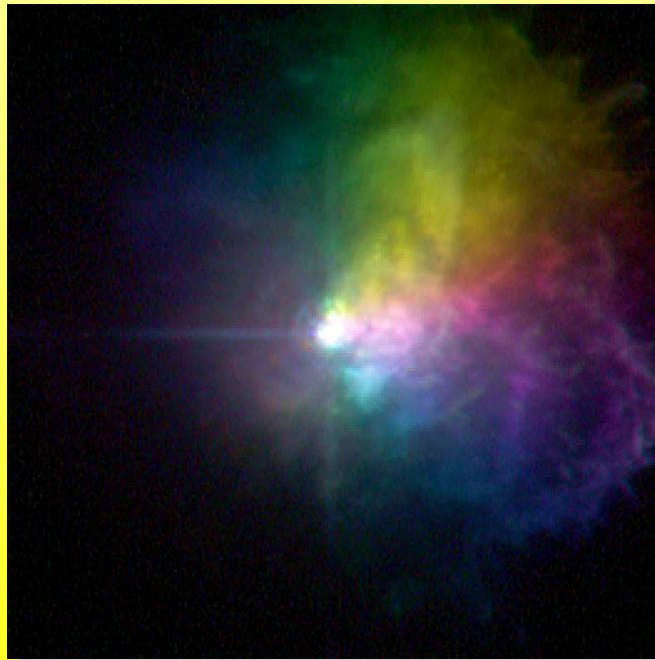


**Pursuing Enlightenment  
also results in Immortality,  
Happiness, and Other  
Abilities**

**By Martin K. Ettington**



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## Introduction

One of my biggest interests in life has been the search for enlightenment and the practical effects of achieving a better state of peace and stillness.

As a student of the metaphysical and paranormal since I was ten years old, I've also had many paranormal experiences, read many books, joined different metaphysical groups, and meditated for many years.

In this book I'd like to help the reader understand what enlightenment is, what it is not, how one can find it, and the benefits of doing so.

Enlightenment should also be the main goal of every seeker. Other goals are distractions. Even though I talk about other benefits of enlightenment in this book I still recommend to the reader that you not be distracted from the path.

There are many detours on the path to enlightenment, and many fakers and Egotistical teachers who say they teach enlightenment but only teach devotion to themselves.

The path to enlightenment is a rocky one and only a few find the truth.

Amazingly the truth hides in plain site. When we learn to set aside our Ego and live centered in our spirit we have reached the goal.

There are also many beneficial side effects from learning to live in the spirit.

This is since our total being is really composed of our spirit, an energy body, and physical bodies which all work together to determine our state of health.

Our spirit is really part of the universal consciousness that exists outside of time and space.

As you read this book you will understand more of these concepts and how they relate to your enlightenment, happiness, physical health, and other abilities.

## Chapter 1: What is Enlightenment?

When I say enlightenment I mean the type defined by the Buddha, or in other eastern religions where one achieves peace and oneness with the underlying consciousness of the universe.

Christianity and other Western religions also have the same goal although it may not be as clearly stated. Note quotes from the Bible on peace and stillness as recognizing this state of being.

The goal of enlightenment is a very noble and difficult task since almost all of us are heavily bound up in our Egos from day to day.

We usually think only about what we want and how to become more important, popular, famous, or whatever it is we think will satisfy us.

Ultimately, nothing can satisfy the Ego because it is an illusion of who we think we are, not our true self.

There are of course many religions, philosophies, organizations, and books all written over thousands of years to help one in their search for enlightenment.

The fact that so few people ever report having reached this state shows how difficult a task it is.

Enlightenment is not about “feeling spiritual” because that is another trap of the Ego.

Also, many famous gurus, preachers, and some priests may also just be on an Ego trip and not really understand what enlightenment truly is.

Many books try to describe what enlightenment is but words fail to describe a state of being that one has to experience to achieve any understanding.

True enlightenment has to do with finding a state of “stillness” or “peace”. This is done by a variety of stillness techniques and meditation.

## Chapter 2: Searching for Enlightenment

I spent many years from when I was a teenager until now when I'm 53 years old learning about philosophy, metaphysics, meditation, and the search for enlightenment.

My search for took an interesting turn when I started reading about very long lived people and immortals from other cultures.

In my research I found records of some unbelievably old people and some of the reasons they gave for their long lives also seemed to relate to their spiritual development.

The oldest person of record is LI CHING-YUN at 256 years. Here is his story:



Figure 1-Picture of Li Ching-Yun

*The New York Times, Saturday, May 6, 1933*

### **LI CHING-YUN DEAD; GAVE HIS AGE AS 197**

*"Keep Quiet heart, Sit Like a Tortoise, Sleep Like a Dog," His advice for a Long Life. Inquiry Put Age At 256.*

***Reported to have buried 23 wives and had 180 descendents – sold herbs for first 100 years.***

*Peiping, May 5 – Li Ching-Yun, a resident of Kaihsien, in the Province of Szechwan, who contended that he was one of the world's oldest men and said he was born in 1736 – which would make him 197 years old – died today.*

***A Chinese dispatch from Chungking telling of Mr. Li's death said he***

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**attributed his longevity to peace of mind and that it was his belief every one could live at least a century by attaining inward calm.**

*Compared with estimates of Li Ching-yun's age in previous reports from China the above dispatch is conservative. In 1930 it was said Professor Wu Chung-chien, dean of the department of Education in Minkuo University, had found records showing Li was born in 1677 and that Imperial Chinese Government congratulated him on his 150th and 200th birthdays.*

*A correspondent of The New York Times wrote in 1928 that many of the oldest men in Li's neighborhood asserted their grandfathers knew him as boys and that he was then a grown man.*

*According to the generally accepted tales told in his province. Li was able to read and write as a child, and by his tenth birthday had traveled in Kansu, Shansi, Tibet, Annam, Siam and Manchuria gathering herbs. For the first hundred years he continued at this occupation. Then he switched to selling herbs gathered by others.*

*Wu Pei-fu, the warlord, took Li into his house to learn the secret of living to 250. Another pupil said Li told him to **"keep a quiet heart, sit like a tortoise, walk sprightly like a pigeon and sleep like a dog."***

*According to one version of Li's married life he had buried away twenty-three wives and was living with his twenty-four, a woman of '60.' Another account, which in 1928 credited him with 180 living descendents, comprising eleven generations, recorded only fourteen marriages. This second authority said his eyesight was good; also, that the finger nails of his right hand were very long, and "long" for a Chinese might mean longer than any finger nails ever dreamed of in the United States.*

*One statement of The Times correspondent which probably caused skeptical readers to believe Li was born more recently than 1677, was that "many who have seen him recently declare that his facial appearance is no different from that of persons two centuries his junior."*

An article from the May 15, 1933 issue of *Time* magazine titled:  
*Tortoise-Pigeon-Dog*

*In the province of Szechwan in China lived until last week Li Ching-yun. ... By his*

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*own story he was born in 1736, had lived 197 years. By the time he was ten years old he had traveled in Kansu, Shansi, Tibet, Annam, Siam and Manchuria gathering herbs. ... Some said he had buried 23 wives, was living with his 24th. a woman of 60, had descendants of eleven generations. The fingernails of his venerable right hand were six inches long. Yet to skeptical Western eyes he looked much like any Chinese 60-year-old. In 1930 Professor Wu Chung-chieh, dean of the department of education at Chengtu University, found records that the Imperial Chinese Government had congratulated one Li Ching-yun in 1827 on his birthday. The birthday was his 150th, making the man who died last week—if it was the same Li Ching-yun, and respectful Chinese preferred to think so—a 256-year-old.*

More about Li Chang Yun from the *Toronto Evening Telegram*, 26 April, 1942:

**LI CHING-YUN, 256, died May, 1933, Szechun Province, China.**

*At the age of 100 he was awarded by the Chinese Government a special Honor Citation for extraordinary services to his country. This document is available in existing archives. It is reported that he gave a series of 28 lectures at the University of Sinkiang when he was over 200 years old. He attributed his longevity to his life-long vegetarian diet and regular use of rejuvenating herbs plus "inward calm". A renowned herbalist, he used Fo-ti-tieng and ginseng daily in the form of tea. He enjoyed excellent health, outlived 23 wives, and kept his own natural teeth and hair. Those who saw him at age of 200 testified that he did not appear much older than a man in his fifties.*

A researched Li Chang(Ching) Yun is featured in this 1980 book: **The Seed of the Woman** by Arthur C. Custance

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Li Ching Yun is also featured in the recent book: **Qigong Teachings of a Taoist Immortal: The Eight Essential Exercises of Master Li Ching-yun** by Stuart Alve Olson (10)

LI CHING-YUN's story and many other long lived or Immortal persons are also recounted in the book "Immortality: A History and How to Guide" at <http://immortality.us.com>

Besides his great age, what is really interesting is what LI CHING-YUN said about how to live a long time:

***"keep a quiet heart, sit like a tortoise, walk sprightly like a pigeon and sleep like a dog."***

This advice on "keeping a quiet heart" is very similar to what we hear from other sages on the need for meditation and other methods to calm ourselves into a more enlightened state. That when we do so we also make our bodies much healthier.

In fact, it has been suggested by many old sages and supposed immortals that most enlightened persons have learned to be able to live way past their peers to be able to have the time to learn how to live more in the spirit and closer to reaching their ultimate cosmic consciousness goals.

Most studies on enlightenment focus on the need for meditation. This is since meditation helps us center ourselves in our spirit.

Imagine that your spirit is like a light shining out that is surrounded by water. If dirt is introduced into the water and it is moving, the water becomes cloudy and blocks out the light of the spirit.

Imagine that your thoughts and emotions are the mud in the swirling water.

By stopping the water moving, the silt will drop to the bottom and the spirit shines out.

Achieving stillness provides many benefits of peace, calmness, health, and vitality.

Appendix A to this book has an example procedure to learn meditation.

## Chapter 2: The Yoga Sutras of Patanjali

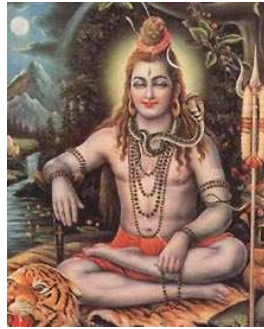


Figure 2-An artist's conception of Patanjali

Another interesting perspective on enlightenment and stillness comes from the Yoga Sutras of Patanjali.

The Yoga Sutras of Patanjali (1) is close to two thousand years old and describes in Sanskrit the nature of consciousness and the path to enlightenment. Stillness and learning to live in the Eternal is a major goal.

It was written as a scientific exposition on the path to enlightenment, and the abilities and spiritual states obtained as part of the process.

Book 3 Chapters 14 and 16 can be translated as follows:

14. Every object has its characteristics which are already quiescent, those which are active, and those which are not yet definable.

The explanation is as follows:

**Every object has characteristics belonging to its past, its present and its future.** In a fir tree, for example, there are the stumps or scars of dead branches, which once represented its foremost growth; there are the branches with their needles spread out to the air; there are the buds at the end of each branch and twig, which carry the still closely packed needles which are the promise of the future. In like manner, the chrysalis has, as its past, the caterpillar; as its future, the butterfly. The man has, in his past, the animal; in his future, the angel. Both are visible even now in his face. So with all things, for all things change and grow.

**16. Through perfectly concentrated Meditation on the three stages of development comes a knowledge of past and future.**

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