



ERVIN K. KERY

THE ART OF MINDFULNESS

JUMP INTO CONSCIOUSNESS!

We are completely lost in our minds, in the whirlpools of our thoughts and emotions. We can't stop thinking, so we are overwhelmed by mind-generated problems and we feel stressed, we feel suffering. Deep inside we are unhappy.

In the state of self-aware consciousness we are calm, peaceful observers. We don't suffer, we are happy and highly creative. We live in the flow of life and feel ourselves as a living spirit in action.. and we deeply enjoy it!



The author explores the ego-less state of pure, observing consciousness and also presents simple methods how to achieve enlightenment.

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The Art of Mindfulness



Jump into Consciousness!

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A major part of our sufferings can be derived from getting completely lost in the whirlpools of our own racing thoughts and in the emotional storms of our hearts. The torrents of our thoughts and emotions overwhelm us. We feel stressed and unhappy.

In the state of awakened consciousness, we are calm, peaceful observers of all the things that happen inside us and in the world, but we do not get lost in them. We do not suffer in this state. We are happy. We are creative. We live in the flow of life. We are alive, we really are!

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THE END OF „MY STORY“



*What is the mysterious consciousness? How did my life collapse
and how did I fall into the Nothing-ness?*

PREFACE

There is a mysterious something inside you:

The Consciousness.

You can call it your soul, human spirit, your real Self, yourself.

This consciousness looks through your eyes, reads these lines and understands their meaning.

I ask you, please turn your attention inwards now and look for:

Who or what reads these lines through your eyes?

Who is aware of your thoughts and feels your emotions?

Who you really are?

The consciousness is the greatest scientific and spiritual mystery of the 21st century.

Quantum physics and avant-garde psychology deal with it, it is an excellent medical therapy method known as mindfulness, and it plays the main role in most of the Eastern religions.

This book is also about it.

It's an instruction manual, a *guide* to your true Self, to the awakened consciousness.

If you are looking for your true Self beyond your social roles, look no further. It was in you all along; it is still in you and will be – explore your true Self! Your soul, your human spirit has been with you in your whole life. As the time passed, the cells of your body have been constantly replacing themselves, your thoughts have changed a lot, and the depth of your feelings has also become different. Only your consciousness has remained: it was the same all through.

The same “I am”-feeling and knowing lives in you as a child, teenager, adult and elderly. And the same “I am”-feeling and knowing lives in every living body.

We function in a peculiar way as humans: even though there is always only “now”, only the present moment exists, our minds tend to wander in the past or daydream of the future. The lights are seemingly on in our bodies, but we are not at home. The many-many thoughts and emotions carry us away and we get thoroughly stunned and taken away by the vortex of thoughts and emotions. First these stunned moments only take a short while, but they gradually

get longer and longer, until we spend more time in this stupefied state than in the present moment with awakened consciousness.

We do not perceive the reality as it really is.

We observe ourselves and the world through the colorful lenses of our thoughts and emotions – we create a perfectly unique world, where I am “better”, “more beautiful”, “smarter”, “wealthier”, “more religious”, or simply “less lucky” than you. A rose is only an average, boring rose, a notion, and therefore we fail to discover its unrivaled beauty. The “believer” draws sword to destroy the “non-believer” or the one who has different beliefs; the politician declares and announces war in order to protect his system of belief. Conflicts, wars, blood and suffering – we ended up deep in the marshes of our thoughts and emotions. The human mind’s abnormal functioning has become a real problem to these days: 170 million deaths in a century and the Earth in decay both draw attention to this fact.

The common goal of humanity is to pass beyond the abnormal mind and ego functioning as soon as possible, to transcend the thought. The solution is awakened consciousness: when we are observers, rather than slaves of our thoughts and emotions.

Our worlds, driven by the mind, are noisy, bleak, boring, burned out, exhausted, stressed and nervous – we are constantly exposed to the expectations, judgments, orders of the programmed “little me” inside us. And since we live mostly “in our heads”, we are exposed to the tyrannical rule of the always worrying and sheltering thought-system (ego) from dawn to dusk.

The medicine is awakened consciousness.

The art of observing ourselves and our spinning and whirling thoughts without letting them carry us away. This way we recognize our real selves, we learn how to observe the world through the lenses of the human spirit and to throw ourselves into the helter-skelter of life with full attention.

A fundamental peace, calmness and openness develop inside us and we gladly participate in the flow of life.

HOW DID MY LIFE COLLAPSE?

I was sitting in a dark room in the heart of the always busy capital and I was tormented by emotional agony.

Everything I had ever believed in collapsed.

My life, my job, my career, my relationship - all shattered with an ear-splitting crash.

Bitterness choked my throat and troubling questions emerged at the same time. Why did this have to happen this way? Why does the fate punish me so? I failed during the hard trials and fell into deep water. I could find no point of my life anymore and sunk deep in my self-pity, when a thought conceived: I cannot live like this any longer.

While I was suffering in the deepest hell of self-pity, sorrow and hopelessness, and intensified the raging madness inside me by picturing the script of my own funeral, something unexpected and life-changing happened:

I fell into nothingness.

THE FALL INTO NOTHING-NESS

I *am nobody and nothing.*

I have no past, everything is scorched behind me.
Only memories flash before me, some are faint,
others are more vivid. The past is dead and only its
phantoms haunt me – its memories. I have no future
because I cannot start over again. I can no longer
tolerate this consuming stress.

I am a hunted in the game of the life.

I have no past. I have no future. But still:

I am now.

I exist.

I suddenly realized. I DO exist!

Pause.

Deep silence.

Peace and calmness takes over me..

I took a look around and experienced everything in a
different way. I saw the reality as it is, the horrifying
pictures created by my mind, the grim thoughts and
hopeless fears vanished, just as clouds are washed
away by the wind.

I exist. I am.

I was just simply present “here and now”. I was buried in my body and observed myself and the world peacefully. Deep peace and calmness filled me. I was happy, as happy as I had never been before. I was liberated. I got rid of the suffering.

I had no idea who and what I was. But one thing I knew for sure, I do not identified me with my previous life-story. I lived in my body as an unfathomable and not accurately describable, alert, calm, graceful conscience, a ghost-like intelligence and I witnessed existence with curiosity.

Sometimes thoughts formed from nothing and glided into the space of my consciousness.

I took notice of them and then – just as they had appeared – they dissolved into nothing. Peace and happiness filled me, gently, effortlessly but still in an ecstatically thrilling way.

I gazed around. Everything was different. The room changed. What previously may have seemed time-worn and shabby now appeared as an ever-changing and vivid play of forms and shades. All this time, so many interesting forms and shades had been hiding

in the room and I failed to notice them all along. A small flower on top of my desk: what a spectacular living wonder! The exquisite stem, the varied shapes of the leaves and the magnificence of the petals – while this little “thing” was just as alive as I was. I could not find any object boring. I discovered something beautiful, unique, unparalleled in everything – and during these observations an extraordinary joy filled me:

I exist! I love this existence! Everything is so beautiful, unmatched and unique.

I could feel all the pulsating energy in me, the flow of blood, the gentle tingling of my skin, while I could observe, looking through my eyes, the colorful, loud, and fragrant, wonderful world surrounding me.

The night arrived.

The room became dimmed, while snowflakes performed their elegant dance outside through the window. I was awake, happy and full of adventurousness: I wanted to explore the outside world *again* - repeatedly.

I passed a phone box on the street, next to which lay an old, bearded homeless man covered in rags.

He stepped out and begged for some spare change. I looked at him and -behind his eyes, shining with life- I saw the *same*, what I was: a feeling-thinking sensible human spirit.

The same consciousness as mine looked through his eyes.

He was also another human form of life. I reached into my pocket and gave him the small amount that was in there. "Happy Holidays!" I said with a shaking voice. I could not resist the surfacing urge: I embraced him explicitly:

"Happy, peaceful existence, my dear human fellow!"

*

I was exploring the world *again* excitedly for days. My senses worked crystal clear and I wondered at the unique beauty of forms. It was as if I was born again and just as a small child, I took my world into my possession again. So many sounds and colors and shapes and tastes awaited me! So many realizations, coming from the examination of the emerging thoughts. I was surprised by the diversity, many shades and intensity of the emotions.

After a while the excitement of the discoveries lessened a bit and the thoughts returned more often, until sometimes I found myself stunned by thoughts again, brought down and taken away by a few unpleasant feelings.

Later I had the opportunity of moving to the countryside for a while with my wife and child, to a place I would have earlier said is “beyond civilization”. I spent a lot of time finding methods with which it was possible *to return to the state of clear consciousness*.

In my free time I practiced living together with nature: I planted trees, experimented with chemical-free bio-vegetable cultivating, patched the house with loam – I enjoyed the delights of a simple, natural life. Since earlier I was quite an “urbanized, clumsy office worker” it was most satisfying to experience how many problems I could solve, for which I would have called for professional help before – when I do it with full attention, concentrating on the process of the work itself, rather than the result, as I had done earlier.

Not long later, driven by an inner inspiration, I created my website, on which I published my articles, then I wrote the books, executed the DTP and

prepared them for press. This is how I became – as a role, almost unnoticeable – a writer.

As it turned out: everything was given for this. I am an enthusiast of researching consciousness; I am interested in the development of information technology, website development, book editing and publishing. I have written this for you to understand:

If you have a strong inner inspiration to make something real, you will notice that everything is given for it.

Not only will you find every condition optimal, but also everything will support you to make your inspiration come true!

My previous books were written during the period of exhilarated discoveries, so their atmosphere and style may seem esoteric, mystical – they were inspired in this form.

After this I spent more time with studying awakened consciousness, then I felt an urge to give my readers a practical handbook. In this, I present guidelines on how to reach, maintain and deepen awakened consciousness.

You are now holding this practical handbook, dear Reader!
Read it slowly and after a few sentences or parts, let the contents reach your conscience. Let them to reach the place where I intended to end up: your consciousness.

Jump into your real Self and enjoy your journey! ☺

Ervin Kery

DIVE INTO THE ABYSS!



*The whirling thoughts of our minds stun us, we get lost in them
and they keep us in a trance, during which we forget to live, to
exist. Be the viewer of your life's film – take your first steps on
the path of consciousness!*

WE ARE STUNNED BY THE
FILMS OF OUR LIVES.

You know, you feel that there is “something” in you that you may call soul, yourself, spirit, intelligence, or higher self:

This is the consciousness.

The understanding which feels and knows that “I am, I exist, I am living”. The one which looks out of your head, through your eyes and can see these lines and understands the meaning of the sentences.

I am here and now. I am living. I exist. And I know this.

I have no idea who I am, what I should do, how to go on and what is the purpose of all this. I am completely stunned by all the imaginations of me: who I am, who I should be, how I should live, what am I allowed to think and say.

I wear the mask of my personality, just as an actor plays a role. I do not know anymore who I really am behind all the expectations of the society.

We run around and spin in this world created by ourselves, only to gather more and more money and become *more*. Thousands of thoughts are circling in our heads continuously, we suffer a variety of emotions, and deep inside we are unhappy.

We suffer.

We fell into the abyss of a billion thoughts and emotions and we are all gasping for air.

If we knew who we were, we would also know what our purpose is in this world. But we do not know and we suffer tremendously.

We are afraid and isolate ourselves from each other and from nature.

We involuntarily destroy all what is around us, and we believe we do this to reach our “purposes”.

Humans are very comical life forms.

They are trapped eternally in the tyrannical captivity of thoughts and notions.

Being the main character in our film of life, we live through several roles. The role of the kind sibling, the

worrying and loving mother or father, the good co-worker – oh, and what about the masks we wear by free will? Right wing, left wing, catholic or Buddhist – and as the time passes, we can only play these roles with increasing overacting. The actor playing his roles without a rest burns out, and then on he will be unnatural and overacting.

We grew tired of the variety of the roles and the fear, whether we are good enough:

"Perhaps I am not a good enough sibling. Perhaps I am not a watchful enough mother or father. Perhaps my co-workers do not value me enough. Perhaps I should go to church more often." – In our silent moments, the thoughts start to speak to bring us down and make us unhappy.

...AND WE FORGOT HOW TO
LIVE!

It is (seems) impossible to be without thoughts: to live simply and enjoy the existence.

Thoughts flow and flow without stopping. They crave our attention:

“Oh, I am quite an important thought! Ignoring me might lead to making the wrong choice and that would cause a few problems for you. I am such an important thought, make me yours, think about me, do anything, just deal with me!”

And we deal so much with our thoughts that we fall into their stupor and we simply forget to live.

To live here and now.

Calmly, peacefully, curiously. Innocently.
Just to be and to observe: open, accepting. With love.
To be and to enjoy existence.

Because if we calm our thoughts – we will not get lost in the whirlpool of “important thoughts”. We see them, notice every single thought and emotion, but will not get tangled up in them.

Thoughts come and go like clouds in the sky – but we do not hang on to these thought-clouds, we let them drift away.

When I have something to do, I do it.
I do it awake and consciously, paying attention to what I am doing. And since I have gotten rid of the pressure of the so many spinning thoughts, my attention is present more in the current moment, in the completeness of the now. I joyfully dive into the world and experience it as it is.

I am open, accepting.

I am happy.

I will not fall into the traps of emotions and thoughts.

Whenever I need to think, I do it, and when I am in no need of it, I simply put it aside.

However, I am not sitting and smiling like a static Buddha statue in “my own perfection.”

Sometimes I am angry, I may cry, other times I may be extremely enthusiastic about something. When I feel anger, I let myself be angry. I pay full attention to the eruption of my anger. I feel anger in its full intensity in a flash; I experience it and let it go. I will not get sucked into the flow of emotions.

I prefer being happy.

I choose this. Consciously.

I choose life over my self-built prison of personality.

BE THE VIEWER OF YOUR LIFE'S FILM!

A weekday passes with work, social connections and it may often occur that the memories that remain from the day are not the most pleasant ones:

“My job was boring. I made a mistake at my workplace. I was not a patient enough partner and I did not care enough about my children. I got into an unnecessary quarrel with my neighbor.”

In some situations of life, we get caught in the webs of our thoughts, our emotions carry us away and when we recover from the inner storm of thoughts and emotions, we feel shipwrecked: “This day has also passed and I would do everything differently if I could repeat it!”

“It is not worth living an inattentive life” -said Socrates wisely, and how right he was! Our attention gets lost in all the thoughts and feelings, we keep repeating the same mistakes without learning from them, we do not remember certain parts of our lives, when we are stressed and nervous. But what we do remember quite well and in detail, are those moments when we could enjoy our presence, our existence – when we were in the *flow of life*.

The first step on the path to consciousness is when we realize our ability *to observe*.

Replay the events of the day!

Make it your habit to calmly recall the day’s events just before going to sleep. Picture the events as an outside spectator, like watching scenes from your life-film.

What happened to you today? Was there anything that you did not like? What were you happy about and what made you happy? What interesting and important events happened to you? With whom did you get into contact and what feelings did they wake in you?

Choose one short episode from today – a scene which was particularly interesting or important for you. Watch your life-movie of today as a spectator. Be aware that you are now reviewing your day.

As you observe the memories of your day's most important events, you may find discoveries, and with them, happiness. You recognize constellations, cooperations, which you previously did not notice with your "mind". You realize what you did unconsciously, in a sort of thought-stunned state.

And what is most important: *You learn how to be a peaceful, calm spectator in your life-movie.*

IN THE STORM OF EVERYDAY LIFE



*Our lurking fears shyly poison our lives. If we face our fears
and recognize their thought-nature, we can step onto the path of
recovery*