

Enlightenment

Understood...

What is Enlightenment?

Enlightenment (simply put) is becoming
Wise to the fact that *you have a Mind.*

Wisdom (being Wise) =
Knowledge + Experience

Congratulations, you're halfway there!

Now you have Knowledge:
“I have this thing called a Mind.”

*I just told you that...

Experience: In order to experience your new-found Knowledge of “*I have this thing called a Mind*”, you must enter into a state of “No-Mind” so that you can accurately contrast what it Feels like to have a Mind and not have a Mind.

*Thought experiment: How could you know what happiness is if you did not know what sadness is?

*Answer: You can't know happiness without sadness. This is also why most “highly-attuned” spiritual people seek out Equanimity (or “*Harmony*”) instead of seeking out happiness, because happiness is *mobius loop* leading back to sadness.



*This is a mobius loop. *Look familiar?*

That is the basic premise for why it's so important to experience a State of Enlightenment (“No-Mind”) in order to accurately contrast what it is to have a Mind.

No-Mind: In contemporary terms, this is what is known as a Flow State.

Fun Fact: We have all been in States of Flow (“States of Enlightenment”*) throughout our lives (*mostly as kids*), we just didn’t realize the importance of it when we were young because we weren’t as fixated on Mind as we are now...

*You can blame society for this one... society (in all of its beauty) is completely built up of Mind. “Get this...” “Get that...” “American Dream...” “High Achiever...” and so on...

What is “Flow”?

Though there are many books on Flow States (most notably the book “*Flow*” by *Mihaly Csikszentmihalyi*), the simplest explanation I can give is: **Flow is the union between Intention and Action.**

Intention (*Mind*) + Action (*Body*) =
Flow (*Union*)

**Are you beginning to notice parallels between the practice of yoga and this rational explanation here? That's because science is now proving (but also disproving in some cases) Ancient Knowledge we once knew...*

Intention: *“I want to kick this ball.”*

*Mind.

Action: *Body kicks ball.*

*Body.

Flow: for a *brief* moment in the previous example, your Mind and Body became One and *you did what it is that you wanted to do in that moment.* No additional thoughts, your Mind simply focused all of its Attention on completing the task at hand.

*Attention (or *Awareness*) is the higher-order process of Mind where you act beyond-Mind, but are still conscious of what's going on. Some people call this "The Mind of No-Mind" "Being in Flow" or "Fully Present".

*Question: Then can't everything be considered a way of entering into a State of Flow (a "*State of Enlightenment*")?

*Answer: Yes! And that's what the practice of Zen is;
where Your Entire Life Becomes A Meditation.

***But don't get too ahead of yourself young
Padawan, you still have to perfect the ability of
entering into a "State of No-Mind" before you can
apply it to whatever it is that you are doing...***

*State of No-Mind, State of Enlightenment, State of Flow; *these are all synonyms for the same experience.*

Exercise

Though there are many ways of entering into a “*State of Flow*” (cooking, cleaning, playing video games, gardening) we’ll focus on the most famous practice with the best feedback for results - **Breathwork Meditation.**

**Not exactly Vipassana*, in case that’s what you were thinking...

Despite there being 72,000 (this is known as a “Spiritual Number”, it’s not a *literal* number... it basically translates to “very large number”) ways to Meditate out there, Breathwork Meditation is the one I default to the most because (1) *you can do it anywhere and no one knows what you’re doing*, and (2) *because of the physiological response it creates in the body, it’s the one with the most efficacy for getting results*
- *I often refer to this as getting “**Oxygen High**”.*

- Sit comfortably and begin to relax your gaze or even fully close your eyes.
 - Take a deep inhale, hold it slightly, then *sigh* it out (do this 2 more times).
- Start to inhale and exhale with Intention, slowly and methodically, watching the breath as it enters and exits your mouth or nostrils (depending on which way you choose to breathe in this moment).
 - Continue to watch the breath for a few moments and for as long as you'd like.
- As you're doing this, you may even begin to notice some thoughts begin to pop up in your Mind and take centre stage; taking Attention away from the Attention you set on your breath. ***That's OK and completely normal.*** It's just your Body's Mind (often referred to as the *Subconscious Mind*) letting you know that it has something you need to deal with. Much like subordinates running to the CEO's office (you're the CEO and the subordinates are your thoughts in this case) because the CEO is finally back at the office after being out all day and the subordinates need some questions answered. Though you'll later come to realize that these thoughts are important, for now and for this exercise, just watch them and, like a house with many visitors (you are the house in this case and your thoughts are visitors), just let them come and go. Greeting them as they arrive, but not attaching to their existence.

- When you're ready, begin to take control of your breath.
 - *Take a strong inhale in.*
 - *Exhale deeply and let it all go.*
 - *Take a strong inhale in.*
 - *Exhale deeply and let it all go.*
- Repeat this pattern 20-30 times, actively counting each inhale/exhale as you go (inhale/exhale = 1).
- On your last exhale, take your strongest inhale in and hold your breath for as long as is comfortable for you; *noticing the silence, the space, the emptiness, the peace, the quiet.*
- When you're ready, exhale deeply out all of your breath, then hold once more for as long as is comfortable for you. Again, *noticing the silence, the space, the emptiness, the peace, the quiet.*
- When you're ready to inhale, do one last **slight** exhale (there's more in your tank than you think), then breathe in normally; feeling a *rush of calm* wash over you.
 - Sit here and enjoy this feeling for as long as you'd like.
- **IF YOU DON'T FEEL IT YET: REPEAT THE ENTIRE SEQUENCE FROM THE TOP OF THIS PAGE AGAIN AS IS NECESSARY UNTIL YOU BEGIN TO NOTICE (OR, FEEL) THE SILENCE, THE SPACE, THE EMPTINESS, THE PEACE, THE QUIET.**

How did it *Feel?*

*Fun Fact: You can't actually *Know* you're in a "State of Meditation", *you can only Feel it.*
Knowing is a "State of Mind"; Feeling is a State of "No-Mind", where you are able to use more facets of your mental capacity beyond your (often) limiting Conscious Thought (ie. *Mind*).

*State of Meditation is *also a synonym for the same experience we've been talking about.*

**Where there is Mind, there are limits;
where there is “No-Mind,” the possibilities
are endless.**

“Don’t think... Feel.”

“Energy doesn’t lie.”

“Trust your instincts.”

“Be still and know.”

“Just listen.”

All trite statements from people who know the power of and are able to access States of Enlightenment, aka. *States of “No-Mind”*.

Did you Feel it? Great! Then, **welcome to the party**. Now go back and practice the exercise until you begin to **Feel** it more and more and become comfortable entering into that State at will.

Did you not Feel it? That's OK. Even Neo didn't make "*The Jump*" on his first try. Just go back and practice the exercise until you do, but **trust the process** - it WILL work eventually.

Free your Mind...



*Click to watch

...and enter into “No-mind”.

So, *where do you go from here?*

The real truth is that **Enlightenment is just the beginning**. Now it's up to you to **gather the tools you need** to further practice shutting out **your Mind** and do what it is that you need to do in life. ***Enlightenment is not an end-point, but a starting-off point*** to begin manifesting the life that you want in this world.

*Spiritual people often refer to this as “Finding your Dharma”, but I like to call it “*manifesting the life you want in this world*”...

It's easy to become a Buddha. It's *infinitely*
harder to live like a Buddha.

*Infinitely harder because there are an infinite number of ways that your Mind will stand in the way of you getting what it is that you want in life. *Catch the pattern yet?*

We all know the truth. We all know what we *should* be doing. We all know what we *want* to be doing. We all know what the *best course of action* is for us and our lives.

Yet, the **only thing** standing in the way of ourselves is *ourselves* - or, more specifically, *our Mind*.

Manage your Mind, manage your life.

Welcome to the party...

...now go and do the thing that you've always wanted to do, but you let *Fear* stand in the way.

*Fear is a Mind-state. *Catch the pattern yet?*

Resources:

© Urvil James, 2021 • GottaLightMyFire.com

books.gottalightmyfire.com

A note on the exercise:

If you're a yoga teacher or well-versed in breathwork, you'll notice that the exercise I described mirrored a lot of yoga practices you're already familiar with. More specially, the second exercise-slide mirrored quite heavily the [Wim Hof Method](#) (something I've practiced online and completed). There is no "one exercise to rule them all"; however, after all of my nearly decade-long practice, the combination I described is what I've find works best and is the actual practice I employ myself when I find it hard to enter into a Zen-state amidst my day-to-day actions. *Remember: the aim is to cultivate a familiarity with that Feeling, then apply that Feeling to your day-to-day life.

When you can do that, ***Your Entire Life Will Become A Meditation.***

About Me:

www.UrvilJames.com

My Yoga Practice:

www.TheYogaOfWakingLife.com

My Martial Arts Practice:

www.UrvilJamesArnis.com