7 Ancient Secrets To Crack the Inner-Bliss Code

★ Say goodbye to anxiety and stress
★ Discard limiting beliefs and achieve more by doing less
★ Tap into your deepest potential and manifest your dreams

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Prologue

Do you wish for a more balanced life?

Has prioritizing your family, home and career (not necessarily in that order) above yourself taken its toll over the years and left you feeling spent and exhausted?

What would you give to rejuvenate yourself and regain your vim? Do you miss having that zest for life that you had 20 years ago?

Are you stuck in that rat race without making any progress, no matter how hard you work? Are you letting your negative self-talk sabotage your progress? Do your beliefs put limits on your success? Is your life starting to feel like Groundhog Day?

Imagine living your life without the whirlwind of emotions, stress, fear and anxiety that constantly bog you down, fully enjoying the present without worrying about the future.

Envision your success and the satisfaction of achieving your goals and dreams. It’s time to rewire your brain to remove all self-limiting beliefs and program yourself for material and spiritual abundance.

This book will give you the answers to living a healthy, happy and productive life.

Read on to learn the best ways to beat stress and anxiety and to discard the beliefs that are holding you back from success.
Introduction

Thousands of years ago in the foothills of the Himalayas, a woman sat under an old tree, closed her eyes and turned her attention inward.

She was performing an experiment on herself.

Her lack of a laboratory, chemicals, beakers, tripods and guinea pigs (ok, maybe she had guinea pigs) didn’t stop one of humankind’s earliest scientists from conducting research, not on the external world, but on herself.

Rather than focusing outwardly, she focused on her own body and mind to learn about what was really happening inside of her.

She witnessed everything and kept meticulous notes. Over the course of many years, she observed each occurrence, analyzed them and corroborated her findings.


Finally, the eternal truth of her body and mind revealed itself to her. After years of practice, she got a glimpse of her essential nature. This ingenious study led her to self-realization.

She found the truth that set her free forever. It was personal, first-hand and borne out of experience and tapas (austerity or penance). It was not hearsay, dictated, nor an inter-generational hand-me-down that she was supposed to follow blindly.

It really was her own truth – unique with her name stamped on it, leaving no room for denial.

Thus, meditation came into being.
For centuries, meditation has been practiced in various forms across different civilizations and religions.

While it may owe its genesis to a particular culture, it is a completely secular practice, universal in application and not requiring any prior faith or belief on the practitioner’s part.

Like our scientist, who sat down in the Himalayas to explore her reality for the first time, you begin meditation with zero assumptions.

I started meditating over 20 years ago on pretty shaky ground.

To me, the whole philosophy behind meditation was arcane and a bit intimidating. Moreover, I believed that men and women in robes held exclusive rights to its practice.

I wondered if meditation would reap any benefits without requiring an entire lifetime of complete dedication.

Luckily, in spite of all of my doubts and skepticism, I saw early benefits from meditating, got hooked and never really stopped.

Maintaining a regular practice and restarting every time I took a break (hey, I am only human) have made all the difference over the years.

Professional setbacks, broken relationships, depression, surgeries and endless illnesses have knocked the wind out of me more times than I care to remember. But, every single time, meditation rescued me and became my personal refuge during those bad times.
Meditation has also helped me cope with suffering with patience and grace. It gives me strength and perseverance to overcome life’s challenges with a smile on my face (maybe a grimace to everybody else, but I will call it a smile).

I am confident that meditation will work wonders for you as well. Give it a serious try.

If you don’t like it, there is no reason that you can’t just stop and go back to your previous lifestyle. It will not take away anything that you want to keep, such as your existing beliefs. But, it will change the things you want to discard, like your stress, anxiety, fear and pain.

Meditation is simple.

Simple?

Yes!

Easy?

No.

If you have ever doubted your ability to meditate, banish it from your mind forever. If I can do it, anyone can, trust me.

The seven ancient secrets that we are going to discuss will help you succeed.

Meditation is the dissolution of thoughts in Eternal awareness or Pure consciousness without objectification, knowing without thinking, merging finitude in infinity.

- Voltaire
1.

Know What You Are Doing
“Performing actions without understanding the true knowledge underneath; and engaging only in knowledge without performing the necessary action, both lead to ignorance. The right relationship between action and knowledge is to be understood”

- Yajurveda

Before you begin meditating, you must understand the theory and concept behind it.

I recently met a bright young chap whose idea of meditation was staring blankly into space! For him, meditation was a dull, lethargic and ‘empty’ state of mind, attainable in an instant if desired.

That couldn’t be further from the truth!

I wanted to tell him that meditation was the exact opposite of his notions, but didn’t bother as he was convinced that his ideas were accurate and was not in any mood to listen.

Ignorance isn’t always bliss!

Unlike that fella, you, dear reader, are smart enough not to fall into the same trap and swerve off path. So, let’s start off by removing the common misconceptions about meditation.

Meditation is NOT:

- a forced concentration or stilling of the mind
- an attempt to banish all thoughts from the mind
- for resolving life’s paradoxes
- a race to achieve something
- about reaching someplace wonderful, where sorrows magically disappear
- for feeding pride and ego trips
- religious, nor does it involve changing your beliefs in any way
- for turning serious, morose and anti-social
Rather, meditation is:

- a mindful state, resting in awareness
- being conscious of the present moment
- witnessing the rise and fall of thoughts and emotions, and how they leave you alone if you leave THEM alone
- making peace with the inherent contradictions of life
- avoiding the expectations trap
- accepting who you are, as you are, where you are
- accepting the world, exactly as it is, in the present moment
- achieving a natural state of being devoid of all artifice
- a secular practice common to all religious philosophies that can be practiced by anyone
- for bringing joy to yourself and to those around you

Scientific studies have shown that meditating regularly offers numerous health benefits, including lower blood pressure, stronger immune system, stress relief and a reduction in fatigue, to name a few.

People also reported an increased sense of well-being, greater energy and creativity after doing mindfulness meditation for two weeks.
Meditating for half an hour provides more psychological rest than a full night’s sleep.

In addition to the physical, mental and emotional health benefits of meditation, it also confers on you the most important benefit of all - acceptance.

Acceptance of all there is, as is, in the present moment.

We suffer because of our resistance.

We become miserable because we resist an unfortunate situation, person or event.

We fight vehemently against anything inconvenient, discomforting, contrary to our notions of propriety, or in conflict with our expectations.

Rather than accepting these things, we wish the ‘bad’ event were not happening, the ‘terrible’ situation to turn in our favor and the ‘irritating’ person to become more amenable to our tastes.

Wishful thinking. Nobody can change anything.

The past is gone. It’s water under the bridge. Clinging to it is harmful to you and to all parties involved. It is much better to just let go.

What happens in the present is similar to events of the past. Any situation in your life is an external phenomenon, and in and by itself, does not mean anything.

It is simply an outside occurrence that is independent of you, until you choose to assign meaning to it.
Your choice of meaning is what makes it pleasant or unpleasant. What if you refrained from attaching any value, opinion or judgment to it? Will it still mean the same to you? Will it affect you in the same way?

I think not.

Try and be a witness, not a judge. Do not identify anything as good or bad.

Simply see things as they are.

This is the way out of self-created misery. Paradoxically, whatever bothers you will lose the power it holds on you the moment you stop fighting it.

It will disappear in the moment you accept it for what it is.

**Man with a Horse**

A poor farmer’s only horse ran away. Villagers gathered to condole over his misfortune, but he shrugged it away by saying, “We will see!”

The next day, his horse returned accompanied by a dozen wild horses. Villagers congratulated him, not without a sense of envy, on this amazing stroke of luck. He simply said, “We will see!”

The farmer’s son broke his leg trying to train one of the wild horses and was put out of action for six months. Villagers lamented the terrible misfortune prior to the sowing season, as without his only son for help, the farmer would be unable to sow his fields on time.

“We will see,” is all that the farmer said.

War broke out and all able bodied men were conscripted. The farmer’s lame son was the only boy left behind in the village. Everyone was amazed at how lucky the farmer was to have his son with him, when all other young men and boys were likely to be killed in battle, but all he said was, “We will see!”
We should bring the same attitude as that of the farmer to our relationships as well, which are similar to these external situations and events.

At times, people behave in unexpected ways. To make matters worse, they seem ignorant of the trauma and turmoil that their behavior may be causing to those around them.

At times like these, realize that people live their lives based on their own ‘model-of-the-world.’ These models allow them to interpret their surroundings and make sense of ‘reality.’ It drives all their actions and reactions.

The model is a survival tool.

To expect a person to change is to expect them to reevaluate the way they have lived their life and to discard their ‘tool for survival.’

Not easy. I would say impossible.

What is possible, though, is to change your-self.

**Discard all opinions, beliefs and expectations of any person. Hold no judgment.**

Granted, a jerk is a jerk. But, it doesn’t matter whether or not he is one.

What does matter is how you feel about him. The burden you carry is the expectation that your next interaction with him will be distasteful. It is the stifling dread you feel beforehand.

Drop that.

Expect the interaction to be delightful. If it isn’t, let it go. Don’t carry the disappointment over to the next time. Your misery will melt away in direct
proportion with how quickly you consciously drop your feelings about that person’s past.

In any case, we aren’t that different from one another. So, what’s there to hate? Keep in mind that at the very deepest level (think of the atoms), we are all the same.

### Summary

- Meditation is not a religious practice, a blanking out of thoughts or a time to feverishly seek answers to your problems.
- It is being mindful, accepting, examining and being *alive to the present moment*.

Now if you know what meditation is, the next step is to…