

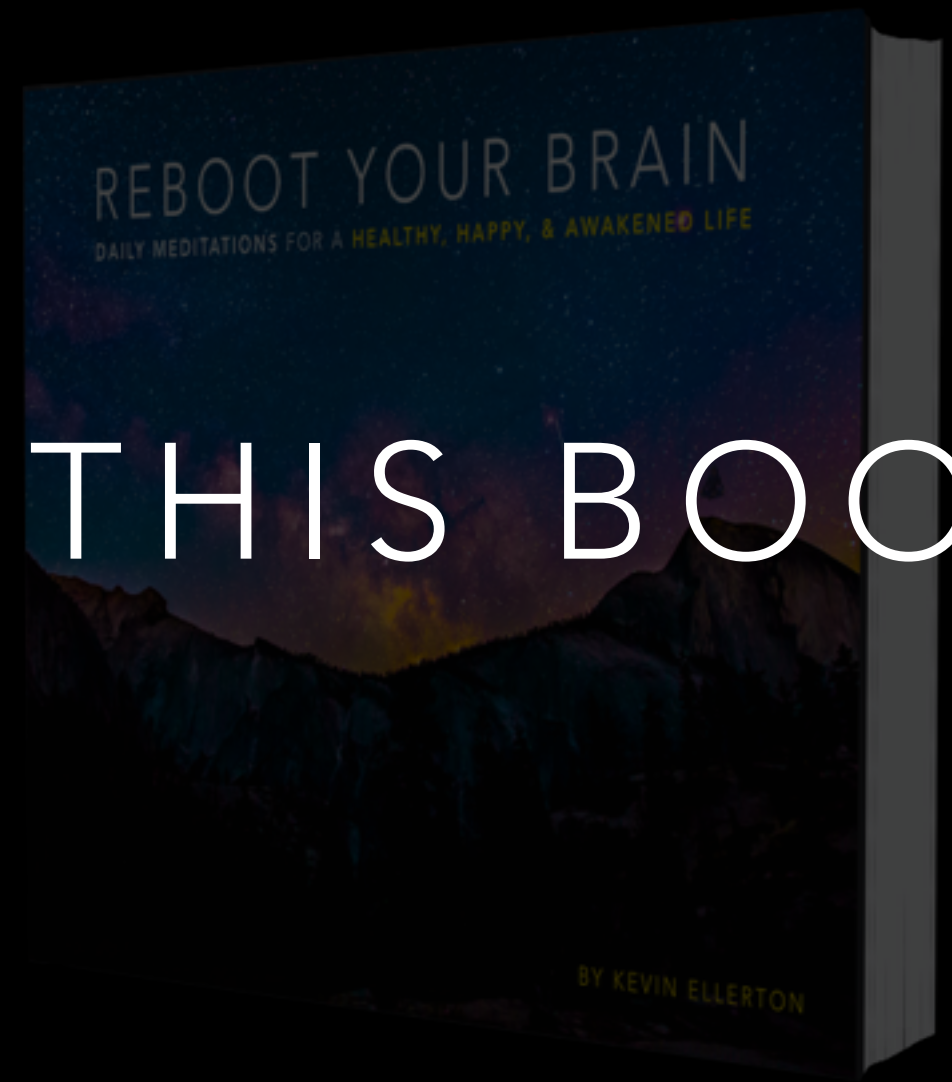
# REBOOT YOUR BRAIN

DAILY MEDITATIONS FOR A HAPPY, HEALTHY & AWAKENED LIFE



BY KEVIN ELLERTON

# HOW TO USE THIS BOOK



THIS IS A BOOK OF MEDITATIONS.

IT IS NOT SUPPOSED TO  
TEACH YOU SOMETHING NEW,

BUT TO REMIND YOU  
OF THINGS YOU ALREADY KNEW.



READ THEM, OUT LOUD,  
EVERY MORNING,

WITH CONCENTRATION  
AND CONTEMPLATION,

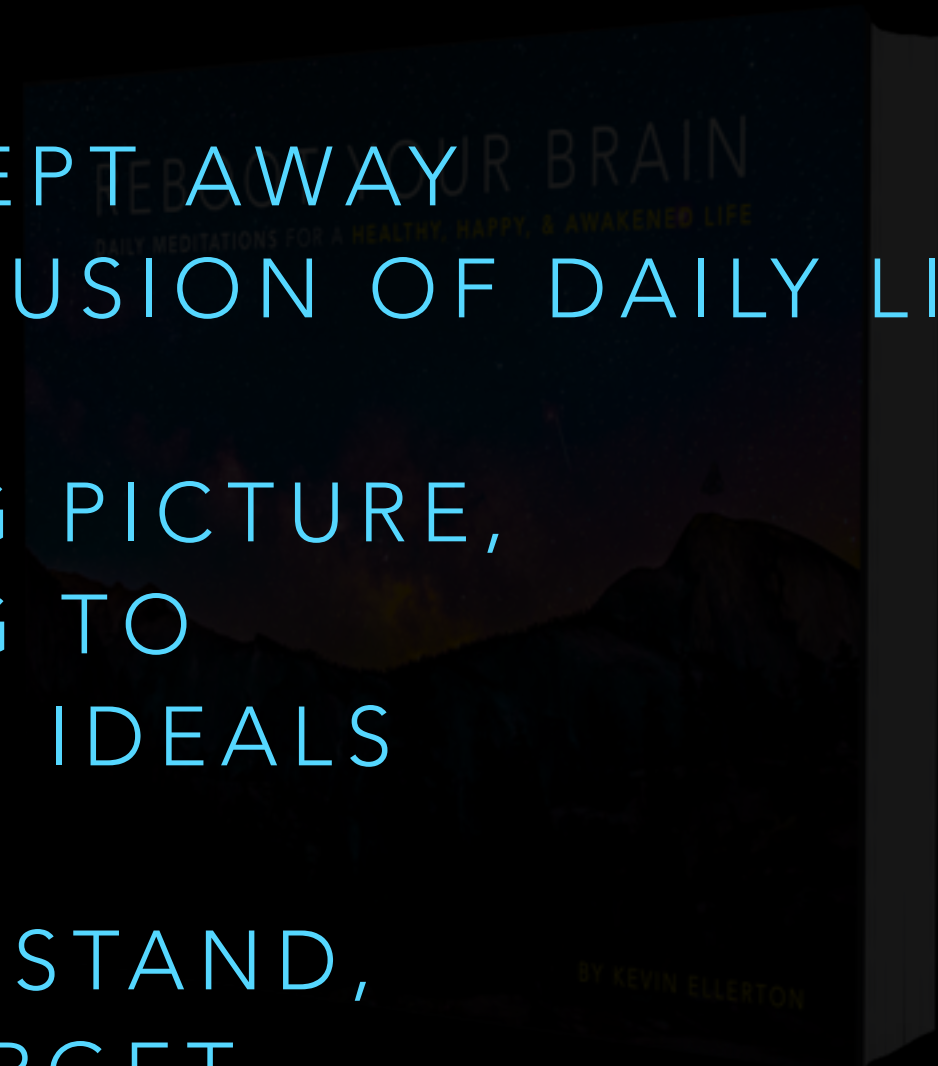


TO HELP YOU LIVE EACH DAY **MINDFULLY**,  
WITH WISDOM & HAPPINESS,

INSTEAD OF GETTING SWEEPED AWAY  
BY THE CHAOS AND CONFUSION OF DAILY LIFE,

LOSING SIGHT OF THE BIG PICTURE,  
CONSTANTLY STRUGGLING TO  
LIVE BY THOSE UNIVERSAL IDEALS

THAT ARE EASY TO UNDERSTAND,  
AND JUST AS EASY TO FORGET.

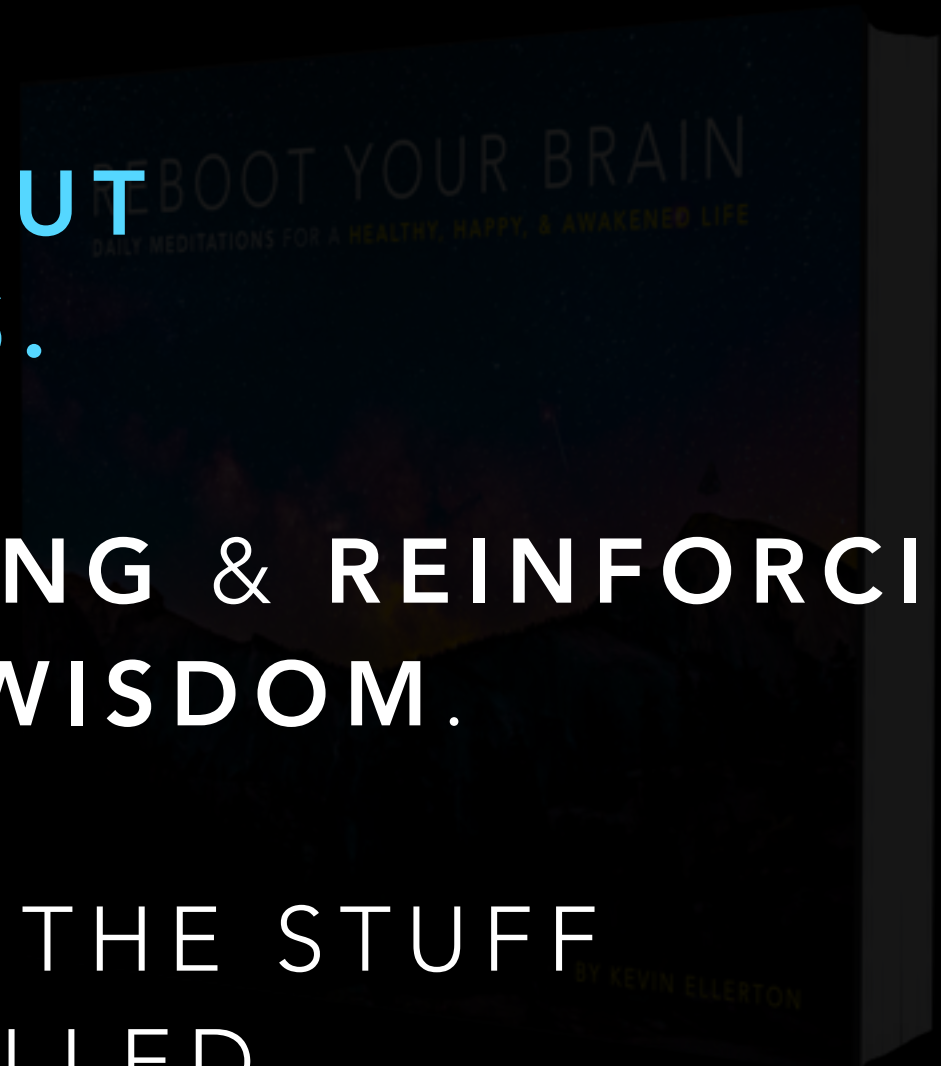


**SKIM NOT** THROUGH THIS BOOK,  
SEARCHING FOR NEW KNOWLEDGE &  
UNDERSTANDINGS.

**THIS BOOK IS NOT ABOUT**  
**LEARNING NEW THINGS.**

IT'S ABOUT **REMEMBERING & REINFORCING**  
**YOUR OWN INHERENT WISDOM.**

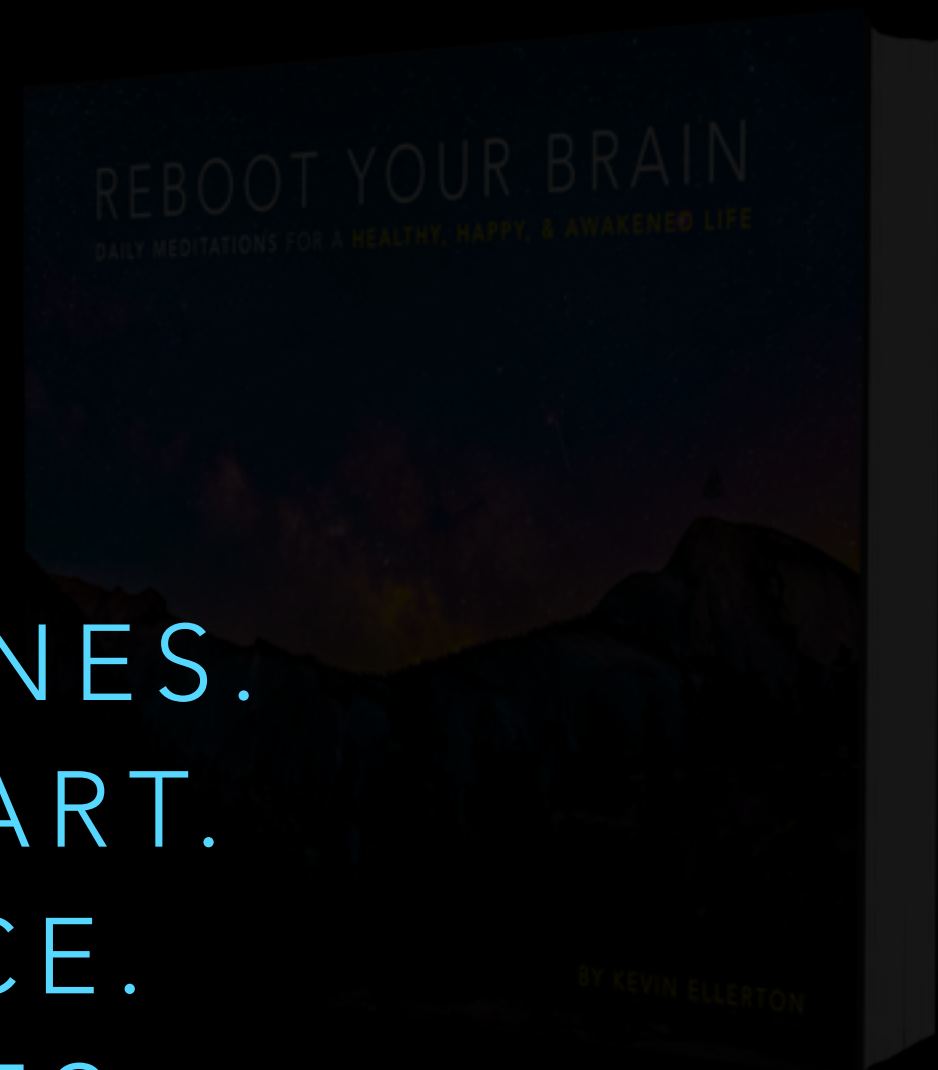
IT'S ABOUT **ACCESSING** THE STUFF  
THAT COMES PRE-INSTALLED  
ON EVERY HUMAN BRAIN.



TAKE A MOMENT TO  
LET EACH MEDITATION SINK IN.

CLOSE YOUR EYES.  
BREATHE INTO IT.

FEEL IT IN YOUR BONES.  
FEEL IT IN YOUR HEART.  
FEEL IT IN YOUR FACE.  
FEEL IT IN YOUR TOES.



CONTEMPLATE.

ABSORB.

MEDITATE.

MARINATE.

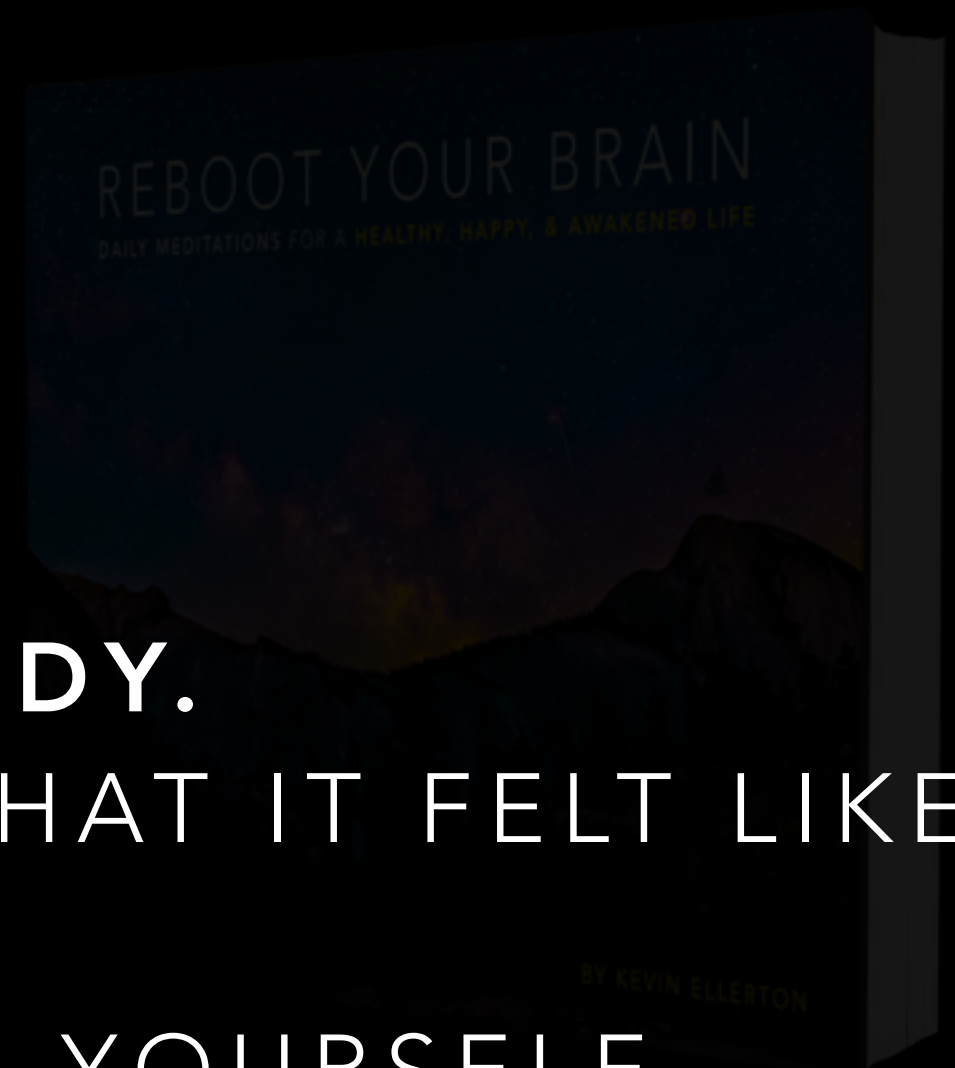
**LET EACH INSIGHT**

**SOAK INTO YOUR BODY.**

TRY TO REMEMBER WHAT IT FELT LIKE

THE FIRST TIME

YOU REALIZED IT FOR YOURSELF.



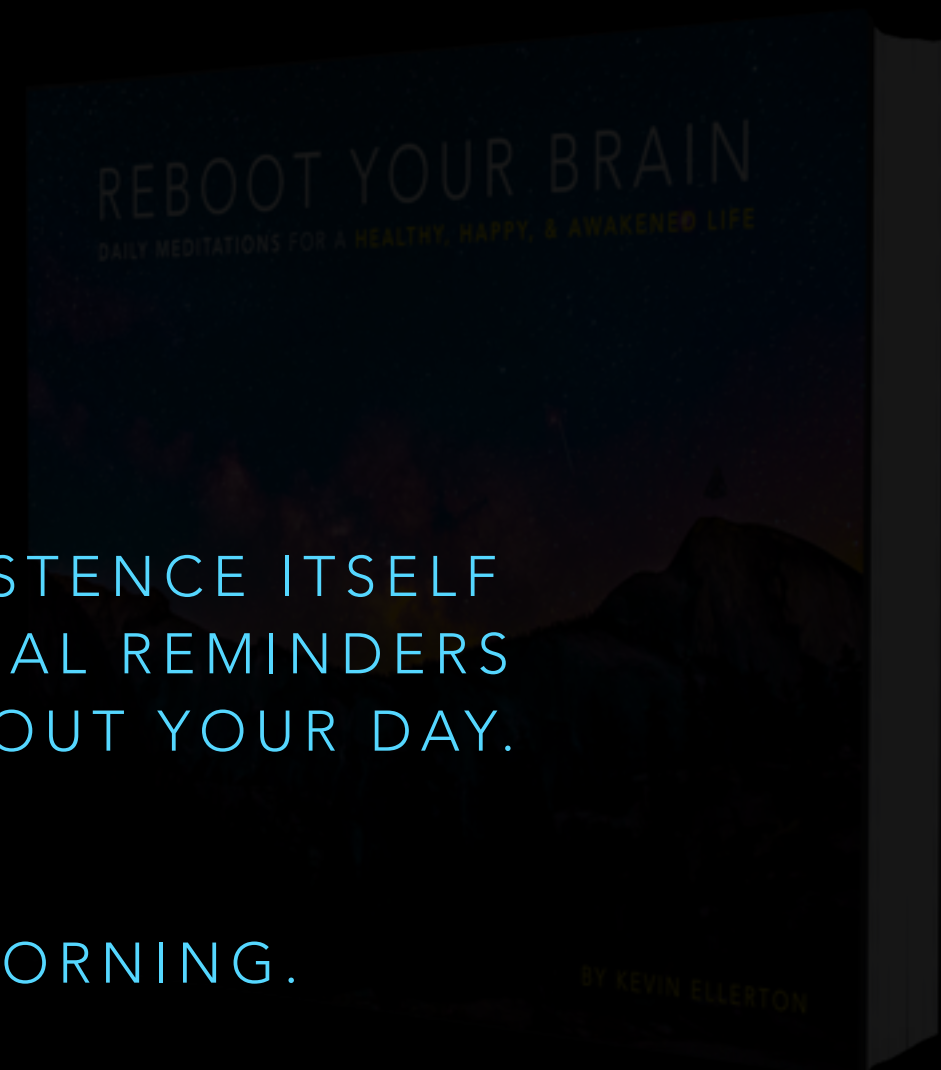
THERE ARE SIX SECTIONS  
IN THIS BOOK:

- 1.MEDITATION
- 2.EXISTENCE
- 3.CONSCIOUSNESS
- 4.BEING ALIVE
- 5.HAPPINESS
- 6.HEALTH

STARTING WITH THE BEDROCK OF EXISTENCE ITSELF  
AND MOVING TOWARD MORE PRACTICAL REMINDERS  
THAT YOU CAN IMPLEMENT THROUGHOUT YOUR DAY.

PERSONALLY, I TRY TO GO THROUGH  
ALL OF THESE MEDITATIONS, EVERY MORNING.

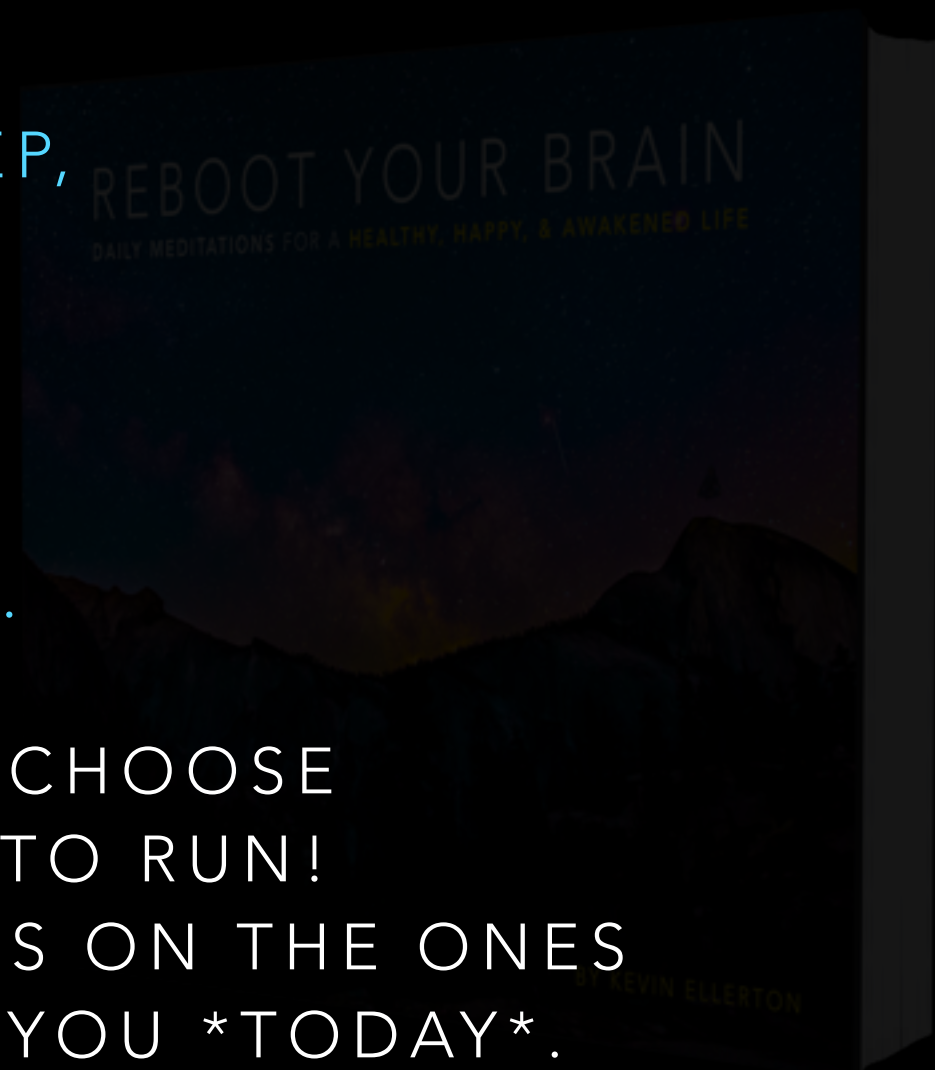
THIS KEEPS ME ON TRACK,  
DAY AFTER DAY.



THE WAY I SEE IT, IT'S LIKE  
BOOTING UP A COMPUTER.  
THESE MEDITATIONS  
ARE THE PROGRAMS  
THAT I WANT MY BRAIN  
TO RUN ON, ALL THE TIME.  
EVERY NIGHT WHEN I GO TO SLEEP,  
THE PROGRAMS POWER DOWN.  
THEY NEED TO BE  
RESTARTED EVERY MORNING,  
IF I WANT THEM TO BE RUNNING  
DURING THE COURSE OF THE DAY.

YOU CAN, OF COURSE, PICK AND CHOOSE  
THE PROGRAMS THAT YOU WANT TO RUN!  
IF YOU HAVE LIMITED TIME, FOCUS ON THE ONES  
THAT ARE MOST IMPORTANT FOR YOU \*TODAY\*.

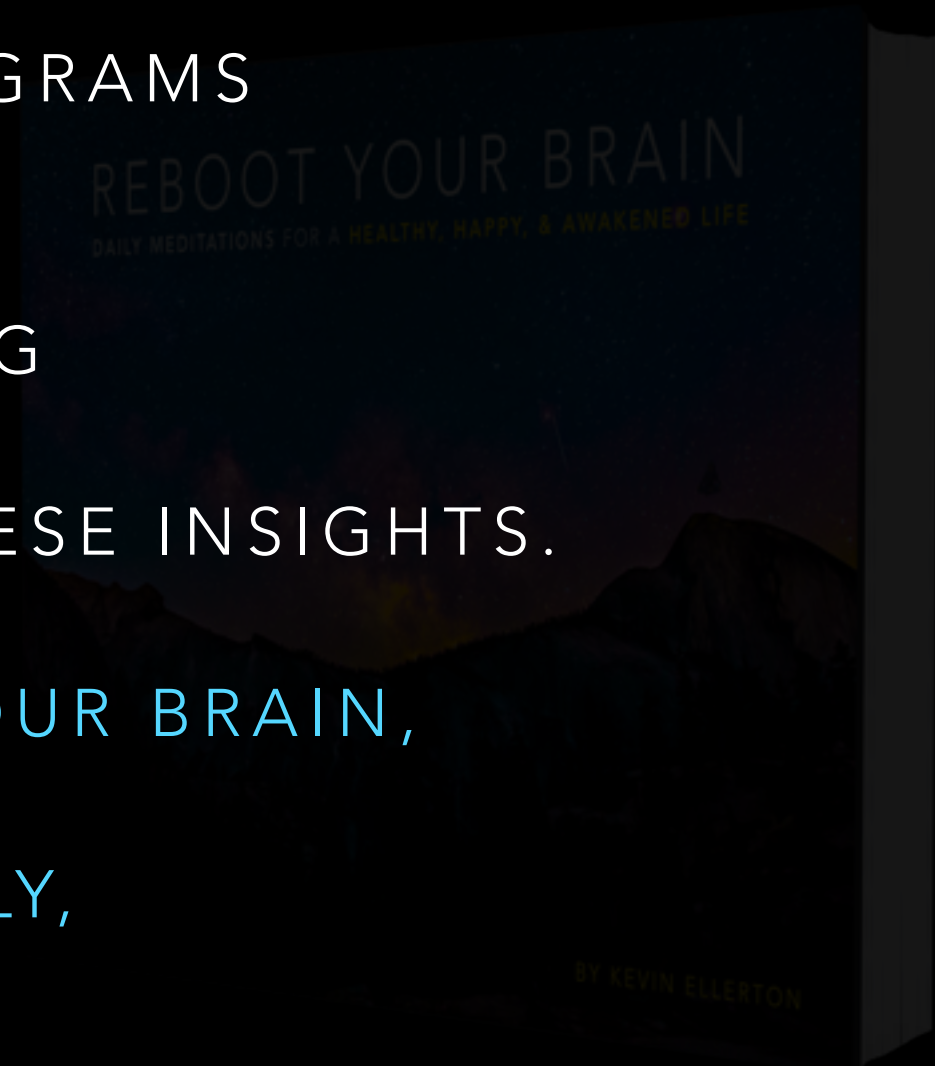
LASTLY, YOU CAN ADD MORE PROGRAMS,  
MORE REMINDERS, MORE MEDITATIONS,  
IN THE BLANK PAGES AT THE END OF THIS BOOK.



BY MEDITATING ON THESE INSIGHTS EVERY MORNING,  
YOU'RE DOING MORE THAN JUST  
REBOOTING YOUR WISDOM PROGRAMS  
ON A DAY-TO-DAY BASIS.

YOU'RE ACTUALLY RE-ENFORCING  
THE NEURAL CONNECTIONS  
THAT ARE ASSOCIATED WITH THESE INSIGHTS.

YOU'RE LITERALLY RE-WIRING YOUR BRAIN,  
TO LIVE MORE CONSCIOUSLY,  
MORE HAPPILY & MORE HEALTHILY,  
FOR THE REST OF YOUR LIFE.



## DISCLAIMER:

**I DIDN'T WRITE THIS BOOK FOR YOU.**

I WROTE IT FOR MYSELF.

I'VE BEEN JOTTING DOWN THESE "REMINDERS" FOR YEARS, IN A LITTLE LEATHER-BOUND JOURNAL I CALL MY "PRAYER BOOK." I WRITE THEM DOWN AND READ THEM REGULARLY, IN ORDER TO INGRAIN THEM IN MY MIND, TO KEEP MY DESIRED MENTAL PROGRAMS RUNNING CONSISTENTLY.

SOME OF THESE MEDITATIONS MAY BE DIFFICULT TO UNDERSTAND AT FIRST. FOR THAT REASON, I'VE INCLUDED EXPLANATIONS AT THE VERY END OF THE BOOK, TO CLARIFY A FEW OF THE MORE ABSTRACT MEDITATIONS. THE EXPLANATIONS ARE MEANT TO GIVE YOU AN INITIAL UNDERSTANDING — NOT TO BE READ EVERY DAY. MEDITATIONS THAT HAVE EXPLANATIONS ASSOCIATED WITH THEM HAVE AN ASTERISK \* IN THE CORNER OF THE PAGE.

ALSO, EVERY HUMAN BEING IS DIFFERENT. DUE TO THE WEIRD, INDIVIDUAL & SUBJECTIVE NATURE OF LIFE IN GENERAL, SOME MEDITATIONS MAY RESONATE WITH YOU MORE THAN OTHERS.

I ENCOURAGE YOU TO TRY OUT ALL OF THE MEDITATIONS TO SEE HOW THEY FEEL, BUT IF YOU FIND ONE THAT DOESN'T DO ANYTHING FOR YOU, FEEL FREE TO SKIP OVER IT :-)  
CROSS THINGS OUT IF YOU WANT TO. THIS IS YOUR BOOK NOW. ENJOY IT. I HOPE IT IS AS USEFUL TO YOU AS IT IS TO ME.

NAMASTE. MAY YOU BE WELL.



# MEDITATION

REBOOT YOUR BRAIN



**STOP FOR A MOMENT  
TO REST YOUR BRAIN.**

**TAKE A BREAK  
FROM THINKING.**

**LET YOUR MIND  
SETTLE DOWN.**



JUST LET GO  
OF THE THOUGHTS  
THAT POP UP  
SO YOUR MIND  
CAN BE CLEAR  
AND YOU  
CAN BE **HERE**.



**BECOME CONSCIOUS**  
**OF YOUR EXPERIENCE**  
**OF EXISTING**  
**HERE & NOW.**



WAKE UP  
INTO YOUR  
EXPERIENCE  
OF BEING ALIVE  
IN THIS MOMENT.



BECOME CONSCIOUS  
OF HOW  
THE BODY IS BREATHING.

BECOME AWARE  
OF HOW  
THE HEART IS BEATING.

**FEEL THE SENSATIONS  
OF BEING  
HERE.  
NOW.  
IN THIS BODY.**



**STOP TURNING PAGES.  
STAY ON THIS ONE FOR A FEW MINUTES.**

**SET A TIMER**  
FOR HOWEVER LONG  
YOU'D LIKE TO MEDITATE.  
(I RECOMMEND 5+ MINUTES.)

**JUST BE HERE  
IN YOUR BODY  
AS IT BREATHES,  
FEELING THE SENSATIONS  
AS YOU INHALE & EXHALE.**

**CLOSE YOUR EYES.**  
KEEP OBSERVING THE BREATH  
UNTIL THE TIMER SOUNDS.



NOW TAKE ONE LAST MOMENT  
TO **JUST SIT** IN  
**S T I L L N E S S**

AND **LISTEN** TO THE  
**S I L E N C E**  
THAT UNDERLIES ALL SOUNDS

AND **REST YOUR MIND**  
IN THE PURE, CLEAR, EMPTY  
**C O N S C I O U S N E S S**  
— THE **S P A C E** IN WHICH  
ALL OF YOUR THOUGHTS  
AND EXPERIENCES ARISE.



# EXISTENCE

THE GREAT MYSTERY





WHY DOES  
**ANYTHING**

E X I S T

IN THE FIRST

PLACE?



WE CANNOT KNOW  
EXISTENCE ITSELF.

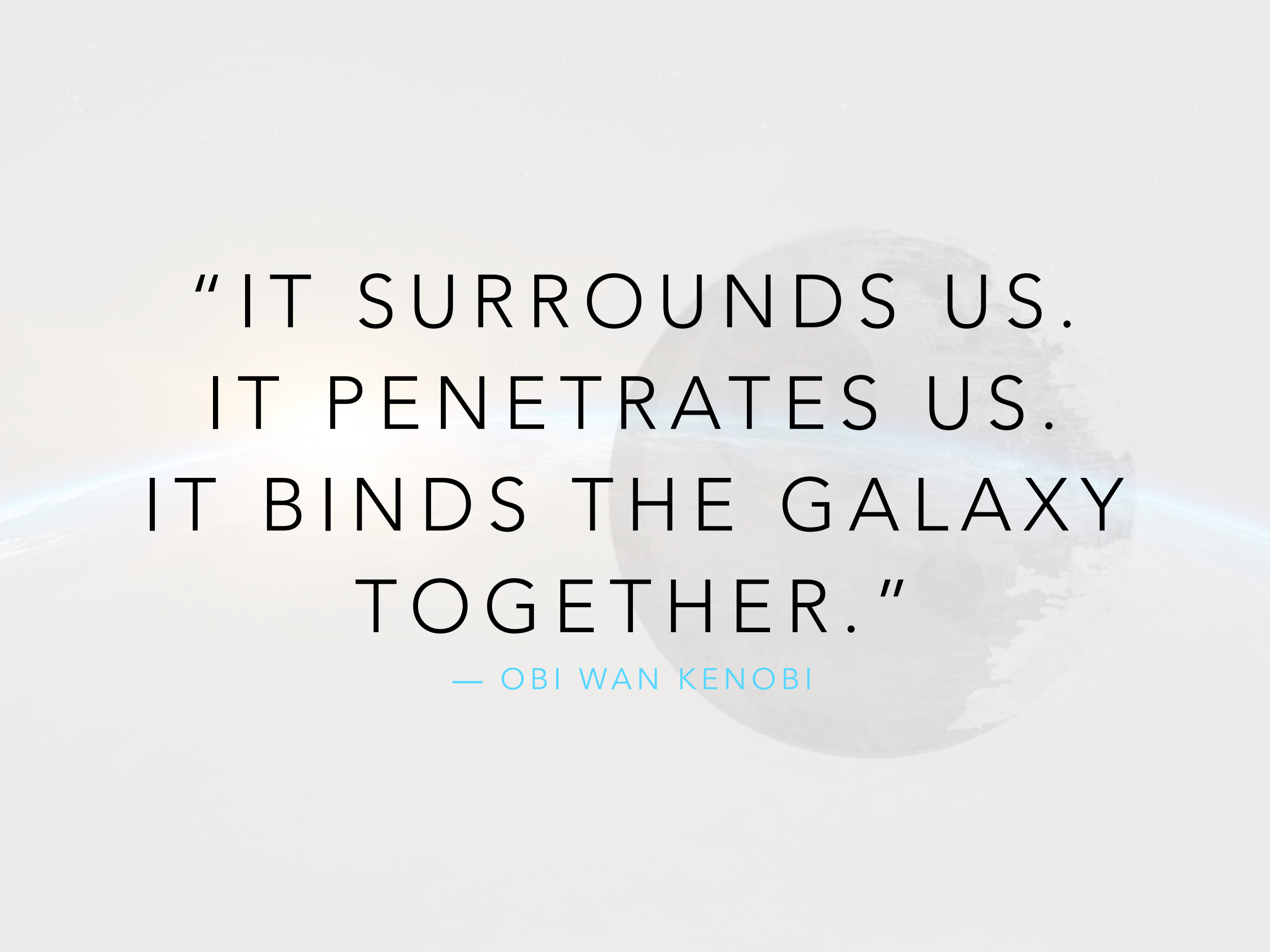
WE CAN ONLY  
BE IT.



**FEEL THE FABRIC  
OF REALITY**

UNDERLYING  
EVERYTHING  
AROUND YOU:  
THE SPACE.  
THE OBJECTS.  
EVEN YOURSELF.





"IT SURROUNDS US.  
IT PENETRATES US.  
IT BINDS THE GALAXY  
TOGETHER."

— OBI WAN KENOBI

EVERYTHING IS  
PERFECT AS IT IS.  
LIKE THE SKY  
& THE CLOUDS  
& THE TREES.  
ULTIMATELY,  
EVERYTHING IS JUST  
EXISTENCE ITSELF.



**WE ARE  
EXISTENCE  
EXPERIENCING  
ITSELF.**



A close-up, artistic photograph of a person's face, focusing on the eye area. The person's skin is fair with visible freckles. Their hair is dark and slightly tousled. Instead of a natural eye, the right eye socket contains a realistic image of the Earth from space, showing blue oceans and green landmasses. The lighting is warm and soft, creating a contemplative mood.

# CONSCIOUSNESS

WE ARE EXISTENCE,  
EXPERIENCING ITSELF.

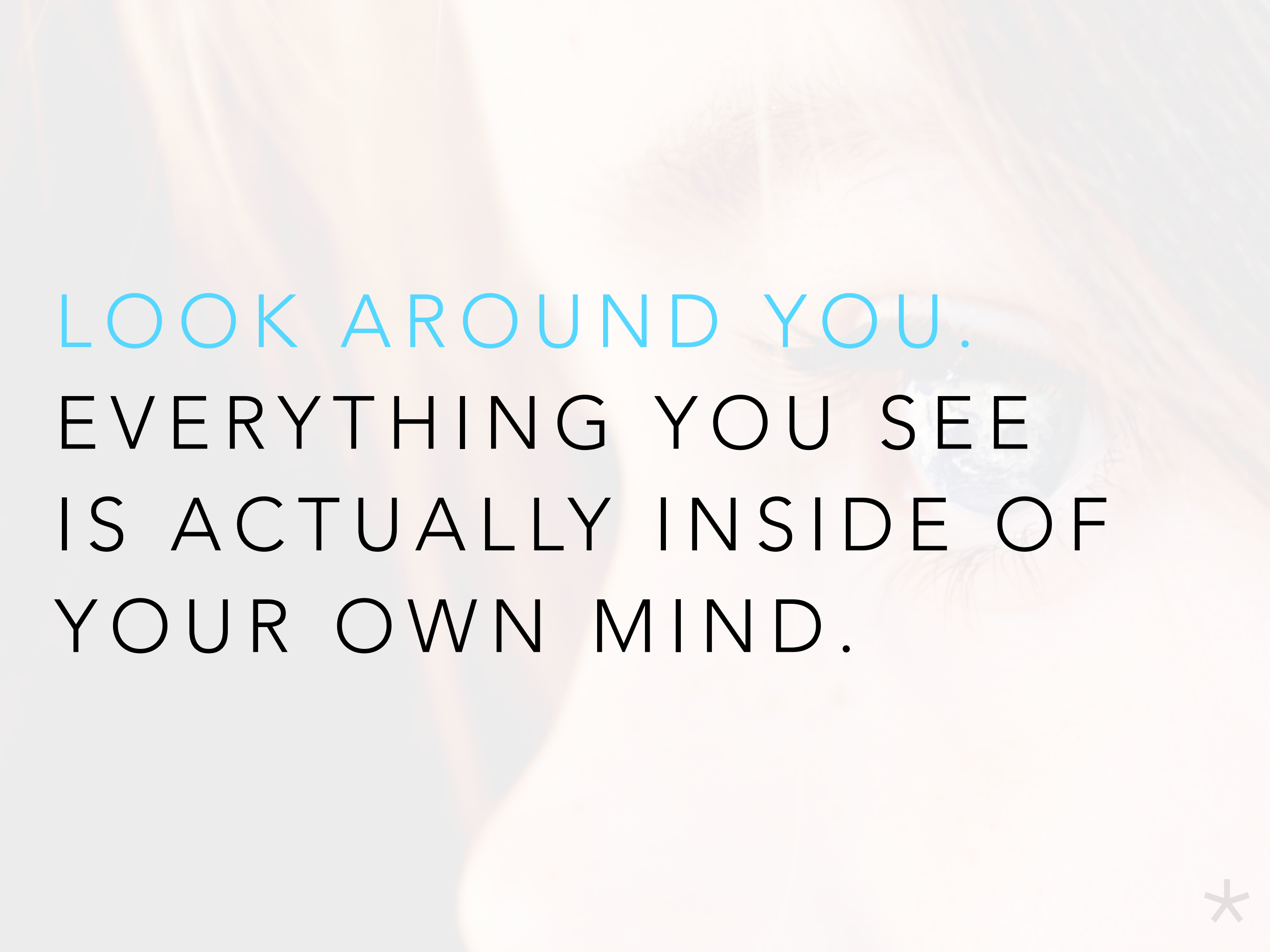
A close-up of a human eye, looking directly at the viewer. The iris is a light blue color and features a clear reflection of the Earth, showing continents and oceans. The eye is framed by long, dark eyelashes. The background is a soft, out-of-focus light blue and white.

BECOME AWARE  
OF THE PURE, EMPTY  
SPACE

WITHIN WHICH  
THOUGHTS,  
SENSATIONS &  
EXPERIENCES ARISE.

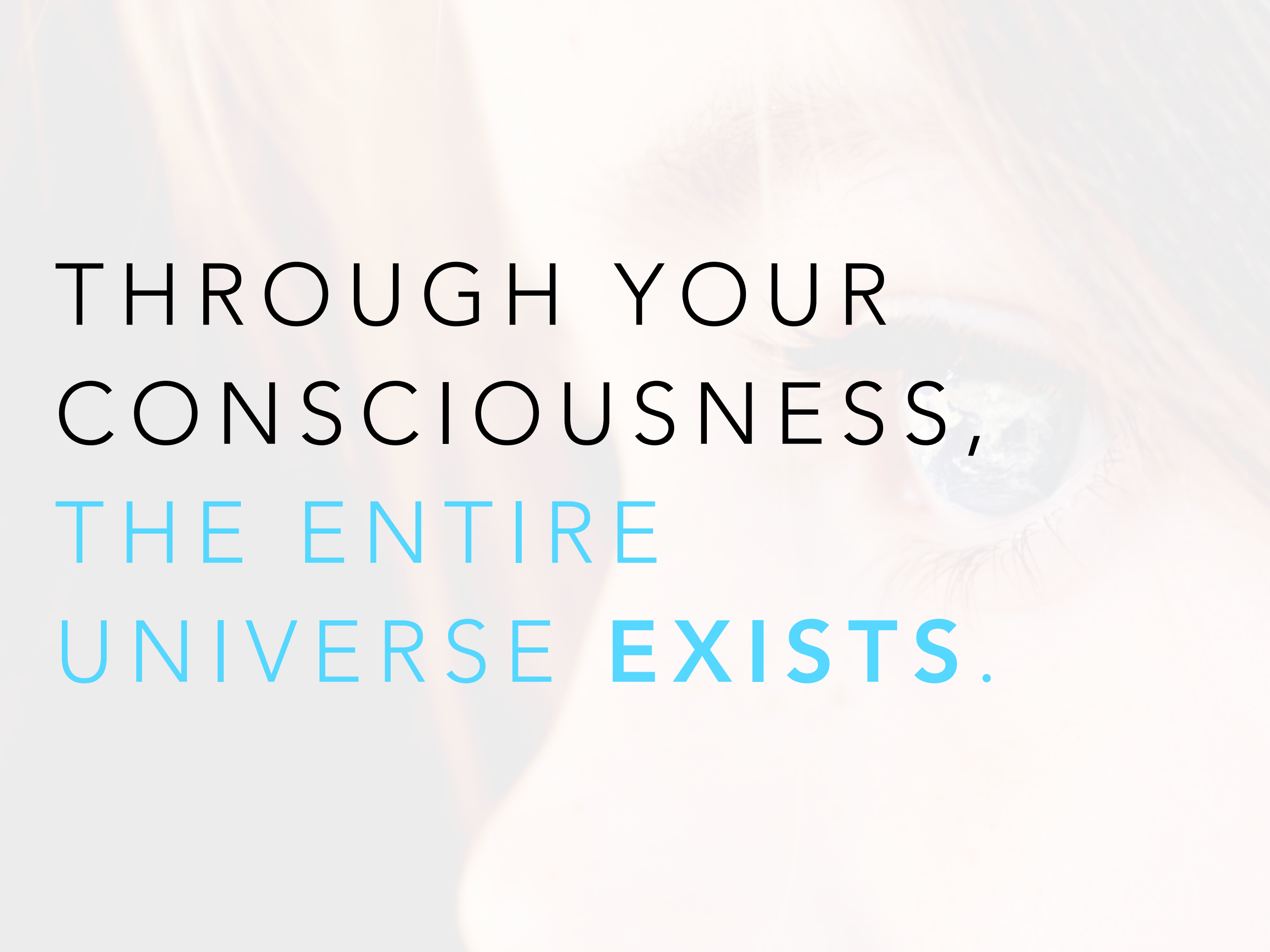
EVERYTHING  
THAT YOU  
**EXPERIENCE**  
ARISES WITHIN  
THE **PURE**  
**EMPTY SPACE OF**  
**CONSCIOUSNESS.**





LOOK AROUND YOU.  
EVERYTHING YOU SEE  
IS ACTUALLY INSIDE OF  
YOUR OWN MIND.





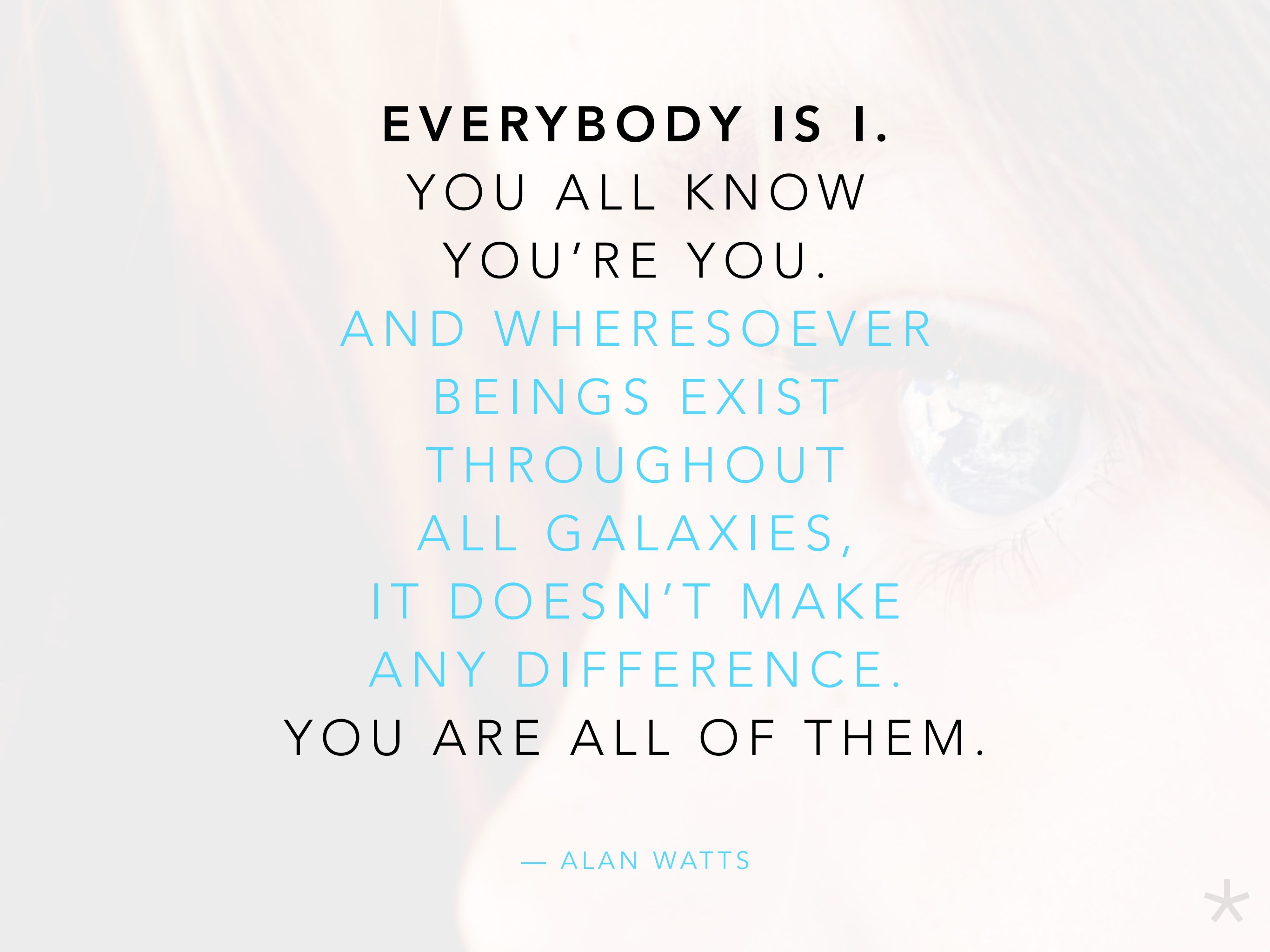
THROUGH YOUR  
CONSCIOUSNESS,  
THE ENTIRE  
UNIVERSE EXISTS.

EACH AND EVERY  
CONSCIOUS BEING  
EXPERIENCES EXISTENCE  
THROUGH THE SAME,  
PURE, EMPTY, RECEPTIVE  
CONSCIOUSNESS.



AND  
WE ALL  
CALL IT  
"ME."

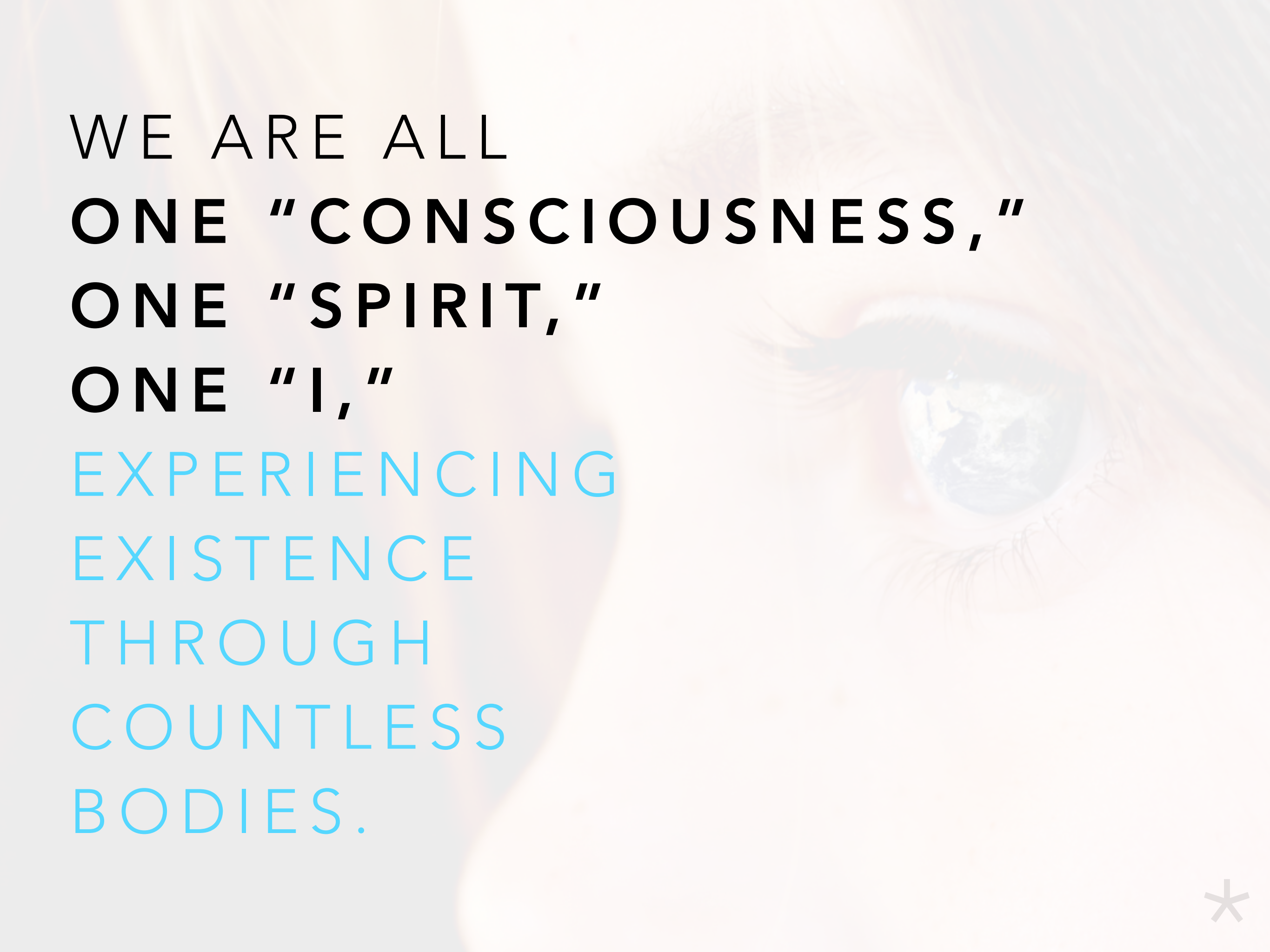




**EVERYBODY IS I.**  
YOU ALL KNOW  
YOU'RE YOU.  
AND WHERESOEVER  
BEINGS EXIST  
THROUGHOUT  
ALL GALAXIES,  
IT DOESN'T MAKE  
ANY DIFFERENCE.  
YOU ARE ALL OF THEM.

— ALAN WATTS

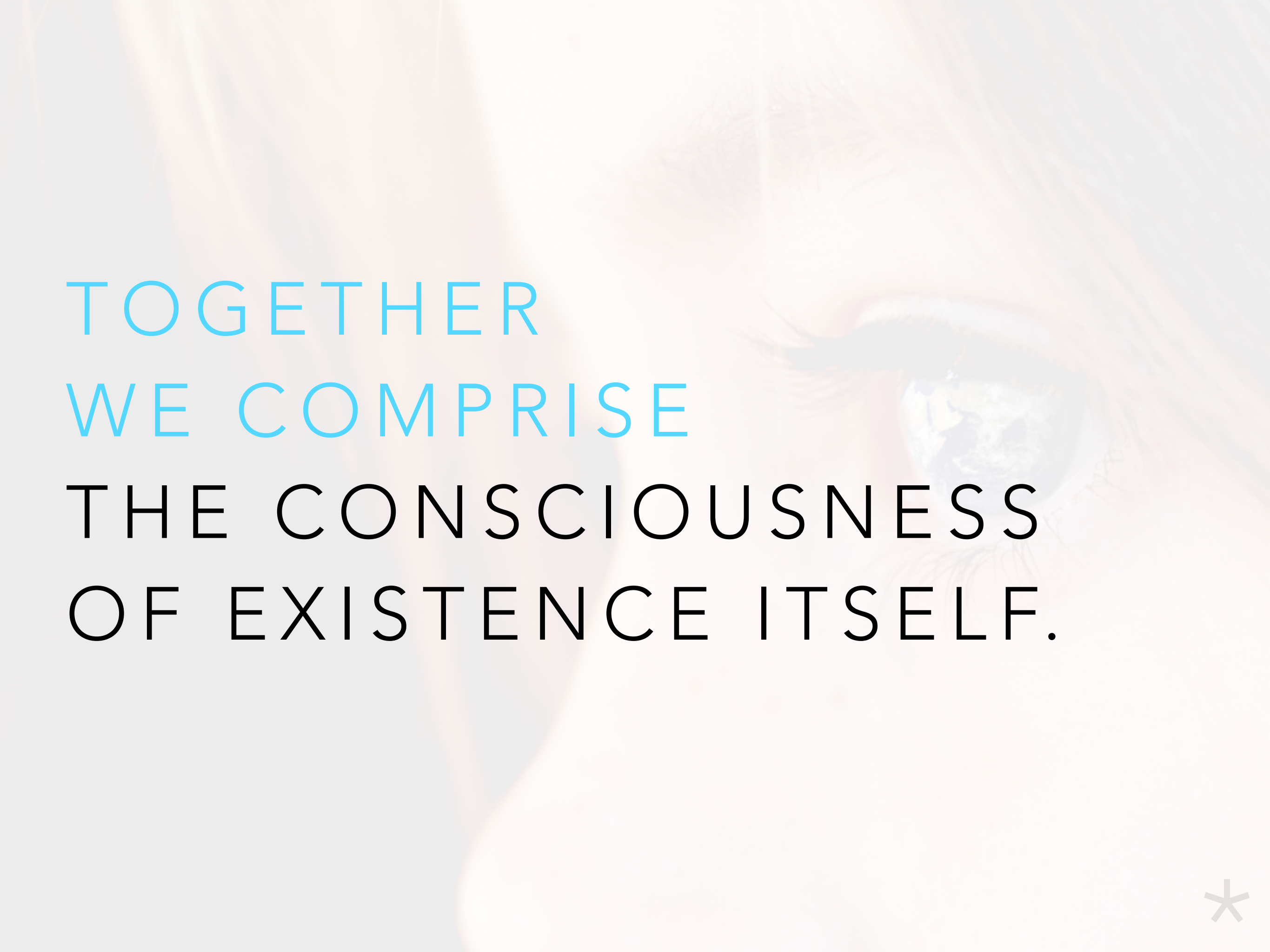


A close-up of a human eye, where the iris is replaced by a detailed image of the Earth, showing continents and oceans. The eye is looking directly forward, and the background is a soft, out-of-focus light blue and white.

WE ARE ALL  
**ONE "CONSCIOUSNESS,"**  
**ONE "SPIRIT,"**  
**ONE "I,"**

EXPERIENCING  
EXISTENCE  
THROUGH  
COUNTLESS  
BODIES.



A close-up, blurred image of a person's face, focusing on the eye area. The eye is replaced by a small, detailed image of the Earth (a globe). The background is a soft, out-of-focus mix of light and dark tones, suggesting skin and hair.

TOGETHER  
WE COMPRISE  
THE CONSCIOUSNESS  
OF EXISTENCE ITSELF.



# BEING ALIVE

EXPERIENCING EXISTENCE AS A HUMAN BEING



BE

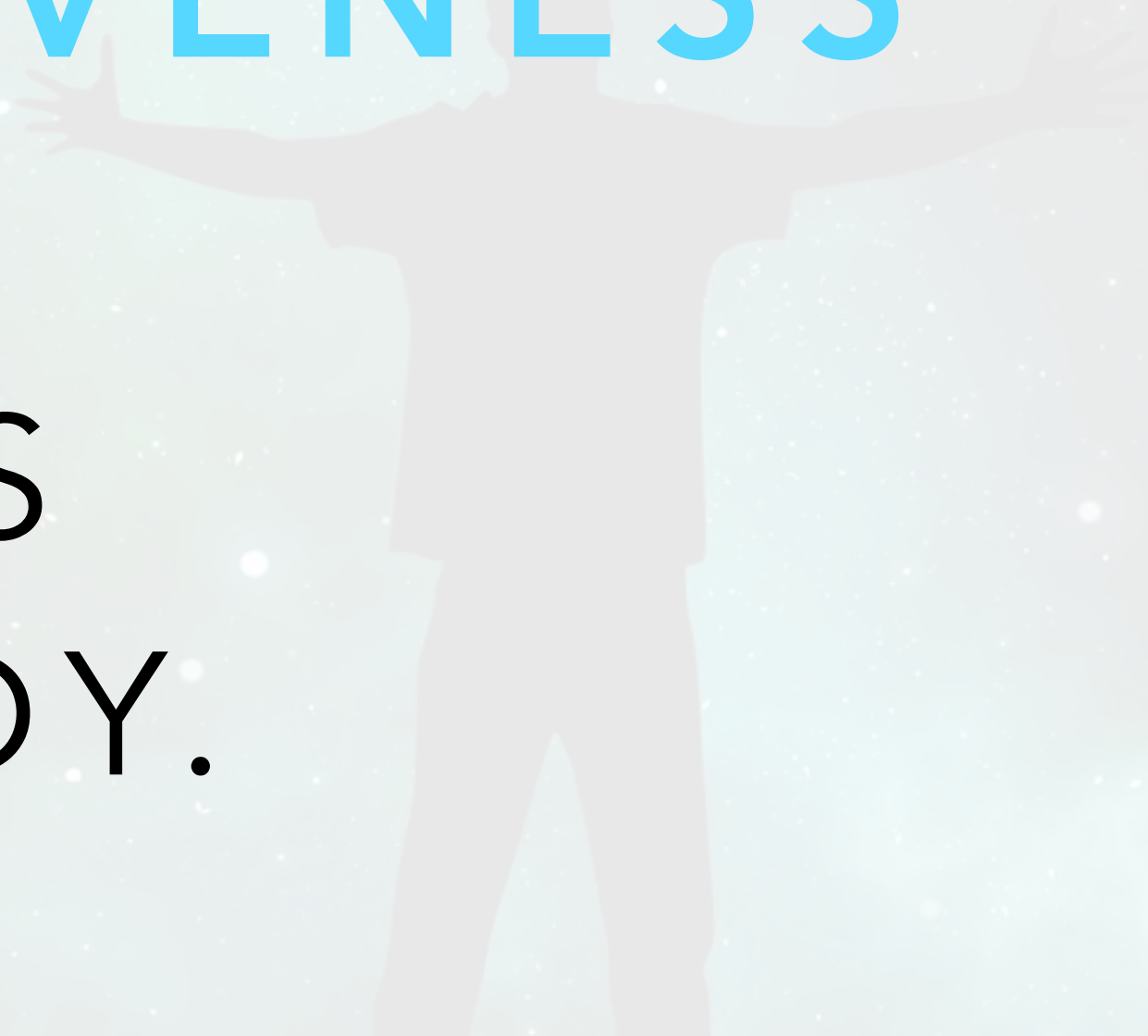
HERE

NOW

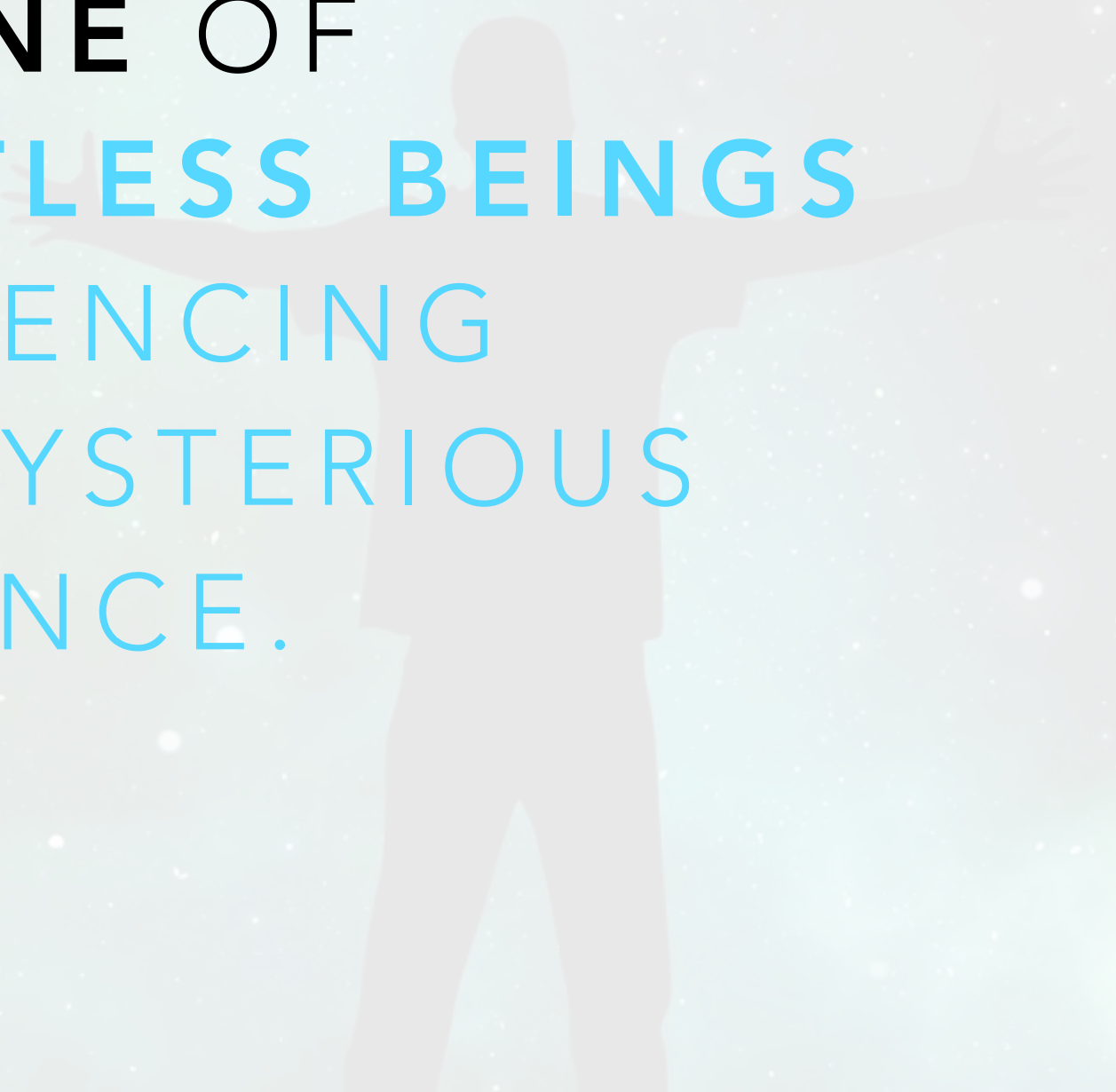
BE  
HERE  
NOW  
IN  
THIS  
BODY.



FEEL  
THE  
ALIVENESS  
IN  
THIS  
BODY.



REMEMBER THAT  
THIS BODY IS  
**BUT ONE OF**  
**COUNTLESS BEINGS**  
EXPERIENCING  
THIS MYSTERIOUS  
EXISTENCE.



**BE COMFORTABLE  
IN THIS BODY.**

MAY ALL BEINGS  
BE COMFORTABLE  
IN THEIR OWN BODIES.

FLOW THROUGH LIFE  
IN A MEDITATIVE STATE:  
**RELAXED & ALERT**

A faint, light-colored silhouette of a person in a meditative pose, with arms extended horizontally to the sides and legs slightly apart, centered behind the text.

FEEL  
YOUR  
LIFE

**FULLY.**



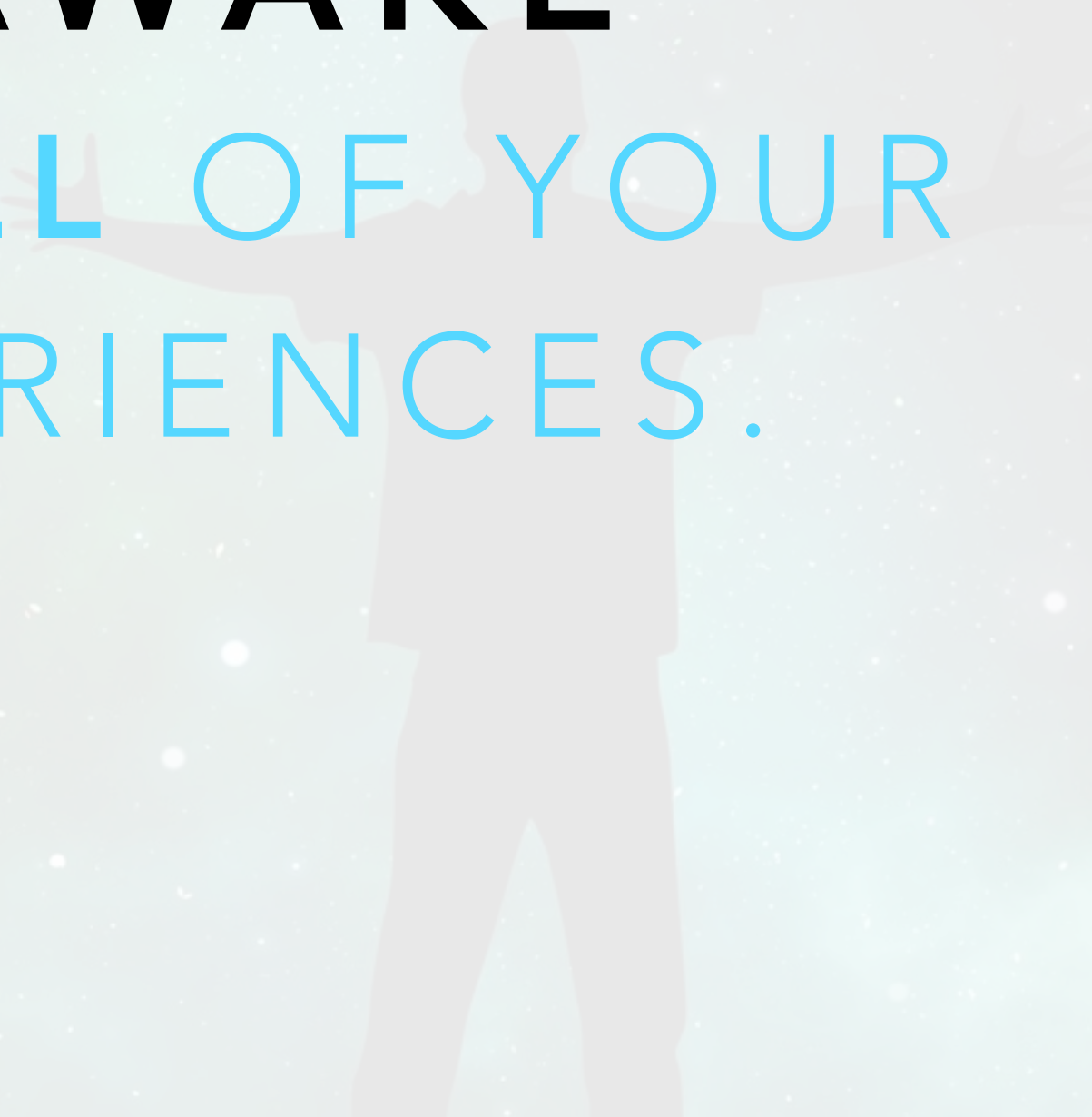
**TASTE**

**YOUR**

**LIFE!**

— SHINGE ROSH

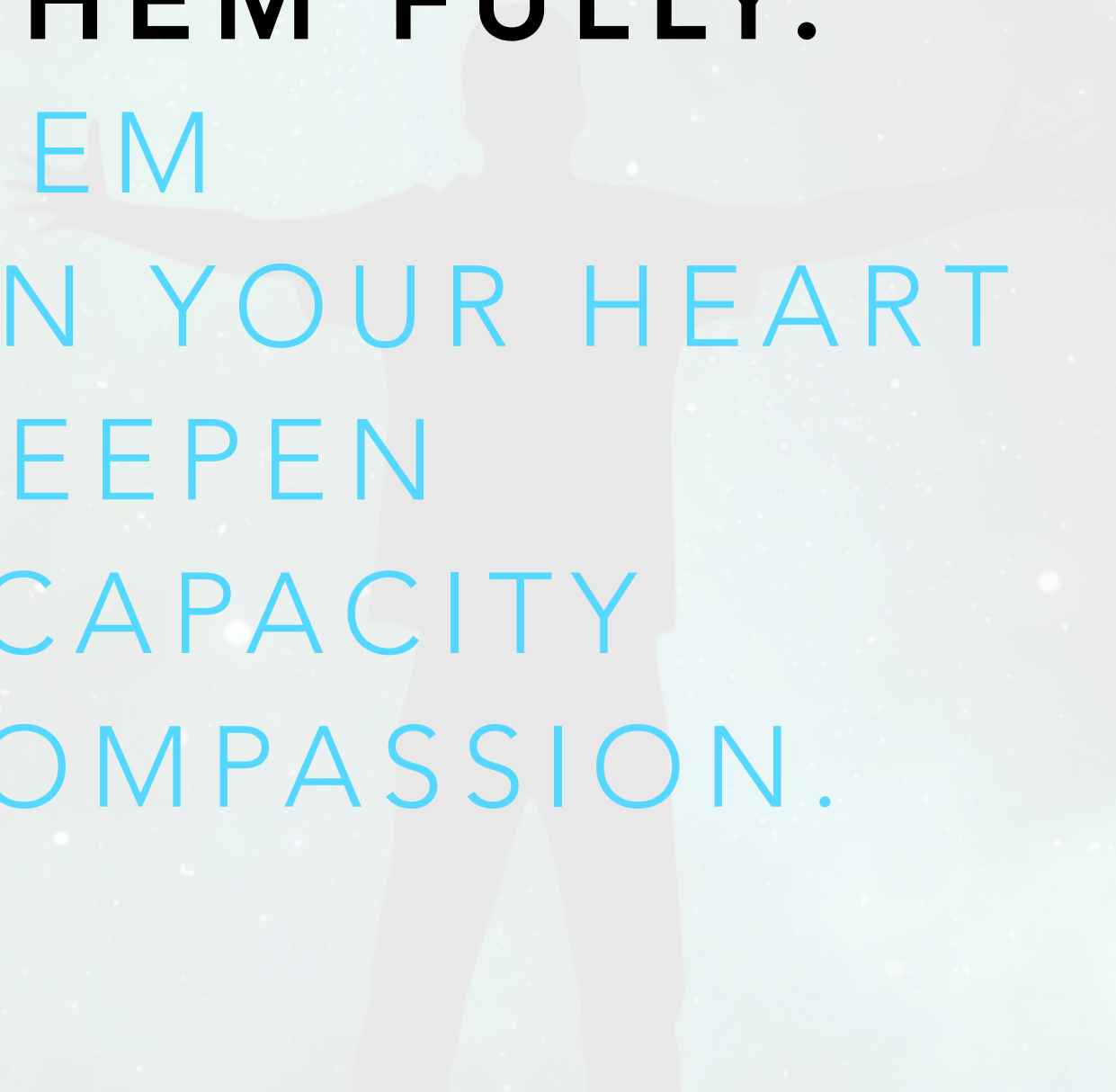
**BE AWAKE**  
IN ALL OF YOUR  
EXPERIENCES.



DON'T TRY TO RUN  
FROM PAINFUL  
EMOTIONS.

**FEEL THEM FULLY.**

LET THEM  
SOFTEN YOUR HEART  
AND DEEPEN  
YOUR CAPACITY  
FOR COMPASSION.

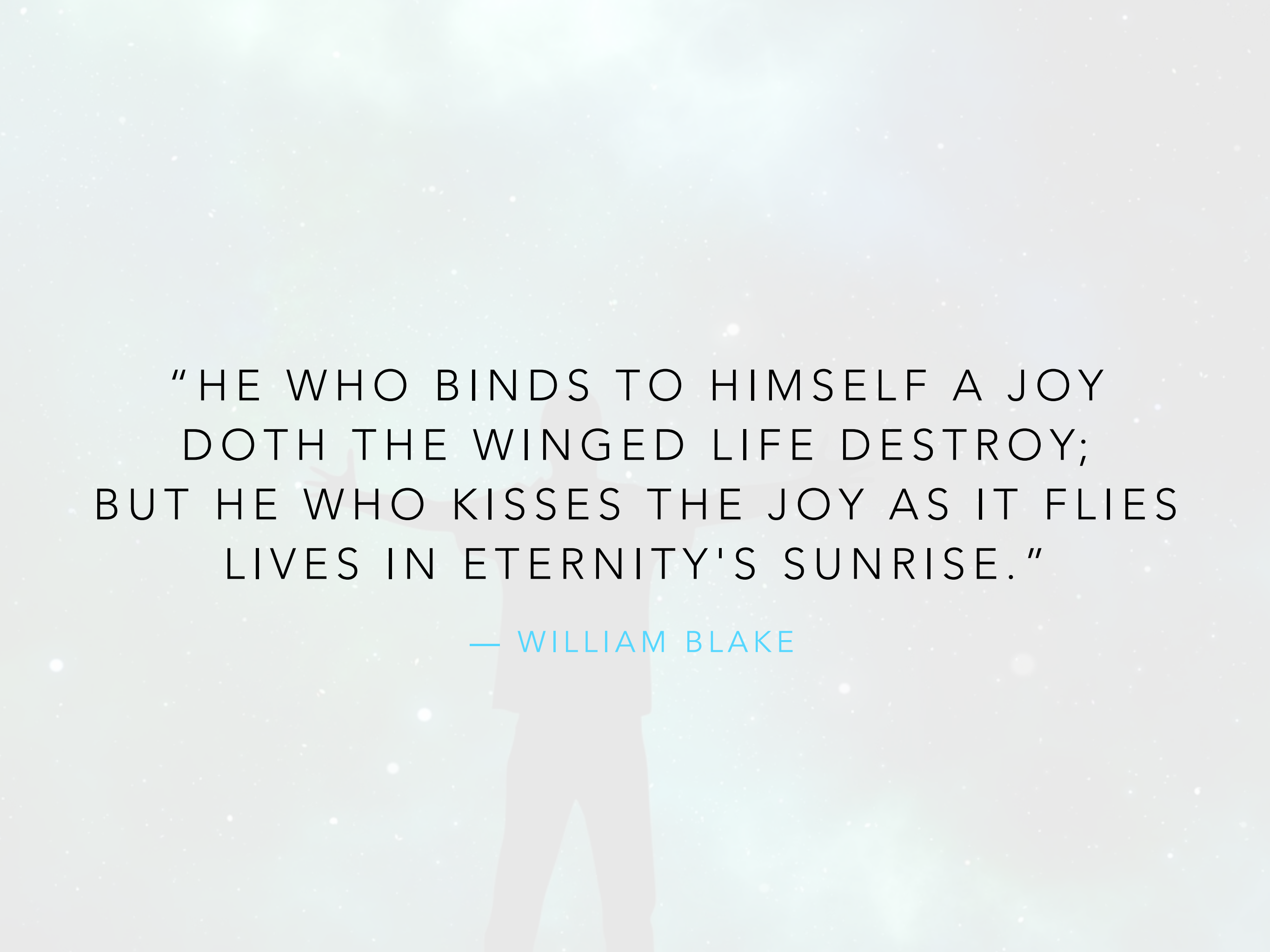


DON'T TRY TO CLING  
TO PLEASURABLE  
EMOTIONS.

**FEEL THEM FULLY.**

LET THEM  
BRING JOY  
INTO YOUR LIFE,  
AND LET THEM GO.

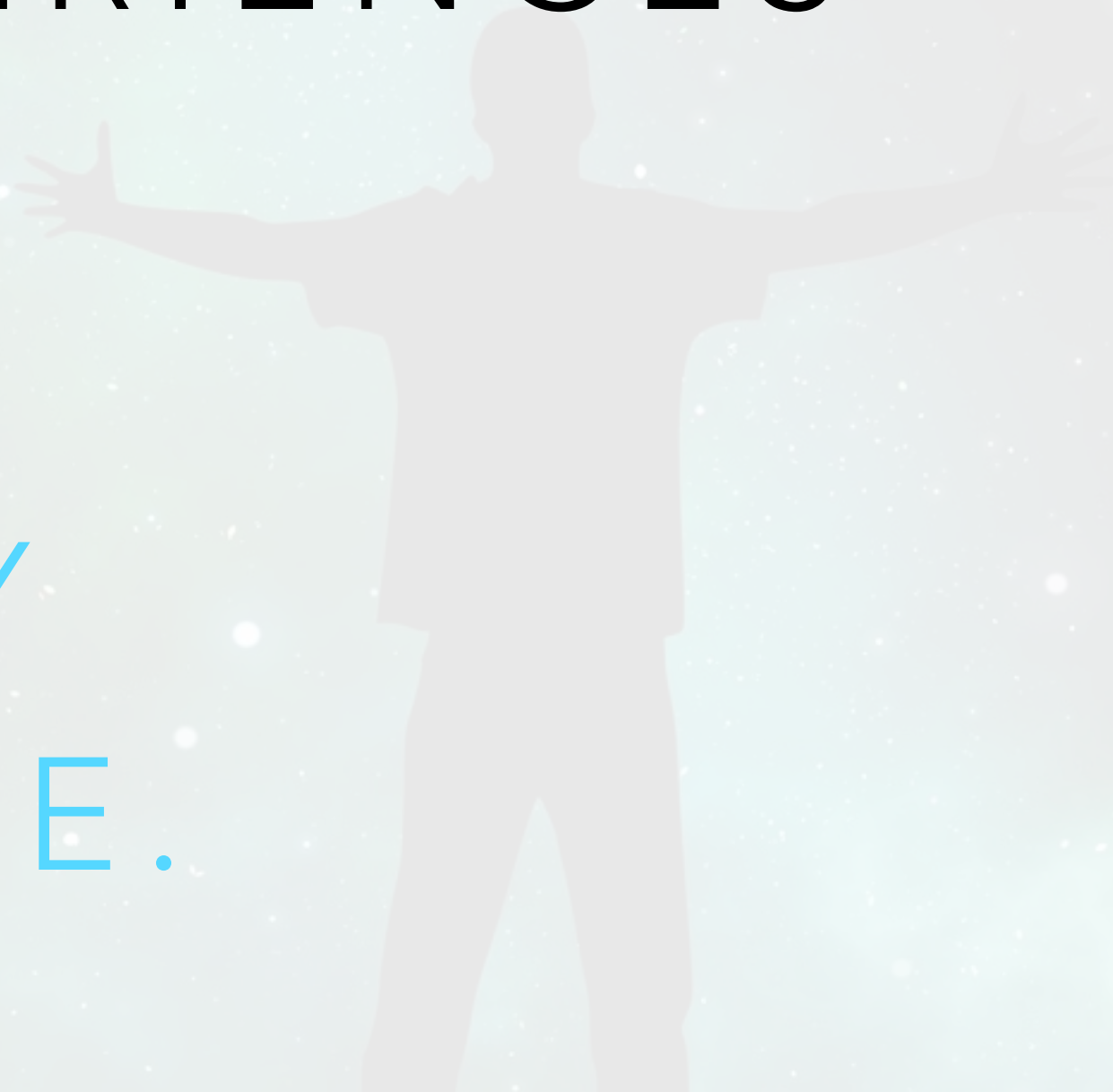




"HE WHO BINDS TO HIMSELF A JOY  
DOTH THE WINGED LIFE DESTROY;  
BUT HE WHO KISSES THE JOY AS IT FLIES  
LIVES IN ETERNITY'S SUNRISE."

— WILLIAM BLAKE

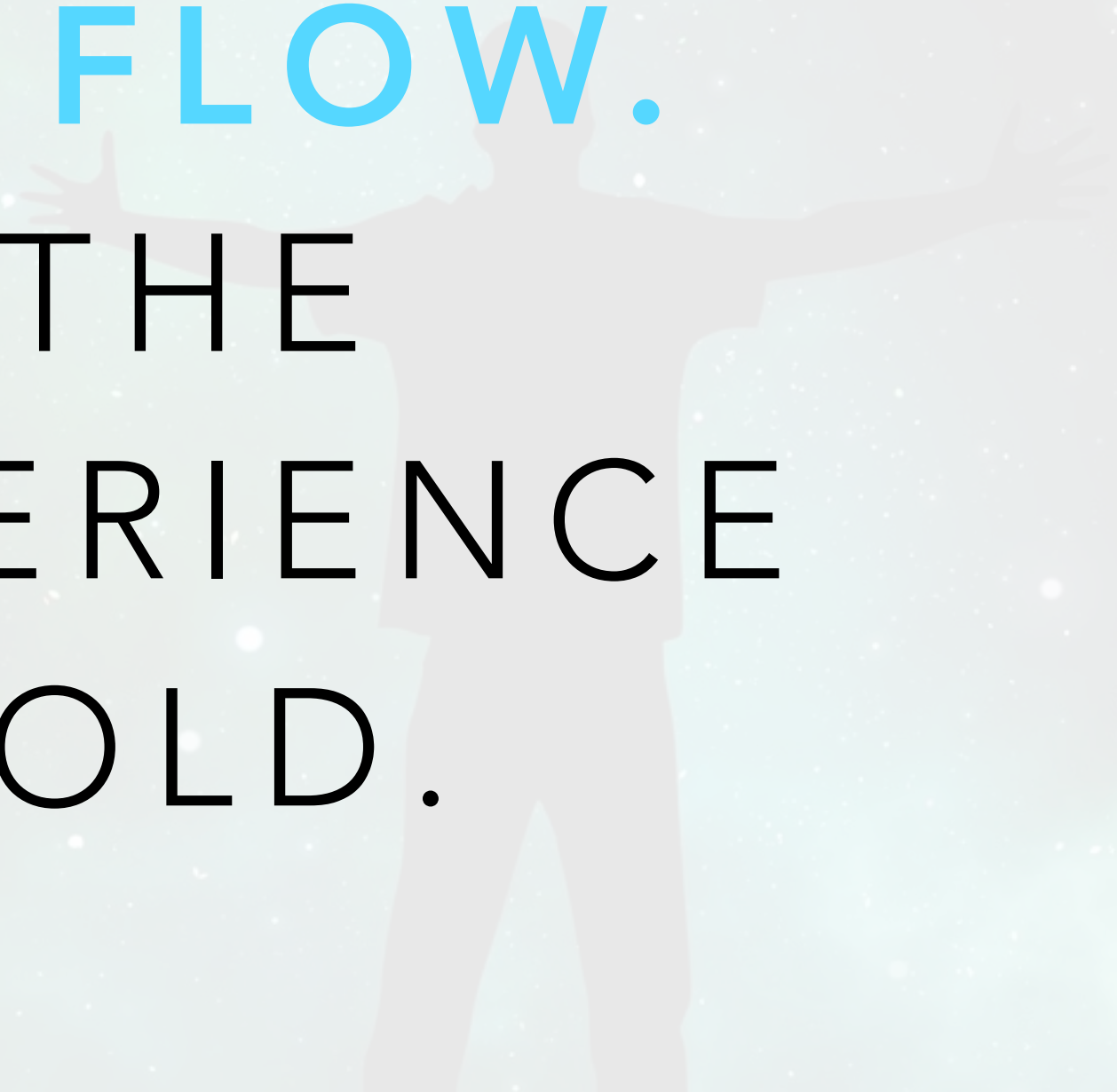
LET  
ALL  
EXPERIENCES  
GO  
AS  
THEY  
COME.



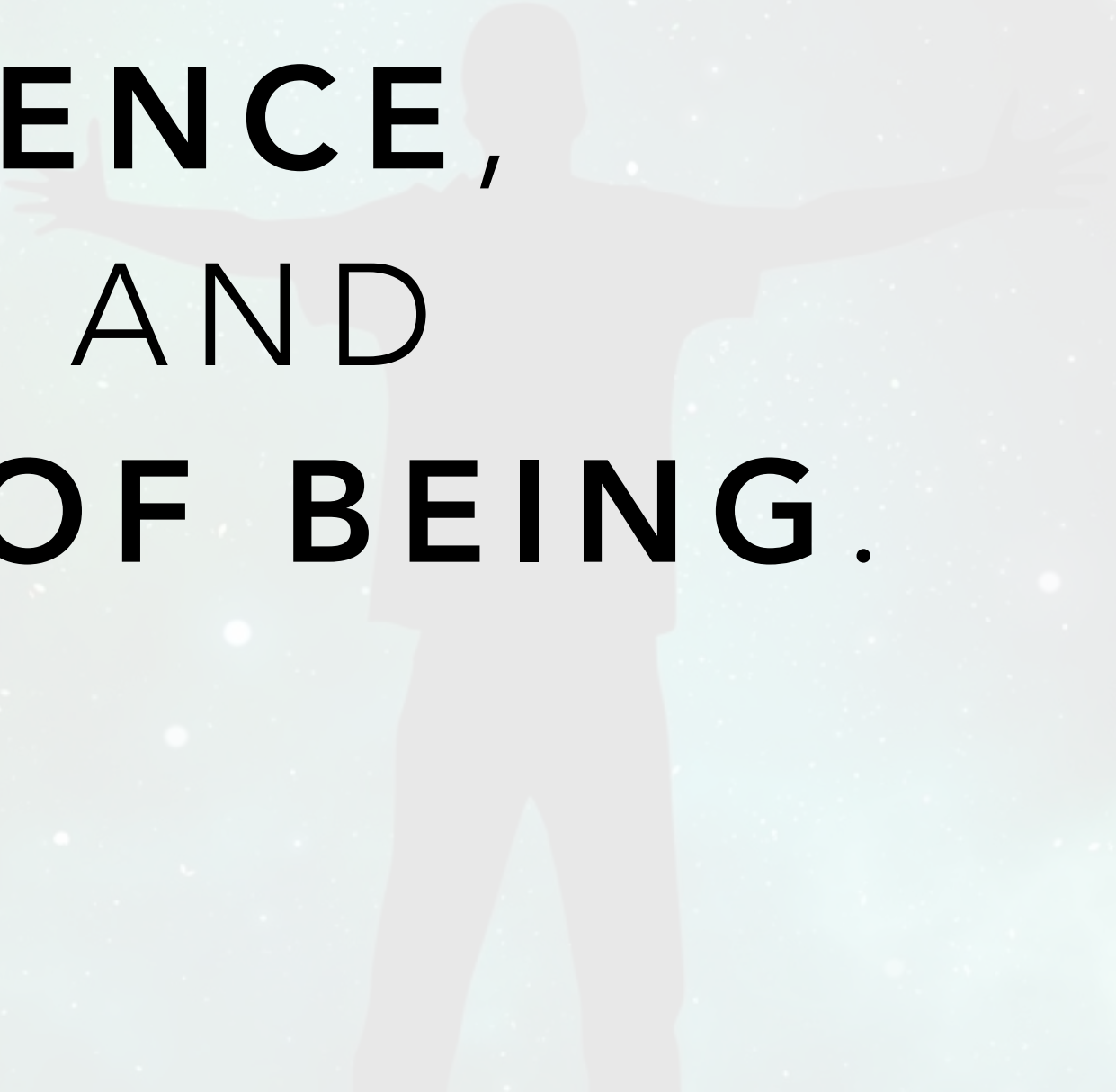
JUST RELAX.

GO WITH  
THE FLOW.

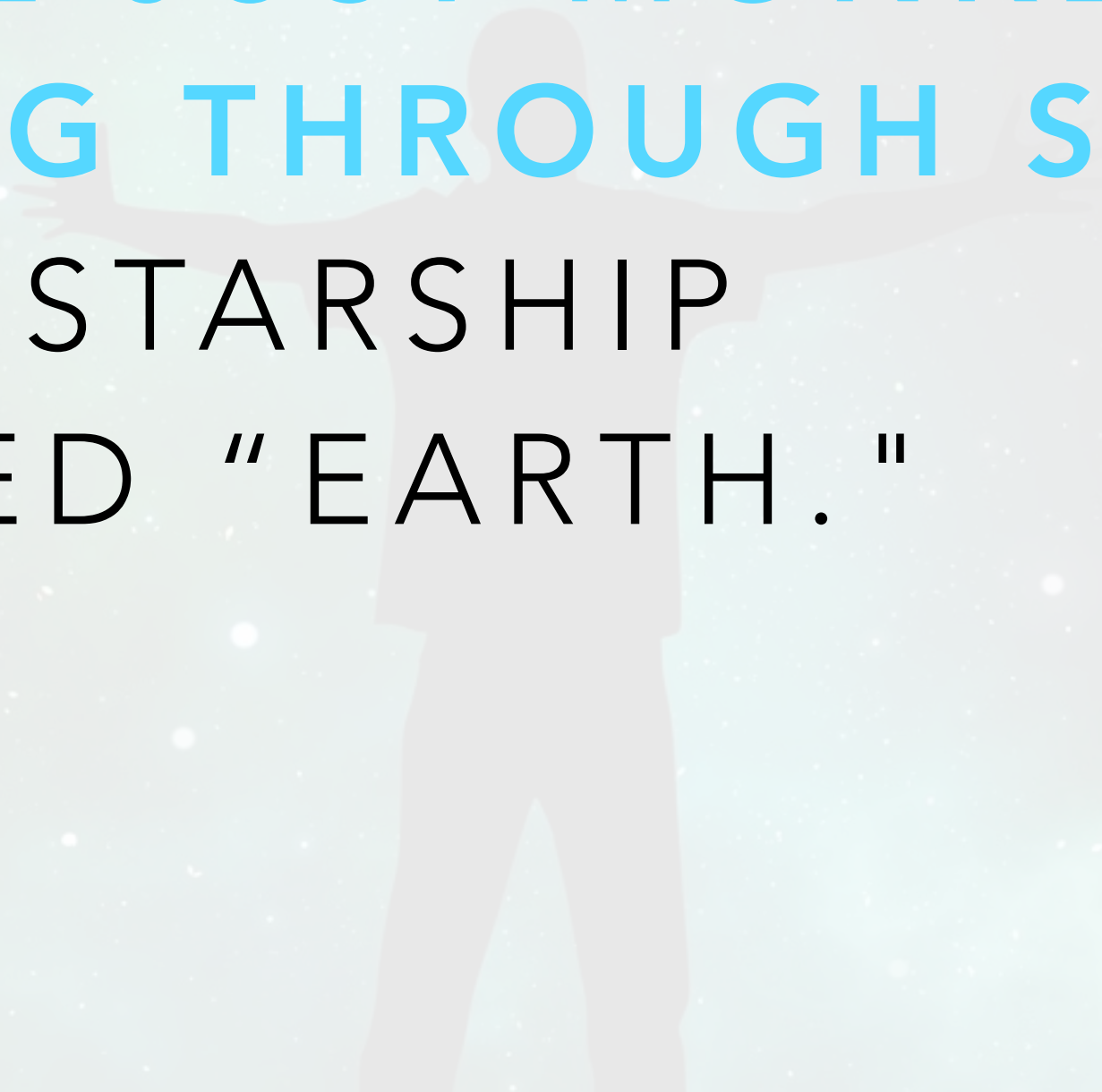
LET THE  
EXPERIENCE  
UNFOLD.



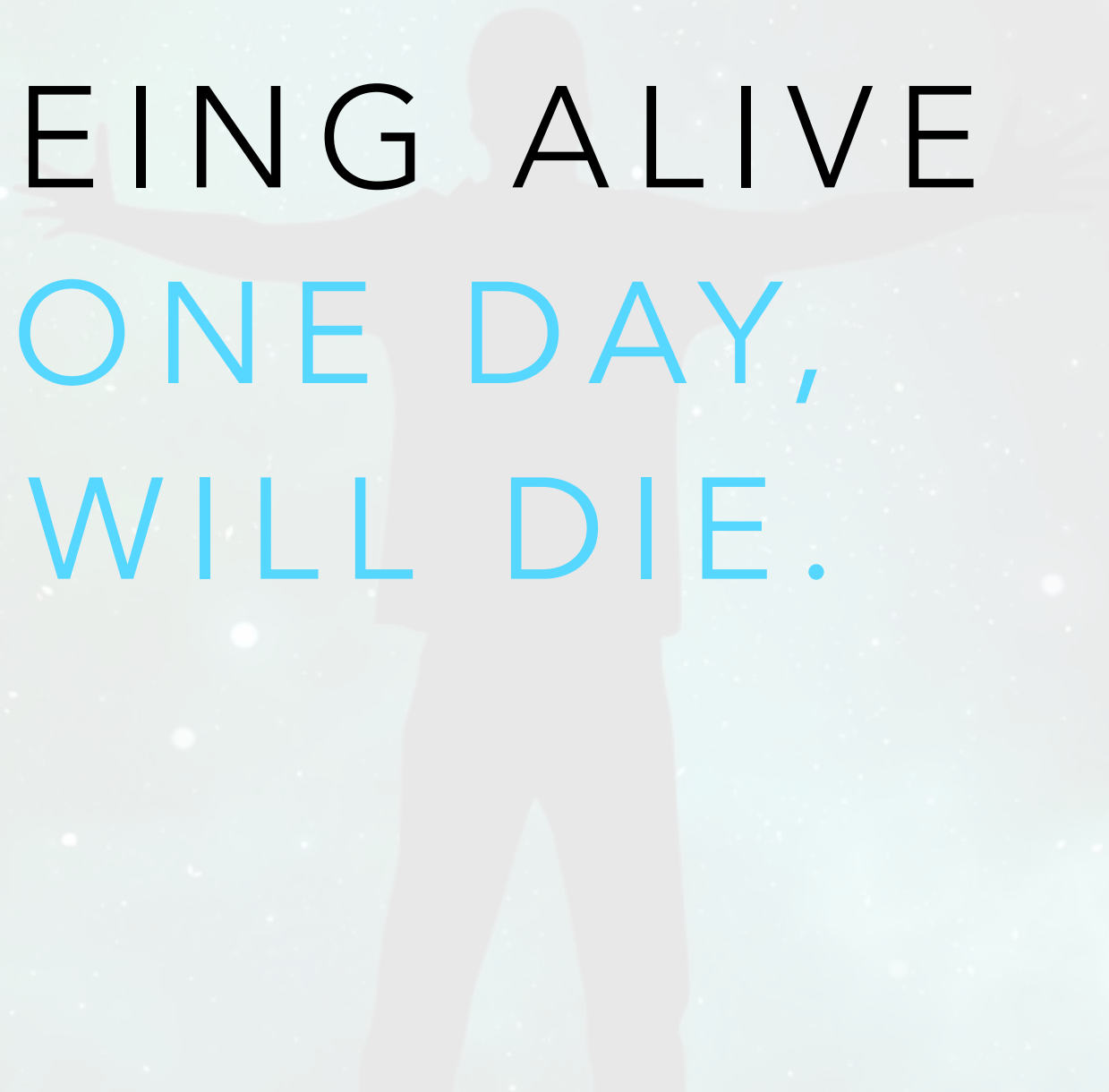
ABIDE IN  
**PRESENCE,  
AWE, AND  
JOY OF BEING.**



WE'RE JUST MONKEYS  
FLYING THROUGH SPACE  
ON A STARSHIP  
CALLED "EARTH."



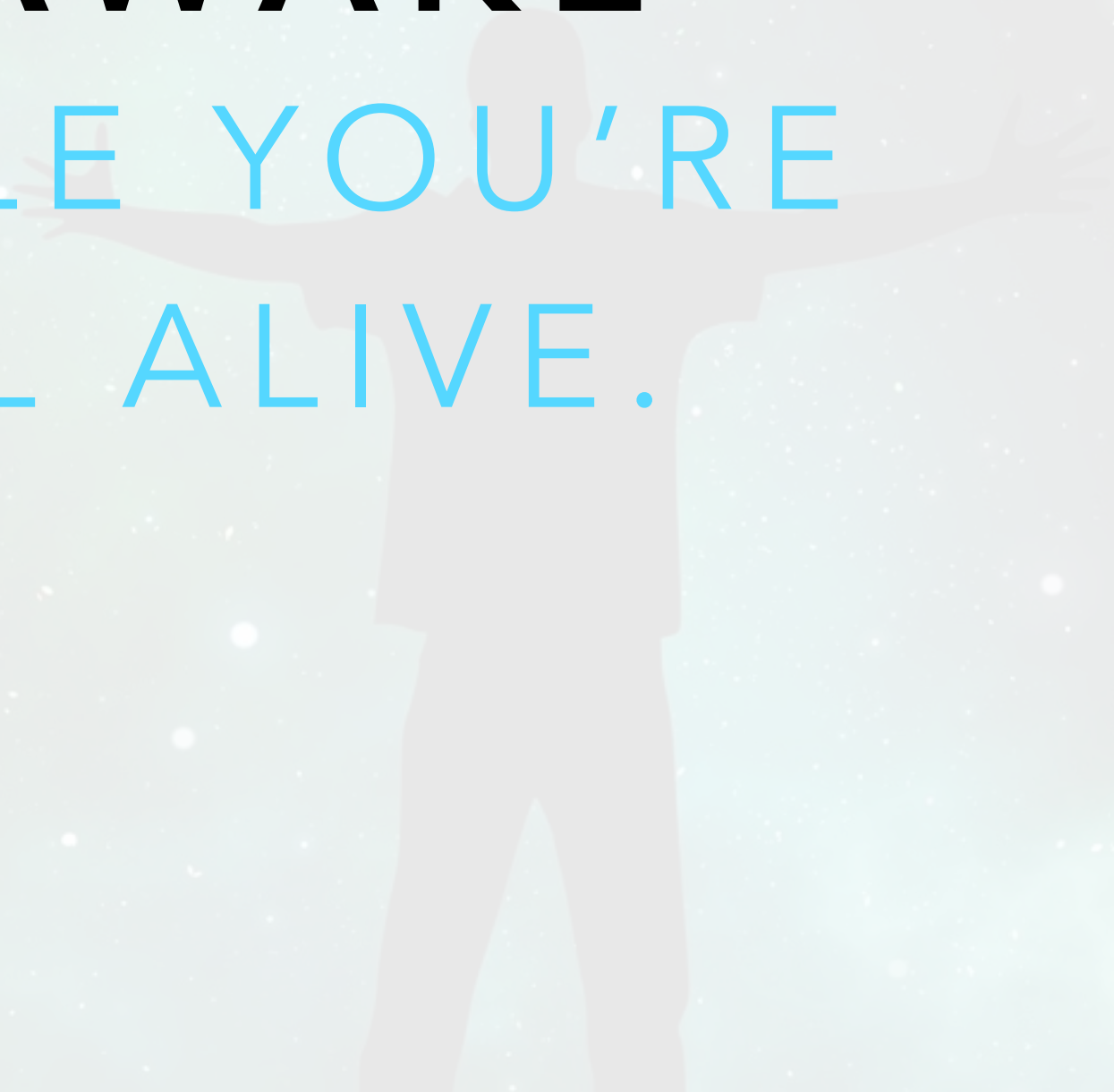
**APPRECIATE**  
EVERY MOMENT  
OF BEING ALIVE  
FOR ONE DAY,  
YOU WILL DIE.



**"THIS IS YOUR LIFE.  
AND IT'S ENDING.  
ONE MINUTE  
AT A TIME."**

**—TYLER DURDEN**

**BE AWAKE**  
WHILE YOU'RE  
STILL ALIVE.

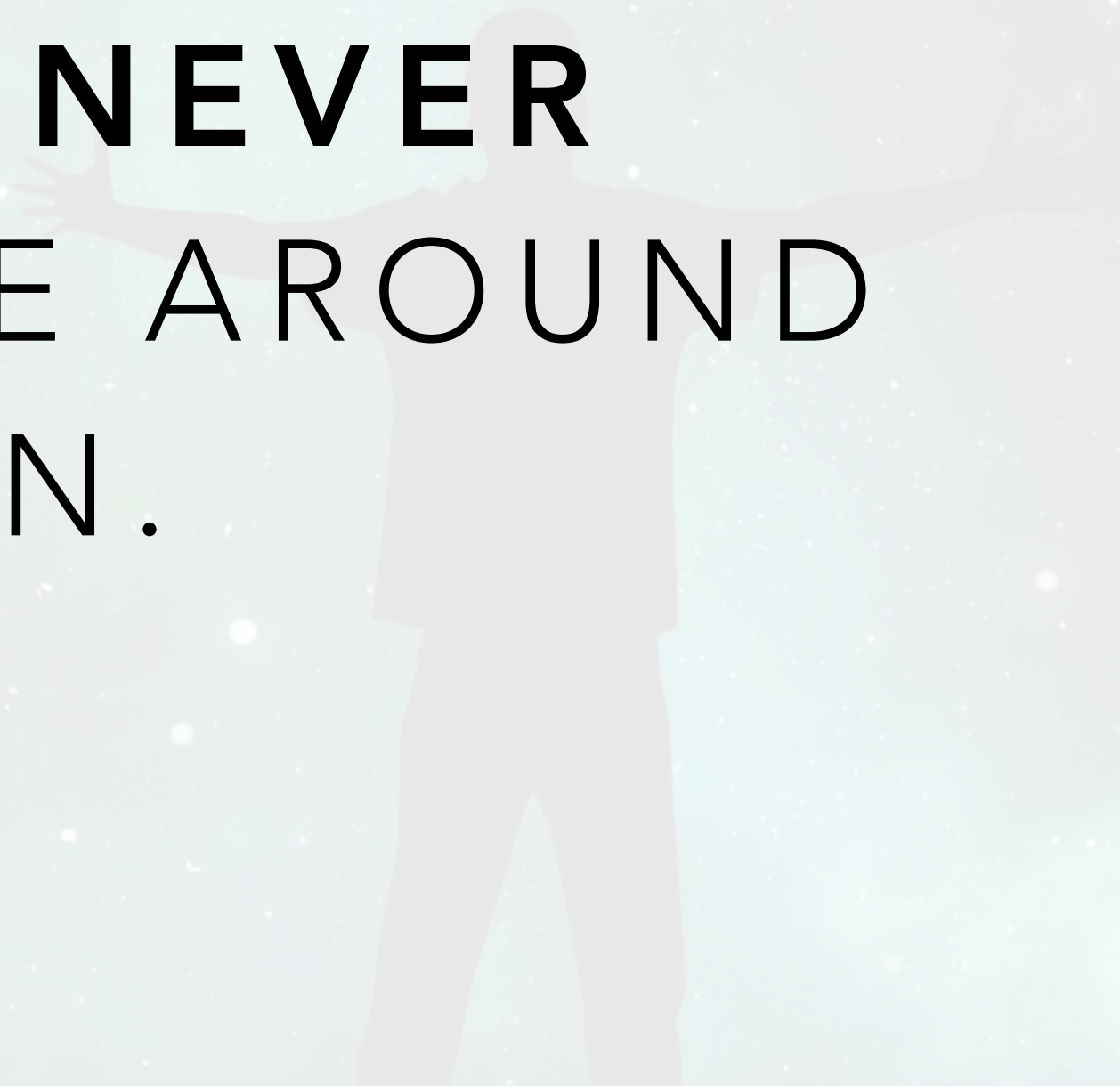


THIS MOMENT

WILL NEVER

COME AROUND

AGAIN.



**"IT'S GOING TO BE  
GONE SOON."**

**"I KNOW."**

**"WHAT DO WE DO?"**

**"ENJOY IT."**

–ETERNAL SUNSHINE  
OF THE SPOTLESS MIND

LIVE THIS DAY  
MINDFULLY.



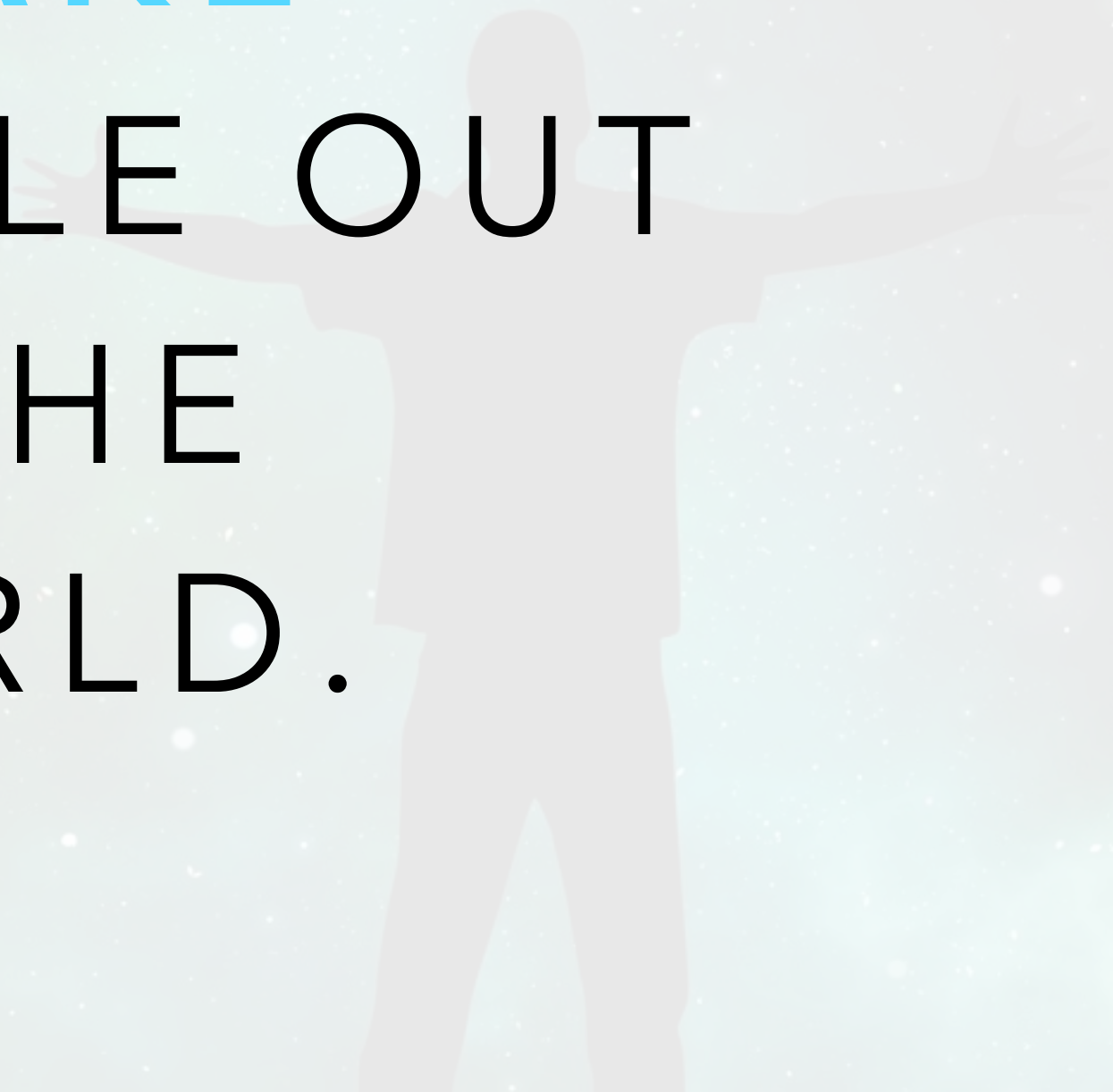
REMAIN

AWAKE

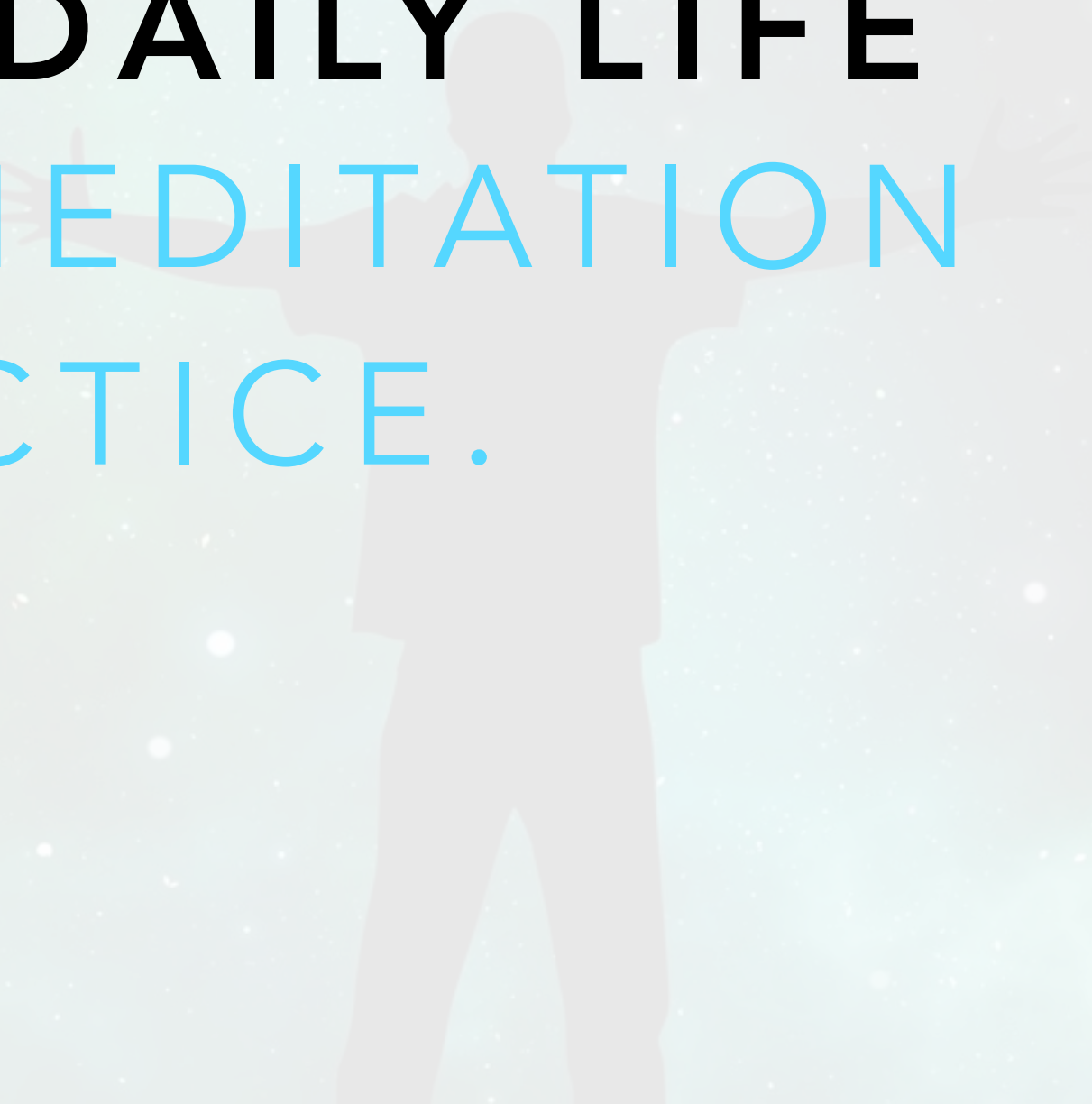
WHILE OUT

IN THE

WORLD.



USE DAILY LIFE  
AS MEDITATION  
PRACTICE.



NOTICE

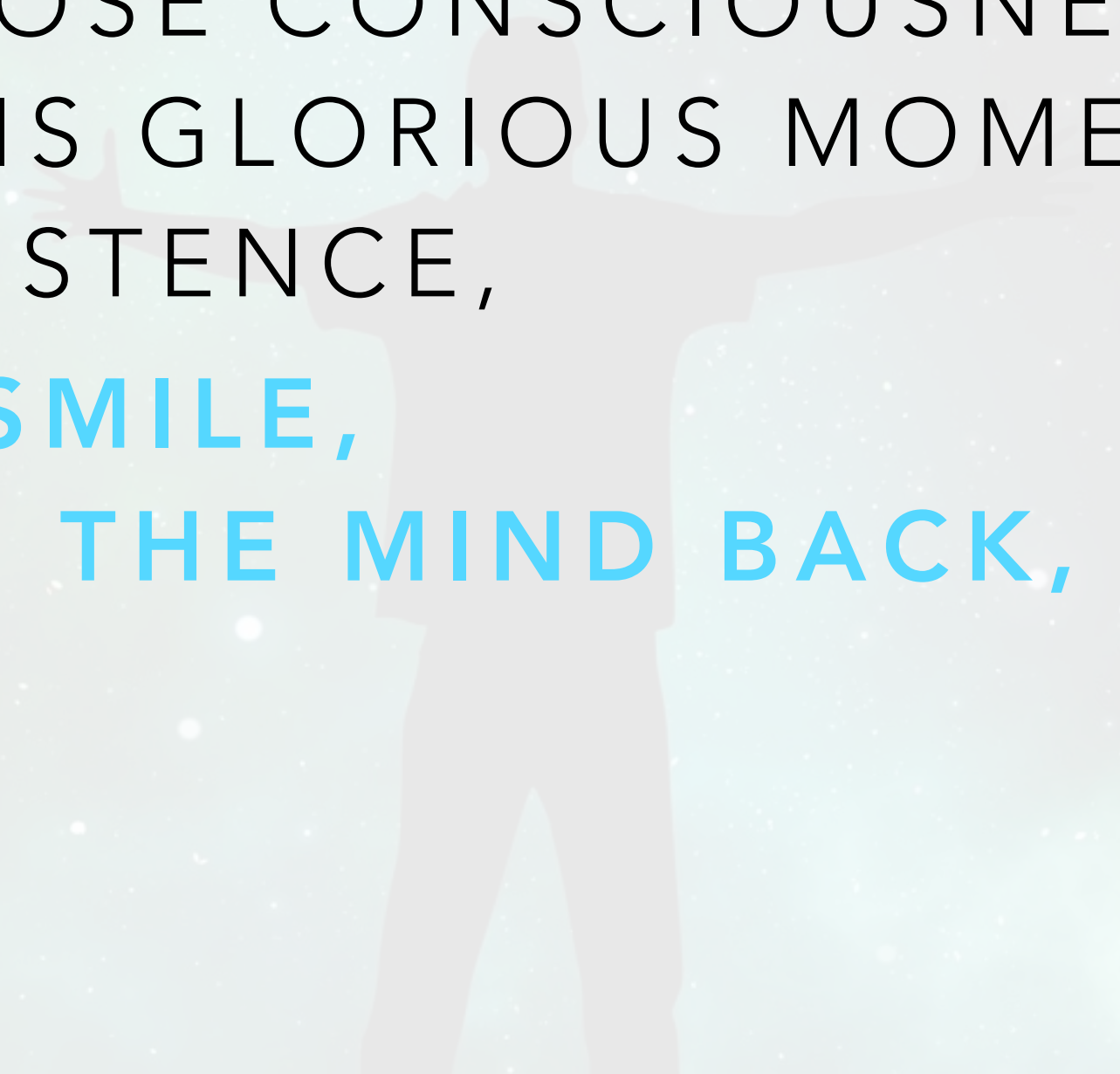
THE THINGS

THAT YOU DO

TO DISTRACT YOURSELF  
FROM UNCOMFORTABLE  
THOUGHTS & EMOTIONS.

**WHEN YOU  
GET DISTRACTED  
BY THE DETAILS OF LIFE  
AND LOSE CONSCIOUSNESS  
OF THIS GLORIOUS MOMENT  
OF EXISTENCE,**

**JUST SMILE,  
BRING THE MIND BACK,  
AND...**





**"REMEMBER:  
BE HERE NOW."**

—RAM DASS

# HAPPINESS

HAPPINESS COMES  
FROM WITHIN.  
SO STOP LOOKING  
FOR IT OUTSIDE.



THE KEY TO  
HAPPINESS  
IS TO BE OK WITH  
UNHAPPINESS.



WHAT WOULD  
IT FEEL LIKE  
**IF YOU COULD  
BE AT PEACE**  
EVEN WITH  
THE STATE OF  
UNHAPPINESS?



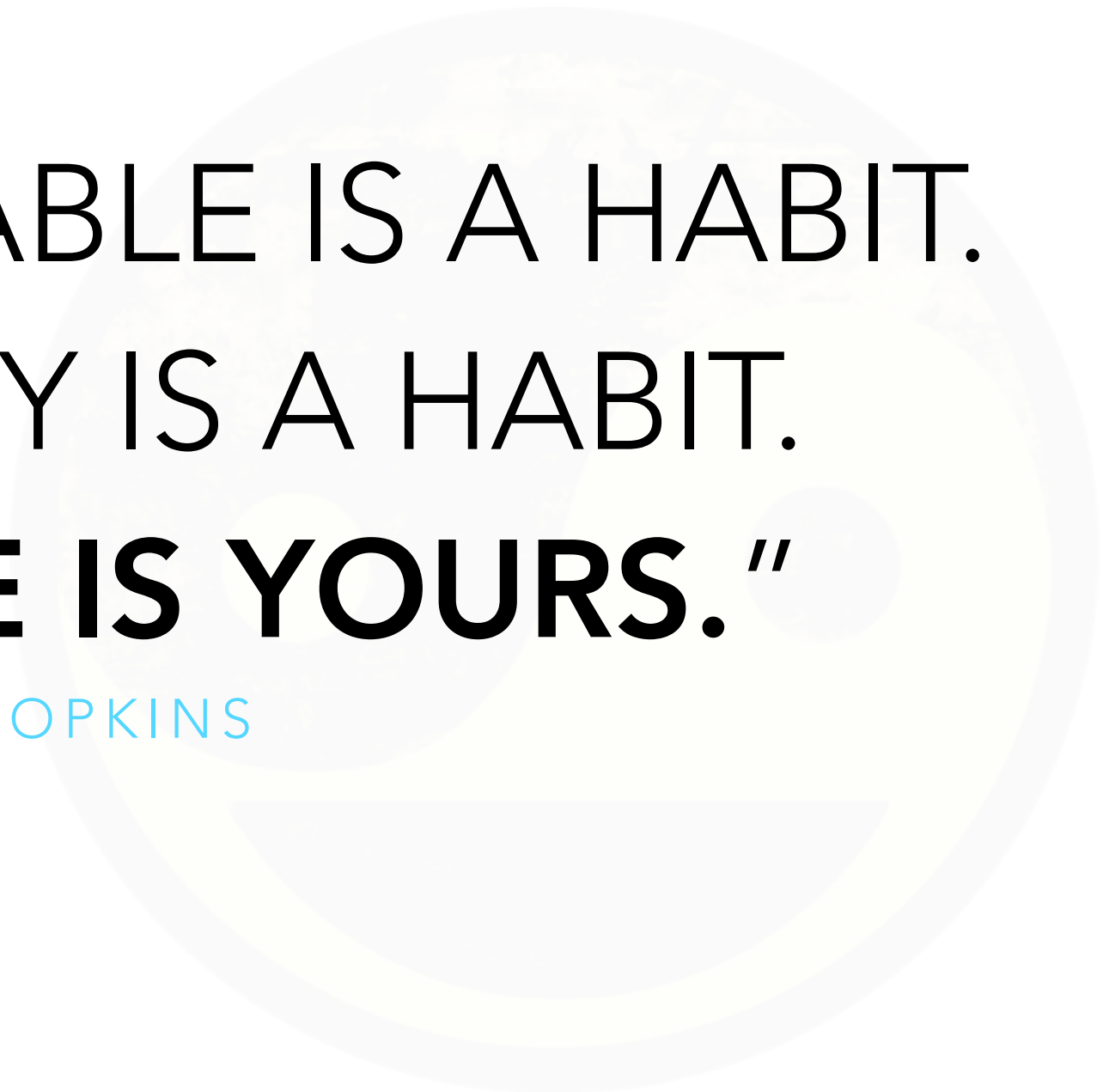
**"DON'T WORRY.  
BE HAPPY!"**

-BOBBY MCFERRIN



HAPPINESS  
IS A **CHOICE**.  
CHOOSE TO  
BE HAPPY  
IN THIS  
MOMENT.





“BEING MISERABLE IS A HABIT.  
BEING HAPPY IS A HABIT.  
**THE CHOICE IS YOURS.”**

—TOM HOPKINS

ENJOY  
YOUR  
SENSORY  
EXPERIENCE  
HERE,  
NOW,  
IN THIS  
MOMENT.





ALL SUFFERING  
IS CAUSED BY  
**RESISTANCE.**

ACCEPT IT.

**LET IT BE.**

THEN THERE IS ONLY  
**EXISTENCE.**



LOVE EVERYONE.

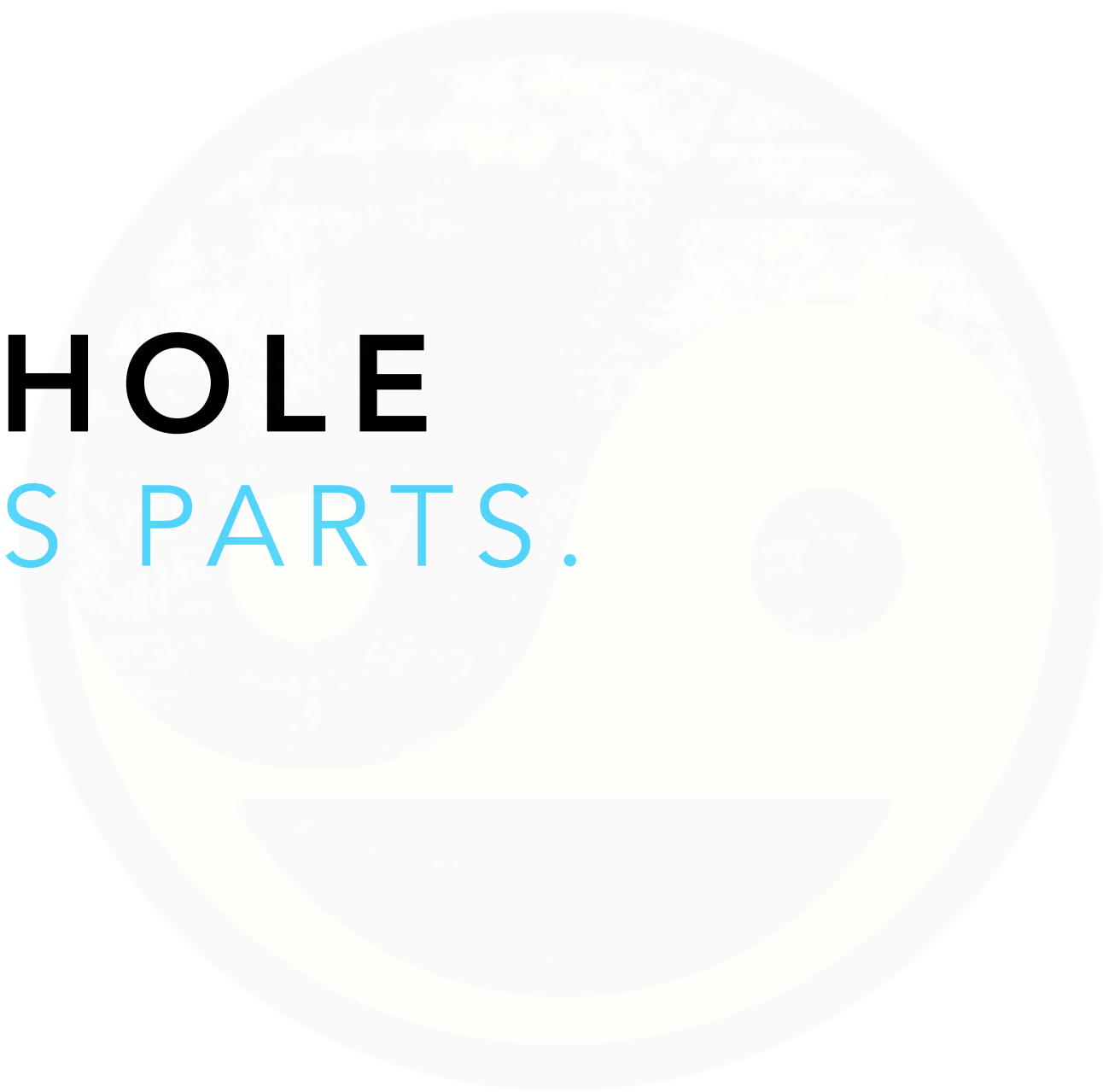
LOVE EVERYTHING.

LOVE EVERY MOMENT.

LOVE  
YOUR  
SELF



LOVE THE WHOLE  
AND ALL OF ITS PARTS.



YOU **WILL** HAVE  
PAINFUL EXPERIENCES.  
**LOVE THOSE AS WELL.**

**SUSTAINABLE HAPPINESS** ISN'T ABOUT  
HAVING ONLY "POSITIVE" EXPERIENCES.  
IT'S ABOUT MAKING FRIENDS  
WITH WHATEVER ARISES.

MAKE  
FRIENDS  
WITH  
**FEAR**



"GO TO  
THE PLACES  
THAT SCARE YOU."

—PEMA CHODRON

**HAPPINESS IS EASY TO FIND**  
IF YOU LOOK FOR IT INSIDE  
INSTEAD OF OUTSIDE.



WHAT WOULD  
LIFE BE LIKE

IF IT DIDN'T NEED  
TO BE PERFECT?



WHAT WOULD  
LIFE BE LIKE  
IF YOU LET GO  
OF YOUR ATTACHMENT  
TO PERFECTION  
AND YOUR AVERSION  
TO IMPERFECTION?

WHAT OTHER  
ATTACHMENTS  
ARE RESTRICTING  
YOUR HAPPINESS  
TODAY?



LIFE IS MESSY, IMPERFECT,  
AND SOMETIMES PAINFUL.

NO HUMAN LIFE  
WILL BE "PERFECT."  
NOT EVEN YOURS.

MAXIMIZERS LIVE THEIR LIVES  
ALWAYS CHASING, NEVER SATISFIED.

SATISFICERS APPRECIATE  
THE GOOD THINGS THEY HAVE.

MAXIMIZERS GET "BETTER" RESULTS,  
BUT SATISFICERS ARE HAPPIER ANYWAY.



HAPPINESS  
DOES NOT LIE  
IN THE DIRECTION  
OF "BETTER."

HAPPINESS LIES  
IN THE DIRECTION  
OF CONTENTMENT.

**ACCEPT** THE THINGS  
YOU CANNOT CHANGE.  
**CHANGE** THE THINGS  
YOU CAN'T ACCEPT.





MAKE A LIST OF THE THINGS  
THAT ARE "BAD" IN YOUR LIFE.

WHICH ONES DO YOU WANT TO **ACCEPT**?  
WHICH ONES DO YOU WANT TO **CHANGE**?



**MAKE A LIST OF THE THINGS  
THAT ARE "GOOD" IN YOUR LIFE.**

WHICH ONES DO YOU **FEEL GRATEFUL** FOR?  
WHICH DO YOU **TAKE FOR GRANTED**?

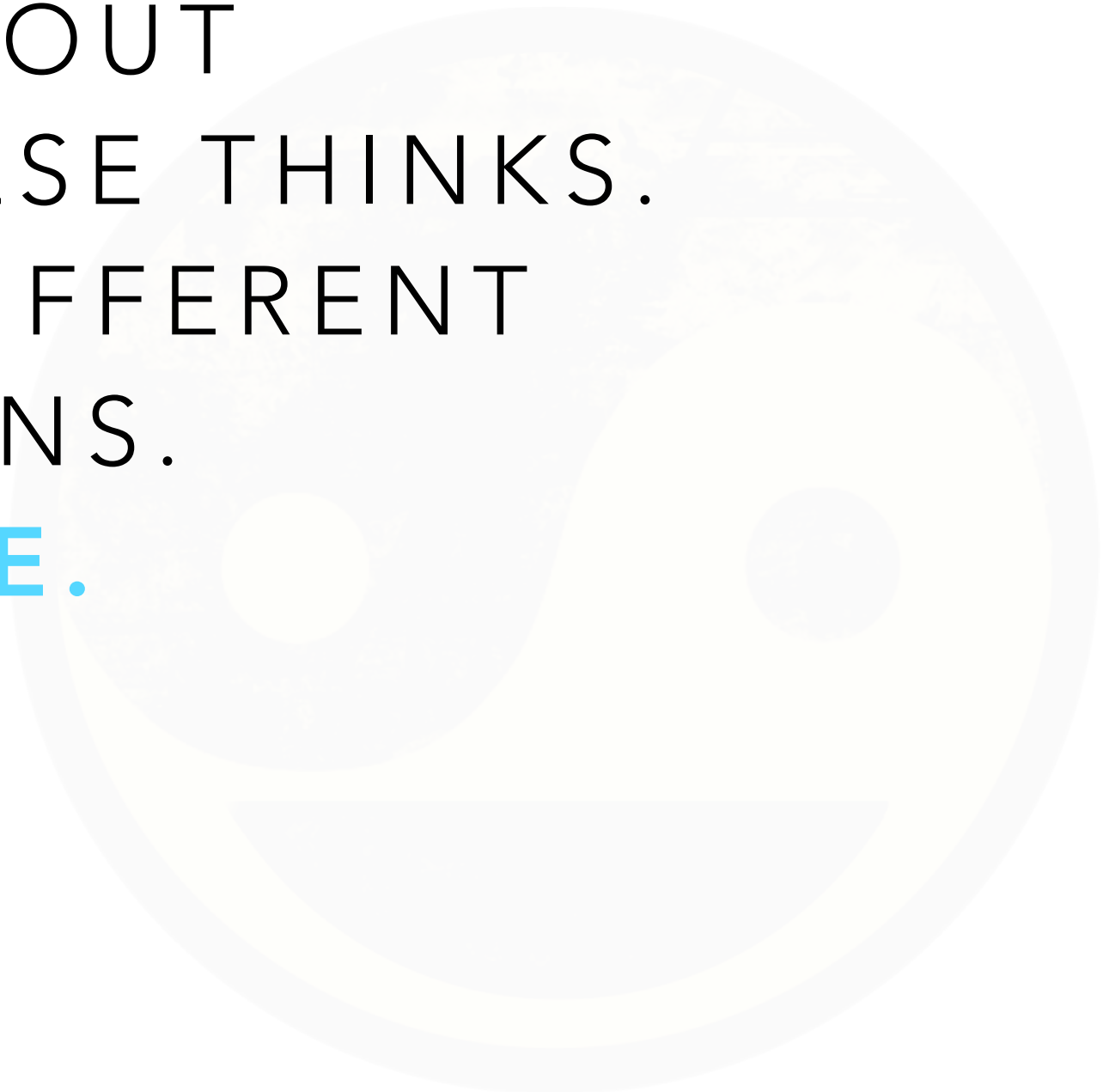
TAKE THIS MOMENT  
TO FEEL GRATEFUL  
FOR ALL THE BEAUTY  
IN YOUR LIFE.



YOUR LIFE ISN'T "BAD."  
YOUR LIFE ISN'T "GOOD."  
**YOUR LIFE IS.**



DON'T WORRY ABOUT  
WHAT ANYONE ELSE THINKS.  
EVERYONE HAS DIFFERENT  
VALUES & OPINIONS.  
**THIS IS YOUR LIFE.**  
DO WHAT MAKES  
YOU HAPPY.



THERE  
IS NO  
WRONG  
WAY  
TO BE.



**LIFE WILL NEVER BE "EASY."**

**EVEN IF YOU GET  
EVERYTHING YOU WANT,  
THERE'S ALWAYS MORE.**

**DON'T EXPECT LIFE TO BE EASY.  
EXPECT IT TO BE HARD, AND  
DO WHAT YOU NEED TO DO  
TO MAKE YOURSELF HAPPY.  
EVERY DAY.**

USE THIS PAGE TO WRITE DOWN THE THINGS  
THAT YOU FIND (1) ENJOYABLE IN THE SHORT TERM,  
AND (2) HEALTHY IN THE LONG TERM.  
DO THESE THINGS AS OFTEN AS YOU CAN.



# HEALTH

STRONG BODY, HEALTHY MIND



**TAKE  
CARE  
OF  
YOUR  
SELF.**



EXERCISE  
AS MUCH  
AS YOU CAN.

**KEEP  
YOUR  
BODY  
MOVING.**



IF YOU EVER START FEELING  
LAZY, LETHARGIC OR DEPRESSED,  
**RUN.**

AS FAST AS YOU CAN.

AS FAR AS YOU CAN.

RUN UNTIL YOU'RE DRENCHED IN SWEAT,  
YOUR LUNGS ARE ON FIRE,  
AND YOUR LEGS FEEL LIKE JELLO.

WHEN YOU CAN'T RUN ANY FARTHER,  
STOP, CATCH YOUR BREATH,  
**AND RUN SOME MORE.**



LIVE AN  
ACTIVE  
LIFESTYLE.



# TRAVEL



SPEND  
TIME  
WITH  
**FAMILY  
AND  
FRIENDS**



SPEND  
TIME  
IN  
NATURE



PLAY  
SPORTS  
WITH  
OTHERS.



YOGA + MEDITATION =  
HOLISTIC HEALTH FOR  
BODY + MIND.



EAT TO  
SUSTAIN  
YOUR BODY.



REMEMBER TO  
**BE GRATEFUL**  
FOR THE FOOD  
THAT YOU HAVE.



**EAT PLANT-BASED FOODS**  
WHEN POSSIBLE.



**PRIORITIZE  
YOUR  
HEALTH.**

**DON'T SAY  
"I'LL TRY TO FIT IT IN  
WHEN I GET SOME  
FREE TIME."**

**SCHEDULE YOUR WORK  
AROUND YOUR WORKOUTS.**



KEEP UP YOUR  
EXERCISE & DIET  
EVEN IF OTHERS  
AROUND YOU  
DO NOT.



**NO**

**EXCUSES**



**EXERCISE  
EVERY  
MORNING**  
TO PUMP UP  
YOUR ENERGY  
FOR THE DAY!



**GET UP AND  
GO GET YOUR  
EXERCISE,  
NOW.**



NOTES



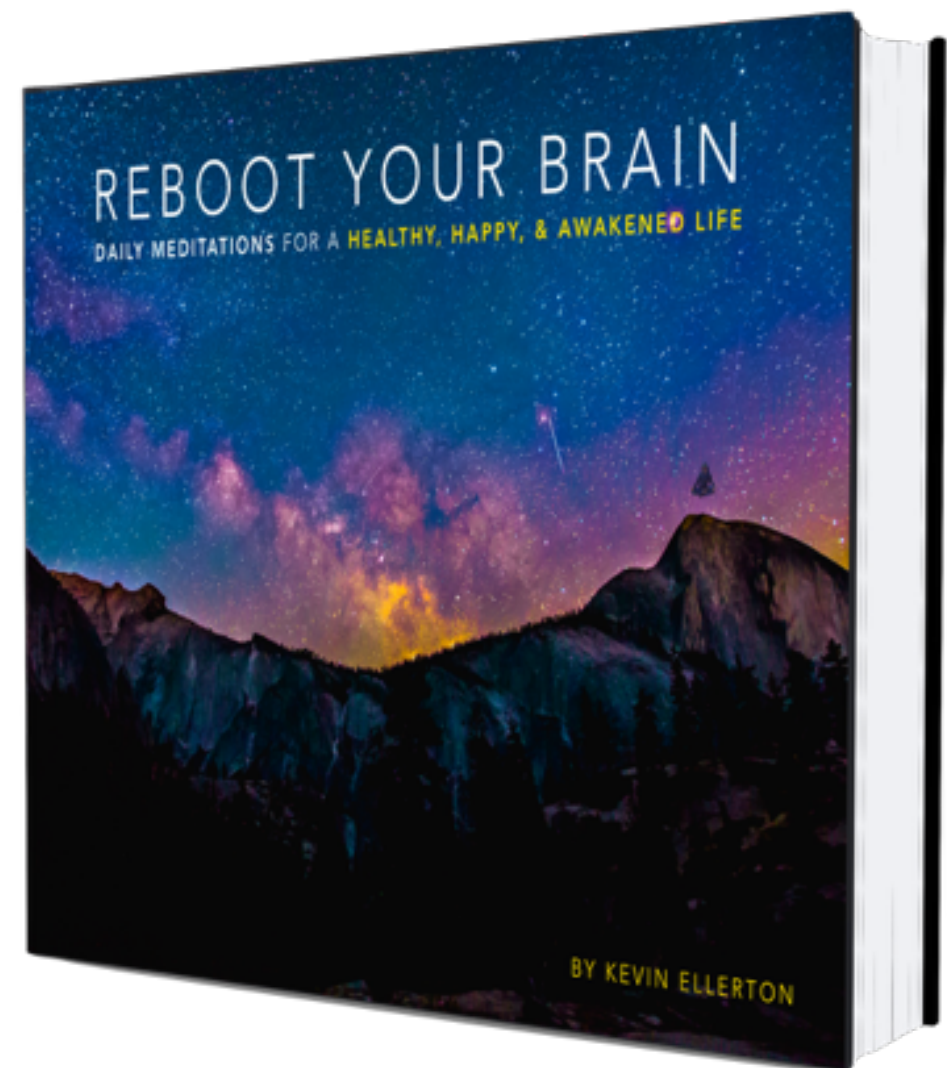


# GET THE PRINT VERSION

SO YOU CAN TAKE NOTES,  
CROSS THINGS OUT,  
WRITE YOUR OWN  
REMINDERS,  
KEEP IT ON YOUR  
NIGHTSTAND, AND  
**READ IT EVERY DAY!**



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# GET THE WHOLE SET!

FOR A **HAPPY,**  
**HEALTHY,**  
**SUCCESSFUL,**  
**PRODUCTIVE,**  
**WARM,**  
**LOVING,**  
ALL-AROUND  
AMAZING  
LIFE :-)



# EXPLANATIONS

CLARIFICATIONS FOR SOME OF THE MORE ABSTRACT MEDITATIONS

# WHY DOES **ANYTHING** EXIST IN THE FIRST PLACE?

## WOULDN'T IT HAVE BEEN SIMPLER IF THERE HAD JUST BEEN... NOTHING?

WE BEGIN OUR DAILY MEDITATIONS WITH THE DEEPEST, MOST FUNDAMENTAL QUESTION THAT HUMAN BEINGS HAVE EVER ASKED. SOME MIGHT SAY THAT THIS QUESTION IS THE BASIS FOR ALL MYSTICISM; THE GREAT, MIND-BLOWING MYSTERY OF EXISTENCE ITSELF.

THE **HEBREW** WORD FOR "GOD" IS "YHWH" — "I AM." **HINDUS** WORSHIP "SHIVA," — "MOTHER OF UNIVERSES."

THEY MAY USE DIFFERENT WORDS, BUT NEARLY EVERY MAJOR RELIGION IS ROOTED IN THE WORSHIP OF THE "FIRST CAUSE;" THE REASON THAT **ANYTHING** EXISTS IN THE FIRST PLACE.

YOU DON'T HAVE TO "BELIEVE" IN ANY PARTICULAR RELIGION'S CONCEPTUALIZATION OF "GOD" IN ORDER TO APPRECIATE, AND BE AWED BY, **EXISTENCE ITSELF** (THAT WHICH YOU MIGHT CALL "THE UNIVERSE"). DEEPER STILL, CONTEMPLATING **THE CAUSE OF EXISTENCE** IS A TRULY MIND-BENDING EXERCISE.

THIS QUESTION (AND ITS ANSWER) GOES BEYOND THE THEISTIC IDEA OF GOD-AS-A-DEITY. IF THERE IS INDEED AN ENTITY THAT ONE MIGHT BE INCLINED TO CALL "GOD" — THEN WHY DOES **THAT** ENTITY EXIST IN THE FIRST PLACE? YOU END UP WITH THE SAME QUESTION.

THROUGH MEDITATION, IT BECOMES CLEAR THAT, AT THE VERY **CORE** OF IT ALL, **EMBEDDED IN THE FABRIC OF REALITY ITSELF**, THERE IS A FUNDAMENTAL PRINCIPLE — **A BASIC LAW OF PHYSICS** — THAT ALLOWS FOR **ANYTHING** TO EXIST IN THE FIRST PLACE.

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WITHOUT THIS FUNDAMENTAL **LAW OF EXISTENCE**, NOTHING — NOT EVEN AN ENTITY CALLED “GOD” — COULD EVER BE. ANYTHING THAT **EXISTS, DEPENDS FOR ITS EXISTENCE UPON THE LAW OF EXISTENCE** ITSELF.

ASK YOURSELF — COULD THIS BASIC “LAW OF EXISTENCE” BE THE VERY THING THAT BLEW ABRAHAM’S MIND, IN HIS MEDITATIONS UPON THE SUN AND THE MOON... THE “ONE GOD” THAT TRANSCENDED AND SUPERSEDED ALL THE OTHER “GODS” OF HIS TIME? COULD THE POWER OF THIS REALIZATION HAVE BEEN THE DRIVING FORCE BEHIND ALL OF WESTERN RELIGION?

COULD WORDS LIKE “SHIVA” AND “ALLAH” AND “GOD” ALL HAVE ORIGINALLY BEEN MEANT TO REFER TO THIS SAME FUNDAMENTAL **SOURCE**; THE FERTILE ASPECT OF REALITY **THAT GIVES RISE TO ALL OF EXISTENCE, IN EVERY MOMENT?**

THROUGH MEDITATION, IT BECOMES CLEAR THAT THE LAW OF EXISTENCE ALWAYS WAS, AND ALWAYS WILL BE. EVEN IF THIS UNIVERSE DISAPPEARS, THE FABRIC OF REALITY WILL ALWAYS BE FERTILE, PREGNANT WITH THE SEEDS OF EXISTENCE.

IN RELIGIOUS TERMS, WE MIGHT SAY THAT THESE MEDITATIONS BRING A PERSON INTO DIRECT CONTACT WITH “GOD.” ALWAYS A GOOD WAY TO START THE DAY :-)

SO ASK YOURSELF, ONCE AGAIN: **WHY DOES ANYTHING EXIST IN THE FIRST PLACE?**

GOING INTO DETAIL ON THIS TOPIC IS BEYOND THE SCOPE OF THIS BOOK. IF YOU’RE INTERESTED IN DIVING DEEPER INTO THESE FUNDAMENTAL MYSTERIES OF REALITY, CHECK OUT MY FULL-LENGTH BOOK, “AWAKENING,” WHICH WILL BE PUBLISHED SHORTLY. DETAILS WILL BE AVAILABLE ON [KEVINELLERTON.COM](http://KEVINELLERTON.COM).

# WE CANNOT KNOW EXISTENCE ITSELF. WE CAN ONLY BE IT.

CAMBODIA, 2015. SITTING IN A TREEHOUSE ABOVE HARIHARALAYA, THE ANCIENT CAPITAL OF THE KHMER EMPIRE, I QUESTIONED JOEL ALTMAN, FOUNDER OF THE HARIHARALAYA MEDITATION CENTER, ABOUT "ENLIGHTENMENT" AND "AWAKENING."

JOEL DESCRIBED ENLIGHTENMENT AS "BEING IN TOUCH WITH THAT WHICH IS."

I FOUND THIS DESCRIPTION A BIT VAGUE, SO I DUG DEEPER. I ASKED JOEL WHAT HE MEANT BY "THAT WHICH IS." JOEL CLARIFIED; "THAT WHICH IS" INCLUDES ALL OF THE ATOMS AND MOLECULES AND UNIVERSES IN EXISTENCE — ESSENTIALLY, THE TOTALITY OF EXISTENCE ITSELF.

"BUT CAN WE REALLY KNOW ALL OF THAT?" I ASKED. HOW CAN ANY HUMAN ATTAIN ENLIGHTENMENT, IF ENLIGHTENMENT REQUIRES KNOWLEDGE OF EVERYTHING IN EXISTENCE?

JOEL RESPONDED: "WE CANNOT KNOW IT. WE CAN ONLY BE IT."

WE **ARE** EXISTENCE. OUR BODIES ARE MADE FROM THE FABRIC OF REALITY. WE ARE CONTIGUOUS AND CONTINUOUS WITH THE UNIVERSE. WE **ARE** EXISTENCE ITSELF.

CLOSE YOUR EYES AND MEDITATE ON THAT FOR A FEW MINUTES.

**WE CANNOT KNOW REALITY. WE CAN ONLY BE IT.**

# FEEL THE FABRIC OF REALITY UNDERLYING EVERYTHING AROUND YOU. THE SPACE. THE OBJECTS. EVEN YOURSELF.

LOOK AROUND AT THE SPACE THAT SURROUNDS YOU. IT MAY BE FILLED WITH AIR AND WITH OBJECTS, BUT LOOK DEEPER — LOOK AT THE SPACE ITSELF.

AND LOOK EVEN DEEPER, “UNDERNEATH” THE SPACE. ACCORDING TO EVERYTHING WE KNOW ABOUT PHYSICS, SPACE ONLY CAME INTO EXISTENCE THROUGH THE BIG BANG. “BEFORE” THAT, THERE WAS JUST... “NOTHING” (EVEN TIME DIDN’T EXIST). SPACE IS SOMETHING THAT **EXISTS**, JUST LIKE ALL OF THE OBJECTS WITHIN IT. SO SPACE, TOO, IS ARISING FROM THE SAME FABRIC OF REALITY THAT GIVES RISE TO EVERYTHING ELSE.

EVERYTHING, EVEN THE SPACE, IS ARISING, IN THIS MOMENT, FROM THE FABRIC OF REALITY ITSELF. EVERYTHING IS BIRTHED, IN EVERY MOMENT, FROM THIS ETERNAL, TIMELESS **SOURCE** — THE FERTILE VOID THAT PRECEDES THE UNIVERSE, PREGNANT WITH THE SEEDS OF EXISTENCE ITSELF.

IT **UNDERLIES** THE SPACE — AND EVERYTHING WITHIN IT — IN THE SAME WAY THAT THE SOURCE CODE UNDERLIES AN IMAGE ON YOUR COMPUTER SCREEN.

IS THE SOURCE CODE “UNDERNEATH” THE IMAGE, IN TERMS OF THE THREE SPACIAL DIMENSIONS (UP/DOWN, RIGHT/LEFT, FORWARD/BACK)? OR DOES IT **UNDERLIE** THE IMAGE... *IN ANOTHER DIMENSION?*

DUN DUN DUUUUN.

IN THE SAME WAY... THE **SOURCE** OF ALL EXISTENCE, THE FABRIC OF REALITY ITSELF, **UNDERLIES** THE SPACE AROUND YOU, THE OBJECTS WITHIN IT... **EVEN YOU...** IN A DIMENSION THAT WE ARE NOT ACCUSTOMED TO BEING AWARE OF. THROUGH THIS MEDITATION, WE AWAKEN TO — OR **BECOME CONSCIOUS** OF — THAT MOST FUNDAMENTAL DIMENSION OF REALITY.

**FEEL THE FABRIC OF REALITY**, UNDERLYING THE SPACE AROUND YOU, **GIVING RISE TO EVERYTHING**, **INCLUDING YOU**, RIGHT HERE, RIGHT NOW, IN THIS MOMENT.



**EVERYTHING IS PERFECT AS IT IS.**  
LIKE THE SKY & THE CLOUDS & THE TREES.  
ULTIMATELY, EVERYTHING IS JUST EXISTENCE ITSELF.

HAVE YOU EVER SEEN A MISSHAPEN CLOUD? OR AN IMPERFECT SEA?

**EVERYTHING IS AS IT IS.** THE FACT THAT IT EVEN IS IN THE FIRST PLACE... THE FACT THAT **ANYTHING EXISTS**, IS THE GREATEST, MOST AMAZING THING IN THE WORLD. BECAUSE THEORETICALLY, IT COULD HAVE JUST BEEN... NOTHING. AND THEN YOU WOULDN'T GET TO HAVE THIS AWESOME EXPERIENCE THAT WE CALL "LIFE." YOU WOULDN'T GET TO SMILE AT YOUR LOVED ONES, OR MARVEL AT THE UNIVERSE. BECAUSE NONE OF THIS WOULD EXIST IN THE FIRST PLACE.

EXISTENCE IS AN END UNTO ITSELF.

YOU ARE PERFECT, EXACTLY AS YOU ARE, IN THE SAME WAY THAT A CLOUD IS PERFECT. IT JUST IS AS IT IS. YOU ARE AS YOU ARE, LIKE THE A CLOUD, OR THE SKY, OR A TREE. YOU ARE A BEAUTIFUL EXPRESSION OF EXISTENCE ITSELF.

**THIS SHOULD NOT BE USED AS AN EXCUSE** TO ABANDON THE FIGHT TO MAKE THINGS BETTER IN THIS WORLD. WAR, FAMINE, HATRED, SUFFERING... THESE ARE ALL HORRIBLE, ON A HUMAN LEVEL, FROM A HUMAN PERSPECTIVE. AND WE ARE HUMAN BEINGS; IS IMPORTANT FOR US TO ACT ACCORDINGLY. BUT FROM AN ULTIMATE PERSPECTIVE — FROM THE PERSPECTIVE OF THE FABRIC OF REALITY THAT GIVES RISE TO EVERYTHING — EVEN SUFFERING IS A NATURAL PART OF EXISTENCE. LIKE A FOREST FIRE, OR AN ASTEROID, OR A FISH EATING ANOTHER FISH. IT IS ALL JUST EXISTENCE, MANIFESTING IN ITS MYRIAD OF WAYS, HERE IN THIS ETERNAL MOMENT.

# WE ARE EXISTENCE EXPERIENCING ITSELF

AFTER READING THROUGH THE PREVIOUS EXPLANATIONS, THIS MEDITATION SHOULD BE EASY TO APPRECIATE. FOR GOOD MEASURE, HERE ARE SOME QUOTES ON THIS SUBJECT, FROM THREE OF THE BRIGHTEST LUMINARIES OF THE PAST CENTURY :-)

'THE COSMOS IS WITHIN US.  
WE ARE MADE OF STAR-STUFF.  
WE ARE A WAY FOR THE UNIVERSE TO KNOW ITSELF.'  
— CARL SAGAN

"THROUGH OUR EYES, THE UNIVERSE IS PERCEIVING ITSELF.  
THROUGH OUR EARS, THE UNIVERSE IS LISTENING TO ITS HARMONIES.  
WE ARE THE WITNESSES THROUGH WHICH  
THE UNIVERSE BECOMES CONSCIOUS OF ITS GLORY,  
OF ITS MAGNIFICENCE."  
— ALAN WATTS

"YOU ARE NOT *IN* THE UNIVERSE,  
YOU ARE THE UNIVERSE,  
AN INTRINSIC PART OF IT.  
ULTIMATELY YOU ARE NOT A PERSON,  
BUT A FOCAL POINT  
WHERE **THE UNIVERSE**  
**IS BECOMING CONSCIOUS OF ITSELF.**"  
— ECKHART TOLLE

# LOOK AROUND YOU. EVERYTHING YOU SEE IS ACTUALLY INSIDE OF YOUR OWN MIND.

WE'RE BASICALLY LIVING IN THE MATRIX. NOTHING THAT YOU SEE AROUND YOU IS "REAL." IT'S ALL CONSTRUCTED IN YOUR IMAGINATION.

SOUNDS CRAZY, RIGHT? WELL, IT'S ACTUALLY JUST BASIC PHYSICS & BIOLOGY. HERE ARE SOME EXAMPLES.

**COLORS DON'T REALLY EXIST OUTSIDE OF YOUR MIND.** LIGHT IS BOUNCING AROUND AT DIFFERENT WAVELENGTHS. YOUR EYES INTERPRET THE WAVELENGTHS OF LIGHT, AND YOUR BRAIN TURNS THEM INTO COLORS, WHICH ARISE IN YOUR MIND, IN THE WORLD OF CONSCIOUSNESS. IT'S KIND OF LIKE HOW YOUR COMPUTER TURNS ONES AND ZEROS INTO PRETTY PICTURES ON YOUR SCREEN. COLORS DON'T EXIST IN THE REAL WORLD. THEY ONLY EXIST IN THE REALM OF CONSCIOUSNESS.

**SOUNDS DON'T EXIST OUTSIDE OF YOUR MIND EITHER.** YOU KNOW THAT OLD SAYING "IF A TREE FALLS IN A FOREST, AND THERE'S NOBODY THERE TO HEAR IT, DOES IT MAKE A SOUND?" WELL, ACCORDING TO EVERYTHING WE KNOW ABOUT PHYSICS AND BIOLOGY, THE ANSWER TO THAT QUESTION IS **NO**. IT DOES NOT MAKE A SOUND. BECAUSE SOUNDS ONLY EXIST IN OUR OWN MINDS. SOUNDS ARISE IN THE MIND WHEN THE EAR DRUMS VIBRATE, FROM PRESSURE WAVES IN THE AIR. THE BRAIN INTERPRETS THE VIBRATION OF THE EAR DRUMS, AND TURNS THEM INTO "SOUNDS" IN THE MIND. KIND OF LIKE HOW YOUR COMPUTER INTERPRETS ONES AND ZEROS AND TURNS THEM INTO THE BEAUTIFUL MUSIC THAT PLAYS THROUGH YOUR SPEAKERS. SO WHEN THE TREE FALLS IN THE FOREST, IT CREATES PRESSURE WAVES IN THE AIR, BUT IF THERE ARE NO EAR DRUMS TO DETECT THE PRESSURE WAVES, THEN THERE ARE NO SOUNDS THAT ARISE. BECAUSE SOUNDS DON'T ACTUALLY EXIST OUTSIDE OF YOUR MIND.

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**THE SAME CAN BE SAID FOR EVERYTHING ELSE.** EVEN SOLID “OBJECTS” ARE JUST IMPERMANENT, CONSTANTLY SHIFTING COLLECTIONS OF ATOMS AND MOLECULES, WHICH THEMSELVES ARE ACTUALLY JUST 99% EMPTY SPACE. ALL MATTER IS ENERGY AT ITS CORE — A FACT DISCOVERED BY PHYSICISTS LIKE ALBERT EINSTEIN AND WERNER HEISENBERG. BUT YOUR EYES DIDN'T EVOLVE TO SEE ATOMS AND MOLECULES. **YOUR BRAIN DIDN'T EVOLVE TO INTERPRET THE WORLD AROUND YOU AS A SWIRLING SOUP OF PURE ENERGY.** IT IS USEFUL FOR THE BRAIN TO INTERPRET THINGS AS OBJECTS, IN ORDER TO ALLOW THE HUMAN ORGANISM TO BETTER NAVIGATE ITS ENVIRONMENT.

YOUR BRAIN INTERPRETS THE LIGHT THAT COMES INTO YOUR EYES, THE PRESSURE WAVES THAT VIBRATE YOUR EAR DRUMS, THE SENSATIONS THAT YOU FEEL ON YOUR SKIN, AND SO ON. AND THEN, YOUR BRAIN TURNS ALL OF THAT SENSORY INPUT INTO THIS FANTASTIC, UNIFIED SENSORY EXPERIENCE — COMPLETE WITH SMELLS AND TASTES AND SOUNDS AND COLORS — THAT YOU ARE EXPERIENCING RIGHT HERE, RIGHT NOW, IN THIS VERY MOMENT.

**AND IT'S ALL IN YOUR HEAD.**

WHEN YOU LOOK AROUND YOU, YOU'RE ACTUALLY JUST LOOKING AT THE INSIDE OF YOUR OWN MIND.

**EVERYTHING YOU SEE AROUND YOU  
IS ACTUALLY INSIDE OF YOUR MIND.**

MEDITATE ON THAT FOR A FEW MINUTES :-)

EACH AND EVERY CONSCIOUS BEING EXPERIENCES EXISTENCE THROUGH THIS SAME, FUNDAMENTAL, PURE, EMPTY, RECEPTIVE CONSCIOUSNESS. **AND WE ALL CALL IT "ME."**

JUST AS OBJECTS NEED SPACE IN WHICH TO EXIST, SO DO THOUGHTS, SENSATIONS, AND EXPERIENCES. BUT INSTEAD OF PHYSICAL SPACE, THIS SPACE EXISTS INSIDE OF OUR OWN MINDS.

NO BEING CAN BE CONSCIOUS WITHOUT HAVING THIS SPACE, THIS PURE, EMPTY CONSCIOUSNESS.

SINCE, BY ITS FUNDAMENTAL NATURE, CONSCIOUSNESS IS PURE, EMPTY SPACE, WITH NO ATTRIBUTES INHERENT TO IT (ASIDE FROM BEING EMPTY AND SPACIOUS), WE CAN SAY THAT **ALL CONSCIOUS BEINGS MUST SHARE, AT THE VERY LEAST, THIS FUNDAMENTAL FORM OF CONSCIOUSNESS.**

WE ALL SHARE THIS EXACT SAME "EXPERIENCER;" THAT WHICH YOU MIGHT CALL "**ME**" OR "**I**," WHEN YOU SAY THINGS LIKE:

"I SMELL PIZZA!"

OR

"I LOVE YOU."

OR

"WHERE WAS I BEFORE I WAS BORN?"

AND

"WHAT WILL HAPPEN TO **ME** WHEN I DIE?"

**EVERYBODY IS "I." WE ARE ALL ONE CONSCIOUSNESS, ONE SPIRIT, ONE I, EXPERIENCING EXISTENCE THROUGH COUNTLESS BODIES. TOGETHER, WE COMPRISE THE CONSCIOUSNESS OF EXISTENCE ITSELF.**

**CONSIDER THE NEURONS IN THE BRAIN.** EACH INDIVIDUAL NEURON GIVES RISE TO A TINY SPARK OF CONSCIOUSNESS. BUT ALL TOGETHER, AS A WHOLE... BOOM! THEY GIVE RISE TO THIS UNIFIED, MULTI-SENSORY EXPERIENCE THAT YOU ARE HAVING IN THIS MOMENT. NO INDIVIDUAL NEURON CAN EXPERIENCE THE RICHNESS OF THIS MOMENT; THEY ARE NOT EQUIPPED EVEN TO IMAGINE THAT SUCH A THING WOULD BE POSSIBLE. BUT YOU — THE CONSCIOUSNESS THAT ARISES FROM THE NERVOUS SYSTEM AS A WHOLE — ARE EXPERIENCING IT RIGHT NOW, WITH ALL ITS SIGHTS AND SOUNDS AND SMELLS AND SENSATIONS, ALL IN ONE GLORIOUS MOMENT OF EXPERIENCE.

**SIMILARLY, EACH OF US,** AS HUMAN BEINGS EXPERIENCING THIS UNIVERSE, **GIVES RISE TO A TINY SPARK OF CONSCIOUSNESS,** PERCEIVING ONLY THAT WHICH IS PRESENT IN THE PLACES THAT WE EACH CALL "HERE & NOW." BUT ALL OF US TOGETHER, AS A WHOLE... BOOM! **THE UNIVERSE IS EXPERIENCING ITSELF,** FROM AN UNFATHOMABLE MULTITUDE OF PERSPECTIVES. BILLIONS OF HUMANS, TRILLIONS OF ANIMALS, QUADRILLIONS OF INSECTS... AND THAT'S JUST HERE ON EARTH. WHO KNOWS WHAT LIES BEYOND?

# BE HERE NOW

THESE THREE SHORT, SIMPLE WORDS — MAY BE THE MOST IMPORTANT AND POWERFUL MEDITATION IN THIS ENTIRE BOOK.

WHILE THIS PHRASE MAY HAVE BEEN POPULARIZED BY RAM DASS IN THE 1970S (AFTER HAVING HEARD THEM FROM A HIPPIE IN THE HIMALAYAS), THE WORDS THEMSELVES, AND THE IDEA BEHIND THEM, GO WAY BACK INTO ANTIQUITY.

IF YOU DON'T IMMEDIATELY RESONATE WITH THIS MEDITATION, YOU MAY BE TRYING TO INTELLECTUALIZE IT. *"WELL, OF COURSE I'M HERE NOW. HOW COULD I NOT BE?"*

FOR MANY OF US, MOST OF THE TIME, OUR MINDS ARE NOT HERE & NOW. WE SPEND OUR TIME IN THE PAST AND THE FUTURE, LOST IN MEMORIES AND WORRIES AND PLANS. OUR MINDS WANDER TO FAR OFF PLACES; PLACES WE'VE BEEN, AND PLACES WE WANT TO GO. SADLY, WE TEND TO MISS OUT ON THE HERE & NOW — THE ONLY POINT IN THE SPACE-TIME CONTINUUM IN WHICH WE CAN ACTUALLY EXPERIENCE, ENJOY, AND INTERACT WITH THE REAL WORLD, AS IT IS.

THE PAST EXISTS ONLY IN MEMORY. THE FUTURE IS IN THE REALM OF IMAGINATION. THE ONLY THING THAT ACTUALLY EXISTS IS THIS MOMENT; THE ETERNAL NOW. FOR TRULY, WHEN IS IT EVER NOT NOW? **THIS MOMENT IS ALL WE EVER HAVE.**

EACH OF THESE THREE SIMPLE WORDS CAN BE USED AS A POWERFUL INVOCATION ON ITS OWN. **"BE"** IS A COMMAND: "JUST BE." **"HERE"** CALLS THE MIND BACK TO THE BODY, FROM WHEREVER IT MAY HAVE WANDERED OFF TO. **"NOW"** BRINGS THE MIND BACK INTO THE PRESENT MOMENT.

**BE.  
HERE.  
NOW.**

ALL SUFFERING IS CAUSED BY **RESISTANCE**. ACCEPT IT. LET IT BE. THEN THERE IS ONLY **EXISTENCE**.

IT'S IMPORTANT TO DISTINGUISH BETWEEN "PAIN" AND "SUFFERING."

PAIN EXISTS AS SENSATIONS IN THE BODY. SUFFERING EXISTS AS THE UNHAPPINESS IN THE MIND **THAT ARISES IN RESPONSE TO THE SENSATIONS IN THE BODY**. WHEN WE ARE CONSCIOUS ENOUGH OF WHAT'S GOING ON IN THE MIND, WE ARE ABLE TO **FEEL** PAINFUL SENSATIONS, WITHOUT ALLOWING THEM TO CREATE SUFFERING IN THE MIND. THE TRICK IS TO FEEL THE SENSATIONS **AS THEY ARE**, WITHOUT INTERPRETING THEM AS "BAD," TRYING TO RUN AWAY FROM THEM, OR WISHING THAT THEY WOULD GO AWAY.

INSTEAD OF RESISTING, LET IT BE. ACCEPT WHATEVER ARISES IN THIS MOMENT. THIS IS **WHAT IS**. THIS IS THE INTENSE, MAJESTIC REALITY OF EXISTENCE.

THERE ARE MANY OTHER THINGS THAT WE RESIST THAT CAUSE SUFFERING AS WELL, OTHER THAN JUST THE OBVIOUS "PAIN." YOU MIGHT RESIST SENSATIONS OF HEAT OR COLD, SPECIFIC TASTES OR SMELLS, AND CERTAIN THOUGHTS OR EMOTIONS. FOR EXAMPLE, TAKE THE SENSATIONS OF THE STOMACH RISING WHILE ON A ROLLER COASTER. MANY PEOPLE RESIST THESE SENSATIONS, AND SUFFER FROM THEM. THOSE WHO DON'T RESIST THE SENSATIONS, ON THE OTHER HAND, TEND TO ENJOY THEM.

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# ALL SUFFERING IS CAUSED BY RESISTANCE. ACCEPT IT. LET IT BE. THEN THERE IS ONLY EXISTENCE.

OF COURSE, THIS IS EASIER SAID THAN DONE, ESPECIALLY WHEN IT COMES TO VERY INTENSE PAIN. I BROKE MY NECK IN A MOTORCYCLE ACCIDENT IN 2010. I HAD ALREADY DEVELOPED A MEDITATION PRACTICE BEFORE THE ACCIDENT, BUT I WASN'T STRONG ENOUGH TO BRING MYSELF TO ACCEPT THE PAIN (AT LEAST NOT WITHOUT THE MORPHINE). I WAS, HOWEVER, STRONG ENOUGH BY THAT POINT TO BE ABLE TO ACCEPT THE FACTS OF THE SITUATION, WITHOUT ALLOWING THEM TO CAUSE ME TO SUFFER. MY BIKE WAS DESTROYED. I MIGHT NEVER WALK AGAIN. THE SURGERY COST ALL OF MY MONEY, AND MORE. BUT I WASN'T ABLE TO ACCEPT THE PAIN, TO THE POINT WHERE IT DIDN'T MAKE ME SUFFER.

ON THE OTHER HAND, EXTREMELY INTENSE PAIN CAN SOMETIMES CAUSE A PERSON TO STOP RESISTING — AND THEREBY STOP SUFFERING — OUT OF SHEER NECESSITY. TAKE ISHI, THE FOUNDER OF SAMMA KARUNA SCHOOL OF AWAKENING IN THAILAND. I INTERVIEWED ISHI AS PART OF MY "PATHS UP THE MOUNTAIN" DOCUMENTARY SERIES. ISHI'S "AWAKENING" STORY BEGINS WHEN HE BROKE A DISC IN HIS NECK. HE WAS IN SUCH INTENSE PAIN, FOR SUCH A LONG TIME, THAT AT SOME POINT, HE COULD NO LONGER RESIST IT. HE JUST STARTED "WATCHING" THE PAIN, WITHOUT JUDGING IT. THROUGH THIS NON-RESISTANCE, HIS SUFFERING FELL AWAY. THIS EXPERIENCE CHANGED HIS LIFE FOREVER, AND HE ENDED UP CREATING A SCHOOL OF AWAKENING.

IT IS MUCH EASIER TO PRACTICE NON-RESISTANCE AND ACCEPTANCE IN LOWER-INTENSITY SITUATIONS. FOR EXAMPLE, MANY MEDITATORS PRACTICE DEVELOPING "EQUANIMITY" — NONJUDGMENTAL AWARENESS — BY OBSERVING THE SENSATIONS OF THE LEGS FALLING ASLEEP WHILE SITTING IN MEDITATION. AT FIRST IT IS HARD TO AVOID JUDGING AND RESISTING THE SENSATIONS, BUT ONCE YOU GET THE HANG OF IT, THE SENSATIONS STOP BEING "PAINFUL" OR "BOTHERSOME." THEY START BEING, SIMPLY, SENSATIONS.

AND THEN THERE IS NO MORE SUFFERING. ONLY EXISTENCE.

# SATISFICERS & MAXIMIZERS

THE TERMS "SATISFICER" AND "MAXIMIZER" WERE COINED BY COGNITIVE PSYCHOLOGIST, POLITICAL SCIENTIST, AND NOBEL LAUREATE HERBERT A SIMON IN 1956.

BY SIMON'S DEFINITIONS, "SATISFICERS" ARE THOSE PEOPLE WHO ARE SATISFIED WHEN THEIR CRITERIA ARE MET. "MAXIMIZERS," ON THE OTHER HAND, SEEK TO MAXIMIZE AND OPTIMIZE, TO ACHIEVE THE BEST POSSIBLE OUTCOMES.

FOR EXAMPLE, IF A SATISFICER AND A MAXIMIZER GO SHOPPING FOR JEANS, A SATISFICER WILL CHOOSE THE FIRST PAIR OF JEANS THAT SATISFIES HER CRITERIA (AND BE VERY SATISFIED WITH THEM), WHILE A MAXIMIZER WILL NEED TO TRY ON EVERY PAIR OF JEANS IN THE STORE BEFORE MAKING A DECISION (AND THEN, AFTER PURCHASING THEM, SECOND-GUESS THE DECISION).

SINCE SIMON COINED THE TERMS IN 1956, SEVERAL LARGE-SCALE EMPIRICAL STUDIES HAVE SHOWN THAT SATISFICERS TEND TO BE HAPPIER, OVERALL, THAN MAXIMIZERS. THEY TEND TO BE HAPPIER WITH THE DECISIONS THEY MAKE, WHILE MAXIMIZERS WONDER IF THEY COULD HAVE CHOSEN BETTER. SATISFICERS TEND TO BE HAPPIER WITH THEIR LIVES, WHILE MAXIMIZERS CONSTANTLY CONCERN THEMSELVES WITH WHAT COULD BE BETTER. MAXIMIZERS ALSO EXPERIENCE MORE ANXIETY AND DEPRESSION THAN SATISFICERS.

WHILE MAXIMIZERS HAVE BEEN SHOWN TO GET OBJECTIVELY BETTER OUTCOMES — FOR EXAMPLE, IN A 2012 SWARTHMORE STUDY OF 788 SUBJECTS FROM AROUND THE WORLD, SUBJECTS WITH HIGH MAXIMIZING TENDENCIES WERE FOUND TO EARN 20% MORE THAN SUBJECTS WITH HIGH SATISFICING TENDENCIES — THE SAME STUDIES CONSISTENTLY FIND THAT MAXIMIZERS ARE LESS SATISFIED WITH THEIR LIVES THAN SATISFICERS.

ASK YOURSELF — IF YOU HAD TO CHOOSE ONE — WOULD YOU PREFER TO BE SUCCESSFUL AND MISERABLE, OR SIMPLY HAPPY & SATISFIED WITH YOUR LOT IN LIFE? IT'S NOT ALWAYS AN EASY QUESTION, AND THERE IS NO "CORRECT" ANSWER.

[HTTP://WORKS.SWARTHMORE.EDU/CGI/VIEWCONTENT.CGI?ARTICLE=1002&CONTEXT=FAC-PSYCHOLOGY](http://works.swarthmore.edu/cgi/viewcontent.cgi?article=1002&context=fac-psychology)

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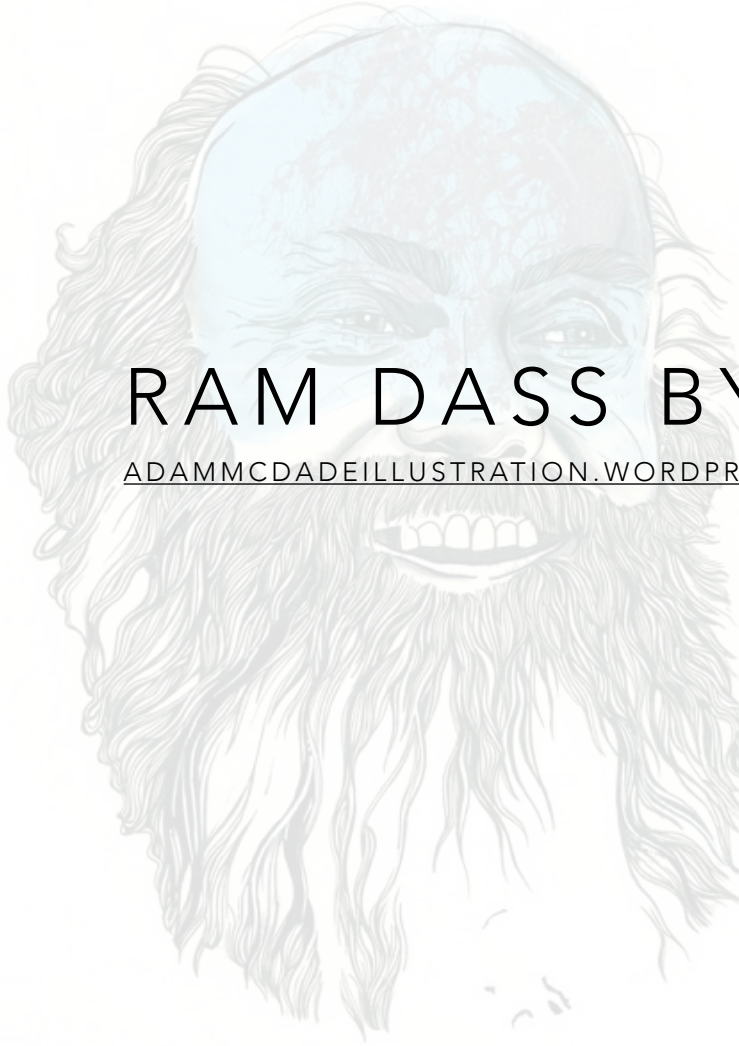
THANK YOU :-)

I LOOK FORWARD TO HEARING FROM YOU!

NAMASTE.

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# ABOUT THE AUTHOR

Kevin Ellerton is just a figment of your imagination.

In reality, All is One.

This book has arisen from the fabric of Existence itself.

But Kevin wants you to visit his website anyway @ [kevinellerton.com](http://kevinellerton.com).

He claims there is stuff there. And things.

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