

How to Achieve Enlightenment Through Meditation

Enlightenment is a **direct realization of the truth**



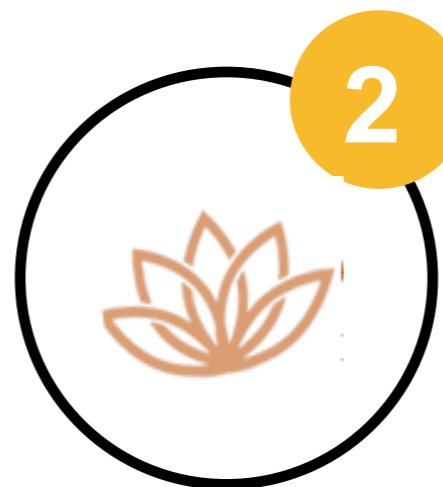
Meditation is one of the tools for attaining enlightenment

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Simple Meditation to relax after a stressful day



1 Light up a candle.
Put it at the level of your eyes.



2 Gaze at the flame for 5 minutes.
Try to do that without blinking.

Simple, but effective. In time, the feeling of peace in your body and your mind will increase.

Advanced Meditation for achieving enlightenment



1 Find a quiet place.
You should be alone for something like 40 minutes.



2 Pranayama exercise.
Perform your favorite rhythmic breathing exercise.



3 Pratyahara exercise.
Withdraw the senses from the outside world.



4 Concentration on the heart.
Feel the flame of love present there.



5 Wait for the right moment to pass through a wall without any doors.

At the moment of Enlightenment,
you understand the full meaning of the words
I AM, I ENDURE, I EXIST.

When meditation happens, what you feel and taste is love. In this harmonious state you can BE in the state of Oneness with the Universe.