Peace of no mind

The science of liberation from suffering

by Simon Castilloux

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Intro

My journey to no mind

Peace of mind is something that almost everybody is looking for, yet pretty much nobody ever realizes it. Why is this so? It is because peace of mind is a delusion; it does not exist. People go on running like hamsters in a wheel toward an end that will never be reached. Mind is chaos; mind activity is the absence of your presence. This so-called peace of mind should be called peace of no mind because only when the mind is no more, peace begins.
Several years ago, when I wasn't spiritual, I used to be depressed for many years. It felt like there was nothing for me in this world. School was total crap, getting a job was total crap, gathering social prestige and false images never made sense to me, and all the small talks of social gathering felt meaningless. I tried to be like the mass and convince myself to go to the club and do what all the sheep do, but I just

could not. One day I became tired of suffering, and I asked myself, What is the root of all suffering? I had a long list: school, work, people, money, and the list goes on and on. But I quickly realized that this list cannot be right because there is some kids in another part of the earth who are currently living in an era of war. Who probably lost their mother some months ago. Yet there he is, playing with a broken soccer ball, happier than me. Clearly, if some people can have a much worse situation than you but still be happier than you, it is proof that the outside situations are not the true root of inner misery. So I went deeper and found out that the source of all misery is the mind; more precisely, the source of all misery is thinking. So I decided, I will no more think. As I made this decision without having the proper tools, such as meditation and other spiritual practices, of course, it did not work. In fact, it got much worse because now that I knew thinking was suffering, I became much more aware of my thoughts. You know the sentence; where attention goes, energy flows? Well, more

thoughts started to flow. This pushed me toward beginning my spiritual journey with meditation and many other spiritual practices, In just a matter of some weeks, I liberated myself from the never-ending suffering of the mind. Since I have gained a good control over my mind and emotions, now that it is possible to create silence on command, I have found liberation. It is such a great thing to know that if life ever becomes too challenging for any reason, I can just close my eyes and enter my inner kingdom of peace. Of course, true libration isn't just in meditation; it is when you learn to be meditative and silent within at all times. In this book, you will learn about the science of no mind, the science of suffering and how to overcome it. I deeply wish for you to understand the importance of no mind, because this is where all the spiritual blessings are waiting for you.

Chapter 1

Know yourself

Before spiritual awakening, we believe to be the body and the mind; some say they have a soul, but rare are those who say that they are a soul. They have the whole formula in reverse, as if they are humans who have a soul, while in fact you are a soul temporarily operating into the human system. When we are misguided about what we truly are, we go on living with very strong likes and dislikes; we identify with so many labels and base our entire life on them. Like those proud american, just as much as those proud indian. Whatever follows the words "I am" can be known to be an illusion.
Because the truth of your being is simply "I am" without any words following it. It is simply a pure state of beingness. It is so great to just be; it means you have no false persona to protect, you can be at peace, and you can be fulfilled without anything externally needed. Until you experience the state of no mind in deep

meditation, you will never know yourself. You might try all you want to convince yourself that you do know because you've been reading some good spiritual books and watching some short content videos about spirituality. But the only one you are cheating is yourself. To truly know something, you must embody this knowing; otherwise, it is just cheap mind games. How do you embody this knowing of the self? First, by experiencing it in meditation, you go on and meditate every day, learning to center yourself in truth more and more. After a while, you start to understand the mechanics behind it, which give you the power to adjust your energy on command and to center yourself quickly. Once this is doable, you are ready to start applying the same science to your everyday life in order to always be centered in truth. When you do not know yourself, much suffering arises in your life, much complexity, and much endless need. You are thirsty, and nothing can ever clench your thirst. Whatever it is you want, when you get it, you are always wanting the next thing, whether it is material, relationship, or anything else. When you do live as the self, you are

simply content; whatever life throws at you, you are ready for it because you are in inner peace. You know this whole life is just a short play; knowing this, what is the point in taking it so seriously? That is where the power of no mind becomes so useful. Because whenever you are thinking, you are not centered; you are lost on the surface of life, floating above and never touching the core. The waves of life go on moving you around like a bottle in the ocean, and then you wonder how you got wherever you are. When you are in inner silence, you are fully present in the now; you are now centered in the middle of the ocean, at its very core. At the surface, every wave brings much misery and trouble; they push you around toward unwanted destinations. When you are centered in the core, deep into the ocean, there is not even a ripple. There might be a lot of waves on the surface, even a tornado, but the core remains untouched, unbothered, unnaffected. Stillness is the truth of your being and also the key to liberation. Your true self knows only well-being; it does not suffer.

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Always remember to embody the truth of your being at all time and great spiritual evolution will happen in your life.

Chapter 2

Mind is a social phenonenon,

The mind, which is the source of all misery, is not natural. It is a social phenomenon. Back then, our ancestors used to focus on intuition and feeling rather than endlessly thinking. There were so much more in tune with nature, with God, with spirit, with everything. It is only when the matrix began to form itself that it started to brainwash humanity into thinking. They burned almost all of the great books of wisdom; they stole the land of the spiritually evolved men and women, they forced modified religions on everyone and brainwashed our kids with school. At this very moment, the social phenomenon of mind began, the misery of man started. This whole system is designed to keep you trapped in thinking, just look at school for a moment. 90% of everything you've ever learned in school has been utterly useless in your life. It has always been about dumping huge

amounts of information in the mind, forcing you to remember it until the exam. They filled our mind with so much gargabe that it became full; there is no more space for anything new. When a child sees a table, in his imagination this table might be a boat, a flying machine, or even a giant turtle. As he goes on and climbs it to play with it, immediately, the brainwashed addult screams, Don't stand up there! This is a table, it is made to eat only. At this very moment, this wood structure, which was an infinite amount of possibility, became a mere simple and boring table. This is another way the mind is being a social phenomenon. We have been forced to label everything and to give it specific usage. If you dare to do anything outside of the box, everyone will judge you. Because they all live by the mind, and the mind only likes one thing; it likes repetition. The mind is always about the old. Only the heart, intuition, loves the unknown, love advanture. The mind wants to play safe. It enjoys comfort and repetition. So when you shine too bright, when you are too different, the robotic part of

the mass tries to stop you. They are like a bird in a cage that has an opened door; they don't dare to get out, and if you do dare to get out, they will do all they can to stop you because this is their only way to feel like their mediocre way of living is acceptable. The same goes on with science; we have plenty of scientists who have invented wonderful things, such as several infinite-free energy devices. All of them are always killed or made fun of by the system and mainstream science. So even science now is no more science, it is a social phenomenon, and once again, you better not shine too bright or too differently, or else the small minds will try to destroy you. Do you remember the last time you went in nature? maybe a walk in the forest, a hike. Do you notice how suddenly you begin to feel light, to feel pure, your mind start to slow down; you are naturally more peaceful. Then, as soon as you come back to the city, around the cars, the people, your family, and your friends, you are automatically back in the tornado of the never ending mind chatter. This is because mind is truly a social phenomenon. if you remove all that which is unatural from life,

mind naturally drop. It was all planned since the first day of this modern civilization. Everything is made for the mind only, and everything is made to shut down your heart. Because the mind is duality, the brain itself is separated into two hemispheres. The hearth is singular. So whoever lives by the mind, by logic, borrowed knowledge, politics, education or should I say indoctrination... Those humans are divided humans who can never be whole until they drop their mind. Those who live by the hearth, who simply enjoy the present as it is, who are loving without any specific reason, I'm sure you have felt it; there is something so different about them. Their energy is totally alien to those who live by the mind, to the point that you probably wondered many times in your life: How does he do it?! Why is he so peaceful? Why is he so loving? How could I ever be like that? Just take a moment to become aware of this. Remember how it felt to be around such a person. Wouldn't it be awesome for you to feel this way too? As long as you live by the mind, it will not be possible. This is the plan of the matrix—to keep

you divided within yourself and also with the world. This is why there are always two sides: the black people and the white people. A total illusion of the mind! I have never ever seen a black man nor a white man; we are in fact all different shades of wheat. The right and the left sides in politics are a total illusion because those who are in power are above both sides. They want to divide the population in two to give us the illusion of power. And this trick of dividing us goes on and on, the list is immense. Another example is in video games, PlayStation, or Xbox? Why not just one console? Apple or Android, Honda or Bmw, dog person or cat person, introvert or extrovert. Even with toilet paper, they divided us into the people who let the toilet paper drop at the back or at the front! and now they are going further by making a list of more than 50 genders. All of this is because they want to divide you. The more you go on taking a side in everything and defending your side just like the matrix wants you to, the more you divide your own being. Become aware of the unaturalness of mind, transcend mind, and live from your heart in oneness.

Chapter 3

You are not living, your mind is living for you.

One of the greatest reasons why the state of no mind is so important is because without it, you really never lived. Since the day you were born, you have been given a name, a nationality, a color, a gender, so on and so forth. As you've been growing up, the adults who are totally ignorant of all truths of reality, utterly asleep, they are the ones who showed you how to behave, what to do, and what the goal of life is. Slowly by the year, you have become another brainless robot of the matrix, another sheep that walks in the same direction as the mass. By the time you became an adult, your subconscious mind installed a set of premade answers and premade reactions to every possibility of life. When it is raining, you feel a certain way; when you're in traffic, you feel a certain way; when someone triggers you about your belief, you react a certain way; when you have any

inconvenience, you react a certain way. For literally everything that could ever happen to you, your subconscious mind has a premade reaction for it, yet you go on believing that you are living out of your free will. Not only are you not living out of your own free will because it is your subconscious mind that is living for you, also your subconscious mind's preset of reactions has been created by other people. You have been brainwashed by school, adults, TV shows, social media, religion, celebrities, and more. At some point, you become so repetitive, so obvious, that you are not required to even be here anymore; you are gone, you are not living, the mind lives for you. Most people will not accept this fact because they are running away cowardly from the truth; they want to believe the lie that they have been the ones steering the wheel. The thing is, only once you admit it and accept it, the power to change become available. As long as your mind is chattering all day long, you can know for sure that you are a slave to your mind; you have no true control over your life. Why is it so? Because thoughts are the first form of any action, it is first a thought, and then

you get moving. You might think: some chips would be very tasty, even though you know you should not eat chips, the temptation is too strong. Five minutes later, you already have your coat on, and you are walking to the grocery store to satisfy your new desire. So as long as your mind is not silent, the inner chatter is controlling your entire life without you even being aware of it. Even worse, most people believe that their inner voice is coming from them, so they have a false sense of control. Mind chatter is a natural automatic phenomenon; it is not you. For at least 90% of the time, it is not you at all. Ever wondered why so many people are stuck in a toxic loop? They want to change something in their lives, but they can't seem to succeed; the loop never ends. Why is it so? It is because they don't control their own lives; their mind is living for them. Just like those people in relationships who keep finding the same types of women or men and then complain. Why are they continuously making the same mistake? Because it's not even them who are making the mistake; they are sleeping, their mind is living for them. One thing that the mind loves the

most is repetition; it doesn't care about good or bad, it just wants everything to remain the same. If you are fat, it will keep you fat, if you are fit, it will keep you fit. If you are lazy, it wants to keep you lazy, if you are active, it want to keep you active. Basically, almost the entire society is a bunch of robots on the autopilot, only thinking of work, money, food, sleep, sex, social status, traveling, making sure they fit in this sick society, satisfying all of their immediate desire for the cost of their long-term dream. So if you want to be like this brainless mass, you don't need to control your mind; you can let your mind chat all day and let it live for you. You are not ready for the human life anyway; you were better as an animal. They don't need to think much as they live from the survival mind. If you have any sense at all in you and you desire to use this human life to realize your divine potential and evolve, then it will be of utmost importance to learn to stay in the state of no mind. Only when it is silent within, you are the one living, only when it is silent within, you are present in the now. The noise of the mind

is always everything except the reality of the moment; it's always about the past and the imagination of the future. It even spends a great amount of time imagining things that are neither the past nor future, just a complete imagination of a world that doesn't even exist with people who say things they never actually said and do things they never actually did. Maybe you have noticed it; in your mind, you go on having mental conversations with the people who are part of your life—your partner, your coworker, your family. Those conversations are purely imaginative, and you know that. The thing is, those imaginative conversations truly affect your relationship with people. How? Here is an example. If you go on and have a big mental conversation with your girlfriend in your mind, which is going negatively, when you will meet her, your energy won't be at its best because your mind will remember the unpleasant conversation that never truly happened. Her subconscious mind will read your energy; it will see that something is off, then she will be off as well, act strangely and distantly, and you'll wonder why. It

happens on both sides. Everything started with thoughts and imagination. It is the building block of the universe. So if you don't control your thoughts and imagination, you'll go on manifesting things you do not want, manifesting much misery. You'll wonder why it's all happening. God, why me? Why do you make me suffer so much? While, in fact, you are the one creating it all. Or should I say, your mind is creating it, but it is you who is not doing the proper inner work to control your mind. So all of it is the fruit of your inaction and laziness. When people achieve great things, they take credit. When people make mistakes, now they blame their ego, their past, or anything else other than themselves. Don't fall into this trap; its either all you or none of it is you. You have two choices: let your mind control your life, you will be a feather in the wind, sometimes pushed toward joy, rarely, and mostly pushed toward misery. Or the second option is to take action beyond pretending to control your mind and start embracing your life as a creator. There is no point in living if the mind lives for you. Don't deny the fact that you

are a slave to your mind; accept it and admit it; only then will you have the power to create the inner change. I believe in you.

Chapter 4

No mind is your personal paradise

No mind is your personal paradise. If there could be only one message, one method, and one science of liberation only, I would want it to be the one of no mind. Whatever issues you ever had in any of your chakras, just like every mental and physical illness you ever had, it has been created by your unconscious thoughts and feelings. The mind chattering all day makes you impure as you missuse your power of creation. As soon as one is in the state of no mind, he lives as the true self, as the soul. Your true self is always in a state of well-being; it is always centered in its core. Itself being a particle of God, it is obvious that the greatest feelings will originate from this center. Whatever we ever do in life is in the pursuit of a feeling. We may believe it is about the money, the sex, the prestige, this and that, but in truth it is only after the feeling that those things allow us to

feel. We are like a beggar who always depends on the external world to feel anything pleasant. When we successfully live in the state of no mind, naturally a great joy arises, a great sense of peace, bliss. We are content; we are fulfilled in the present regardless of what it is. All the greatest spiritual miracle and evolutions come from the state of no mind. Whatever you will ever force to happen, whether with ayahuasca or any external help, even with pranayama, kriya, and other spiritual practices, it will never be equal to that which the state of no mind has for you. Your creation can be grandiose, yes. But the beingness of God will always be infinitely greater. It takes great maturity to understand that: me and my father are one, but my father is greater than I. Yes, you are a particle of God; therefore, you are God, but at the same time, you are not the completeness of God. You cannot compare the ocean with a drop of water even though the drop of water and the ocean are one, the drop of water might have all the same properties as the ocean, yes, but it will never have the entirety of the power

of the ocean. The same applies with you and God. Whatever you ever do, it is your doing. Whenever you completely silence your mind, you now allow God to live through you. From this state of being, great peace and joy arise. From this state of being, you remain untouched by life, yet more immersed in it than ever. Even in meditation, when you go on and try to forcely make yourself meditative, great limitations are on your way. You might experience something nice and some growth, but it will never be equal to when you fully surrender and allow your false self to dissolve. Letting it dissolve in meditation surely means that at this very moment you are no one; you just are. But you can also do the same in the fire of action while being your temporal persona. The state of no mind does not mean losing your identity; you will always remain unique like a snowflake. Out of this sinner silence, you will simply be authenthic in the most divine way. When you know that you can silence your mind on command, it gives you a safety, a warranty that no matter what happens, if it ever

hurts too much to even be alive because sadness is consuming you because you have lost a close one or anything like this. You know that you can simply close your eyes and cease to be as a person. It is always the person who suffers. The awareness that you are is incapable of suffering. Therefore, to know to center yourself and live as this awareness is the ultimate libration. When I have been meditating, those moments where I wasn't Simon anymore, when I wasn't a man who has an image to protect and so many things to think about. When I was just in the state of beingness. The greatest feelings I have ever experienced have come to me. Even 30 orgasms as one would not be as great as what this inner stillness brought me. This is why once it happens to you, you can no longer be a beggar who always need things of the external world. Because you now truly know that the greatest pleasure is within yourself. You used to need to travel, to move there and there, to do a million and one things to extract happiness out of everything. Now you know that no matter where you go and what you do, none of it will

ever bring more pleasure than what is accessible in you once you are in the state of no mind in deep transcendental meditation. I deeply wish I could share with you how much bliss and benefits it brings to live in inner silence. Unfortunately, the english language is way too poor in words to describe such a magical thing. Maybe it is meant to be this way, because if I could truly describe it, you could just learn it by theory and pretend to have it. But this is no scholar thing; it only becomes real when you experience it—not only experience it but also embody it. If there is one thing I wish this book would do for you, it is to awaken your thirst to embody the state of no mind. Once you make it one of your greatest life goals, once you make it into your way of being. Life becomes magical.

Chapter 5

Genius doesn't come from mind

When we think about a genius, we often have the idea that he has a big brain and high IQ. But the true highest intelligence does not come from thinking. If it did, the people who spent so much time in school would not be as dumb as they are. This is in fact a weapon of the matrix, they use school in order to destroy the intelligence of children by feeding it endlessly with meaningless information, such as finding angles of a triangle. Being able to calculate what is 2b+6a and all that kind of complete nonsense that is never applicable or useful in any situation of life. At some point the children are so filled with borrowed fake knowledge that they lose all their intelligence, they become another good brainless robot sheep who will look for a job and work until they die. The whole educational system does not want intelligent people; they want good workers, so they will never teach the children anything of true value; instead, they

do their best to remove any value from their light. Even the greatest geniuses we had on earth always had something to say about the fact that their greatest idea and breakthrough never came from the mind. For example, Albert Einstein explained that the greatest ideas and realizations don't come from the mind, it doesn't come from trying to think hard. Instead, his realizations came to him when he would let go of thinking. For example, he would just take a bath and relax; suddenly, this is when he would receive a realization. All of this is because when we try so hard to think by ourselves, we can only think from the limited amount of information our conscious brain has, which is all limited to your own past. There is a higher intelligence in you and around you that is accessible when you simply relax and stop trying to do anything. When the illusory part of you stops to be active, this higher intelligence can start working through you. This is why it was when Albert Einstein was relaxing in a bath that he got such good ideas and understanding. Another man who is famously known for his

invention is Thomas Edison; he also would not use the limited thinking mind, he had a great method instead. He would sit on a chair and hold a metallic ball, allowing himself to relax and slowly fall asleep. When he did fall asleep, the metallic ball dropped on the floor and woke him up. Suddenly, this is when he had his realizations and best ideas. Allowing his body and mind to relax, fully letting go, this is what was allowing him to tap into this higher intelligence. He went even further than simply relaxing, he even allowed his body and mind to fall asleep. It is because he was waking up quickly from the metallic ball falling that he could recall the ideas from his subconscious mind and from the higher intelligence of existence. Another of the greatest geniuses that we had is Nikola Tesla; he also understood that the mind was very limited and used various different ways to tap into higher intelligence. Tesla often described his ideas for his inventions as coming to him fully formed in moments of inspiration, sometimes when he was in a relaxed or near-dreamlike state. Some accounts suggest

that Tesla believed his ideas were so vivid that they seemed to appear as if from an external source or higher intelligence. He also claimed that it felt as if his ideas were not coming from him but truly from something higher than him. Here is a very well-known quote from him that clearly states this to be a fact: "My brain is only a receiver, in the universe there is a core from which we obtain knowledge, strength, and inspiration. I have not penetrated into the secrets of this core, but I know that it exists." So by now it should be clear to us that the true highest intelligence will never be of your little conscious mind; it is pretty stupid next to the higher intelligence, which is available once your mind shuts off. This is one of the reasons why stillness and inner silence are so important, because without it, you will never know true intelligence. Everything that exists comes from nothing, or should I say no-thing. Also known as the energy of nothingness, this is where all the secrets and powers of the universe are waiting for you. In spirituality, it is well known that the highest form of intelligence is always stillness. Anything that moves, anything that is

not still, is bound to end, only that which is still is infinite. To truly be still beyond pretending takes great practice. In Maya, which means the illusory material energy, we are constantly forced to be in movement. One must be moving to find food, to work, to do this and that. Always an endless amount of doing, yet we get nowhere. When we close our eyes and become still for a moment, we let go of the illusion; we let go of the urge to do something, to be something. This is why meditation is often seen as an offering or a sacrifice. Because for a short period of time, you go on and sacrifice your senses and all the pleasure that comes from them to look inward. When you sacrifice your five senses for long enough, you end up finding the greatest bliss within yourself. It is in stillness, in nothingness, that the greatest spiritual gifts are found, it is also in stillness that truth can be experienced beyond pretending. Your false self, known as your ego, is always in motion; it is the only way that it can stay alive; it can never be still. So the brain goes on convincing you to move, to do, to think, because ego is afraid to die. When you

are truly still in the way that your mind is fully silent and your body is utterly still, it is impossible for ego to remain; it dissolves, and as it dissolves, you get to experience your true self, the soul. How can there be any true intelligence if you do not know yourself? When we say know yourself, most people think about the self as the body and the mind, but that is the total opposite. To identify with the body and the mind is as senseless as identifying with your car. So true intelligence can only begin once you know yourself by experience, not intellectually, by experience. Let's finish this chapter with another quote from Tesla that affirms this to be true: The day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence.

Chapter 6

be like water

The state of no mind is in a way very similar to water. Water is one of the most powerful things on earth, if not the most powerful of all. No matter what you do to water, it goes on existing. When it is very hot, it boils; when it is too hot, it evaporates. When it is cold, it becomes ice. When you put water into a cup, it becomes the cup. Wherever you put the water, it takes its shape. The reason why water is so powerful is because it just is, just like the state of no mind. It does not try to be anything; it really just is. In other words, it is bendable; it is not rigid. When a great tornado occurs, everything that is rigid is in danger. The tallest trees that do not bend finish on the ground, the big, solid buildings made by men get destroyed. So much work has been put into those buildings to make them strong, yet they fall like a leaf. Meanwhile, the soft grass goes on living totally unbothered. The tornado destroyed all those big thing that believes to be strong. The grass

does not have a big ego; it does not have pride to protect, it simply is ready to bend in any required way, it is soft. When you live as ego, as a name, a nationality, a gender, this and that. You become rigid, because you are rigid, surely you are always broken. You may do your best to hide it by showing up as a strong and confident person, but deep down, life has broken you, and you have remained broken inside. The more you have an image to protect, the more life beats you down. Wanting to have a respectable job, a high social status, a big home, a pretty car, so on and so forth. It simply makes you into a taller building, which will be taken away by the wind of life. Maybe you'll be lucky and you'll get to keep your possession intact, but you will not remain intact as you will constantly live with the fear of losing your possession and your false persona. When you become like water or like grass, when you are soft and ready to bend in anyway, you are liberated; you are content and at peace. To be soft does not mean to be weak. Water is very soft, you can even pass your hand through it, yet it can kill an entire nation and even the

whole population of earth with a simple ice age. So to be soft does not mean that you are not capable; it simply means that you are ready to do what must be done in any situation by exercising your power of responsibility regardless of what your ego might desire. Responsibility is not what the matrix brainwashed you to believe.
Responsibility is the ability to respond consciously to any event of life. For example, when you are soft and flexible, you surely do not wish for violence. But if life ever demands it, you will be ready for it and strong. When you look at Krishna, Shiva, and many others, they are all incarnations of God with different attributes, they are not about violence or being mean. They do have very powerful weapons though. Because we should never want to be proud, to step on others, or to have any such egoistic way of living. But we also won't just give up if the situation requires a certain action to create change. Life is always filled with up and down. The rigid person is always defeated by every down but also every up. Because when

everything goes bad, the mind of the rigid person suffers greatly; they go on thinking endlessly, and they add more suffering on top of their misfortune. When good things happen to the rigid person, their ego is boosted, and they get more consumed by the illusory energy of the material world. In every way, they are defeated. While the awakened man and woman, who are soft and flexible, understand that happiness and sadness are part of life just like sunny and rainy days are. They do not cling to any emotions or external situation. They know that; this too shall pass. Everything is cyclical in this life; nothing is permanent. When you understand it and embrace it, you become like the water that can fit in a cup or in anything else. It doesn't mean to become a dead fish in the current, you can also create; you can also take action toward your goals. In the journey toward your desired destination, instead of rigidly moving like a solid rock being pushed on a hill. You simply move like the water in the river. With consistency of the right actions, you are assured to end up in the ocean. There is no need to get crazy about it, there is

no need to be impatient; you are assured to get where you want to be. This does not only apply for your goals in life but also for your spiritual journey. When you are thinking, you are rigid; you're getting nowhere. You're swimming against the current and getting yourself tired. When you are in the state of no mind, you are going with the river, which will bring you to the ocean, to God, to truth, to liberation. So go on doing your best to maintain the state of no mind; it will bring you to a greater destination than you could ever imagine for yourself.

Chapter 7

Mind is the source of suffering

Suffering is an issue in everyone's life; we all wish we could have less of it and more of peace. Somehow it seems that whatever one tends to do, suffering can never be escaped. For most of us, we pretty much never have anyone causing us physical pain, and if it does happen, it happens only in a short amount of time, next to the 24 hours in a day and the 168 hours in a week. Yet we tend to be miserable as soon as we wake up. So what can you do to diminish this inner turmoil? You must understand that the true root of all suffering is the mind. As long as you do not accept it, you will never be free; you will never be at peace. The weak victim mind will always find reason for their suffering, they will say it's because of my job, my family, my friends, my trauma, this and that. But they always forget one thing on their list of why they suffer, this thing is themselves. You see, suffering is very clever, it goes on using

thousands and thousands of different disguises, and you fall for it every time, thinking it's a different entity. For each different disguise, you will look for a different solution. All your life, you will waste your time and energy trying to heal and solve things that do not even exist. So let's wake up and go directly to the root, the true culprit of your suffering is the mind. Some people are diagnosed with a too elevated percentage of cholesterol; their doctors, who are utterly stupid, go on prescribing cholesterol pills to those people. The pills will never solve the issue, they must go to the root of the problem, which is their diet, their meat consumption. Similarly, your suffering doesn't need any pills or cheap tricks; it requires you to go directly to the source, which is your mind. So why is the mind the root of all suffering? Just think about it: why is it that some people who have a life that is a thousands times worse than yours can manage to be happier than you? It is because misery is a state of mind, it comes from your mindset. Some people are totally mentally destroyed if they arrive 15 minutes late to their haircut appointment, they start to stress out.

Some people become utterly depressed after failing an exam at school. While some other people who have just lost a family member are fine the next day, accept it, move on gracefully and lovingly. You see, it is not about the event that is happening to you; it is all about your reaction to it. Your reaction to whatever happens will determine if you will be sad about it or if you will just move on and continue to enjoy the present. You can have a weak victim mindset and always cry for any inconveniences of life, or you can have a strong and positive mindset that allows you to navigate into the challenging waves of life. Your perspective of any event will determine the emotions that will be created within yourself about it. So if you feel that you suffer a lot, just start to watch your mind, watch your reaction, watch your mindset and perspective. Ask yourself; Is all of this working for me or against me? By simply changing how you look at things and react to them, you can diminish your suffering almost to zero. Remember, I spoke about the root a lot, but yet, we did not truly go to it. Yes, your mindset and all is one of the deepest layers, but

there is a deeper one, the hidden one that almost nobody talks about. It is not about thinking positively nor seeing the good sides of everything; it is all about silence. If your mind is simply silent, what is there to suffer about? As you now know that it is your reaction to what is that makes you suffer, what if you just have no reaction and no thoughts about it at all? This is the power of having a silent mind; it brings you inner liberation. The only reason you can suffer the past or the future is because your mind is speaking, showing you movies, and emotions are created out of it. If your mind is silent, there is no yesterday and there is no tomorrow. When you are just here, here and now in the present, you find out that the now is always perfect. It is always the projections of the mind that bring suffering into your life. The same applies for trauma, it's time we stop accepting the trauma victim mindset as being normal. The trauma is not the true issue, the true issue is that your mind is a broken dvd, it goes on playing the same movie again and again, because you do not master the mind, the mind masters you. If the mind is silent, even

trauma cannot exist. The next time that any event brings turmoil inside of you, just take a moment to be in the present silently, and you will find great peace. Maybe your car exhaust pipe broke down, it's at the garage, it's costing you 500 dollars, so you go on suffering. But did you ever ask yourself, 500 dollars more or 500 less in my bank account, is the present moment changing at all? The answer is more likely no; the present is the same! It is just you who is letting your untamed mind project fears of lack endlessly, even if God has always provided all you need. Have some faith, have some silence. If your girlfriend that you loved left you, suddenly there is great suffering, but have you never been alone and happy before? Surely you both were not together for 24 hours every day; surely you felt joy without her many times. Why is it that now you cannot? Because you are stuck and consumed by your mind again. If you develop the consciousness that sees suffering as one entity, that no more fall for all its endless disguises, you will now be equipped to deal with it gracefully. How do you deal with it? You silence your mind; in inner silence, there

cannot be suffering. If life ever becomes too hard to deal with, it's like a tornado inside, then simply cease to exist, close your eyes, and just be. Not be anything, just be. You will find that there is a great inner kingdom of peace that is always available inside of you. As you spend time there, everything dissolves and a great freshness, vibrancy, and bliss become available. As you learn to access it anytime you desire, you now have a guarantee that whatever life throws at you, it is available, and you can be free of suffering. Remember, mind activity is absence of your presence; absence of your presence will always be miserable. Silence in the mind is liberation.

Chapter 8

Nothing is the source of everything

Nothing is the source of everything. We will start this chapter with a verse from one of the greatest books ever created on the subject of nothingness—no mind; The Tao Te ching. WU is nothingness, emptiness, non-existence. Thirty spokes of a wheel join at a common hub, yet, only the hole at the center is what allows the wheel to spin. Clay is molded into a cup, yet only the space within allows the cup to hold water. Walls are joined to make a room, yet only by cutting out a door and a window can one enter and live there. Thus, when a thing has existence alone, it is mere dead weight; only when it has WU does it have life. You see, nothingness itself is not only nothing; it is a thing itself, which is from another nature, another dimension. It cannot be fully explained by words nor fully understood by the mind. There are many great books and characters that embody this primal energy of existence. One of

the greatest examples is Shiva. Shiva is known to be the greatest demi God, the greatest devotee of Krishna, and also the destroyer of the universe when the cycle ends and is ready to restart. Shiva is not only a being but also a phenomenon. Shi-va means that which is not, which is from where everything emenate as it dances with the energy of Shakti, known as the femine energy of creation. Without nothingness, nothing can exist. It sounds like a contradiction, but that is truly how it is, as the Tao Te Ching verse explained so well. It is even known by modern science that everything comes from nothingness. They give many different names and purposes to this energy, such as dark matter, anti-matter, dark energy, infinite potentiality, Akash, and much more. This can give you an idea of how important it is to be connected to this energy. Mind chatter is the very opposite of the Tao, of Shiva, of nothingness. It is in fact only in inner silence that you can center yourself in this truth. Truth is always silent, free of any words. Words are the poorest way to communicate anything; we use them simply because this is all we know

for most people. Feeling, intuition, experience —this is the true wisdom. The more time you will spend in this energy, both in your transcendantal meditation and in your daily activities, the more you will be in harmony with the existence. When you are not in harmony with the universe, a lot of trouble keeps manifesting in your life in the form of events, illness, people, and much more. When you are in great synchronicity with it, more blessings tend to come your way: better health, meeting the right people at the right time, luck, and more. You can be assured that as long as you are thinking all day long, you are missing this essence of life. Know it, remember it, and do your best to embody the Tao. I highly suggest getting a great version of the Tao te chin book, reading it slowly, taking time to understand it, and especially, do your best to apply the verses in your daily life. Remember that your true essence, your true self, is not of this 3D physical world. If you only know physicality and movement, then you truly know nothing and have wasted this life. You must absolutely experience nothingness in

order to know your true self beyond pretending. What is the point of living if you do not know yourself? When you will know yourself by experience, a great sense of peace and liberation will occur. You will know that you are infinite, unchangeable, perfect, one with all, one with God.

Chapter 9

Healing is a toxic illusion

This is a very unpopular and controversial one: healing is a toxic illusion. The reason why most people cannot accept this idea is because they have built their entire entity as a healing person. That is an easy way to live because it always gives you an excuse to be the way you are. An excuse to take it easy, one baby step at a time. They cannot accept that they have been wasting years and years with their meaningless baby step while they could have simply jumped in an abyss and liberated themselves fully in a single day. You see, your true self is the soul. As the soul you are a particle of God. This means that your true self is already perfect. God knows only well-being, love, joy, bliss. All else is the opposite of God and exists in the physical world simply because to experience duality there is a need to create opposites. So as long as you live as the illusory part of yourself which is the body

and the mind. You are like a banana that is mistaken its own identity for being the banana peel. For sure, as you live as a person and a body, you will go on and on having thousands of things to heal. Inner child healing, father wound, mother wound, trauma in the body, the list of new age spiritual label goes on and on. It's all illusion and false spirituality. If you simply learn to live as your true self, which is the soul, immediately you are in inner well-being, in inner peace; there is no issue. No matter what is going on with the body, the soul is never touched; it never changes, it never perishes nor gets sick. The greatest yogis are still at peace even in a rotting body. While the asleep man goes on suffering endlessly for meaningless things that do not exist. To learn to live in the state of no mind is equal to learn to live as the soul, it brings total liberation. Even those spiritual issues where people claim that their kundalini awakening brought them much trouble. The people who believe they have a specific chakra blocked. Even this is all meaningless play of the mind. You are the creator of your reality. There is no secret

remedy to heal you, there is no secret vitamin or mantra to heal you. You either live as the illusion and go on endlessly suffering. Or you live as the true self, which is a particle of God, and you remain untouched by life, at peace within regardless of what is happening. All of your blockages are your creation; they do not come from your childhood, your parents, your friends, your ex, your trauma. They are still here today because your mind is a broken DVD that plays the same movie on repeat. If your mind simply becomes quiet, if it ceases to recycle the past and to imagine the future. You find yourself in the now and the now is mostly always perfect. To have the idea that you need healing or that something is blocked in you is manifesting this reality into your life. So as long as you believe you need healing, the universe will send you things to heal from. As long as you believe to have a blockage, the universe will send you reasons to feel this way. Similarly, if you accept and embody the truth that you are liberated and that all is well because you are the soul, the universe will go on and send you people, events, and blessings to continue to

make you feel this way. So don't be this weak person who has built an identity with illness, with the need for healing. Because if you do, your ego will do all that it can to protect this identity. After all, its a very useful persona to be ill and limited. It means that you never have to show up and be your best version; you have an excuse. It means its never your fault, its the fault of some external event. You are made in God's image, so you can be assured that you are perfect as the soul. Just learn to live as the core rather than the surface, and you will see that all issues you ever had will dissolve by themselves without you needing to do much about it at all.

Chapter 10

Reach effortlessness through effort

This chapter might be the one that will sound the most contradictive, so keep an open mind. Remember yin and yang? Sometimes two things might seem like total opposites, but in fact they complete each other. To realize total inner silence, you will need to use this contradictive science. In fact, it will sound contradictory to the mind, but to your heart and to your intuition, it will sound very logical and true. To realize the state of no mind, which is a way of being beyond the mind, out of the mind. You will have to first use your mind. It is first an idea, a thought, that gives the command of creating inner silence. If we go even deeper than the thoughts and ideas, it is an intention. Your intention to be silent is the activating switch that makes it into a reality. So to master inner silence, you will still need to spend a lot of time in your mind. Not as an active speaker

but rather as a constant awareness, always being fully aware of what is going on in your mind. Because only when you will be fully present and aware of each single thought will you have the power of presence, allowing you to always make sure to remain silent within. At some point, people go on thinking so much that they forget they are thinking, just like when a fan is blowing some air, it makes some noise, which might be annoying. Yet, after a couple of minutes or hours, the noise is totally forgotten; you don't even notice it anymore, it's background noise. That may work out for the fan and relieve you from the annoyance of its noise, but for the mind, this science will never work. Because the fan is only blowing air, your mind instead is creating reality. Whatever thoughts you ever have and whatever emotion you ever feel is manifesting the next moment to be in harmony with it. When the mind goes on chatting all day long, it is impossible that your mind will only say positive things; it will in fact mostly say negative things because the mind is a survival mechanism; being a survival mechanism, it is always fearful, always looking

for the next possible danger in order to preserve you. So surely, it will manifest a lot of misery in your life. if you allow the mind chatter to become your background and forget about it, don't wonder why your life is filled with chaos, it's because of the tornado of your mind. So to realize no mind, you must use your mind. Always be aware if thoughts are happening or if inner silence is happening. Each time you notice that you got lost in thinking, right away, tune yourself back in inner silence as soon as possible, How? There is a chapter in this book that will share with you several methods to realize inner silence on command. Realizing the state of no mind is a 24/7 job. The mind will always try its best to be noisy and chatty, so to keep it silent, you must always be fully present and aware of all mind activity. So use your mind in order to realize the state of no mind. This is the first contradiction, which is not a true contradiction, but rather the yin and yang science of no mind.

The next one is to reach effortlessness through effort. At first, like explained above. You will be using your mind all the time to keep it silent. This won't be necessary forever; your skill will grow, and you will start to use the law of least effort to keep it quiet. Dropping all effort takes effort, this is something that can sound contradictory to those who have no experience with this phenomenon, but anyone who has been practicing meditation will know this. The greatest state of meditativeness happens when all effort is dropped, but how can you drop effort itself without effort? It is first a thought, an intention, then, there is many things in your way, such as the mind trying to speak, your urge to try to manipulate energy in certain ways, your inner dialogue saying that you're doing it right or wrong, and the urge to reajust the position of your body. All of those limitations must be dropped so you can realize true effortlessness. You have to maintain your state of being as zero, as nothingness, as nobody, it is this effort that brings you into effortlessness. Because when you are nobody, there is no one to create any effort. When you

just are and you are going no where, there is no effort to get anywhere. Inner silence is already here; it has always been here. It may seem like it is far away and hard to achieve, but in fact it is your natural state because the mind is just a social phenomenon—something that is not natural at all, that has been imposed on you. So to use effort to realize the state of effortlessness, here is the most simple explanation. You must consciously make the action of dropping everything. dropping thinking, dropping the urge to move in meditation, dropping the doubts of if youre doing well or not, dropping all body tensions, dropping the need to control the breath. Whatever there is, it is to be dropped. The effort of dropping it all is the only effort needed to realize effortlessness. All that which you will be dropping will be coming back to you again and again like a mosquito hungry for your blood. Each time that you drop all effort, your skill of staying in the inner state of effortlessness will be growing. At some point, just like you can turn the light on or off with a switch, you will be able to turn on the art of effortlessness instantly. At this very moment,

you will be nobody, there will be no desire, there will be no issues. Only the eternal present moment will exist, and when you are in the now, immense joy, love, and bliss become available. The state of zero, the state of no desire, is not something negative. People often say that they feel empty as a negative affirmation, but those people are lying to themselves; they are not empty, they are full. full of their own delusion, full of their own misery that they may call as depression, loneliness, sadness, or numdness. This is what they call being empty. True emptyness is pure bliss. In deep meditation, when you experience this state of being fully empty, no one, no where, this is where the greatest feeling that you can feel occurs. This is when you can experience a glimpse of God, of home, of your true self. So make the effort to empty yourself again and again until even this effort is dropped. This shall be your liberation.

The third yin-yang contradictive science of no mind is to use your will to surrender your will. We tend to believe that to surrender your will, you must be a coward, a weak person who has no power, but it is in fact the very opposite. To surrender your will takes immense courage and immense will. When you surrender your will, the only will that is left is the one of the universe, of God. Your will is always limited; your mind always has endless desires and endless plans to meet those desires, even though it rarely takes actions toward the plan. And this never-ending will to make your desires come true becomes a limitation. It starts to consume you; it eats you alive, and you end up getting nowhere, rotating as you are stationary. When you give up your will fully, you just allow yourself to be, you are now an instrument to God / the universe. You allow it to work through you. You allow the universe to speak for you, to act for you, to nourish you as the soul. So in deep meditation, surrender your will fully; use your will to surrender your will, because even to surrender, you must have the will to surrender. At some point when

everything starts to drop, now you are ready to even surrender the will to surrender. Just like with effort, reach effortlessness, with mind reach no mind. with will reach total surrender. If you truly do surrender to the present moment, there is no thinking. All thinking is against the now, all thinking is about modifying the now or making the false belief that the past was better or the future will be better. If you look at a flower, it has no true will of its own. It does not make much effort either, it just is. and by just being, naturally it blooms because this is the essence of all life forms. We are all meant to bloom naturally. It is only when we become unatural, lost in the mind, in our will to change everything toward our ego desires, that misery start to install itself into our life. So use your will to surrender your will, you shall become an instrument of God. Let the univere meditate through you, for you. Let the universe keep your mind silent for you. Surrender and find out how perfect everything already is.

Chapter 11

What is awareness?

The first step to go beyond the mind is to understand and experience that which we call as the awareness. The awareness is very close to your true identity as the soul; it is in fact you as the soul witnessing life without being attached to it or nor affected by it.You see, when you are sad, there is an awareness that is aware of your sadness. When you are stressed out, there is an awareness that is aware of your stress. Even when you are happy, there is an awareness that is aware of your happiness. There is always the feeling, the thoughts, and behind there is the awareness, which is aware of the thoughts and the feelings. This part of you always remains untouched, it never changes, it remains the same forever and ever. The reason why it is this way is because you are a soul, and you, as a soul, are temporarily operating into this human system. This means that there is a distance between your true self and all thoughts, between your true self and your body-mind.

This part of you, can never suffer, only the mind and the body can suffer, but awareness has never suffered and never will. So if you can find a way to begin to live as this awareness, liberation will be yours. The power of awareness will save you from the misery of the mind because it gives you the ability to center yourself in truth rather than ilusion. Your true self as the soul is always content, always fulfilled, and complete. Every moment of life you have the conscious choice to make; will you play with the mind, Will you give all of your focus and energy to the never-ending tornado of thinking? Or will you bathe yourself in that part of you that never changes and cannot suffer? It is literally a choice to make. The thing is, it's very hard to just randomly make this choice, you probably will not succeed. Just like when I decided to no longer think, I did not succeed without the proper spiritual practices. This is where meditation becomes of utmost importance. By simply following the easiest meditation method, you will end up experiencing this awareness, it is

certain. In the upcoming chapters, you will learn the 3 methods of meditation beyond pretending, which is truly all you need to liberate yourself from the mind. When you meditate, at some point your feeling of body sensation fully drops; it feels like you are nothing, floating in deep nothingness. Next, your mind ends up also becoming fully silent. When the body is no longer felt and the mind no longer exists, you enter the inner state which is known as samadhi. At this very moment, all ulision is dropped, and all that remains is awareness. You experience a state of being that is beyond ilusion, that is beyond all suffering, and it brings you immense joy, immense bliss. Only once you have truly experienced it beyond pretending, now you can start to develop the ability to remain centered as the awareness 24/7. You can go on and read all the books that exist about awareness, about the soul, and liberation, but no intellectual knowledge will ever save you. Only the experience will lead you to your ultimate liberation.

Chapter 12

The 3 methods of real meditation

The word meditation should not exist; it brings way too much confusion and misunderstanding. Instead, we should call it meditativeness. Because it is not something you can do like jumping or dancing. It is instead an inner state. Just like you can be happy, sad, playful, and more. You can be meditative if your energy is in a particular way. The English word meditation is utterly meaningless; in fact, it is a weapon of the matrix to ensure we get lost in the thousands of cheap false techniques. In one of the only languages, which is pure and not created to destroy our spiritual understanding: In Sanskrit, when one closes his eyes and sits, he could be doing many different things. He might be doing Shoonya, Vipassana, Anapanasati, Nada Yoga, and much more. So in this chapter you will learn the true root of meditativeness, in order words, you will learn

the true basic methods to truly master your mind and realize liberation through the power of meditativeness. Before we start the tutorial of those 3 main steps, what is meditativeness? It is an inner state that occurs when your mind is silent and your body is utterly still. When you do not feel your body anymore and your mind is free of chattering, this is when true meditativeness begins; all else is prentending. Some people say they danced with the Buddhas in their meditation, some say they were having a conversation with God, some say they were astral projecting in their meditation. But all of this is all except meditation. Only in the state of zero, of nothingness, this true meditativeness will occur. Yes, you may see things and feel special sensations, but there are no words, no conversation, no dancing, and no astral projections in true mediation. It is the absolutely state of nothingness. So let's get started on how to achieve this with 3 methods. The first one being the easiest, and the third one being the hardest. As soon as you master one, you should move on to the next one.

The first method to realize true meditativeness beyond pretending is the most beginner-friendly one. This does not mean that it is not potent, it is extremely efficient and even enough to bring anyone to enlightenment and liberation. First, sit in a cross-leg yogic posture of your choice; I highly suggest siddhasanas. If you cannot sit with your leg crossed for any true reason beyond just being lazy or feeling some pain in your back and legs, then simply sit on a chair with your back straight, without back support, and without laying your head on the chair. From here on, all that you have to do is very simple: control every millisecond of the action of inhaling and exhaling oxygen by your nose as slowly as possible, that's it. It is not about watching your breath, it is really about controlling the action of breathing in and out as slowly as possible. There is nothing else to do, you don't even have to try to silence your mind or elevate your energy in any way; only control your breath. There is a thing called the monkey mind; this is the voices that speaks in your head all day long without ever stopping.

This monkey cannot do nothing, it always needs to do something because it is untamed. So by giving your monkey mind the task to control every second of the inhalation and exhalation, it will become so focused and busy that it will finally cease to endlessly chat. You will find yourself in inner silence after controlling your breath as slowly as possible for long enough. It is even proven by science that the way you think is directly connected to the way you breathe. When you are stressed out, you breathe quickly, never fully in and never fully out; you are hyperventilating. When you are sad and crying, your breath is broken and loses all harmony. When a yogi is meditative, his breath is very slow and steady from his nose. His breath is rich and harmonious. So instead of trying to force your mind to become quiet in your meditation, which often does not work for beginners. Forget about trying to control your mind; instead, only control your breath. This is a hack that allows you to copy the way a meditative yogi is breathing in order to realize a silent mind like his. Rather than wait for hours

and hours until your mind finally quiet down. It is a shortcut that is immensely efficient, and this shortcut is not a cheat. This is how every beginner should be meditating. I have tried countless other methods; they were all jokes next to this one. As a beginner, don't ever make the mistake of doing guided meditation. There is absolutely no difference between your own inner chatter and the words that will come out of your headphones. Both are words, and both are heard in your mind. Only in true inner silence will you find true meditativeness beyond pretending. You can listen to some frequency music or binaural beat, that is fine and will even be of great help. So now that you know what to do about the mind, which is to just let it go and only control the breath, what about the body? Make sure that you do not move an inch. As soon as you start moving, trying to correct your posture, you are done! It is going to be an endless cycle of replacing your legs, moving your toes, replacing your hands position, your shoulders, you will be dancing instead of meditating. This is all a scam of the mind, We

believe that it is because we are not comfortable in the body, but it really is a trick of the mind. It goes on making you feel unconfortable and giving you the urge to move because this is the only way left for your mind to be present. So don't fall for this scam. First, find the right position for your meditation and ensure that you are sitting well. Then just stay this way, accept whatever you feel, and ignore it all. Because even the feeling in your body, the pain, it all come from your mind! We often sleep in totally destructive positions in our bed, all folded like a cooked shrimp, yet we sleep like a baby, there is no pain or lack of comfort because the mind is not focusing on it. So if you do not focus on your pain and lack of comfort, if you simply stay still no matter what you feel for long enough, All bodily sensations will eventually go away. Even if you have great pain. I am telling you this from experience as someone who had spine issues that affected my whole body. At first I was in great pain when sitting in meditation. And by simply controlling my breath as explained above and not moving an inch, all my pain would always

eventually go away. So remember, the only thing you have to do is control your breath as slowly as possible by your nose, that's it; this is the first method.

The second method to realize meditativeness is to be used only once you master the first one. How do you know if you master the first one? It takes you only some seconds or minutes to quiet your mind and relax your body as you control the inhalation and exhalation of oxygen. You also are able to effortlessly go on with this technique without losing your focus; you no longer forget to control the breath, and the harmonic cycle goes on and on without interruption. Now you are ready for the second technique. The second method still involves the breath, instead of controlling the action of breathing, you are now ready to simply watch the breath. The simple action of watching it will immediately change its quality. You can

even try right now; you'll notice it for sure if you have any awareness at all. As soon as you watch it, suddenly your breath
become much slower, deeper, richer, and it relaxes you. It is really as simple as this, only watch your breath, and that's all. By now you should have the ability to easily keep your mind quiet if you truly mastered the first method and practice inner silence on a daily basis. So again, there is no need to try to forcefully silence your mind, if you are ready for the second method, the simple act of watching your breath will keep your mind silent. For your body, it's the same science as before; keep it still. This method is more challenging than the first because with the first, controlling is such a big action, it's easy to notice if you are drifting around and stopped controlling the breath, which allows you to easily get back at it. For the second method of watching, it is very easy to get lost and totally forget to watch the breath for several minutes, lost in the content of your mind. It is a much more subtle technique, this is why it is easier to forget and get distracted. This

is also the goal: that your method to realize meditativeness become more and more subtle, to the point that it becomes almost nonexistent, to the point that it becomes natural. So go ahead and practice this technique if you are ready. Keep going until you fully master it. You will fully master it the day that it will be effortless for you to watch your breath for several minutes on and on without ever losing your focus at all, as your mind remains quiet and your body remains still. When you truly master it, you are ready for the final technique, which is the one I use on a daily basis. To get there, I also used the first method shared in this book and the second. In fact, I've tried countless methods and found out that there were all jokes, except for those simple ones shared in this book. So let's practice daily and get to the final stage. I believe in you.

Lastly, the ultimate meditation method is the technique of no technique. Just like in pretty much any sport or practice, at first you must learn a bunch of tricks, constantly adjust yourself to do better, and use specific methods. At some point, you truly master whatever it is that you are doing, of course, that is only if you truly do practice on a daily basis without procrastinating. As one truly masters an art, he lets go of all the methods; it becomes natural in him, and he enters the flow state. This is a state that many athletes speak about when they practice something so often, so many times. Suddenly, during the game, their minds become silent, and they gracefully and effortlessly do whatever must be done. Whether it is a soccer game, boxing, or kun fu. The true masters simply flow without thinking, and they do tremendously well. The same applies for meditation; you use the first technique, you master it, then use the second one. Finally, you have true experience, it becomes effortless for you to be silent in your mind and still in your body. Just closing your eyes allows you to

immediately become meditative. Only once you reach this level, you are a true meditator, a skilled one. Because whether you control or watch the breath to become meditative, you remain a slave to the technique. If you must control the breath to be meditative, then at work when you have to speak, you lose your center. If you always have to watch your breath, but for any reason it is not doable in the fire of action, again, you lose your center. It is only when you master the technique of no technique that you can be assured that whatever happens, even in the mist of chaos, you will be able to remain centered because not a single method is needed anymore. Now let's give you some insight on how to master the technique of no technique. First, you will have to learn to surrender your will fully. To just let go of everything. Your mind will want to control the breath by adjusting it, it will also make you watch your breath because you will be used to be watching it. It probably even will be hard to stop watching your breath because you're so used to it. Whatever you are doing, whatever

you are watching or controlling, this is not true surrender. True surrendering happens when you don't even care at all about your breath anymore; you don't care about anything at all, in fact. You just close your eyes and cease to exist, you and the whole universe are gone. You just are. The greatest challenge of mastering this ultimate state is really to stop trying to control everything. To me, when I started to learn this method, it felt like restarting from zero. Everything I've learned suddenly became useless because I had to drop it all. The urge to try to elevate your energy, to adjust this and that, this too is a play of the mind. Once you transcend even this... now you become one with the energy of nothingness. So simply surrender your will, do nothing, be nothing, and watch nothing. It is like jumping into an abyss without any concern. Why should you bother moving from the first method to the third if even the first is enough to make you realize enlightenment? One of the greatest reasons is because your doing will always be inneficient and weak next to the doing of

God / the universe. When we fully let go of everything, we allow this higher power to meditate through us, to breathe through us, to live through us. The door to the beyond, to the magic of life beyond this 3D manifestation, lies in this nothingness. If you truly meditate enough beyond pretending, you'll surely find this to be true. You might have wonderful experiences with the first and second methods, but the highest will always be realized when it is no more you who is doing, when you surrender to the greater power. So close your eyes, surrender, sustain the surrender, and wonders will happen to you. But never go on expecting something to happen; expecting is not surrendering. As long as you expect something out of your meditation, it is almost certain that nothing at all will happen and you will be left frustrated. Like the Gita explains, you must let go of the fruit of your activity; do it without looking for any benefits, you can even offer your meditation to God, I do it every time. When all desire is gone, all expectations and goals are gone from your meditation, this is

when the greatest magic happens. Just be, and you will find the greatest bliss available in this plane of existence. Because you are always being something, whatever you are being is illusive; it is false. Your true identity is a particle of God, your false identity is everything else. So when you cease your play for a little while, all that which is false dissolves, and only God remains. This is when you get your first experience of a glimpse of God, and it is wonderful beyond any words.

Chapter 13

how to be meditative 24/7

Would not it be great if you meditated one hour every day? Surely you would gain a lot of benefits from it, for sure. But what about the remaining 23 hours of the day? Without being meditative for those 23 other hours, your one hour meditation will always be destroyed by maya, by the illusory energy of the material world, by society, by people, and especially by your own thoughts and emotions. A true spiritual warrior will do all that he can to remain meditative at all times, all day long, regardless of what he or she is doing. In fact, one of the greatest true goals of meditation is to learn to be meditative at all times. If you can only feel at peace and silent within when sitting with your eyes closed, more and more, the drama of the material world will begin to create chaos in you, and you will grow to despise it and the people who are consumed by

it. We must make sure that you won't become a pendulum that goes from spirituality to ignorance on a daily basis. From inner silence to an inner tornado. For this, you must learn to meditate from now on until the moment you quit your body; your whole life must become a meditation. What is the point of doing so? Living in constant peace, always being centered in truth, constantly expanding your consciousness, and much more. So how do you succeed to do so? With exactly the same 3 methods I have shared with you on how to meditate. Simply start by controlling your breath at all times, during all of your daily activities. As you drive your car, walk, watch tv, work, play video games, exercise. Anywhere and anytime is good to use this practice; the more hours in a day you go on and control your breath, the faster you will evolve spiritually and embody the inner reality you desire to experience. In the midst of the material world, it is much harder to remain meditative than when you close your eyes and sit down. For this reason, even if you are able to meditate with the

ultimate technique of no technique, you might still have to use the first method of the control of the breath to remain centered in your daily activities. Depending on the situation you are in, use your intelligence and logic to know which method to use. For exemple, whenever I feel more turmoil within myself and around myself, I will use the first method, controlling the breath. When I am naturally calmer, maybe as I drive, I might use the second method, which is to just watch the breath. If I am very calm and peaceful, in a perfect environment like nature or a spiritual temple, then I might go on and use the third method, the technique of no technique. So when it comes to your daily life, just use whatever of the 3 methods that makes the most sense. It is of extreme importance to turn your entire life into a meditation if spiritual growth matters to you at all. Spirituality is not like a church, a Sunday thing. It is 24/7, every single day, every single second, every single moment. It is a path in which you must pour your entire heart and energy; only then will you experience your

highest reality and a true expansion of consciousness beyond pretending. To control the breath during all daily activities, this is one of the greatest practices that has changed my life, and it can enlighten anyone in fact. I call it the sadhana of the breath.

Chapter 14

meditate even in your sleep

The first step into the journey of no mind is to first achieve it in meditation. After this, you are ready to start practicing living in the state of no mind with your eyes open as you take action in your daily life. There is also a third step to make this journey of inner silence complete.

The third step is to use your sleep to cultivate this nothingness. Every night when the regular asleep man goes to bed, he is barely recharging, hence why people tend to wake up tired every morning. As the regular unconscious men and women sleep, there is no stillness, there is no silence. All night long they go on dreaming, thinking, and feeling; every dream is a drama of its own. In an 8-hour sleep, you will be lucky if you even get 1 hour of true stillness. In fact, it is in this short period of time that you get all your rest, healing, and recharge from. Most of your sleep is just wasted time. Every night

you have an easy and lazy enlightenment available. Sleep can be used to grow spiritually at a tremendous speed if you simply use the right method. The interesting thing about this method is that it allows you to grow spiritually without requiring a single second of your time. Everyone goes to bed every night to sleep; now it can be used as a possibility for the beyond. With this practice, you will understand why a lot of yogis sleep only 3 to 4 hours and have more energy than the modern men who sleep 8 hours. It is even proven by science that the frequencies of your brain will be very different as your body and mind fall asleep. This will boost your healing power, restfulness, recharging abilities, and much more. Allowing you to wake up the morning so much more fresh and ready for the day. It can even lead you to an astral projection. I have written an ebook about this method and astral projection; this is where you can find the full information on how to do it and the possibilities that come with it. You can access this ebook by clicking here. Still, I will give you the short version on how to

perform this yogic practice. All that you have to do is allow your body and your mind to fall asleep as you remain awake as consciousness. For this to happen, you will have to be familiar with the state of no mind, and you will also have to be able to be still in your body. It is as simple as this, but the mind has trouble with simplicity. So for this reason, I elaborated the whole process into an ebook. As you will feed your mind with more information on the method, it will get easier. Using your sleep for your spiritual evolution is one of the greatest things you can do for yourself. It is known that anyone who can do this masters the state of turya, which is when the body and mind fall asleep but you remain awake and aware. Anyone who masters the state of turya is known to be deathless because when the moment will come for the body to be shed, you will be able to do it consciously. To consciously move from the physical 3D life to a realm of the beyond, a realm above physicality.

Because I was stressed out, my emotions immediately changed the environment by switching the day for the night in a second. Not only this, but I started to feel that a negative entity was following me. This is when I remembered that I was in the astral realm. As I remembered, I immediately generated positive emotions of love, joy, and bliss. Just by doing so, right away the night became day, and the negative entity just disappeared. This is the ultimate proof that how you feel truly affects your experience. So do not be a slave to your emotions; create them yourself, and you will be an astral master.

Chapter 15

no mind = no stress & no depression

Two of the greatest miseries of the human race in this modern time are anxiety and depression. The greatest problem with those two things is that people worship their own suffering; they unconsciously do not want to go away from it because it became their identity. Without being anxious, without being depressed, who are they? It became their excuse to be who they are, their excuse to be weak and to not change. The mind does not like change; if you are a stressful person, it wants you to stay that way. If you are a depressive person, it wants you to stay that way. Another issue is that the matrix has been brainwashing you to believe that stress and depression are normal; even worse, they make you believe that they come from an external source. They feed you the lie that you are not your own problem; your problem is your job, your family, the world. So for an external issue,

of course, they go on presenting external solutions, they drug you with pills. The pharmaceutical economy is the greatest source of money and power for the matrix. They go on using their money to create a world that will help you to become anxious and depressed, knowing that you won't do the inner work and that you won't meditate. After creating the problem, they present themselves as the solution. An infinite toxic loop of scams. Anxiety and depression can be solved the day that you address their true root, which is the mind. Stress always comes from the endless imagination of the mind about the future, it goes on thinking about every possible issue and removes you from reality. In fact, anyone who is known to be anxious can be assured to be a slave to their mind; they are barely living, their mind is living for them. To live in stress means that you are totally disconnected from reality and truth. The truth is that you are a soul, and this whole life is a play, so surely the truth is not part of your understanding at all. Being present also is out of the question because when you

truly are in the now, there is no anxiousness; there is peace because you are centered. So if your mind could simply become silent, it would not go on projecting endless possibilities of the future and imaginative scnenario, because it would simply be quiet. The state of no mind removes you from all stress. For depression, it is the mind that is constantly thinking negatively about yourself and the world. Whatever you do, it will find something wrong—something to be sad about, something to be angry about. Just like the anxious person who is living in their own dellusive world that does not exist, the depressive mind goes on alternating reality with a shade of darkness. It makes you forget all of your blessings, your love, and your joy, and instead go on making you remember everything that you dislike about yourself and the world. Once again, if your mind just becomes quiet, you will be free of depression. Because the mind won't go on commenting about everything in a negative way. As you will be in the now, centered, the bliss, joy, and love that are within you will become available.

Depression is simply an energetic thing; your thoughts and emotions are so dark that they make you vibrate low. When you are silent within, it immediately elevates your frequencies. In a vibrant system, depression simply cannot exist. So if you do suffer from anxiety or depression, just know that the true root is your mind; if you just allow it to become silent for once, you will be liberated. You can fool and cheat yourself with pills, doctors, therapy, and all that nonsense, you will just get worse and make other people richer. Let's make the scammers go broke by embracing our inner power that is activated by inner silence.

Chapter 16

no mind and karma

Karma is very similar to manifestation; in fact, they could even be seen as the same. Because whatever your karma is, this is what you attract to yourself. Just like manifestation is always on and affected by all of your thoughts, emotions, actions, inactions, and intentions, the same applies to karma. Literally everything you will ever do, feel, or think goes on creating karma. Some karma is beneficial to your life as it brings pleasureable things to you, while some karma is causing limitation and suffering in your life. At some point, whether your karma is pleasant or unpleasant, you might start to have too much of it. Just like if you were filled with glue all over your body, everything you would touch would stick to you. Even if you keep sticking nice things to yourself like money, gold, silver, flowers, and such, at some point you will start to feel heavy. The thing with karma is that you cannot truly delete it instantly. It is well known

by science and spirituality that nothing is ever destroyed; it is instead transmuted into another form; it goes on changing. So in order to remove your karma, you won't delete it, instead, you will create karma of nothingness. When you are in inner silence, especially when you are in deep transcendental meditation, there is not a single thought. Because you are one with this energy of nothingness, the karma that is being created is karma of no-thing. The reason why it does a similar job than erasing karma is because you are just like a cup; the cup can only contain a certain amount of liquid. Let's say it is filled with carrot juice now. If you desire to change the carrot juice for apple juice, you cannot just throw it away and then fill it up with the new apple juice. Instead, you will have to go on and keep pouring apple juice into the carrot juice until the content of the cup is fully changed to apple juice only. You cannot truly remove or erase; you can only add more. By consistently adding more of the same thing, it ends up becoming dominant over what used to be here before. Similarly, your overall energy vibrates at a certain frequency, and the more

you add of a specific new frequency, the more your overall energy entirely starts to becomes like it. So whatever energy which is not in harmony with the new one will end up transforming itself into your new energy. Of course, that is only if you maintain it and magnify it enough on a daily basis. Just like a scientific video of 4 metronomes, each of them were activated without synchronicity toward each other; they were all moving from right to left without any harmony. As they went on and on, at some point two of them started to be in harmony, then the third followed, and finally the fourth as well. The universe always wants to maintain its equilibrium; it does not want much change, it wants things to remain the same; it is more simply that way. There are always the four same seasons, always night after day, always a sunny day after one or many rainy days, whatever goes up ends up falling down. For this reason, if you go on and bathe your consciousness into this state of no mind / inner silence for long enough, at first it might be challenging because your entire karma is the total opposite; you have a karma of a mental

diarrhea. But if you go on and maintain and magnify your inner silence more and more, at some point it will become your new karma, and the universe will help you to maintain it. This karma made of no-thing is the closest thing to being free of karma. For sure, as long as you are on earth, you will have a certain amount of karma; you need it to keep a physical body. You will at least be able to minimize it immensely. What is the point in doing so? First of all, you will have inner peace, liberation, great bliss, and love available within yourself. Beyond this, you will be like a blank sheet. If a sheet is filled with drawings and words everywhere, you cannot create anything with it; it's done, its full. When you have a blank sheet, it means you now have endless possibilities to create whatever you desire.

Chapter 17

How no mind Make you know God

To know God, you can go on and read many religious and spiritual books; surely you will gain some intellectual knowledge there and there; it will be valuable. But you will never know God beyond pretending from any book. The only way to know God beyond pretending is to experience God. When one is filled with intellectual knowledge and zero experience, he becomes like a brainless robot that repeats the same sentences, the same verses and lives his whole life according to a book. Not even according to the book itself, but rather, according to how he decides to interpret the book. I am not speaking against the religious books, I have received immense value from several of them, especially the Gita and the Bhagavatam. I am infinitely grateful for it. It simply became obvious to me that those who only rely on religion and books are utterly

ignorant of God. By going to the church, going to a mosque, going to a Krishna temple, and going to Buddhist centers, as I saw the people, felt their energy, and saw how they speak and behave. It became so obvious that this is not the way. Even with their endless set of rules, in 20 disciplines, you will be lucky if you even find a single one who truly has impressive energy. So when you are poor in experience and you cheat yourself with intellectual knowledge and rituals, you miss the whole thing, and the worst part is, you have a false belief that you actually know God. Yes, you can learn about God's incarnations on earth, about his past times, his words, it is immensely valuable, but to know God, it must be an experience. You see, your true identity as the soul already knows everything; it has access to that which we call as the akashic reccords, it does not need a single more word or mental understanding. The soul wants experience; this is how it grows and evolves. Once you truly feel a glimpse of God within yourself, after this experience, you no longer need any external

validation from anyone. You know that it is all within yourself. So how do we go on and experience God? First, you must understand that your true self as a soul is a particle of God, so what you are looking for is actually within yourself rather than in an external temple or book. The only reason you fail to feel God within is because you are consumed by your own illusion, your own creation. Which is your name, your nationality, your skin color, your likes and dislikes, your passions, your opinion, and the list goes on and on. You are like a piece of gold that is perfect, but you are filled with dirt and pieces of rock around you, so you do not experience your true beauty. It is when you let go of your false identity that you get to experience a glimpse of the ultimate. When your whole facade, your whole mask drops, all that is left is truth, all that is left is God. So to experience God, all you must do is cease to exist as the illusory persona in deep transcendental meditation. I will not describe to you what you will feel because if I do, your subconscious mind will now cling to an idea. You must have zero

expectation and not even the desire to feel God when you go on into this meditation. As you simply meditate on a daily basis, you will learn more and more to bathe yourself in deep nothingness. One day, out of nowhere, you will feel a glimpse of God, you will be nowhere, yet everywhere, no one, yet everyone, nothing, yet everything. in this state of samadhi, you will get the experience of God. I should say a glimpse of God, because you will never know God fully; you cannot. As long as you have a human mind and body, It is impossible to fully know God, you don't need to know either. That is why I say experience a glimpse of God. Bhakti yoga is the science of cultivating love for God, which is extremely powerful and a must for anyone who wants to realize the highest, it must be done. But to experience God Beyond preteding, in your meditation you must even let go of your bhakti for a moment. Because if you forcefully think of God, try to feel God, you will only feel your small and weak creation and idea. It is when you cease to exist, when you cease to do, when you just are, and you allow the universe to work through

you, this is when the highest can be experienced. The higher intelligence is available only when you surrender, so surrender, be nothing, just be, and the wonderful experience will come to you in the perfect divine timing.

Chapter 18

Learn to be still or you will be ill

Learn to be still, or you will be ill. Since the day I heard this sentence, I never forgot it. Everything that moves is bound to consume itself, to deplete itself of energy, and to perish. Just like a candle, for a while it has a beautiful fire, but fire can never be infinite; it is temporal. Just like your life in this human body, you are operating in a temporal candle that is lit. If there is much movement within yourself, always thinking all day long, never restful, and rarely at peace within, then your fire is not still, it is moving in a non-harmonic way. You know what happens when the fire of a candle isn't still right? It ends up burning much faster and extinguishing its own self. Similarly, if you are in constant movement within your mind, you will develop several illnesses in many different forms. You will often get the flu, catch a cold, have digestive problems, have skin

issues, develop serious illnesses, and such. It is only a matter of time before it happens for the first time or before it happens again. By learning to be still within yourself, your flame will now last much longer, and your candle will burn evenly and slowly. It will never cease to burn, of course; your human life will still be finished someday because all that which is material is temporal. But while you are here on earth, you will live a much more pleasant existence with much better health. You will have the possibility to live longer as well. There is a reason why 120 year old yogis are in better health and more flexible than most 20 year old men and women. It is because they have always cultivated this inner stillness; they gave the proper maintenance to their human body by using meditation, yoga asanas, pranayama, and more. So you really have the choice, make a decision in consciousness, don't run away. Because you cannot run away anyway. You may decide to let your mind wanders, to not do the inner work to create this silence because you don't feel much trouble right now. But don't be fooled by this, it is only a matter of

time, and the longer it takes for the issues to appear, the bigger they might be. Slowly growing in the dark, the best example is cancer. So learn to be still or accept to be ill, there is no other option, and it should be known by now. You probably saw a lot of people in your life who were alright, and out of nowhere, everything started to go wrong with their human system. They simply have been doing the wrong things for several years, ignoring the fact that they will have to pay for their sins and lack of maintenance some days. Then it is too late for them; they live their last years in great pain and discomfort. So if you wish to not experience such misery, start today—not even today but right now. Begin to practice inner silence at all moments of everyday, I say start today because this can be a great journey that will take a lot of effort. So it is better to start today rather than tomorrow. The gifts of stillness are so great: inner liberation, peace of mind, good health, love, purity, expansion of consciousness, enlightenment, and much more. This is what stillness has to offer. In fact,

whenever I ever had any issues with health, the greatest way to heal quickly has always been the same. I may have tried to do all the pranayama of the world, all the affirmations that manifest good health, which was beneficial yes, but never the ultimate. It is when I closed my eyes, fully surrendered to the present no matter how it felt and just allowed myself to be. Not to be anything, really just to be. As my body is still and my mind is fully quiet, The ilusory part of myself, who is Simon, a Canadian male who has likes and dislikes, when this illusory persona disapears and I just am. Suddenly another force takes control and begin the healing process. Because within all of us is the power to grow a complete human being, this same creative power knows how to heal you as well. The thing is, you are always in its way; you always want to do everything your way. But next to this creative force, you know nothing, your skills are so small, and your knowledge as well. So it is when you remove yourself from the picture and surrender to the universe, to this inner force. This is how you

allow it to start doing its work; this is when miraculous healing occurs. It doesn't only have to be about healing. any intelligent being will cultivate well-being now rather than wait for sickness to arrive. So instead of having to heal yourself, everyday, simply spend some time in this state of total zero, of silence, of no mind, of just being. This way, you will be cultivating inner well-being on a daily basis. It is time we let go of the never-ending cycle of needing to heal everything, it is time we embrace well-being. because your true identity as the soul does not know any illness; it only knows well-being. Your true self is perfect and always will be.

Chapter 19

Stillness is the ultimate inteligence

There is a story where Shiva started dancing; he was dancing so intensely that the whole universe was shaking. As he was dancing, he started to be in trance. He went on and on, and suddenly he realized that even while he is dancing, even while he is in intense movement, his true core, his true self, is utterly still.
At this moment, he stopped dancing and sat down in meditation. He understood how futile movement can be, because in truth, the real you is always still, truth is always still. You probably have noticed it or will as well; whatever you are doing, you are experiencing it as a witness. The illusion might make you feel that you are the one doing it, but from where your consciousness truly originates, it is always still. You might be running; there is a part of you that is simply aware of running, unaffacted by it. You might be dancing; there is a part of you

that is aware dancing is going on but is totally unaffacted. It is well known by yogis and true spirituality that stillness is the ultimate intelligence. Those who don't get it and cheat themselves in their spiritual journey, they go on and use movement to become meditative. Many athletes experience what they call as the flow state. As they are intensely immersed in their sport, suddenly their mind becomes quiet; it feels as if time slows down and it gives them wonderful capacities. Some people experience the cheaper version of the flow state by simply cooking, doing some puzzles, knitting, and more. The first example of the extreme sport truly brings people into the no-mind phenomenon for a short period of time, while the cheaper tricks of doing puzzles, cooking, and all don't really bring people to the state of no mind, it is more like escaping. They simply forget about their mind; it is a forgetfulness of the noise of the mind. It does not become quiet, it just becomes background noise. The thing is, whether you realize the flow state in extreme actions or not, in the end it doesn't really

matter because it brings no spiritual evolution at all. If you must dance for an hour each time to become meditative, if you have to fight someone until your face is filled with blood in a UFC cage to enter the flow state, let's be real; you don't master the mind at all. To master the mind is to be able to stay in the no-mind state even in daily activities, no matter how small or big those activities might be. When you drive your car, at home, watching TV, at work, anywhere and anytime. When you can do this, when you can be still within, centered without being triggered even in the midst of Maya's chaos, now you have become truly intelligent and skilled. As you know that your true core is still, it is a must to learn to remain still within at all times if spiritual evolution matters to you. Because if not, you will be consumed by the material illusion and waste this life. This human life is a ladder from the animalistic life to the divine. You climb it or you fall from it.

Chapter 20

Master the tongue

As the Gita well said, to master the mind, one must master the tongue. A lot of people pretend that they master their mind and emotions, but they always end up eating a bunch of chips and foods that bring bad health. Your actions and your habits will also determine if your mind control is real or fake. Because, if you think about it, why is it that people end up being fat? Why is it that people are sinnning in gluttony all the time, eating all day long things they do not need? It is because their mind is chatting; their mind is saying, Hmm, that bag of chips would be good, I deserve this bag of chip because today work has been difficult. There is always a reasoning coming from mind chatter that pushes us to do all that we should not do, and it is the same mind chatter that convinces us to procrastinate all the time. So when one truly masters the mind, his cravings in the mode of ignorance will mostly be gone. He will simply eat what he needs to eat in order to be

healthy. A person who masters the mind will take action toward his goals and do what must be done regardless of his current emotions, because he truly is the master of the mind. Even when you practice fasting, if you do it for 1 to 3 days, you'll find out by experience that the fast itself is not hard at all. We don't feel immense hunger, we are not suffering from a lack of food at all. Instead, the greatest challenge is the mind and the emotions that make you crave food. Not for the sake of nutrition but for the sake of tasting. We are addicted to tasting satisfying flavors. So even when fasting, the true challenge is not hunger; it is the mind's compulsion. When this type of urge surfaces, if you can simply silence your mind on command, you then find yourself immediately liberated from the craving. As you go into a deep mediative state, there is not a single feeling of needing or wanting food, because in deep meditation, the thinking mind is turned off, and it can no longer impact you at all. So if it truly matters for you to realize the state of no mind and to no longer be a slave to your mind,

always remember; to master the mind fully, you must also master the tongue.

Mastering the tongue has two sides to it. It is not only about controlling your urge to satisfy your taste buds; it is also about mastering the power of speech. One who has no mind control always end up saying any rubbish that first comes out of his mind. This lack of inner control often makes him use the wrong words, which can hurt people, even their closest friend and family member. I am not perfect myself on this skill; it is a great challenge, but very worth working on. Because the power of speech is a double-edged sword that has the power to cut and also to elevate. Whatever it is that you wish to say, there are always hundreds of ways to mention it. The same idea can be formulated in a way that will hurt, just like it can be forumulated in a way that will elevate. So one who masters the mind will never speak in a reactive way. He will speak in a responsive way.

What is the difference? The reactive person is like a barking dog; he does not think, he just reacts, he barks whatever there is to bark. A responsible person will exercise his power of choosing how to respond to a situation. Therefore, before just saying whatever comes out, he will practice the pause. A small pause that allows you to identify what you should be saying, how you should be saying it, and what kind of intention and emotions should be behind your words. This is not about thinking about what to say; it is simply about feeling, this responsiveness should not occur out of Another mental tornado, it should instead be gracious, it should come from this part of you that is still, which is loving and kind. In other words, it should come from your true self, you as the soul. As the soul, we do not know hate; we are all filled with love, and we all desire to serve. So when we speak from the mind only, this is when our words cut, when we speak from the soul, now our words tend to be more elevating, more conforting, or, if in a situation where needed, more intelligent. So to master

the power of speech, start to live as the awareness rather than the mind. Witness what it is that you say and how people react to it. You will start to notice some patterns, some ways to speak better, and some ways to use speech for your highest good and the good of all. Self-reflection in inner silence is the key.

Chapter 21

be still, even in movement

This physical existence is known as Maya, in English, it is illusion. It is very easy to be consumed by Maya and to forget your true self and the reason why you came to earth. Maya has a great arsenal of weapons to make you forget, such as: making you think about your bills to pay, the urge to enjoy pleasure through taste even when it is about eating destructive food, the need to protect your fake social status and your false persona, the never-ending race toward a better career, a bigger house, a nicer car, the need to find a partner, the need to be better than everyone else, the need to be like everyone else so that you can be accepted, the need to take a position in everything and defend it while hating the other, and the list goes on and on. When you are consumed by maya, you are wasting your life. The human life is a unique opportunity for the growth of

your true self as the soul. It took you hundreds and possibly thousands of animal lives to finally acquire this human body. So to waste this opportunity in the drama of society is to spit on your thousands of years of work, which you might have forgotten now, but as a soul, you know it. So how can you deal with the illusion and continue to grow and evolve? For sure, you cannot leave this whole fake social system unless you decide to go live in a cave or in another country with people in tune with nature who live mostly without technology. Let's be real, you pprobbaly won't do that; it takes immense courage. So you must learn to be in the world of maya, without being of this world. Like oil in water, it might be floating with the water, but it never mixes into it; it always stays above it. Oil is lighter than water; this is why it remains on top of it. Similarly, the illusive 3D world is dense and very heavy energetically. Your true self as the soul is very light and vibrant. So when you are consumed by the illusion, you become heavy as well; this heaviness is experienced as depression, anxiety, unhappiness, hatred, and all other types of

negative emotions. When you are centered as the self, you feel light and vibrant; therefore, you tend to feel more light and vibrant emotions such as love, bliss, happiness, joy, peace, and stillness. You must learn to remain centered even in this fake 3D world. If you stay in society, in the matrix, you must absolutely learn to remain centered at all times; it is a 24/7 job. There is nothing wrong with the physical existence; there is nothing wrong with having lots of money, a mansion, a sports car, and a beautiful girlfriend. What is wrong is to be consumed by it and identify with it. So be in the world but never of the world. The way to do it is to be in meditation at all times, even with eyes open while taking action in the world, just like in the chapter 'How to meditate 24/7" explained. You must use one of the three techniques mentioned in the chapter to remain meditative at all times, to the point that life itself becomes the background. As the main ground is always your center, your consciousness, you being as the witness to this play. Whatever you are doing, whether it is

working, making love, or running, anytime and anywhere, you must do your best to be centered in truth, to be centered in the stillness within. How can you know if you are succeeding? If you are doing it properly, your mind will be quiet, and you will be in inner peace. When you are failing, your mind is thinking, and you will tend to feel negative emotions. Be still even in movement, and great evolution will happen to you.

Chapter 22

Sex is an attemp to experience no mind

There is a reason why so many people are deeply addicted to sex. It is because there is a flavor of the divine within it. Almsot nobody is aware of it nor ever thinks about it. As this book explains, the greatest reservoir of pleasure is within yourself. It is accessible when you are in inner silence, when you totally cease thinking and immerse yourself in the now. This is what sex does for a short period of time. At some point pleasure builds up in you, and you find yourself fully immersed in the now; nothing else exists except this pleasurable feeling. At this very moment, you have an experience of Samadhi, of the state of beingness. Not being anything, just being; from here arises great pleasure. The thing is, even during sex, you go on thinking. Wondering if you are doing it right, wondering if your partner likes it, wondering

if you look good, maybe even faking some things to look or sound a certain way, trying to impress or satisfy your partner. So even in sex, your mind is a tornado. For most people, this samadhi state in sex is only experienced at the moment of the orgasm, which is a very short moment. If people could only know this: that the true desire for sex originates from the unconscious desire of experiencing the soul, which is beyond the persona, beyond the movement of the world, beyond phisicality. They could easily develop the thirst to take action to live in inner silence. This is why people are addicted to sex, because it goes on scamming them endlessly, always sharing a piece of the divine, but for an extremely short time. The unconscious people go on saying things like: I have a strong libido. Most people who say they have a strong libido are very proud of saying so. They see it as being superior in a way, even though it makes no sense. Because to the persona, to ego, which is the source of suffering. To be active in sex and being good at it is important; it makes you

proud. Even sex has become a competition; even sex has lost its beauty. Just like true dancing is to allow yourself to move freely. Yet, it has been destroyed and corrupted by ego; now it's a competition of who uses the same mainstream sheepish move the best. When things are spontaneous, they can be of divine quality. As soon as you make a competition, a matter of pride, or a performance out of dancing, singing, or sex, it becomes ugly. I am not writing this paragraph to be against sex; sex is not a sin. Only lust is a sin. What is the difference between the two? Sex is the union of two physical bodies. Lust is the mind thinking about sex hundreds of times a day. It is just another form of mental chatter that takes you away from the present moment. So know from now on that the reason why sex can be so great is because it gives us a glimpse of Samadhi. You don't have to be physically active for 10 minutes to one hour every time just to experience 3 seconds of this bliss. You can learn to sit in constant samadhi for several minutes, even hours in meditation. Beyond this, you can learn to live is samadhi at all times, even with eyes

open as you take action in the world. Why have an orgasm a day when your entire life can become one.

Chapter 23

Why no mind matter in manifestation

People tend to believe that manifestation is something to be done, like an activity, but it is not how it works at all. The law of manifestation is activated all day long, every single day. Every single thought, emotion, action, or even inaction that you have is manifesting something. Your overall most repeated thoughts and emotions are like a magnet that attracts more people, events, and things that are in harmony with your inner vibration. So no wonder why you can't manifest what you desire; your mind is a mess! Most people's minds are a crowd, they have their own voices that argue with its own self, the voice of their family members, of their friends, even of the characters from their teleseries, all of them are having a party every day, all talking at the same time. Every single word is a manifestation, just like emotions.

Every time that you utter anything, you are adding probabilities into the quantum field for this manifestation to be materialized. Sometimes only one utterance is enough to manifest something; sometimes even ten thousand affirmations are not enough. It's kind of like playing a gambling game; every thought you ever have has a chance of coming true instantly. So as long as you do not master your mind, as long as your mind is untamed and goes on talking all day long, your life will probably be a mess. You will go on manifesting things unconsciously, and you will wonder, Why is this happening to me? Why is the universe unfair? Why me, why do you do this to me, God?

But it is in fact your whole creation, all done by yourself. You just cannot even see it because your mind is constantly noisy, so noisy that you can't even remember anything it says. Sometime the autopilot of your mind will manifest nice things in your life, yes, but most of the time it probably won't be very pleasant. Because the mind is a survival mechanism, it

looks for troubles and issues; it wants to keep you alive. You drive your car, all is well, and suddenly you see a movie in your mind where you crashed. You walk down the stairs, all is well, suddenly your mind shows you a movie where you fell in the stairs. You walk outside in the dark, its the night, all is well again, your mind shows you a movie where some people come to steal your things and beat you up. Do you see it now that it is being mentioned? How many times has your mind projected a negative movie of a reality that never happened?
It happens hundreds of times a day, if not thousands. So you must absolutely master your mind, silence your mind. Only then can you embrace your power as a creator, because first, you need a stable platform. If you want to cook any meal but your table is constantly moving and shaking, how will you succeed? You probably won't, and you might even cut yourself in the process, hurt yourself. The same applies for your mind; you may go on and affirm to be happy a thousand times a day, but if your mind affirms that you're unhappy ten

thousand times a day and plays a bunch of movies inside, you probably won't succeed. You must first have a stable table to cook anything, the same applies for the mind; you first need a stable mind to create any desired reality. When your mind is mostly quiet all day long, you can begin to program your subconscious with a set of sentences that affirm your desired reality to be true right now. When your mind is stable, you can consciously create some inner movies with your imagination that affirm your manifestation to be materialized now. As you keep the mind silent and keep up the good conscious programming. Your mind will mostly be silent all day long, of course, it will think a bit there and there, it surely won't be a 100% silent all day. When you do think, your thoughts will now be your affirmation rather than the usual random nonsense people are having. If you affirm thousands of times that you're happy. Then when your mind thinks, it will probably have some happy thoughts; it will probably be about how happy you are, how nice something is. So keep your mind silent and

program it; both are needed together. Only then will you have what it takes to truly manifest your desired reality. Create a stable platform, and only then, cook that tasty meal.

Chapter 24

Shadow work & therapists, the greatest bullshit

As I write this chapter, I feel like a roaring lion spitting fire against darkness. Not in a hateful way, simply in a way to destroy darkness and allow light to shine. I do not truly hate any of the people mentioned in this chapter; I only wish to destroy the ignorance they have spread. An era of suffering and illusion began to amplify itself once an asleep man mentioned one of the least intelligent sentences that ever existed: I think, therefore I am. It is the very opposite. It is because you think that you are not. You are not what? you are not present, not alive, not peaceful. This whole society is based on the mind, and it is not surprising since we are still living in an era of modern slavery. A lot of weapons have been created by the matrix to ensure that we never live in inner silence, that we never center ourselves into our heart, and go on continuing to live in the anxiousness of the mind. One of those weapons is creating a false

healing method. They have manifested the devil and disguised it as an intellectual and professional human career. The therapist, or should I say, the terror-piss. There are also other manifestations of this devilish work, such as psychiatrists and many others. Whatever work that is similar to this kind of method, in this book, I will call it all by the name of therapist from now on to keep it simple. When someone suffers greatly inside and does not know what to do. He is often told to go get some therapy. The thing is, the therapist himself does not know himself; he does not know his true identity, and he is deeply asleep, so how could he possibly save you! Any spiritually realized being, any liberated person would never want to have such a job.
Because they know the mind is illusion, the mind is limitation, and the mind is suffering. So for someone to put his whole life into such a career is proof of a deep inner sleep and proof of being consumed by maya. The therapist makes you talk about yourself and your past. There is nothing ego loves doing more

than talking about itself. They are very good businessmen; they know how to milk every dollar out of you by making sure you never truly heal and by making sure you endlessly come back to them. So they ask you to revisit all of your trauma, your childhood issues, and every deep hidden emotion. Not only do they make you revisit it all, but they also make you analyze it. By the law of manifestation, whatever you think about, you manifest! So as you revisit all of those inner issues, all you are truly doing existentially is recreating the same negative emotions. and by recreating those same negative emotions, you go on manifesting more events, people, reasons to continue to feel this way. It's all a well-elaborated trap. I've never seen a single person in my entire life who went to therapy and came back liberated. All that therapy does is change the position of the furniture in your mind. It makes you jump from one ego to another. always giving you the false idea that you're getting better. But really, you're just getting lost in another illusion. The mind is the source of all misery, and the mind cannot liberate the mind. You must go beyond

it. Do you even know how many therapists committed suicide in the last years? Do you know how many therapists need themselves to see a therapist? How many therapists are on prescribed drugs? They are totally unfit to heal or guide anyone at all. It is possible that sometimes in a basket filled with rotten apples, there might be a nice one hidden. A therapist that will tell you to meditate and go inward. But really, almost all of them are a pure scam. They don't know that they work for the devil, and they are very proud of the prestige and status their career is giving them. They are the perfect prey for the devil, the perfect puppet. One thing they are so good at doing is putting all of people's problems into the same basket, calling it ADHD, depression, anxiety, bipolarity, and their list of fake illnesses is almost infinite. All of this in order to drug you with some pills that take away all of your healing power and your ability to evolve spiritually. Now what about shadow work? Shadow work is basically the same science, you go on revisiting your past, your emotions, and all this nonsense. You go on trying to

understand them, which is utterly useless. And all that happens is the same as with the therapist: you recreate the energy you wish to be free from, and because you recreate it, you manifest more of it for yourself. You see, the matrix knows that most people don't have the money to see a therapist, so they found a clever way to continue to scam you even from home. They gave you a false science of healing called shadow work and disguised it as spiritual so that you can become your own therapist and scam your own self. All issues that originate from the mind are not to be dealt with by using the mind. They are simply here and making you suffer for the only reason that you do not master your mind. Your mind masters you. If your mind becomes silent, there is no past, there is no trauma, there is nothing to suffer. In inner silence, you are in inner liberation. The therapist could never know that because their whole life is a mental diarrhea. Carl Jung is a great example of this phenomenon of being only on the surface of the mind and not at the core of your existence as the soul. He did share many great quotes that I fully agree with, some

very beautiful ones such as “Until you make the unconscious conscious, it will direct your life, and you will call it fate.” “Who looks outside, dreams; who looks inside, awakes.” “I am not what happened to me, I am what I choose to become.” The only issue is people following him are stuck in the mind and forgetting the true core. Even though he had wonderful knowledge about the mind, manifestation, and the power to change, he did not fully know himself; he did not take the spiritual path like a yogi who wants to embody the divine truth beyond illusion. Instead of using real meditation methods to fully surrender and allow the false self to dissolve, allowing only God/the universe to remain. Or using some pranayamas, ways to use the breath to energize the system and enhance consciousness. He used some modern mind games, which are also of the mind, activities of the mind rather than the cessation of the mind. such as active imagination, mandalas and symbols, and dreamwork. So basically he was using everything except the true method that brings you to the core; he even would

push away the real yogic methods, justifying such a wrong move by saying, Western minds shouldn't adopt Eastern practices too quickly, because they might bypass their own unresolved unconscious material. So basically, Jung didn't practice meditation in the yogic or Buddhist sense — no deep samadhi, no breath control (pranayama), no mantra, no stilling the mind. His methods involved dialogue, imagination, symbolism, and analysis — all very mental and image-based. He remained a Western psychologist rooted in the psyche, rather than a mystic rooted in transcendental silence. This is why, yes, we can enjoy a lot of what he shared, but he should not be seen as a spiritual authority like real gurus who have transcended illusion. He is seen as someone who knows a lot about human nature, yet many feel he never touched the core of his own being beyond illusion. At some point in his life, everyone started to tell him to visit a great guru who truly knows himself beyond pretending. People went on and on telling him to visit Sri Ramana Maharshi. Carl even went to India, but as he thought about the idea of meeting

Maharshi, he was probably afraid. Afraid because everyone said that Maharshi is one of the rare beings who know themselves. While, deep down, Carl knew that he didn't know the real self beyond persona, he was a knower of the mind and how it works. So it is said that he went on avoiding Maharshi; he never dared to go meet him. As someone who pretends to know himself and the human system, it makes absolutely no sense to not see this great guru. Unless of course, you are afraid to see that you do not know as much as you thought you did, afraid to be exposed. Later on, perhaps out of discomfort or inner doubt, he began to subtly criticize the kind of deep spirituality represented by realized masters. That was an immensely wrong move to do. There are many other well-known names of people seen as authorities yet stuck in the mind. Another example is Sigmund Freud, another very well-known man that is misdirecting humanity with limited mind games. Freud, which I call fraud, was a man that was totally lost in sex. All that

he could think about was sex. Every issue anyone ever had, he would find a way to turn it around and blame sexuality. Such people who have misguided humanity often focused on only one particular thing of the mind and blamed everything on it rather than going to the true root, which is mind chatter itself. Freud was stuck in sexuality, and Alfred Adler was about drive for power and feelings of inferiority. Many other well-known names all had their own things to be stuck on, which are always surface, never the root. Yet they pretend it is the root. What those types of people all have in common is that they are utterly lost in the limited dimension of the mind, and none of them are spiritually evolved nor liberated. This paragraph is not meant to be hateful; it is meant to destroy ignorance and embrace the light of truth. It is time for us to truly elevate ourselves, to expand our consciousness, and to shine our divine essence as souls. This will never be done by using the limited science of the mind and shadow work. It will be done by going beyond the mind, living in inner silence as the soul rather than as a limited persona.

Chapter 25

Become innocent

When a baby is born, he freshly came out of the divine. The baby is already perfect; it does not have pre-made ideas of the world. He does not have an endless preset of ready made answers for every event. He looks at everything with great wonder; every moment is new to him. He does not go on comparing the now with the past or imagining the future that could come out of the moment; he simply is here, in the now. As the baby grows older, he quickly loses all his innocence and becomes corrupted by society. That is alright; it is part of the game on earth. We are all innocent at first, then corrupted. The asleep man goes on being corrupted for the rest of his life and lives in a meaningless way. While the awakened one becomes innocent once again. When you are in the state of no mind, when your mind is simply silent and fully immersed in the now, You become innocent once again. Just like the baby, you no longer compare the now with the past

and the possibilities of the future. Just like the baby, you can look at a simple leaf or an ant and be in deep wonder and admiration. Living by the mind is living a dull life. Living by the mind gives you the illusion that you know everything because you've watched some short content from videos about science, about the cosmos, about animals, because you have a meaningless degree, a paper certificate to assume how tamed you are like a good dog and endocrined, and you go on thinking you know it all while, in fact, you know absolutely nothing. This false knowing removes the colors of life and makes you more and more greedy, more and more bored and never satisfied. Now you need a big party, some alcohol, some drugs, some sex. You need to constantly go to the restaurant and not a cheap one; the more expensive the better. You always want to upgrade your material—a better car, a better phone, a better social status, any sorts of cheap dopamine to escape reality, or there cannot be any joy. You are losing all the beauty of life and becoming more and more materialistic and

fake. When you are innocent, a simple walk in the park goes on bringing you much more joy than the expensive activities of the asleep man. You can go on and take the same walk every day around your same home, and you are never bored. The person who is always thinking goes on thinking: This is boring, this place is ugly, I'd rather be walking in nature, I'd rather be there and there. They go on missing all the beauty of life. While the innocent man is in a state of no mind, every time he takes the same walk, he sees different miracles. Every day and every moment, everything changes. The plants are moving their bodies toward the sun, the trees are growing and losing leaves, and the animals are having different activities going on every day. You can simply walk and watch the plants, enjoying their beauty. Even if the city is filled with concrete and ugly buildings, your focus is on beauty. You always see the trees, each unique plant; you notice the insect, the bird. You even dare to look up at the sky! The modern asleep man cannot even stop walking and raise his head to the sky; he is way too

afraid that the other sheep will believe he does not fit in the society and that he is weird. The word innocent is seen as a negative thing nowadays. It is believed that to be innocent means to be stupid and to be easy to manipulate. This is a false idea; only an intelligent man can be innocent. If you look at Krishna, Shiva, Buddha, and Jesus, they all have the innocence I've described. It is a godly attribute. The society created by the matrix is the very opposite; it is cunning. It's always about gaining more. What can I gain from this person? What can I gain from this meeting? How can I manipulate this person to get what I want? The asleep man is always thinking about gratifying his ego and go on manipulating even his loved ones, his own family, and his own partner. The more he can manipulate people to act as he wishes, the more his ego feels powerful and important. Politics is the greatest exemple; it is where the rats of humanity reside, the hungry for fasle prestige and false power. The innocent man will speak to whoever, without having any goal, will go anywhere without

needing a specific outcome. He is simply present, silent within, fully experiencing the moment. Out of this high-quality state of being, whatever the moment demands, he will respond in the perfect way. Without wanting anything in particular, he gets everything. The manipulative and cunning person is never satisfied no matter what he gets, while the innocent one does not desire anything in particular, yet people go on gifting him, complimenting him, and loving him. The cunning one already planned the entire conversation as soon as he saw you 200 meters away. While the innocent one simply walks toward you with grace, silently, without any idea what he will say nor any expectation of what you will say. Yet, this conversation from such a man fills your heart and soul. While the conversations with the cunning people eats you alive, it feels like a chess game. Learn to keep your mind silent and to see the world once again as if you were a baby with the capacity of an adult. Your life will bloom like never before, even your relationships with everyone.

Chapter 26

Loving beyond the mind

There are some levels of quality in pretty much anything. For example, when you buy a crystal, let's say an emerald. Depending on the percentage of pure emerald next to the percentage of rock material, its value and quality change. In a similar way, love also has different qualities. Love that comes from the mind is the lowest form of quality. It has some beauty, yes, but when we see it for what it truly is, it's not the most beautiful thing anymore. Mind love people and things that gratify your ego. People go on believing and lying to themselves that they love their partner, their mother, their child, their pet, no matter what. But that is almost never true. The love for a child or a parent has more flexibility, yes, but it is not absolute. If the parents start to act a certain way that you deeply hate or that harms you, you will probably not love them forever; you will even possibly despise them. For the

child, your love is even more flexible, but if he were to commit the worst atrocity to you or your partner, again, your love might disappear. If your child doesn't turn out to be the way you wanted him to be, whether he has bad grades, becomes a wannabe gangster, becomes homosexual, doesn't want to be a doctor because he'd rather be a musical artist... many won't openly admit it, but their love has diminished. Their love is not fully gone, but there is much lack of satisfaction, and it shows in their way of speaking and behaving. They might not admit it, but the child feels it. For your pet, suddenly if they start to pee in your bed or on your couch because they have some issues; many people euthanize them. If your dog barks too much, you give it away, or even worse, a lot of people dispose of their pet once they get old; they want a fresh, lively, young pet. For relationships, that is the least flexible form of love, at least the one of the asleep men and women. First, the love is most often only possible because you are sexually attracted to the other; without the sexual attraction, the

chances that you'd ever have a date with them are very remote. After this, there is a long list of other gratifications for your ego; the person must be a certain way, talk a certain way, and act a certain way. And if they ever dare to not act in the way that you assume they should be acting, love starts to diminish immediately. So basically, as long as you gratify my ego and I gratify your ego, we will love each other. If this gratification goes away, we will fall apart. When you have a list of demands for love, such as a certain yearly salary, a certain height, a certain social status, a certain respectable job, a certain type of car and home, a certain type of body, and the list goes on and on. There is no true love in you; you're just looking for business really. The mind can only love selectively based on what it gains from this love. It's a game of gathering pleasure and security in the false name of romance. True love in its greatest form and purity arises in you naturally when you live in the state of no mind. Your true self is a soul, the soul being a particle of God, is filled with the greatest love at all

times. When thinking, you live like a robot; you are just a persona that reacts to life. When you are silent within, you are living as your true self, as the soul. From this inner silence, there is a new kind of love that arises within you. It's not about loving something or someone specifically; it's an embodiment of love. You start feeling love for absolutely no reason. Just like the sun shines regardless of what you do with the heat. You go on shining love because this is who you are. Out of this embodiment of love, the love that you share with the world, with your family, your partner, and your pet, is suddenly of an immensely greater quality. Whether your partner is rich or broke doesn't matter; you are just grateful and happy to be with this person because your love is not a fake social game. Loving someone in order to gain something is like being a beggar. It is very limiting and bound to bring a lot of trouble. To simply become love and to be fulfilled by yourself. This allows you to no longer be like someone who is milking a cow; you're not trying to milk the love out of everyone to

satisfy your ego. You simply love. There is no specific demand. You know how the person is, you've accepted them for what they are, you simply love them. Since you have no specific demand for your partner, there is a great freedom, and out of this freedom, all relationships bloom in their greatest possibilities. Not only relationships, but also your own being. Even when you look at the eyes of a true realized man or woman, someone that is truly enlightened and living in inner silence, fully present. You can see in their eyes something very divine, very Godly. It feels like tremendous love, yet it does not feel like the love is for anything in particular. Love is their natural perfume, which originates from within. I've often seen this divine beauty in some realized beings like Osho, Sadhguru, Ram Das, Yogananda, Mooji, and many others. Just to look at their eyes, if there is any receptivity in you, it activates something in you; it brings you closer to your center, closer to truth. A lot of people have said that when they listen to such realized beings or even just sit next to them,

they immediately start to feel very meditative, very silent, and present. Yet the gurus are not trying to do anything to you; they just are. They are fully here in the now. Can you imagine how much your life could become a blessing to the world if you were to become another beacon of energy that emanates love and evolution everywhere you go? I consider myself to not even be 50% evolved like those divine beings I mentioned, yet, at work with the clients, or when I send audio messages to people from social media platforms. It happened several times that people have told me that my being has affected them, that they felt calm when around me, they felt like if they were in space, they felt more like a soul rather than a person. So you don't even need to be as evolved as those gurus to truly make a difference. You just have to live your life centered in the core of your true being as the soul as much as possible. In inner silence, this is the soil where true unconditional love grows and blooms. Don't believe me; don't make it into a theory. Experience it for yourself. Do the inner work

to live in no mind, and see how your love begins to change for the best.

Chapter 27

How no mind prepare you for the beyond

In order to be ready for the beyond, you must have a certain mastery over your mind. When I say ready for the beyond. I am referring to higher densities than the 3D. Densities are the speed at which energy vibrates. For example, the human body and mind that we know are of a 3D quality. 4D is higher; it is known as time. It is much more than this, but let's keep it simple. Then we have the fifth density, the 5D. This is the realm in which we go when we astral project. Anyone who astral projects on a regular basis will know about what I will describe; if you never did it, it will give you an idea at least. In the astral realm of the 5D, whatever you think about will instantly manifest. If you want an apple in your hand, simply firmly believe that an apple is already in your hand, and there it is; it instantly manifests. This manifestation power does not only apply

to materializing things but also applies to creating an entire environment. If you feel blissful, at peace, and centered, then your surroundings in the astral realm are nice and pleasant. If you start to feel anxious with any negative emotions, suddenly the day can turn into the night. A beautiful garden can turn into a scary place. Negative entities can appear.
As you feel those low vibrations, if you simply elevate your energy once again, back in love and peace. Once again the night becomes the day, the negative entities disappear, and all is well. This can give you an idea of how your manifestation power in higher density is immediate. Here in the 3D, your manifestation power tends to be very slow. It tends to take a lot of repetition of an affirmation and a lot of consistency with an emotion to succeed at creating any desired reality. The 3D is denser; it vibrates slower. This is why your manifestation powers are slower as well. Thank God it is slower! Because if it weren't, can you even imagine how much chaos and misery you would have manifested with such an untamed

mind?! If everything you thought about would come true, there would be much more trouble than peace in your life for sure. So this plane of existence is like an egg in which you are supposed to grow and evolve. Once you can master your mind here, you are ready to enter the higher densities of existence with a certain mastery over the mind. You have become a little more mature. Someone who thinks all day long and is lost in the play of his or her mind is not a mature person. This person is still an infant, unfit for real life. Only once you master the mind you become fit for the beyond. Some people master their mind by the science of bhakti, by the intense focus on God only. Rare are those who succeed, but it does exist, and it surely is of the highest paths. There is the path of no mind, which is to simply master your mind by living in inner silence. Just like there is a path where both of them merge. This one surely is the highest. To fully master inner silence and to consciously feel God on a daily basis.

Chapter 28

The tao that can be named cannot be the tao

Here is a quote from one of my favorite books ever, the Tao Te Chin. The tao that can be named cannot be the tao. Why is this quote so meaningful? First. What is the Tao? As the quote explains, you cannot truly name it nor explain it. So let's give it a very simple understanding for the sake of this book. The Tao is a natural energy of nothingness; it's an energy that makes everything work in the universe without the need of any effort, yet it is nothing. To be connected to the Tao beyond pretending, one has to become silent within. The reason why I used this quote is because it is connected to enlightenment. Anyone who claims to be enlightened most likely is not. When your mind truly is fully silent, it immerses you in the now, and at this very moment you are enlightened. Enlighenment is a state of being that you can have now and lose

in the next moment. You cannot just keep it as a trophy. You can only do your best to maintain it as much as possible. When you truly begin to live in this state of no mind, which is free of thoughts, you begin to lose all sense of identification. Whatever follows the words "I AM" can only be temporal, therefore can only be of illusory nature. As soon as one says I am enlightened, he most likely has lost his center and is back in ego, in the mask of persona. Not only this but pride also arise. Pride is one of the seven deadly sins. To master the state of no mind, which brings liberation, you will have to let go of all labels. You can no longer be enlightened, just like you can no longer be a canadian, an american, or an indian. All of those labels are ignorance. Learn to simply be, and great peace will come out of this way of living. Even if you live as a yogi, doing your daily meditation, pranayama, yoga asanas, and all. Don't go on telling the world that you are a yogi, or it will backfire; it will grow an ego in you and put limitations on your growth. It will keep you away from being one

with the Tao, one with nothingness. If someone asks you, are you a yogi? It's alright to say something like: You could say so, I use yogic practices on a daily basis. That is fine. Just make sure to not stick the label on your face, because the mask will be heavy and limit your expansion of consciousness. It is pretty easy to identify a fake person who pretends to be evolved spiritually. They often go on and speak in terms of labels endlessly. One of the greatest examples is kundalini. Pretty much anyone who speaks about their kundalini experience is almost certain to just be a bunch of nonsense. They go on and say things like: My kundalini has awakened; since then, I've had lots of health issues, and my father's wound and inner child problems have resurfaced. bla bla bla. All nonsense. Kundalini is never sleeping; it is active in all of us, or we would be dead. Those people simply made an ego around the phenomenon of kundalini. Just like those who focus on twin flame stuff, astrology, and the list goes on and on. The more label someone wears, the clearer it is that they haven't advanced

much. When enlightened truly happen to you, as your mind is silent, you start to gain more and more knowledge of the self, of the universe, of why things are the way they are, so on and so forth. The more you know experientially, the more you know that you do not know. This knowing of your own ignorance humbles you rather than boost your ego and make you speak with fancy terms. As you realize enligthenment for the first times, you quickly find out that enligthemend goes away much faster than it comes. It can take a while to center yourself in inner silence, yet it can take only a second to break the silence. As one truly embodies enlightenment beyond pretending, he finds out that he falls from grace hundreds of times a day, if not thousands. This too humbles him. So he would not dare to go on and say, I am enligthened. To truly master the state of no mind, let go of all labels as much as possible. Lack of intelligence is making simple things complicated, like those people in Facebook kundalini groups and such who always speak with 50,000 labels. Intelligence is

making simplicity out of that which is complicated. So learn to be simple, learn to live simple, and simply constantly get better every single day, more and more silent within, more and more still within. Out of this simplicity, you will bloom immensely.

Chapter 29

No mind is the only true maturity.

In this robot-like lifestyle that the matrix has imposed on us, we have been brainwashed to have a false meaning to the word maturity. We have been made to believe that maturity is about the body aging, that it is about having a career and advancing into it, that it is about paying your bills on time, getting a house, building a family, and such things. But in fact, any pure idiot can do any of this; it does not require any intelligence at all. I have seen it again and again: age does not mean evolution, having a kid does not mean having wisdom, and having prestige does not mean having existencial value. A young fool simply grows into an old fool. Whatever you are, you go on becoming more of it. So if aging does not bring maturity, nor does advancing in society, what is true maturity? True maturity comes with the

embodiment of truth. As you have been reading this book, you now clearly know that without the state of no mind, you cannot truly know yourself. Without the state of no mind, you go on manifesting misery in your life from your never-ending thinking, because every thought is a prayer, every thought is a manifestation. Without the state of no mind, you go on suffering your imagination of the future and your memories of the past. Without the state of no mind, you do not live; the mind lives for you. Without the state of no mind, you are never present in the now; without being present in the now, what is the point of even being alive? There is no point in talking about maturity if you still believe to be the body and the mind. If you still care about this fake society and desire to fit in it. You didn't get any maturity; you've only grown old toward the grave. A truly mature man or woman knows the self by experience; as he or she knows the self by experience, this person also does their best to embody this knowing at all moment of every day by keeping their mind silent and

being centered within themselves rather than being consumed by the physical world of ilusion. When you become mature, you are beyond desires, not in the sense that you don't enjoy money, food, a house, and any of that; there is nothing wrong with all of this. Rather, in the sense that you do not need your desires to be fulfilled in order to be fulfilled yourself. You are complete; you know that love, joy, bliss—it all come from inside. You accept life as it is while doing your best to create better, without being focused on the fruit of your action. You learn to enjoy the journey instead of only thinking about the destination. Liberation and maturity come together. As you took this birth in maya, in the illusive physical world, it is all a game. To beat the game, you must remember and embody your true self. When you do, only then you can know yourself to be mature; it is your rebirth. The first birth is of the material nature; it is just two bodies that had sex, and existence did its work to keep you alive and growing in the stomach of the mother, then you came out of the womb.

It is the entry in maya. It does not guarantee any growth for the soul. The second birth is when you die while being alive. At this moment, all that you believed to be truth is now known to be false. You suddenly know by experience—not intellectually, really by experience—that you are not the body nor the mind. This phenomenon has many names. Some call it the Christ consciousness, Krishna consciousness, Buddha, or Enlightenment. It has so many labels that there is no point in even indentifying with the label. In fact, if you do identify with the label and start saying, I am enligthen. You will become proud, you will wear the label, and because you are wearing it, ego is created, then it is lost. Do the work to realize it all while remaining silent. Be an undercover yogi; great maturity will come to you. Some people will be able to use the simple methods in this book to create inner silence, while some people will make it too complicated for no reason, most people probably will. There is another fact to take into consideration to create inner silence and evolution of the soul.

It is to feed your energetic body. We have many layers of body, and there are three main ones: physical, mental, and energetic. The energetic layer is the most important one because it is the foundation of the mental and physical. When you use the proper yogic methods to feed this energetic body, your vibration elevates and your consciousness expands. To be in high vibration and to expand your consciousness will also naturally bring you to inner silence. Just see, when you are in a very calm and vibrant environment, in nature next to the river or the ocean, suddenly your mind is silent, you feel light, you feel fresh. Instead of requiring an external environment, you can create your inner environment that way as well. You see, the human system needs maintenance. When you buy a car, you don't question it; you simply know that you must do some oil changes and basic maintenance or your car won't work anymore. The same applies for the human system; it needs its maintenance. For the car, the maintenance is needed only each certain amount of months; it

is a very poor technology next to your human system. Your body being the greatest creation on earth, maintaining it once every couple of months is not enough; it requires daily maintenance. If you nourish it the right way with real efficient spiritual practices, you will be amazed at how your life will change for the best. You will realize liberation, evolution, and much more. To use those ancient yogic methods that exist since thousands of years and are still up to date today due to their immense efficiency, start Spiritual Growth Academy by clicking here.Thank you for reading this book. May you grow in inner silence and bliss and embody the truth of your being at every moment of your life.

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