

THE AMERICAN MONK

LESSON 1

by
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Tapping Into Your Spiritual Core

Back in 1951, I was at the Self Realization Fellowship Lake Shrine near Brentwood, California. I spent much of my time there practicing Kriya Yoga and just meditating near the windmill. To me, it was (and still is) the most peaceful place on Earth.

But on this particular day, I was disturbed for some reason. And although I can't recall why, I know I must have been sending out some really negative vibrations because my friend, Cheslo, picked up on my unease.

"How can you meditate when your mind is filled with butterflies?" he asked me.



*"Gifts Come When You Least Expect
Them, But Need Them The Most"*



I just shrugged.

“Bagha Yoga. You know. Haven’t you been taught the Bagha?”

I shook my head. I had no idea what he was referring to.

Little did I know that the Bagha would change my life.

But first, let's clarify something that everyone in the West needs to understand:

There Is No Such Thing As Luck.

Now, I know what you're saying, "Oh yes there is... some people I know are very lucky. The right job, the right house... everything just seems to fall into their lap."_ And I understand why you might think that way. It does seem like luck is everything. I mean, when it rains it pours, doesn't it?

Everyday, millions of people greet the day with hopes of a brighter future but find that no matter what they do, they just can't seem to get

ahead. We work harder, we work longer, but it seems we were just destined to struggle.

And yet, there are those who seem to attract good luck no matter where they go. Things "just happen" to them. It's as if they're in the right place at the right time ALL THE TIME.

HOW DO LUCKY PEOPLE DO IT?

Contrary to popular belief, you didn't come into this world alone and unarmed. *Inside you lies a powerful tool that can turn every dream into reality.* This inner consciousness is a direct connection to the source itself, your roadmap to personal and spiritual success.

To utilize this roadmap, you need only to tap into your spiritual core--that part of you that you refer to as "I". This is your spiritual Self, your metaphysical center that allows you to create your life as you see it.

The easiest (and most effective) way to tap into your inner consciousness is through meditation. But before you can master meditation, you're going to have to learn to manage your stress.

Hot is the opposite of Cold. Dark is the opposite of Light. And Stress is the opposite of the state of mind that we call "Meditation."

Stress is nothing more than our reaction to change. Any change in our lives, whether it be good or bad, will cause some level of stress.

Psychologists have listed hundreds of stress-causing events, each with their own ranking that measures the amount of turmoil the stressor can cause. Death of a loved one and the loss of a job rank right at the top for example, while a flat tire or spilling your drink would rank much lower. But regardless of the ranking, stress accumulates and can take a serious toll on our well-being.

- * Stress can cause headaches, nausea, psychological problems and even heart-attacks.
- * Stress lowers our white blood cell count, making us more susceptible to disease and illness.
- * Stress can cause hyperventilation and respiratory problems.
- * Stress can cause a variety of digestive issues, including constipation, indigestion and ulcers.

No Wonder We're So Ill.

Of course, everyone responds to stress differently, but you can be sure that extreme stress lasting for extended periods of time will eventually wreak havoc on your body.

SO, HOW CAN YOU AVOID IT?

You can't. Life is all about change and change is what causes stress. The secret isn't in finding a

way to avoid the stress but rather, changing the way you respond when it occurs.

Remember those people who seem to have all the luck? The ones whose lives just keep getting better and better? The reason fortune seems to smile on them is that they've learned to tap into their inner consciousness.

They've discovered that when they change their attitude, they can change their altitude, but to do so,



they had to learn to manage their stress. Before you learn to live life as an enlightened being, the first step is learning to control your stress and to function in a state of meditation.

In the guided meditation that you can download at the bottom of this lesson, I'll guide you through the Daisy Pond Technique. And you'll feel your stress melt away as you experience a whole new level of mind.

HOW DO YOU FEEL ABOUT STRESS?

No, this isn't a trick question. In order to effectively manage your stress, you're going to change the way you view the stressors.

For most people, stress is seen as obstacle, a roadblock in their path to success. The event causing the stress becomes a bad thing, something that will slow us down and could possess the potential to keep us from getting

“Change your attitude however, and you’ll discover that there might just be a better destination than the one you had originally sought.”

what we want.

DOES THAT SOUND ABOUT RIGHT FOR YOU?

When we think of stress, we think of negative things. Failures, downfalls and pit-stops that delay us from reaching our chosen destination. And sometimes, that's exactly what these events seem to do. But this kind of response is the result of Ego, that limited and usually selfish perception that puts our own interests above all other things.

Ego tells us that the world is cruel. That it's greedy and unfair. Ego assures us that we must do what we have to, regardless of the cost, if we expect to find any success in this material world. Ego expects things to go wrong, because that's what has always happened in the past.

The truth is, the events in our life happen because they're supposed to happen. They may bring us new perspective on a situation or they might cause us to step back and reflect. If we view these events as negative roadblocks, we risk missing the message they bring.

See, those “lucky people” know that the Universe is actually a rewarding and generous place. They know that.

“Like Attracts Like”

... and as long as they maintain a clear mind and a positive perspective, they can attract and create anything they want.

They also know that stress—and the negative effects it has on our body can cloud our mind and keep us from discovering the incredible being we really are. So, while they may not know what changes are coming, they are comfortable with the idea of change itself.

They have removed the stress of worry and dread and replaced it with a calmness that can only come from their spiritual core.

“It is not work that kills men, it is worry. Work is healthy; you can hardly put more on a man than he can bear. But worry is rust upon the blade. It is not movement that destroys the machinery.”

- Henry Ward Beecher

The Secret of YOU

So, let's get back to this attitude thing for a second. How can we possibly change our attitude when life is hectic, stressful and unforgiving?

In the upcoming lessons, we're going to look at our attitude under a metaphysical microscope. We're going to examine it and break it apart piece by piece. You'll also learn some techniques

to help you overcome the emotions and destructive programming that in truth, are what have been holding you back.

As I said, all of these things are coming up, so I won't go into detail here. But I do want to say this:

THE SECRET OF YOUR SUCCESS IS YOU?

That's right Y-O-U. Everything you've ever wanted, everything you've ever dreamed about and every conceivable success, talent, skill, that you've ever imagined is completely and totally within your grasp. You have an awe-inspiring ability to literally create your own reality and then create it again if you choose to do so.

And this fantastic ability doesn't require any college degrees. You needn't have a Mensa IQ or possess super-human strength. In fact, the only thing you need to turn your desires into reality is a mind and a little intent.

Okay, maybe a lot of intent but intent is easy to come by, so that shouldn't be a problem. Just as humankind evolved from the caveman into the intelligent beings we are today, we can take the next leap on our evolutionary ladder and discover the real magic of the Universe. Everything you need to have, everything you want is in your possession right now. You just need to learn how to use it. And that's why I've started this series with Meditation.

In order to create and construct your perfect reality, you'll need a focused and intentful mind. But you can't reach this state without first removing the chaos that is bouncing around

inside your head. *I need to pay this bill, I need to stop at the store. Oh, I forgot to call him... Yikes! What time is it? I need to pick her up!*

At any given time of the day, most of us are bombarded by an array of unrelated and random thoughts. It is a byproduct of our lifestyle, our multi-tasking, always on the go existence that demands we cram as much as we possibly can into every single second. The result is a constant state of confusion, marked by memory lapses, stress and the feeling of being overwhelmed.

You can't create in this state of mind for the simple fact that you can't concentrate on your intentions long enough to get anything done. There's too many other thoughts flying in, all demanding your attention and pulling you away from the peace you're so desperately seeking.

And so, I invite you to meditate with me. Learn how to quiet your mind through the technique I will be revealing at the end of this lesson. Discover the peace that has eluded you so far and use it to propel you to the next step in your evolutionary chain.

IS YOUR MIND A PLACE OF OF STRESS OR A PLACE OF PEACE?

Do you need some help in managing your stress? Answer these questions and find out!

- * I have trouble sleeping at night.
- * I seem to worry constantly.
- * I am uncomfortable with change.
- * I have stress-related illnesses such as headaches, joint pain or nausea.

- * My life feels chaotic and out of control.
- * I get angry when things don't go my way.
- * I am dependent upon other people for my livelihood.
- * I feel often overwhelmed and frustrated.

How many did you check? If most of these statements apply to you, don't worry. I'm going to show you how to turn your stress into a peaceful state of mind. How is that possible? Because stress and relaxation are the same thing.

Now, you're probably going to take exception to that and as well you should. Let's think of it this way... Polarity states that all things have an opposite and the opposites are actually the same thing, only differing by degree.

So, let's see how we can apply this principle to stress.

HOW WOULD YOU FIND THE OPPOSITE OF STRESS?

You have two options--you can enhance it or reduce it. Obviously, we don't want to enhance stress so let's try reducing it instead. Put your stress on an arbitrary scale at the 100 mark--that's some pretty high stress. Now, our objective is to get you to the zero mark or at least, very close to it.

So how do we do that?

If you were to remove the stress altogether, you'd be fully relaxed, wouldn't you? That makes relaxation the secret to defeating stress. Think about it for a second: if your goal was to remove dark from a room, what would you do? You can't

wash it out or sweep it out. You'd let light in to take away the dark. In the same way, you can let relaxation in to take away the stress. And guess what the best form of relaxation is?

That's right: **MEDITATION.**

What if...

- * You could welcome change without fear?
- * Calm your mind and enjoy a peaceful, serene existence?
- * Redirect your energies into something more productive?
- * Relieve all your stress-related symptoms?
- * And most importantly--Turn the unknown into new opportunities for growth?

LET MEDITATION OPEN THE DOOR

In my life, I've seen a lot of things and traveled to a number of places. I've met a wide variety of people from the most enlightened to the seriously frustrated. And no matter where I went, no matter who I met, those with the "luck" you're looking for all had one thing in common: meditation.

I myself, have lived a life full of adventure, activity and discovery and have been blessed with success in a range of creative endeavors. I've been able to enjoy these things not because I'm "lucky," but because I've learned to use a series of techniques that allows me to connect with my inner consciousness and literally create the life I want to have.

And that's what I want to share with you.

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For many of us, the idea of sitting still for any length of time sounds impossible. Clear our minds? You've got to be kidding. We have become so enveloped in our "rush-rush" society, that we're multi-tasking all the time, even in our sleep.

But when we meditate, the multi-tasking stops. The mind relaxes, allowing us to find our balance and tap that all important spiritual core. We become more productive, more centered and certainly more at ease.

Through meditation, we can achieve wondrous things, from ridding our bodies of illness to manifesting our innermost desires. And the beauty of meditation is that it's not as difficult as you might think. By learning to silence that ever-churning chaos inside your head, you can finally discover the true meaning of the word "peace." Your thoughts will be clearer, your ideas more vibrant and you'll be able to literally "see" your way into a new and exciting future.

With meditation, you can:

- *Increase your blood flow.
- *Lower your heart rate.
- *Decrease muscle tension.
- *Relieve headaches.
- *Reduce anxiety attacks.
- *Alleviate allergy symptoms.

In fact, meditation is such a powerful tool, studies have shown that regular meditation can even strengthen your immune system and help you ward off illness and infection! All you have to do is learn to quiet your mind.

Lesson 1: Download & Listen To The Daisy Pond Meditation [here](#).

