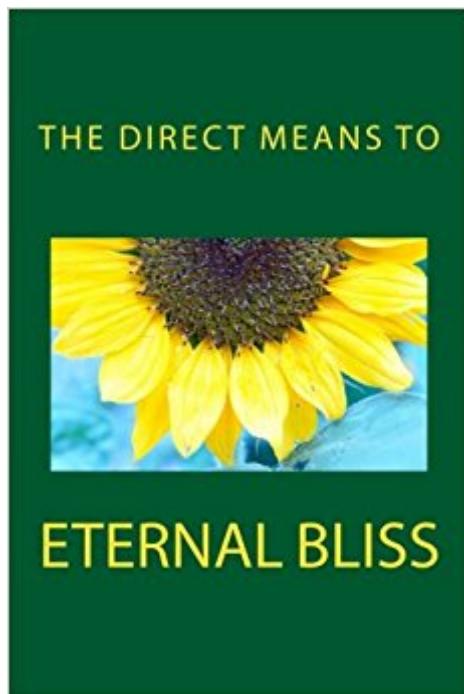


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# The Direct Means To Eternal Bliss



## **Synopsis**

Historically not even one out of every one million humans have succeeded in bringing the impostor self and all suffering to a final end, thus remaining in the true Self whose nature is infinite eternal awareness love bliss. The reason so few humans have succeeded is because usually the impostor self does not want to end. The impostor self has thousands of strategies to prevent it from being exposed and being brought to an end. Some of those strategies appear in the form of thoughts, concepts, beliefs, ideas, opinions, distractions, detours, delays, desires, and feelings. The human mind has thousands of layers of self-deception. The Direct Means to Eternal Bliss exposes the impostor self, some of its preservation strategies and layers of self-deception. Detailed instructions are described for more than nine methods aimed at bringing the impostor self and all suffering to a final end, so that what remains is infinite eternal awareness love bliss. This is the seventh and most current edition of The Direct Means to Eternal Bliss. Many changes have been made to the book since the previous edition. The authors praise of the book has been removed. The sentences are no longer numbered. The type has been changed to Georgia 13. The book has a different cover. Many other changes have been made to the content of the book. The previous edition was published under the title The Most Direct Means to Eternal Bliss.

## **Book Information**

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## **Customer Reviews**

This is the 2015 edition of this book. In this edition, the author has provided the most essential information necessary to help the reader understand the nature of the task set before him and what is required to accomplish the task at hand. He reveals the method that brought him to his own spiritual awakening, Awareness Watching Awareness, and in addition to this method, he provides

the reader with an alternate primary method for attaining spiritual awakening if their ego will not allow them to practice the Awareness Watching Awareness method. This method he calls the Abandon Release Method. To enable the spiritual aspirant to continue practice during any and all activity The Loving All Method is also provided with thorough practice instructions. Several other secondary methods are also shared by the author along with how they may be incorporated into ones practice. What really stands out for me is the love the author has for his reader. He really goes the distance to provide as much instruction and information as necessary to ensure the serious student achieves success. He wants Liberation to be available to all that desire freedom from suffering. In this regard, he makes it very clear that it is up to you, the reader, to put this information to use. He thoroughly covers the pitfalls and schemes the ego avails itself to, to thwart success and prevent its overthrow as the controller and decider. It is made clear that self honesty and the desire for freedom go hand in hand and are our main tools in our spiritual toolkit. It is the authors own direct experience that makes this book the authoritative gem that it is. This is the map that worked for him. This is what he did to attain liberation in our day and age. What became possible for him, is now possible for the reader. Like all roadmaps of its kind, subsequent readings offer new insights. When combined with practice and aspiration, these insights increase in frequency and specificity. I have been made confident that I too will attain liberation in this lifetime. What a blessing.

I keep this at my bedside table. It is one of the most wonderful books I have ever read on Truth. It cuts to the chase and gives an amazing practice that puts you in Truth so that the false can more easily melt away in day to day life. I have done a ton of meditation in my life and this book is meditation itself. I have already bought several copies for family members/friends. It is truly divine! I will be reading it over and over again for many years to come. Get it, you won't be disappointed!

What a Blessing! It is a spiritual treasure. I have been looking for effective Divine spiritual practices for many years and I can tell you with confidence that this book contains them. With much Gratitude for the author for sharing this treasure.

Good companion text book for meditators of all calibers.

Have not finished. Do appreciate the attention required.

From the Introduction: "It is possible to be free of all sorrow and suffering and to experience

absolutely perfect infinite eternal joy here and now in this lifetime. It is possible for all humans, not just a few humans. There is a rapid means to infinite bliss. That rapid means is taught in this book. "From 'Chapter One: The Impostor': "All humans are slaves and the imposter 'self' is their master. Exposing the strategies of that impostor 'self', how to put an end to those strategies, how to bring the impostor "self" to a final end, thus ending all suffering and sorrow and remaining in the true Self whose nature is infinite- eternal-awareness-love-bliss, are the primary purposes of this book." The demands of the ego or the impostor self are insatiable. When the ego's demands are not met, it becomes frustrated, disappointed, angry, bitter, jealous and complaining....on the other hand when the ego's demands are met, after experiencing brief happiness it becomes bored, greedy, spoiled, perverted and self-destructive. The ego's idea of utopia is an unattainable dream and it'll find a way to make itself miserable regardless of external circumstances. Thus one is caught in a vicious cycle of birth, old-age, sickness and death, leading a life of slavery and suffering. The only solution to free oneself is to turn inward towards the true Self, the source of true happiness and bring the ego (the impostor) to a final end. This book is unique contribution. It is an Instruction manual for Enlightenment! It contains extremely practical step by step instruction to the 'direct experience of reality'. The first three chapters are devoted to understanding the Impostor (ego) and tricks of the Impostor and how it keeps one from waking up. These chapters are extremely insightful and I personally found it very useful. One of the several ego's tricks which I Identified in myself after reading the book was a preference to engage in endless reading and discussion instead of devoting time for actual practice. Then there is a chapter on the importance of 'The desire for freedom' and how it can dissolve all obstacles to enlightenment. There is a chapter devoted to 'How to awaken the desire for freedom' which is also very insightful. There are three meditation practices offered for daily practise as the 'most rapid and direct means to direct experience of reality'. The first one is the 'Awareness Watching Awareness' (AWA) method, and the second one is the 'Abandon Release Method' (ARM), and the third one is the 'Loving Consciousness Method' (LCM). According to the author AWA is the most rapid and ARM is the second most rapid method followed by LCM. These three methods alone are worth the value of the book. In Chapter 6, the author reports how he discovered the Awareness Watching Awareness method after finding the common thread among various spiritual teachings and filtering out the unessential parts. He also reports how he brought his ego to a final end. The following quote's from chapter 6: "The results were Instant! From the very first moment one tries this practice, one is abiding as awareness! There is no waiting! It is easy. This is not meant to imply that from the beginning the ego ends. It takes years of continuous practice before the ego meets its final end. However, from the moment one tries this easy to understand practice, one is

abiding as awareness!"In 'Chapter 8: Further Clarification of The Awareness Watching Awareness Method', The author gives extremely practical tips and pointers to address any questions which might cloud the meditator's mind during practice. There are also several supplementary methods which are not meant for daily use but can be practiced once or twice to get a deeper understanding of the primary method. There is also a chapter titled 'Reminder' which is meant to be read everyday to motivate one to practice the methods every day. There's a chapter called "Loving all Method" which is meant for daily use during normal activities when one isn't meditating in silence. It's a great method to help you stay in equanimity, joy and love regardless of external circumstances. There chapter titled "Experiences, the Journey and the Final Goal" is the biggest chapter in the book. This is an extremely valuable chapter for any person on the spiritual path. Many practitioners fall prey to "Spiritual experiences" and it's not too uncommon for unwary practitioners to mistake such experiences as final liberation. The chapter offers valuable guidance and tips on how to deal with various kinds of spiritual experiences. The chapter also highlights the importance of Spiritual Practice in bringing the ego to a final end and exposes the trap of "Intellectual Spirituality". "Because the true Self is eternally perfect awareness-love-bliss and eternally free of all suffering, some people think there is no need for spiritual practice. Such a notion is an ego preservation strategy. The purpose of practice is not to gain the true Self. The purpose of practice is to remove the illusion of a body, a world, suffering, etc. so that what remains is only the eternal experience of the True Self. In other words, those who have let the ego trick them into thinking there is no need for spiritual practice, because the True Self is eternally free of suffering, etc., are still having the experience of suffering, a body, a world, etc. Thus their experience is not consistent with the fact that the True Self is eternally free of suffering and perfectly blissful. This is an example of 'Intellectual Spirituality'. "In the movie matrix, the character Neo is a seeker of Truth. He meets Morpheus who offers him a choice: "You take the blue pill, the story ends. You wake up in your bed and believe whatever you want to believe. You take the red pill, you stay in wonderland, and I show you how deep the rabbit hole goes." This book "The Direct Means to Eternal Bliss" is the red pill of spirituality. If you read the book and sincerely apply the teachings in the book, you'll start seeing through the matrix, the ego illusion. Your life will never be the same again. Awakening to your true Self will become the number one priority and this book will be your best ally. "Suppose someone begins the study and practice of a spiritual or religious teaching. Thought says 'I am sincere; I really intend to attain the goal of this teaching.' However, there is another deeper layer of thought that knows it has no intention of ever attaining the goal of spiritual teaching. Thus the aspirants imagine they are sincere when in fact they are not sincere. That is an example of self-deception. Self-honesty is the cure. Self-honesty begins by

actually becoming aware of the layers upon layers of self-deception. Devote your life to truth and freedom. "The speed of results is directly proportional to your intensity of desire for Freedom, and the intensity of self-honesty. In my case, in the first few years of practising at least 2 hours, I experienced a lot of peace and bliss. I developed full faith in the direct path teachings outlined in the book. In later years, when I tried to increase practice time, I ran into deeper layers of Self-deception within myself. I discovered that my ego did not really want to end. The enlightenment sought by the ego was a state of enlightenment it could come back and tell its friends about! Another ego preservation strategy. when deeper layers of ego became aware that Freedom is not FOR the ego, but FROM the ego, it tried to put resistance against direct path meditation practices. But I had consumed the RED PILL, and there was no going back to a normal life seeking meaningless ego goals or follow some pseudo spiritual teaching that allowed the ego illusion to continue. Everytime I tried, the suffering of perpetuating the ego illusion just asserted itself. It became clear to the ego that it had to end in order to experience permanent happiness. When I became honest with myself and tried to awaken the extremely intense desire for freedom, the practice became far more effective. Peace and perfect clarity returned, and I was able to see through the matrix again. I still have ways to go, and haven't reached the final end of the ego yet, but I have seen the light at the end of the tunnel. If you seek direct experience of Truth, this is probably the only book you need. All other books can be given away. From personal experience, I have absolute faith in the words of this book and highly recommend it to all sincere seekers of Truth!

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