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by Jonathan Robinson: Most people think "enlightenment" is something that can only happen to a person dedicated to spiritual disciplines for many decades. Other people think it can only happen suddenly to one in a billion folks—like it did to Eckhart Tolle. I used to believe both of those things, but now I know differently. Why? Because I have
interviewed over 100 enlightened people, ranging from the Dalai Lama to Deepak Chopra, including many enlightened folks on my podcast, Awareness Explorers. In these interviews, I've learned that enlightenment can happen relatively quickly if you follow four specific steps. Before I get into what those four simple steps are, let me give you some
background. I was a very depressed—even suicidal—teenager. Rather than kill myself, I went on a spiritual search. That led me to try various paths, live in spiritual teachers. Yet, the results from all that searching were mediocre at best. Then I learned of the work of a Harvard trained psychologist, Dr.
Jeffery Martin, who interviewed over 1200 awakened people to find out what typically led to their experience of enlightenment. He also learned that many people could awaken to the more common types
of enlightenment relatively quickly. For example, after an hour a day of using specific methods for 45 days, about half of folks claimed to be in a persistently peaceful and/or loving state of being. That's friggin' amazing! In my own case, although I had meditated at least an hour a day for almost 50 years, I had not achieved such a sublime experience
Then, I took Dr. Martin's course and voila! I now had access to peace and love anytime I was impressed. In my book, The Enlightenment Project: How I Went From Depressed to Blessed, and You Can Too, I chronicle what I learned from the 100 teachers I interviewed. I also describe the ideas and methods I learned from Dr. Martin that
were key to my own awakening. While I can't quickly describe the four key steps any seeker can take to accelerate their own awakening. Explore Different Methods and Find What Works for You Most spiritual seekers make the mistake of only trying a
handful of spiritual methods. Why is that a mistake? Because unless you find the "just right" method for you, your results will likely be disappointing. Dr. Martin discovered there are about a dozen truly effective methods that lead to enlightenment or persistent awakening—and most of them are not known to a wide audience. Therefore, in a course
he teaches online, he has folks spend a week trying out these twelve "greatest hits" until they find what works best for them. In my own case, once I found a method I resonated with, deep peace became available almost immediately. Fortunately, the method only takes less than a minute to "do," rather than the hour I used to spend meditating every
day. Write About What Works For You Once you find a technique that works for you, write about what it does for you in exquisite detail. This will help you clarify exactly how you open up to greater peace and awareness, and it will give you a helpful roadmap back to that experience for later use. For example, I found a method called The Headless
Way worked really well for me. As I wrote about it, I listed the following information about what it does for me: I notice this method leps me feel like I am the spacious field in which my body, and helps me feel like I am the spacious field in which my body, and helps me feel like I am the spacious field in which my body, and helps me feel like I am the spacious field in which my body, and helps me feel like I am the spacious field in which my body, and helps me feel like I am the spacious field in which my body, and helps me feel like I am the spacious field in which my body, and helps me feel like I am the spacious field in which my body, and helps me feel like I am the spacious field in which my body, and helps me feel like I am the spacious field in which my body, and helps me feel like I am the spacious field in which my body, and helps me feel like I am the spacious field in which my body, and helps me feel like I am the spacious field in which my body, and helps me feel like I am the spacious field in which my body, and helps me feel like I am the space field in which my body, and helps me feel like I am the space field in which my body, and helps me feel like I am the space field in which my body, and helps me feel like I am the space field in which my body, and helps me feel like I am the space field in which my body, and helps me feel like I am the space field in which my body, and helps me feel like I am the space field in which my body, and helps me feel like I am the space field in which my body, and helps me feel like I am the space field in which my body, and helps me feel like I am the space field in which my body, and helps me feel like I am the space field in which my body, and helps me feel like I am the space field in which my body, and helps me feel like I am the space field in which my body, and helps me feel like I am the space field in which my body.
and a body are coming out of single field of sight. Indeed, I can't see my own head, and the space where my head supposedly is seems like a window into the material world. As I continue looking through this "window," I notice thoughts seem to appear that are not directed by something I would call "me," but rather just appear spontaneously out of a
"void" that I hear in my head area. If I don't identify with the thoughts I hear or the body I see as coming from a separate "me," then it seems that everything "I" am aware of is just appearing in a present and spacious field of awareness. The accompanying feelings to this experience are usually deep peace, joy, or love. Of course, your description of a
method, or even your description of deep peace might be very different than mine. Yet, by describing an experience any time you desire. Surround Yourself with Like-Minded Seekers In recent years, a lot of studies have shown that we tend to become like the
five people we hang out around with the most. In fact, whether you want to lose weight, get rich, or quit cigarettes, about the most effective method is to simply spend time with people who seem to have a high level of consciousness. In
virtually all religions and spiritual traditions, seekers are encouraged to band together. By spending time with folks trying to become enlightened or displayed attributes that I found very
appealing. My friendships with such folks have not only been fun and inspiring, but have also kept me motivated to keep practicing disciplines that work for me. Without such help, it would be all too easy for me to simply fall back into the mediocre mechanical nature of ordinary life. Having friends and colleagues that are clearly more enlightened
than I am is especially rewarding. I have found their guidance, perspective, and example of how they live their life to be critical for my development. Practice Sinking Into Peace As Often As Possible Once you find methods that work to bring you deep peace and love, your mission—should you decide to accept it—is to allow yourself time to sink into
such moments as often as possible. Of course, life provides us with endless distractions that keep us from doing what we say is most important to us. That's why this fourth step is perhaps the hardest. Yet, it's also the most rewarding. Once peace, love and/or joy are consistently within your reach, the road to enlightenment is clear. You simply need to
bring more of those times of expanded consciousness into more moments and different areas of your life. Many people find peace when they're in nature, meditating, or perhaps in a temple or church. But nowadays, our challenge is to bring enlightenment into our work lives, our relationships, and even into situations that trigger us emotionally
That's where the most personal and planetary healing takes place. To accomplish this task, we need to make a commitment to being a force for peace and love in the world. How does one do that? You do whatever it takes to practice whatever works for you. In my own efforts to sink into the "heaven within" as often as possible, I've tried a lot of
ways to motivate myself. I've put up "post-it" note reminders, set daily intentions, and had friends text me daily-suggesting I stop and sit for five minutes of deep meditation. My current best method is to use a random timer on my phone that goes off 20 times a day. When I hear its alarm, I stop whatever I was doing and tune into feelings of peace
and love for two minutes. By doing this, my day becomes infused with more awakened moments and less worry or thinking. We live in a fast paced and increasingly crazy world. The Buddha once said, "Do not look for peace within a
relatively short time. Jonathan Robinson is the author of 14 books, a psychotherapist, and the co-host of the podcast Awareness Exploreres. His latest book, The Enlightenment Project is available at www:TheEnlightenmentProject.net. At this website, you can get a free ebook and audio of his 5 favorite methods for quickly awakening to inner peace.
Awaken Psychology Awaken Mind Awaken Spirit Source: AWAKEN What does it mean to experience, "Enlightenment"? Enlightenment is a continuous realization that you are an eternal being who will never die. It comes from a deeper knowing that YOU are beyond body and behind the mind. It is celebrating every moment of the day with the feeling
of being intimately connected to the entire Universe, as if it is a living, breathing, conscious intelligence that loves you . It is surrendering to this truth everywhere you are. As you continuously surrendering practice becomes your natural way of
being, you will eventually awaken to the Divine being you truly are. The longer the length of physical time you can abide in this center without distraction, the faster you'll awaken. The great sage and founder of yoga Patanjali says if you can stay in one-pointed focused awareness for 25 minutes, you'll reach the first level of Samadhi (bliss). In this
place, you may naturally find yourself manifesting a rich life, full of depth, meaning, clarity, love and abundant with bliss. The experience of becoming enlightened occurs in an instant, yet may take many years (or lifetimes) to build up the momentum to break beyond the clutches of the ego/mind. So it's also a lengthy process of peeling back the many
layers of the ego to experience your true radiant Infinite Self. The journey to becoming an enlightened being is a "spontaneous process" of self-exploration. Seeing the truth of who you are, opening with full naked raw vulnerability, and authenticity to your innermost being, and allowing your light to shine into the entire Universe! The more you dive
within and begin the journey of reaching towards the center of "you", you may get caught in a type of spiritual cyclone. This is a sign you are making progress, yet it's not the final destination. Keep diving, beyond any experience and go into the experience. Who is it that all this is happening to? In the deepest space within one's Self, there is profound
stillness. The stillness is what brings the chaotic mind/ego to a complete halt, and allows true clarity to shine through. In stillness, at the very essence of your being, is where your true spiritual knowledge resides. This is the Source of your being to become one with the Universe. The following 10 steps will help you take
that next step in learning how to become Enlightened. You will begin to feel more spiritually awake and alive the more you apply one or more of these steps below. Go easy on yourself. You may have been trying to experience these for a long time, possibly for lifetimes... enjoy! 1. Practice being free from the illusion that you are separate from an
Infinite Source of love, energy, and consciousness. Feeling separate and disconnected from our Universe is how we create failure after failure of our EGO. Once we untangle ourselves from these deep internal beliefs, we remember
that we were always ONE, connected to our Source. All experiences of suffering are created by the mind's lack of awareness in seeing your own divinity. Once we stop forgetting our eternal abundant nature, we are stepping forward into life as divine unlimited nature. 2. Quieting the incessant chattering repetitive mind. The Ego is the thought
program. Like a computer, it is unaware. It just spits out information and computes ideas that are about the past and future. The more we can silence the chattering mind, the less we are trapped in this Ego. You could say that E. G. O. really is an acronym for
Excluding God's Omnipresence. Only through the constant release of the Ego can we live in the true spiritually enlightened reality. We become aligned with the bigger Truth that we are infinite Spiritual beings AND also we do exist in this physical third-dimensional world. 3. Embracing and Releasing all your Fears. As you may have heard, F.E.A.R.
really stands for False Evidence Appearing Real. To discover what you are afraid of open yourself up to another intimately in conversation. Let them see into YOURSELF again and understand truly what you are running from. Once you know what you are running away from, run towards it and embrace
it. It will dissolve and be released from your life at the perfect time. 4. Embracing and Releasing all mental, emotional, and physical attachments or aversions to everyone and everything in your life. As humans, we tend to get attachments or aversions to everyone and everything in your life.
avoid what is painful and stay with what is full of pleasure. The problem arises when we become attached to having to HAVE what is pleasurable all the time, or desperately need to get rid of something painful. Pain and suffering upon you, it is to create
CHANGE! This change is necessary for us to drop our ego-trip and return to our spiritual source again. Allowing yourself to genuinely enjoy your life is communicating to the Universe that YOU are connecting to this Infinite Source inside! We experience pain because of one thing...Ignorance. Think of the word "ignore", add a little dance to it and you
get ignorance. When we ignore the Truth of our infinite being, our Ignorance transmits into suffering. To transcend this ignorance and find spiritual enlightenment again, deep awareness is needed. With this profound state of consciousness, we can LET GO of anything that would create a belief saying we are not connected to this Source. Nothing
more is needed to transcend this illusion and re-discover the truth of who you are. 5. Total freedom from other peoples' unconscious myths and everyday stories of separation? Usually, whatever
we heard our parents and siblings having problems with, we attached ourselves to it and The Separation began. Since our parents never were fully Enlightened Beings who constantly lived in wonder and amazement of the bills they had to
send you off to an "education system" which worked about 15% of your brain's potentiality and capacity, thus churning you through the grinder. Society never taught us how to be still inside, quiet our mind and emotions, meditate, focus on who we are, or how to achieve inner bliss. They believed it was "illegal" to teach a connection with your Infinite.
Source in school. Society is hypnotized with a "thinking program" that success and truth is all about status, money, and career. The reality is "Success" is defined by how fulfilled you are as a human being. That's something you cannot get from the right job, income, marriage, proper diplomas, and P.H.D's.etc... 6. We stop thinking that "Thinking" is a
means to getting what we want and creating success. "Think-aholics" have become the societal norm. It has become abnormal in society to sit and be silent alone. Most people run from meditation because they cannot quiet their mind and feel they lose control of it. The ironic thing is that ALL of the suffering, chaos, and illness in life is caused by a
lack of control and awareness of the mind. Practicing "being" and sitting still, we naturally realize the Infinite Self inside. Instead of tuning into our silence more, we are taught to think more and know more to achieve what we want. We are not taught the secrets of the Universe are discovered by simply being in the here now. This is by far the
greatest success we can ever achieve. It is being at ONE with the infinite, all-powerful and omniscient Universal-God force. Is this enough for you to redefine your definition of success? 7. Hiding from your true power in a "safe" little fishbowl. Thoughts are safe, while experiences are real and unsafe. We find it easier not to take the risk of getting hurt
by diving into the ocean of experiences in life. We stay safe, comfy (and basically dead) inside our little comfortable fishbowls of "habitually doing" things and thinking things that once gave a sense of confidence and security. Life is a natural chaos that has a cosmic structure. It is like an uncontrollable rollercoaster ride because we don't know the
exact future ALL the time and know how to respond to each experience without even having one. Through T.V. movies, books we hide from our powerful omniscient Infinite spirit and pretend to be completely trapped in a mental spin-cycle of thoughts about "Reality". 8.
Letting go of having to be "right" all the time. Being right can be the hardest EGO trip to get off of it, basically means that you need to be WRONG about your entire life. If everyone tells you from birth to death that Life is a struggle, that it's hard, painful, and unfair, and you believe them, then how can you ever relax, let go, trust and
surrender to Existence. We think we must fight to get what we want. If life is serious, we're probably going to gain love, success, and freedom by stepping on or over others. The world is a community of beings. It is a playground, a play and comical stage where we can choose any role we desire. 9. Replace the "positive" results created from
continuously playing The Victim in your life. Through lack of awareness (ignorance) of our ever-present connection with the Infinite Source, we all have been participating in an inner victimization programming. This stems from a lack of inner peace, power, and playfulness, which can later create a dis-ease (a severe lack of ease) in the body. The
Victim role we get caught in gets good strokes from others who feel sorry for our pain and send us love. Thus we stay hooked and asleep to our ever-present Infinite Source inside. When we don't respond with awareness, we just react unconsciously from past habits of being victimized and thus create more experiences of being a victim. Many human
beings on the planet are really "human programmings". The same thoughts day after only was out is through being responsible for your thoughts and choosing more empowering and freeing ones. 10. Choosing to suffer and stay unconscious. Our society abhors people who step out of
That's how they sell you stuff! Many of us are caught in this ridiculous Rat Race to reach a certain monetary status and level of luxury we think will rid of our suffering. This never works. The cheese we rats are after just gets bigger, and bigger and bigger and bigger and bigger and bigger. Many refuse to understand the basics, that suffering comes from this constant desire! When we
are desire-less, we remember again how infinitely connected we are to the Infinite Source which is inside us all. Choosing to be conscious, means waking up from the Rat Race. It takes much effort to go against all our friend's and family's beliefs to awaken. The great part however is that the Universe won't let us sleep forever. She loves us much too
your physical journey on Earth is over. Then you will definitely know how she could love you more than ways than you could imagine. To receive enlightening messages every day that will awaken your mind, open your heart and soothe your soul, sign up for our Self Help Enlightening Program! Download my FREE Guided Meditation and Start Having
a Spiritual Experience of Life! Jafree's FREE Quiet Mind Guided Meditation will help you Master your Mind in a matter of minutes... Enlighten your Life in the most Powerful Way with my 90 Day ONLINE Super Manifestation Program! Instantly Download The World's Greatest Secrets to Increasing Your Natural Manifesting Ability Today! Join our
Afilliate Program Now! When people think about enlightenment, they seem to imagine a deeply spiritual figure like the Buddha sitting in the lotus position, free from all constraints of human worry or neurosis. They also think it is impossible for them to reach. But they don't realize enlightenment isn't something only a few can reach. In fact, there are
things everyone can do each day to open their minds and work towards enlightenment. Here are seven ways to become more enlightened and live a brighter life. 1. Practice Mindfulness is the act of being in the present, free from judgment or expectation. As it turns out, this can be a good step on the road to being enlightened. When you
are being mindful, you are not ruminating on something you said five years ago or being anxious about that project due at work in three weeks. Instead, you are focusing on what is going on right now, right here without making it good or bad. Plus, it can be incorporated throughout our day with relative ease. Most people think mindfulness needs to
happen while you are sitting in a quiet room, focusing on your breathing. And, yes, that is one way to do it. You can also achieve it through other activities; it really just needs to be something that forces you to be in the moment. 2. Understand Negative Feelings Will Happen Instead of trying to banish all negative emotions, enlightened people realize
all emotions have their place and can be learning experiences. By accepting feelings like anger, sadness, and inadequacy, you are able to see what in your life is leading you to feel this way and addressing it. Sitting with these feelings helps you engage with them in a more healthy way. Instead of reacting to them, you can figure out how to respond
to them. This means you understand emotions are a part of life, even the bad ones, and approach them as guests who will eventually leave. 3. Say Goodbye to Your Ego Getting rid of your ego and the need to always be right, you will move you toward enlightenment. Egotistical people tend to be wrapped up in worry and overthinking, which as we
discussed early, doesn't work as you move toward being more present. Plus, people who shed their egos tend to be kinder, caring, and far more down to earth. They also tend to have happier and healthier relationships, mainly because they can apologize when they are wrong. Don't let your ego get in the way of your awakening to the world around
you. 4. They Aren't Judgemental This is a big one when it comes to how to be enlightened. When you judge people you are putting our expectations on other's behavior we are letting our egos get in the way and thinking our way is the right way
 Plus, it means we aren't meeting people with open hearts and compassion, which is something enlightened people try to practice at all times. Now, that doesn't mean you shouldn't assess people's behavior is different than judging them
for things beyond their control. An enlightened person understands the difference. 5. They Practice Self Compassion This ties into not being judgemental. We are constantly telling ourselves we aren't good enough, smart enough, thin
enough... we are forcing ourselves out of the moment and into a state of constant suffering. In fact, we often talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people. So, why do we talk to ourselves in ways we would never allow from other people.
practice, being able to experience true joy at the success and good fortune is a great way to bring joy into your own life. It can also help you embrace the moment by celebrating with your ego and build stronger relationships, both of
 which can help encourage enlightenment. 7. Stop Caring What Others Think When you spend time worrying about what others think about you and your actions you are too busy trying to guess the inner thoughts of others, something you can never truly know. It
is another way of passing judgment on them. However, instead of judging their actions, you are making assumptions on how they are judging you by your own preconceived notions of you don't matter and be present in whatever you are doing at
the moment. How to Be Enlightened Enlightened Enlightened Enlightened Enlightened Enlightened Enlightened Enlightened as well as you are very present and in the moment and there will be days you are very present and in the moment and there will be days you are very present and in the moment and there will be days you are very present and in the moment and there will be days you are very present and in the moment and there will be days you are very present and in the moment and there will be days you are very present and in the moment and there will be days you are very present and in the moment and there will be days you are very present and in the moment and there will be days you are very present and in the moment and there will be days you are very present and in the moment and there will be days you are very present and in the moment and there will be days you are very present and in the moment and there will be days you are very present and in the moment and there will be days you are very present and in the moment and there will be days you are very present and in the moment and there will be days you are very present and in the moment and there will be days you are very present and in the moment and there will be days you are very present and in the moment and the present and the pr
other tips on leading a more purposeful life, check out the rest of our blog! Download Article An in-depth guide to help you reach spiritual enlightenment as a greater awareness of the world or a higher consciousness. Although
becoming enlightened may not be easy, you can move a little closer to enlightenment every day. You can become enlightened by being in the present moment, expanding your understanding of life and the world around you, and meditating to expand your awareness. Focus on your 5 senses and practice mindfulness to stay in the moment. Observe
yourself and others without judgment. Meditate for 10 minutes every day to achieve a greater understanding of yourself and the world around you. 1 Stop trying to escape from your life. It's normal to want to distract yourself and the world around you. 1
 better. They might make you feel worse over time. Instead, start being present in your life so you can change the way you think about it.[1] Think about the distractions you use to escape. They might include things like shopping, drugs, sex, alcohol, partying, or sleeping too much. Consider if these things are helping or hurting you. Then, decide if you
want to make any changes to your habits. 2 Practice mindfulness, shift your thoughts to what's happening in the here and now, not in the past or future. You can become more mindful by doing the following:[2] Think about
what you're doing right now. Describe the environment around you. Notice what you're feeling. Actively listen to others when they speak. Focus on your breath to root yourself in the moment. Tip: If you want to become more mindful in your daily life, you can find books, magazines, and websites to help you. Additionally, there are apps with
mindfulness help, such as The Mindfulness App, Headspace, and MINDBODY. Advertisement 3 Engage your 5 senses to help you engage with your surroundings. Your senses of sight, sound, smell, touch, and taste will help you engage with your surroundings. Your senses of sight, sound, smell, touch, and taste will help you engage with your surroundings. Your senses of sight, sound, smell, touch, and taste will help you engage with your surroundings.
how that makes you feel.[3] For example, you might say to yourself, "I see pale gray paint and mustard-colored curtains, as well as abstract art prints with black, gray, yellow, white, and red paint. I hear crickets outside the window and the faint hum of an air conditioner. I smell fresh-baked cookies, and I can almost taste them on my tongue. Also, leave the more than the faint hum of an air conditioner. I smell fresh-baked cookies, and I can almost taste them on my tongue.
feel cool from the fan." 4 Set aside time each day to take pleasure in the moment. You likely live a busy life, so it's helpful to designate time for yourself. As little as 15-30 minutes is all you need to have a nice experience every day. Use this time to do something that reminds you why you enjoy living your life, such as listening to a favorite record,
playing with your pet, or enjoying a special treat.[4] For example, you might set aside 30 minutes after dinner for a pleasurable activity. 5 Let your thoughts pass without judgment instead of fighting them. Thoughts can be a great source of distress, especially if you hold onto them. Overthinking will prevent you from finding wisdom and mental peace.
However, fighting your thoughts won't make them go away. Instead, acknowledge what you think and feel, then let it pass.[5] For example, let's say you're worried that you won't do a good job in an upcoming presentation. Instead of dwelling on that thought and letting it upset you, acknowledge how you feel. Say to yourself, "It makes sense that I'm
nervous because this is important to me." Then, try to let the thought go. 6 Express your gratitude for what you have in your life every day. Practicing gratitude will help you combat negative emotions, like envy and jealousy, that can block your path to enlightenment. Instead of focusing on what you lack, acknowledge what you have in your life. Think
about the people you know, the talents you possess, and the opportunities you're grateful for example, you might list three things you're grateful for example, you might list three things you're grateful for is a great way to
remember all of the blessings in your life. You could write your list on paper, speak it aloud, or record it on your phone. To keep track of your gratitude lists, try keeping a gratitude journal! Advertisement 1 Be kind to yourself and others. Extending loving kindness to yourself and the people around you can improve the way you think. Plus, it spreads
goodness around you. Change the way you speak to yourself by replacing negative self-talk with positive self-talk. Additionally, assume the best about others, and forgive people when they slip up.[7] Instead of judging people, you can "assess" them. For example, you might notice that a particular coworker is often late in meeting deadlines. It's okay
to recognize this habit and adjust your expectations when working with them. However, you don't need to judge them by making assumptions about why they are late or thinking badly about them. 2 Act according to your beliefs and what you want in
life. Additionally, think about what you think is most important in life, such as how you want to live and how you think people should be treated. Then, make choices that reflect what's important to you.[8] For example, you might believe experiences are more important than things, people deserve respect, and animals aren't meant to be used by
humans. To reflect these ideals, you might spend any extra money you make on travels, volunteer or donate to help others, treat others as you would like to be treated, and become a vegetarian. Tip: When you catch a negative thought with
something positive, such as, "If I keep practicing, I'll improve." 3 Keep an open mind when learning about the world and hower people. It's easy to get trapped in a narrow person is filtering the world through their mind, so each person's experience of the world and hower people. It's easy to get trapped in a narrow perspective of the world and hower people. It's easy to get trapped in a narrow person is filtering the world and hower people. It's easy to get trapped in a narrow person is filtering the world and hower people. It's easy to get trapped in a narrow person is filtering the world and hower people. It's easy to get trapped in a narrow person is filtering the world and hower people. It's easy to get trapped in a narrow person is filtering the world and hower people. It's easy to get trapped in a narrow person is filtering the world and hower people. It's easy to get trapped in a narrow person is filtering the world and hower people. It's easy to get trapped in a narrow person is filtering the world and hower people. It's easy to get trapped in a narrow person is filtering the world and hower people. It's easy to get trapped in a narrow person is filtering the world and hower people. It's easy to get trapped in a narrow person is filtering the world and hower people. It's easy to get trapped in a narrow person is filtering the world and hower people. It's easy to get trapped in a narrow person is filtering the world and hower people. It's easy to get trapped in a narrow person is filtering the world and hower people. It's easy to get trapped in a narrow person is filtering the world and hower people. It's easy to get trapped in a narrow person is filtering the world and hower people. It's easy to get trapped in a narrow person is filtering the world and hower people. It's easy to get trapped in a narrow person is filtering the world and hower people. It's easy to get trapped in a narrow person is filtering the world and hower people.
it works is a little different. In some ways, this means that truth is relative. The only way you can really understand things is to open your mind to how others see the world.[9] For example, approach cultures and religions outside your own to learn and understand, not judging. Similarly, don't assume everyone has had the same experiences as you
have. Be open to learning more about how others live and why. You can be more open-minded by reading more and venturing outside your comfort zone. 4 Find the lesson in your slip-ups. Instead of being down on yourself, think about how that mistake can help you grow and
progress toward enlightenment. Additionally, look for ways you can avoid making that mistake again in the future.[10] You have to make mistakes in life to learn the lessons you need to become the person you're meant to be. Sometimes, experience is the best teacher. Ask yourself questions like, "What can I learn from this?" "How has this changed
me?" or "What can I do differently next time?" 5 Read what others have written about enlightenment. You may not be able to become enlightenment what others think can help you understand more about your thoughts. Read books written by great philosophers and teachers, especially those you
believe have reached enlightenment.[11] Remember, you don't have to believe everything someone says. For example, study great philosophers and teachers, such as Gautama Buddha, Jesus, Lao Tzu, Shunryu Suzuki, Mohammed, Dante Alighieri, and Sir Francis Bacon. Similarly, it's helpful to learn about the Noble Eightfold Path and the Four Noble Eigh
Truths, which can help you find enlightenment. Advertisement 1 Commit to mediating at least 10 minutes every day. While mediation can help you gain enlightenment, you'll need to do it regularly. Luckily, you don't need any special tools or massive amounts of time to mediate. You can sit or walk in mediation wherever you are. Just focus on your
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searching for classes in your area or looking for a local meditation center. As another option, you might go to your local Buddhist temple or community center. You may be able to take classes online. Additionally, check sites like Meetup.com or Facebook.com for meditation groups that meet in your area. Advertisement Add New Question Question
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validated it for accuracy and comprehensiveness. Everyone defines and experiences enlightenment in their own way, so your experience may feel very different from someone else's. People who claim to have achieved enlightenment may say that they have a deeper awareness of their own emotions or consciousness, or they may feel a greater sense of
calm or general satisfaction with their life. Question What are the 7 stages of enlightenment? wikiHow Staff Editor Staff Answer This answer was written by one of our trained team of researchers who validated it for accuracy and comprehensiveness. According to Buddhist tradition, there are 7 stages of meditation, which are part of the path to
Licensed Counselor and Psychotherapist This article was co-authored by Ira Israel and by wikiHow staff writer, Danielle Blinka, MA, MPA. Ira Israel is a Licensed Counselor and Psychotherapist who has been in private practice for over 14 years. He specializes in teaching others about happiness and authenticity. Ira teaches sold-out Happiness and
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think of enlightenment as a greater awareness of the world or a higher consciousness. Although becoming enlightened by being in the present moment, expanding your understanding of life and the world around you, and meditating to expand your
awareness. Focus on your 5 senses and practice mindfulness to stay in the moment. Observe yourself and the world around you. 1 Stop trying to escape from your life. It's normal to want to distract yourself from your life and your feelings
with activities like drinking or overeating. However, these strategies won't make you feel better. They might make you feel worse over time. Instead, start being present in your life so you can change the way you think about it.[1] Think about the distractions you use to escape. They might include things like shopping, drugs, sex, alcohol, partying, or
sleeping too much. Consider if these things are helping or hurting you. Then, decide if you want to make any changes to your habits. 2 Practice mindfulness to help you focus on the present. Simply put, being mindful means being rooted in the present moment. To practice mindfulness, shift your thoughts to what's happening in the here and now, not
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Go through each sense and list what you notice around you. Then, think about how that makes you feel.[3] For example, you might say to yourself, "I see pale gray paint and mustard-colored curtains, as well as abstract art prints with black, gray, yellow, white, and red paint. I hear crickets outside the window and the faint hum of an air conditioner. In the paint is a substract art prints with black, gray, yellow, white, and red paint are paint and mustard-colored curtains, as well as abstract art prints with black, gray and the faint hum of an air conditioner.
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Instead of focusing on what you lack, acknowledge what you have in your life. Think about the people you know, the talents you re grateful for exemple, you might list three things you're grateful for exemple, you might say, "I'm grateful for a warm breakfast, a cat who loves
me, and a comfortable bed." Tip: Listing things you're grateful for is a great way to remember all of the blessings in your life. You could write your list on paper, speak it aloud, or record it on your phone. To keep track of your gratitude lists, try keeping a gratitude journal! Advertisement 1 Be kind to yourself and others. Extending loving kindness to
yourself and the people around you can improve the way you think. Plus, it spreads goodness around you. Change the way you speak to yourself by replacing negative self-talk with positive self-talk with positive self-talk with positive self-talk. Additionally, assume the best about others, and forgive people when they slip up.[7] Instead of judging people, you can "assess" them. For example, you
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important than things, people deserve respect, and animals aren't meant to be used by humans. To reflect these ideals, you might spend any extra money you make on travels, volunteer or donate to help others, treat others as you would like to be treated, and become a vegetarian. Tip: When you catch a negative thought, like "I can't do this," pause
and question the thought. Say, "Why do I believe this?" Then, replace that thought with something positive, such as, "If I keep practicing, I'll improve." 3 Keep an open mind when learning about the world and other people. It's easy to get trapped in a narrow perspective of the world, but this can block you from becoming enlightened. Every person is
filtering the world through their mind, so each person's experience of the world and how it works is a little different. In some ways, this means that truth is relative. The only way you can really understand things is to open your mind to how others see the world.[9] For example, approach cultures and religions outside your own to learn and
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ups. Instead of being down on yourself, think about how that mistake can help you grow and progress toward enlightenment. Additionally, look for ways you can avoid making that mistake again in the future.[10] You have to make mistakes in life to learn the lessons you need to become the person you're meant to be. Sometimes, experience is the best
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on your own at home, you may prefer to work with a teacher. You can find one by searching for a local meditation center. As another option, you might go to your local Buddhist temple or community center. You may be able to take classes online. Additionally, check sites like Meetup.com or Facebook.com for
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your understanding of life and the world around you, and meditating to expand your awareness. Focus on your 5 senses and practice mindfulness to stay in the moment. Observe yourself and the world around you. 1 Stop trying to escape
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keeping a gratitude journal! Advertisement 1 Be kind to yourself and others. Extending loving kindness to yourself and the people around you can improve the way you think. Plus, it spreads goodness around you can improve the way you speak to yourself and the people around you.
forgive people when they slip up.[7] Instead of judging people, you can "assess" them. For example, you might notice that a particular coworker is often late in meeting deadlines. It's okay to recognize this habit and adjust your expectations when working with them. However, you don't need to judge them by making assumptions about why they are
late or thinking badly about them. 2 Act according to your beliefs and values. To figure out what's important to you, do a self-inventory. List your goals, core beliefs, and what you want in life. Additionally, think about what you think is most important in life, such as how you want to live and how you think people should be treated. Then, make choices
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