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where inner life creates galaxies..

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Welcome and thanks for taking a minute to download the new pdf version of .....

*'The Little Book of Enlightenment'*, your free gift from [www.psychologypower.com](http://www.psychologypower.com).

I'm Geoff Dodd - and you know, this little gift was going to be a fresh article on the web site - then I thought, why not give it away as an act of faith in both the reader and The Universe?

And as I prepared myself to write this, taking some specially isolated soy protein + coffee, as I do - it dawned on me that this little e-book would be the best thing I've ever written.

So breath deeply, sit back and relax.. this is my best shot, no question.

You can always clickthrough to the [site](#) if you want to read brief summaries of more academic areas like behavioral psychology and humanistic psychology, the effects of color on mood, the psychology of dreams, meditation and the unconscious - but now I'm going to go quite unstructured and admit there's no Contents page...

...just a flow of ideas here on the little understood notion of Enlightenment.

Well maybe it's all highly subjective and we can only say a few things about how we've felt and what we've experienced, at certain times, such as during or after meditation – or just before falling asleep – or during our sleep.

## 'What is Enlightenment?'

Just what is meant by the use of this concept, enlightenment? Well, when the moon was just right, over 2,500 years ago, 35 year old Siddhartha Gautama sat under a bodhi tree, determined to stay there until he found the truth about the cause of human suffering. Imagine Him now seated cross-legged beneath a bodhi tree in Northern India, with his eyes half closed.. and there is a smile on his lips.

Absolute calm, absolute rest drifts across him.

**Enlightenment** appeared as a state of pure, clear, radiant awareness, transcending 'inner' and 'outer'. Experience flowed as a Unity. This is spoken of as a 'direct awareness of Reality.'

Knowledge without illusion.. knowledge about cycles of birth and death -of yearning, desire and suffering in the human condition.

Next the Buddha experienced intense, deep and overflowing love and compassion –

All-embracing love towards all living beings.. this is how the Enlightened Heart-Mind feels. Compassion towards the ten thousand forms of Life.

And true Enlightenment involves a flow of inexhaustible mental and spiritual energy.. so knowledge passes into love and compassion, love and compassion into energy, energy refuels knowledge.. ever cycling into higher forms and flows..

## **Revelation of more ideas..**

The Buddha found The Middle Path of 'moderation in all things.' Suffering could be minimized by never over-indulging, by never taking anything too far. The violin bow must not be too slack, or too taut. Equally, mental things are all a question of balance. Taking the 'middle position' of equilibrium.

Understanding 'cause and effect' you are freed inside to rise to a blissful state, perhaps with one thought..

As you see that all limitations are self-imposed.. so now I am free from the prison of mind.. so now I believe in Myself (as connected to something greater).. so I follow my spirit-guide.. hearing others but not following them. Just 'spirit-guided,' within.

**Concentration** or focus, now enhanced, is a silkenlight fusion of inner faculties.. bringing your energies together, installing the upgraded software of The Master (DNA). That's re-connecting and tuning-in to the source... of Life!

You see, all meaning is on the inner. All value is ascribed by the inner. Indeed, it comes ready coded on the inner. You just need to return in the flow.. and concentrate on your own depths.

Reflect on this: Both Christ and Buddha said the same thing; "Look inside, the Kingdom of God is within you", and "Look inside. Thou art Buddha Nature."

Both statements refer to the nucleus of cell-life:

"You will know the truth and the truth will set you free," ... from the inside out.

## **How To Program Your Unconscious Mind**

Your goals can be realized by a process which I like to call 'unconscious energizing to realize the feeling-events of your imagined goals.' (Thanks to Dr Joe Vitale.)

When you know exactly what you want, and have written a specific goal down, your spirit will pick it up and run with it.. powered by all the suppressed emotional

energies *'in your Universe!'*

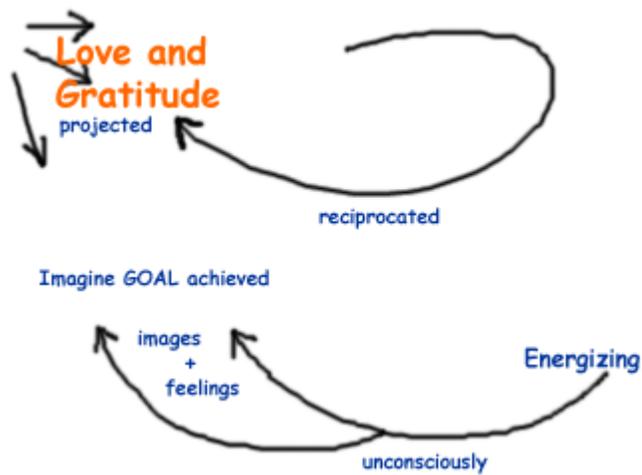
What do you have to do? You simply have to remove any blockages, get yourself clear, then *commit yourself* and feel how exciting it would be to have what you want.. then let go and 'let God' - your unconscious - work away at it, powered by the great batteries of emotion hidden deep in your unconscious mind.

You will need to read and repeat your specific goal to yourself at least twice daily, so keep notes visible in places where you'll see them.. on your writing desk, by your bed, next to your toothbrush, in your purse, briefcase or wallet, near your computer, etc.

**Repetition is the key.** That rhythmic drum beat of the primitive Universe..

training and reminding your deeper cells and patterns until the new program takes on the power of habit. The new software overwrites the old program.

The following diagram helps illustrate this process of unconscious energizing:-



Thank you for reading and considering these ideas in my little e-book, which was first released in .exe format in 2003.

If you'd like to delve deeper into this subject, please visit my website:-

<http://www.psychologypower.com>

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**Perth**