practice forgiveness.**
The powerful F word. Oprah said it best: “Forgiveness is letting go of the hope that the past can be changed.” Forgiveness isn’t about saying that whatever happened was okay, right, or just, but about letting it go. Forgiving is releasing the power that a certain event has on you. By not forgiving you are keeping your mind in the past, thinking and wishing that things could have been different. This traps you and makes you feel powerless.

Forgiveness puts you back into the present—the only time that truly exists—where you have the power to live free and happy.

Next time you feel stuck, turn your awareness within. What do your thoughts look like? Allow your mind’s grip to release so the joy can flow in.
Forgiveness
Proverbs from the Angels

Forgiveness if the way to
heal emotional wounds.
Forgive the Sinner and
abhor the Sin. Jesus said do
not forgive seven times, but
seven times seventy.

Write "I forgive ........"
seventy times a day for
seven days (one week).
During this time you will
feel the biological change
and fully release the bond
of the hurt.

This is the key to emotional
growth and maturity.
The Buddha gave some remarkably modern-sounding advice just before his passing away on how to approach the teachings, called the Four Reliances:

"Rely on the teaching, not on the person;
Rely on the meaning, not on the words;
Rely on the definitive meaning, not on the provisional;
Rely on your wisdom mind, not on your ordinary mind."

"Do not believe a spiritual teaching just because:
1. it is repeatedly recited,
2. it is written in a scripture,
3. it was handed from guru to disciple,
4. everyone around you believes it,
5. it has supernatural qualities,
6. it fits my beliefs anyway,
7. it sounds rational to me,
8. it is taught by a respectable person,
9. it was said to be the truth by the teacher,
10. one must defend it or fight for it.

However, only when it agrees with your experience and reason, and when it is conducive to the good and gain of oneself and all others, then one should accept the teachings, and live up to them.”

You Know the Maitreya is coming.
When the Law has been Forgotten

Not till your thoughts cease all their branching here and there, not till you abandon all thoughts of seeking for something, not till your mind is motionless as wood or stone, will you be on the right road to the Gate.
- Huang Po
<table>
<thead>
<tr>
<th>Ten Fetters</th>
<th>Description</th>
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<tr>
<td>1. Belief in a Self</td>
<td>The belief that a permanent personality, ego, soul, or self exists in the five aggregates (forms, feelings, perception, mental formations, and consciousness). This belief causes egocentricity, selfishness, and suffering.</td>
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<td>2. Skeptical doubt</td>
<td>Doubt about the Buddha and his teachings due to one's lack of insight into the true nature of reality. Doubt may lead a person to take an extreme view such as nihilism (the view that life has no meaning or purpose).</td>
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<td>3. Attachment to rites and rituals</td>
<td>Clinging to the view that one becomes pure simply through performing ritual or rigid moralism, such as praying to God for deliverance, slaughtering animals for sacrifice, ablutions, etc. Rites and rituals are empty and do not make oneself progress on the Path.</td>
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<td>4. Sensual desire</td>
<td>Craving for sense objects (objects found in the &quot;world of desire&quot; or kāmaloka) which provide pleasant feelings. Attachment to sensual desires makes you a prisoner of the senses.</td>
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<td>5. Anger or Ill will</td>
<td>Repulsion or the movement away from unpleasant situations, people, places, and things. It ranges from simple annoyance to intense hatred.</td>
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<td>6. Craving for Fine Material Existence</td>
<td>The desire to be reborn in a &quot;fine material realm&quot; or rupaloka (see The Three Worlds of Existence). This is a form of attachment and craving and should be avoided.</td>
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<td>7. Craving for Immaterial or Formless Existence</td>
<td>The desire to be reborn in a &quot;formless realm&quot; or arupaloka (see The Three Worlds of Existence). This is also a form of attachment and craving.</td>
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<td>8. Conceit</td>
<td>This comes from the feeling that you are superior to others physically, mentally, or spiritually. Advanced practitioners and even those who are very close to enlightenment may still have conceit.</td>
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<td>9. Restlessness</td>
<td>Restlessness is the sense of excitement, agitation, or fretfulness. It is caused by one's inability to calm the mind and keep it focused.</td>
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<td>10. Ignorance</td>
<td>This is the ignorance to the true nature of reality: impermanence, suffering, and non-self. The only way to extinguish ignorance is through enlightenment.</td>
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<td><strong>POWER</strong></td>
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The Noble Eightfold Path

The practice of wisdom is accomplished by right view and right thought, the practice of morality by right speech, right action, and right livelihood, the practice of concentration by right effort, right mindfulness, and right concentration.

The Eightfold Path to Enlightenment

Right Speech leads to Truth and Understanding.

Right Understanding leads to Wisdom.

Right Livelihood leads to Sharing.

Right Mindfulness leads to Purposeful Living.

Right Effort leads to Highest Outcome.

Right Aspiration leads to Divine Inclination.

Right Behavior leads to Goodwill.

Right Absorption leads to Unity.
There are 2 ways to reduce Suffering from Desire
1. Acceptance of "What is"
2. Change it to "What it Should Be"

My view is that if your philosophy is not unsettled daily then you are blind to all the universe has to offer.

-Neil deGrasse Tyson
The Four Noble Truths

1. Ordinary Life brings about suffering.
2. The origin of suffering is attachment.
3. The cessation of suffering is attainable.
4. There is an eightfold path to the cessation of suffering.
I believe that the very purpose of life is to seek happiness. That is clear. Whether one believes in religion or not, whether one believes in this religion or that religion, we all are seeking something better in life. So, I think the very motion of our life is towards happiness.

His Holiness the Dalai Lama

"Happiness is when what you think, what you say, and what you do are in harmony."

~ Mahatma Gandhi
Ignorance Is The Root Cause Of All Evils

Knowledge eradicates ignorance. People hate out of ignorance and out of fear. So it is our duty to educate ourselves as well as masses around us.

Evil comes from too Much
1. Greed
2. Anger
3. Delusion
   False Beliefs
4. Arrogance
Enlightenment is not about Positive or Negative Emotion. It is about total release from concept and form.
The Noble Eightfold Path

The practice of wisdom is accomplished by right view and right thought,
the practice of morality by right speech, right action,
and right livelihood;
the practice of concentration by right effort, right mindfulness,
and right concentration.

The Centres of the Mind

Conscious Mind [10%]
- Instinct and Desire Centre
- Like and Dislike Centre
- Temperament Centre
- Talents Centre
- Give and Take Account Centre
- Intelligence Centre

Sub-Conscious Mind [90%]
The exercises below are meant for those times when you are so fluttered you bump into doors and chairs, for instance. Or when you just can’t get that quarrel with a colleague out of your head. These are all exercises I’ve tried, but I certainly don’t pretend to do them daily or even in all cases successfully. Just something to work with to get back to yourself.

1. Mind your feet while you’re grocery shopping. (my yoga teacher)
2. Mind your chair while you’re typing.
3. When going through a door, think ‘I am I’ (Fourth Way exercise)
4. When putting on your shoes, try and put on the one you usually put on second first. (also Fourth Way, Ravi Ravindra)
5. Drink your tea without sugar if you’re used to sugar in your tea. If you’re used to no sugar, just once put in sugar. Works with coffee too obviously. The point is, like the previous one, to become aware of patterns and how hard it is to break them (Jiddu Krishnamurti). The point is NOT to change the pattern. A new pattern is just as much a pattern as the old one. Just create a bit more flexibility.
6. When you have to wait for something (grocery line, pc starting up etc.) breath consciously.
7. Cleaning the house: be aware of every step of cleaning.
8. Keep a diary of your thoughts and feelings. The goal isn’t to create literature, but to observe. So don’t mind repetition.
9. Notice… take a deep breath; notice five things you can see. notice five things you can hear; notice five things you can feel (shoes, pants, hair against forehead etc.)
10. When you’re annoyed at waiting for a stopping sign, or anything else for that matter, just SMILE (Thich Nhat Hanh, Zen Buddhism)
DON'T BELIEVE EVERYTHING YOU THINK

To get to Enlightenment you must defeat the temptations of the senses and the word mind.

MEDITATION is more about openness rather than acquiring something. It just so happens that when you’re more open, things start to come into your life.
Unfetter the chains that bind you

1. Break the chains to bad friends. If your friends are not of honor or integrity find new friends. Your friends are either god or bad, the greatest thing to value is having good spiritual friends, associate with people of honor, integrity and compassion.
2. Let loose the chain of inability to pay attention
3. Sense the dharma flow stop fighting disappointment and move forward with gentle guidance to a focused outcome, loose the doubt of the dharma
4. Loose the sense of self and the illusion of identity, this stops arrogance
5. Loose the clinging to rites and rituals, stop intolerance of others, do not tolerate intolerance,
6. Loose clinging to sensual desire and impermanent satisfaction
7. Stop anger from developing, when reason ends anger begins
8. Loose attachment to fine things and material goods, stop greed
9. Loose attachment to non-material goods, fixation on dream worlds or clinging to etheric ideas
10. Conceit or attachments to accomplishment and arrogance
11. Loose attachment to restlessness and boredom
12. Loose ignorance and delusion freely challenge ideas and become non-judgmental aware
Every Path You Take has some Joy,
Every Path you take has some Sorrow
Every Path has some Suffering, Every Path has some Happiness

Beneath the Word Brain there is Enlightenment
Matter is Energy, Our Bodies are made of Energy Fields That We can not Percieve. Some of these fields have a spiritual source that act upon a person's Soul. This Soul is developed thru a Process of Guided Self Observations. However, this is rarely achieved due to man's unique ability to be Distracted from Spirit and Spiritual Matters by Everyday Trivia and emotional desires of Greed, Anger, Arrogance, Delusion and Conformity. Distract us from Spirit and Spiritual Development.
“The mind can be permanently profaned by the habit of attending to trivial things, so that all our thoughts shall be tinged with triviality.”

-Henry David Thoreau
Once you have transcended the constraints of the judgmental words you are free
There are many boats to get across the river

There are Many ways to control the Word Mind with Meditation
Here are but a few
Vipassana Meditation is a way of self-transformation through self-observation. As you focus your mind on your breathing and reduce all words you become an observer. Your mind focuses on the deep interconnection between the mind and the body, which can be experienced directly by disciplined attention to the physical sensations that form the life of the body. Through this practice, the life of the mind is set free. It is this observation-based, self-exploratory journey to the common root of the mind and body that dissolves the mental impurities, resulting in a balanced mind, full of love and compassion.
Tratak
Enhances the ability
To concentrate

Light a candle in your meditation room or wherever you are comfortable, three to four feet in front of you. Sit in front of it. Remember, the flame should be at the level of your eyes so that you can see straight at it without being uncomfortable. Keep spine straight Sit gracefully, with poise Fix one's gaze at the flame of a candle. Begin with slow and deep breathing. As you inhale, let the stomach expand, and breathe out with complete contraction. Keep your eyes focused. If thoughts arise, simply ignore them; do not struggle to remove them. Imagine the flame is entering your body through your eyes and illuminating your inner being. Once you are established within, watch yourself separate from this body, and be distant from your word mind.
Dance Meditation

“Of all the species living on earth, only human beings can dance, and that too in rhythm and supported by music. Dancing is like opening of a flower bud.”

We have forgotten the natural dance; but every blade of grass is dancing, trees are swaying with the wind and the child moving his legs and arms in his cot is dancing – rejoicing on his attaining freedom from his mother’s womb! Dance as a spiritual practice has always been used by the mystics. In India, dance evolved happened from Lord Shiva Himself. His along with His consort laid down the science of dancing. From poses (mudras) to taal (rhythm), various compositions were made by this dynamic duo. We have this great legacy of temple dance to dance of devotees who simply follow the beat of their hearts and just move about because energies are moving in them. A child-like innocence is required to explore this method of meditation. Dance can be vulgar and cheap but it can also be divine. So, it is not which kind of dance you do, but how you do it.

Anandmurti Gurumaa has given a beautiful method of dance. Well, man has become so methodical that even for dance, a method is required which can open up the knots, relax the person totally and allow him to melt into the dance. And then a stage comes when there is no dancer – only the dance!

Sparsh Meditation - Right Way of Touch

We believe and we know that God is here, right here, right now, in you, in all of us. This very body is a divine temple. Revere it, worship it, love it. It is the shrine of God. Scriptures and holy men have always talked about dissolving any I-ness, and My-ness with the body. We are told that our body is a bag of filth and that we are not body – so we hate it. This is wrong. This is not the way to treat our body. Our body is not ours. It is a vehicle given to us by God. So, how can we hate it? We should not have a relationship of repulsion or attachment with our body, but a relationship of love.

This beautiful tantric meditation teaches us this. Learn to detach from the body with love. See it in a different light. Once you are able to see it as a Temple of God, the holiest of holy, our mind desists from using our body for carnal pleasures. This body is a divine vehicle to bring love, peace and wisdom to this world.

Enjoy being in the body. It is a blessing, a grace. Once we realize this, we will develop great love and respect for others, even for birds and animals.

Be a truly loving, non-violent and meditative person.
Hanging Meditation makes sure you do not fall asleep, this is not suggested nor is it a must.

Just 11 hours of learning a meditation technique induces positive structural changes in brain connectivity by boosting efficiency in a part of the brain that helps a person regulate behavior in accordance with their goals, researchers report.
The SCIO Eductor can speed up the process and save you lifetimes of practice
Unless you learn to face your own shadows, you will continue to see them in others, because the world outside you is only a reflection of the world inside you.

The Gestalt Prayer

I do my thing, and you do your thing.
I am not in this world to live up to your expectations
And you are not in this world to live up to mine.
You are you, and I am I,
And if by chance, we find each other, it’s beautiful.
If not, it can’t be helped.
Eckhart Tolle believes we create and maintain problems because they give us a sense of identity. Perhaps this explains why we often hold onto our pain far beyond its ability to serve us.

We replay past mistakes over and over again in our head, allowing feelings of shame and regret to shape our actions in the present. We cling to frustration and worry about the future, as if the act of fixation somehow gives us power. We hold stress in our minds and bodies, potentially creating serious health issues, and accept that state of tension as the norm.

Though it may sound simple, Ajahn Chah’s advice speaks volumes:

“If you let go a little, you will have a little peace. If you let go a lot, you will have a lot of peace.”

There will never be a time when life is simple. There will always be time to practice accepting that. Every moment is a chance to let go and feel peaceful. Here are 40 ideas to get started:
Let Go Of Frustration with Yourself/Your Life

1. **Learn a new skill** instead of dwelling on the skills you never mastered.

2. **Change your perception**—see the root cause as a blessing in disguise.

3. **Cry it out.** According to Dr. William Frey II, Ph.D., biochemist at the Ramset Medical Center in Minneapolis, crying away your negative feelings releases harmful chemicals that build up in your body due to stress.

4. **Channel your discontent into an immediate positive action**—make some calls about new job opportunities, or walk to the community center to volunteer.

5. **Use meditation or yoga to bring you into the present moment** (instead of dwelling on the past or worrying about the future.)

6. **Make a list of your accomplishments—even the small ones—and add to it daily.** You’ll have to let go of a little discontentment to make space for this self-satisfaction.

7. **Visualize a box in your head labeled “Expectations.”** Whenever you start dwelling on how things should be or should have been, mentally shelve the thoughts in this box.

8. **Engage in a physical activity.** Exercise decreases stress hormones and increases endorphins, chemicals that improve your state of mind.

9. **Focus all your energy on something you can actually control,** instead of dwelling on things you can’t.

10. **Express your feelings through a creative outlet, like blogging or painting.** Add this to your to-do list and cross it off when you’re done. This will be a visual reminder that you have actively chosen to release these feelings.

**Let go of Anger and Bitterness**

11. **Feel it fully.** If you stifle your feelings, they may leak out and affect everyone around you—not just the person who inspired your anger. Before you can let go of any emotion you have to feel it fully.

12. **Give yourself a rant window.** Let yourself vent for a day before confronting the person who troubled you. This may diffuse the hostility and give you time to plan a rational confrontation.

13. **Remind yourself that anger hurts you more than the person who upset you,** and visualize it melting away as an act of kindness to yourself.

14. **If possible, express your anger to the person who offended you.** Communicating how you feel may help you move on. Keep in mind that you can’t control how the offender responds; you can only control how clearly and kindly you express yourself.
15. **Take responsibility.** Many times when you’re angry, you focus on what someone else did that was wrong—which essentially gives away your power. When you focus on what you could have done better, you often feel empowered and less bitter.

16. **Put yourself in the offender’s shoes.** We all make mistakes; and odds are you could have easily slipped up just like your husband, father, or friend did. Compassion dissolves anger.

17. **Metaphorically throw it away;** i.e., jog with a backpack full of tennis balls. After you’ve built up a bit of rush, toss the balls one by one, labeling each as a part of your anger. (You’ll need to retrieve these—litter angers the earth!)

18. **Use a stress ball, and express your anger physically and vocally when you use it.** Make a scrunched up face or grunt. You may feel silly, but this allows you to actually express what you’re feeling inside.

19. **Wear a rubber band on your wrist, and gently flick it when you start obsessing on angry thoughts.** This trains your mind to associate that type of persistent negativity with something unpleasant.

20. **Remind yourself these are your only three options:** remove yourself from the situation, change it, or accept it. These acts create happiness; holding onto bitterness never does.

**Let Go Of Past Relationships**

21. **Identify what the experience taught you** to help develop a sense of closure.

22. **Write everything you want to express in a letter.** Even if you choose not to send it, clarifying your feelings will help you come to terms with reality as it is now.

23. **Remember both the good and the bad.** Even if appears this way now, the past was not perfect. Acknowledging this may minimize your sense of loss. As Laura Oliver says, “It’s easier to let go of a human than a hero.”

24. **Un-romanticize the way you view love.** Of course you’ll feel devastated if you believe you lost your soul mate. If you think you can find a love that amazing or better again it will be easier to move on.

25. **Visualize an empowered single you**—the person you were before meeting your last love. That person was pretty awesome, and now you have the chance to be him or her again.

26. **Create a space that reflects your present reality.** Take down his pictures; delete her emails from your saved folder.

27. **Reward yourself for small acts of acceptance.** Get a facial after you delete his number from your phone, or head out with friends after putting all her things in a box.

28. **Hang this statement somewhere you can see it.** “Loving myself means letting go.”
29. **Replace your emotional thoughts with facts.** When you think, “I’ll never feel loved again!” don’t resist that feeling. Instead, move on to another thought, like “I learned a new song for karaoke tonight.”

30. **Use the silly voice technique.** According to Russ Harris, author of *The Happiness Trap*, swapping the voice in your head with a cartoon voice will help take back power from the troubling thought.

### Let Go Of Stress

31. **Use a deep breathing technique**, like *ujayii*, to soothe yourself and seep into the present moment.

32. **Immerse yourself in a group activity.** Enjoying the people in your life may help put your problems in perspective.

33. **Consider this quotation by Eckhart Tolle:** “Worry pretends to be necessary but serves no useful purpose.” Questioning how your stress serves you may help you let it go.

34. **Metaphorically release it.** Write down all your stresses and toss the paper into your fireplace.

35. **Replace your thoughts.** Notice when you begin thinking about something that stresses you so you can shift your thought process to something more pleasant—like your passion for your hobby.

36. **Take a sauna break.** Studies reveal that people who go to sauna at least twice a week for 10-30 minutes are less stressed after work than others with similar jobs who don’t.

37. **Imagine your life 10 years from now.** Then look 20 years into the future, and then 30. Realize that many of the things you’re worrying about don’t really matter in the grand scheme of things.

38. **Organize your desk.** According to Georgia Witkin, assistant director of psychiatry at Mount Sinai School of Medicine, completing a small task increases your sense of control and decreases your stress level.

39. **Use it up.** Make two lists: one with the root causes of your stress, and one with actions to address them. As you complete these tasks, visualize yourself utilizing and depleting your “stress supply.”

40. **Laugh it out.** Research shows that laughter soothes tension, improves your immune system, and even eases pain. If you can’t relax for long, start with just ten minutes watching a funny video on YouTube.
Under the Words there are Super Powers of the Mind

But They are but Traps to Stop you from Finding Enlightenment
There is the concept of the Ashta Siddhi (eight siddhis) in Hinduism. These are:

- **Aṇīmā**: reducing one’s body even to the size of an atom
- **Mahima**: expanding one’s body to an infinitely large size
- **Garima**: becoming infinitely heavy
- **Laghima**: becoming almost weightless
- **Prāpti**: having unrestricted access to all places
- **Prākāmya**: realizing whatever one desires
- **Iṣṭva**: possessing absolute lordship;
- **Vaśva**: the power to subjugate all.

### Ten Secondary Siddhis

In the Bhagavata Purana Lord Krishna describes the Ten Secondary Siddhis as:

- **anūrmi-mattvam**: Being undisturbed by hunger, thirst, and other bodily disturbances
- **dūra-śravaṇa**: Hearing things far away
- **dūra-darśanam**: Seeing things far away
- **manah-javal**: Moving the body wherever thought goes (teleportation)
- **kāma-rūpam**: Assuming any form desired
- **para-kāya praveśanam**: Entering the bodies of others
- **sva-chanda mrtyuh**: Dying when one desires
- **devānām saha kṛḍā anudarśanam**: Witnessing and participating in the pastimes of the Apsaras
- **yathā saṅkalpa saṁsiddhi**: Perfect accomplishment of one’s determination
- **ājña apratihatā gatih**: Orders or Commands being unimpeded

These are some of the powers of the mind that are possible and will happen to you on your path. But don’t forget non-judgmental awareness is the goal. Don’t get caught up in a siddhi trap.
A Monkey smells Candy inside a Container

The trap of emotional desires and powers

Grabbing the Candy, Greed Holds the Monkey Captive till the hunters come
'Great spirits have always encountered opposition from mediocre minds. The mediocre mind is incapable of understanding the man who refuses to bow blindly to conventional prejudices and chooses instead to express his opinions courageously and honestly.'

- Albert Einstein

When you become enlightened, small mediocre petty minds will fear you and want to drag you down to their level.
Desi You Get STABBED in the Back EVERY DAY

Resist the Allure of the Dark Side
The bitter judgmental mind that talks behind people’s back is not enlightened.
Sooner or later you're gonna realize, just like I did...

There's a difference between knowing the path and walking the path.

Once you become Enlightened you stop Watching the Movie of your Life, you stop Writing the Movie and you Start Living Your Life.
Man is a universe within himself.
Bob Marley

"Let go of anger.
Let go of pride.
When you are bound by nothing
You go beyond sorrow."
- Buddha
The Enlightened Mind does not care about what others think of them.

Issues of Shame and Sexual Conflict are gone in the Enlightened Mind.
PROOF of the POWERS of the MIND

1. Test of Time
2. Quantum Theory
3. Placebo Effect
4. What we don’t know is so vast
5. Bell’s Theorem
7. The people who do not believe in the mind always find that conclusion
8. Researchers that disbelieve are psychologically unstable or they have a hidden agenda

Delicious Dubrovnik
MAITREYA
1000 years of Peace, Prosperity and Harmony

A Psychic Drawing of the coming Maitreya painted before knowing Desire or Bill 1998