

THE ART OF CONSCIOUS LIVING

DISCOVER YOUR TRUE SELF AND EMBRACE LIFE
FULLY



ERVIN K. KERY

CONTENTS

<i>Foreword</i>	vii
1. The Journey to Self	1
2. Falling into the Abyss	3
3. How to Use This Book?	5
4. Riding Life's Rollercoaster	7
5. In the Stupor of Our Imaginations	9
6. The Ground of Being	11
7. The World Inside Our Minds	13
8. How Do Our Thoughts Override Reality?	15
9. The Ego: The Inner Tyrant	17
10. You Can't Stop Thinking!	19
11. Breaking Free: The Lion's Journey to Freedom	21
12. Living on Autopilot: The Unseen Forces Shaping Our Actions	23
13. Unveiling the Roots of Unconsciousness	25
14. The Hypnotic Power of Our Belief Systems	27
15. You Are Not Your Life Story	29
16. The Ego: Not Who You Are	31
17. No Need to Fight the Ego	33
18. Know Yourself!	35
19. Unlocking the Door to Consciousness	37
20. The Enigmatic Space and the Power of Mindful Attention	39
21. The Wisdom of Silence and the Invisible Space	41
22. The Miracle of Non-Labeling	43
23. The Eternity of the Present Moment	45
24. Reconnect with Your Body!	47
25. Learn to Relax	49
26. Divide Your Attention	51
27. The Power of Attention: How Focus Shapes Your Experience	53
28. Consciousness: The Ever-Present Awareness We Often Overlook	55

29. Exploring the Three Fundamental States of Consciousness	57
30. The Realm of Pure Consciousness	59
31. The Ever-Present Witness	61
32. The Power of Surrender	63
33. The Gift of Patience	65
34. The Power of Gratitude	67
35. Compassion for Yourself and Others	69
36. The Dance of Acceptance and Change	71
37. The Interconnected Web of Life	73
38. The Gift of Presence	75
39. The Infinite Journey of Growth	77
40. The Wholeness of Being	79
41. The Power of Connection	81
42. Living with Intention	83
43. The Art of Letting Go	85
44. The Light of Awareness	87
45. The Wisdom of Simplicity	89
46. The Endless Horizon of Possibility	91
47. The Final Chapter: The Start of Your Journey	93
ABOUT THE AUTHOR	95
BOOKSTORE	98

Ervin K. Kery
The Art of Conscious Living
Discover Your True Self and Embrace Life Fully

All rights reserved.

No part of this book may be reproduced or transmitted, in whole or in part,
in any form or by any means, electronic or mechanical, without the written
permission of the authors.

Copyright (c) Ervin K. Kery, 2025

Publisher:
Consciousness Books Publishing
www.consciousness-books.com

FOREWORD

Imagine for a moment that your mind is like a radio station, constantly broadcasting thoughts. Sometimes it plays your favorite tune, uplifting and inspiring, but other times it's just static—an endless loop of worries, fears, and regrets. Have you ever wondered if you can switch channels?

In today's fast-paced world, it's easy to feel like we're running on autopilot, living from one task to the next without truly being present. The voice in our head—call it the inner narrator—keeps us stuck in this cycle, replaying old stories and creating new ones, often without our consent. It whispers, 'What if I fail?' or 'If only I had done things differently.' And just like that, we're lost in a sea of thoughts.

But what if I told you that you are not that voice? You are the one who hears it. You are the quiet awareness beneath the noise, the steady presence that's always been there. The key to unlocking this awareness isn't some mystical secret; it's as simple as learning to pause, breathe, and notice.

FOREWORD

Take a child watching bubbles float in the air. For a brief moment, their whole world is the shimmering colors, the lightness, the joy. They're not thinking about yesterday's scraped knee or tomorrow's homework—they're fully alive in the present. That's the essence of mindfulness, and it's something we can all rediscover.

This book isn't about fixing yourself because, frankly, you're not broken. It's about remembering the stillness within you, the part of you that is unshakable, no matter what life throws your way. Through stories, practices, and reflections, we'll explore the vast landscape of consciousness together. Think of it as a journey back home to yourself—a journey that begins right here, in this moment.

THE JOURNEY TO SELF



Who are you, really? Not your name, not your job, not even the roles you play in life like 'parent,' 'friend,' or 'dreamer.' Who is the 'I' that remains when you strip away all the labels?

IMAGINE WAKING up one morning with amnesia, forgetting everything about your past. You don't remember where you're from, what you do, or who your friends are. But even in that moment, there's still a part of you that knows: 'I exist.' This awareness of simply being—you don't have to think about it, it's just there—is the essence of who you are.

WE OFTEN CONFUSE ourselves with the stories we tell about our lives. 'I'm successful because I achieved this,' or 'I'm a failure because I made that mistake.' But these stories are like clouds in the sky—they come and go. You, the sky itself, remain unchanged.

. . .

ERVIN K. KERY

TAKE a moment to observe your thoughts. Maybe a memory pops up, or a worry about the future. Notice how these thoughts appear, linger for a while, and then fade away. You didn't summon them, and you don't have to hold onto them. You are not your thoughts—you are the space in which they arise.

THIS JOURNEY of self-discovery isn't about reinventing yourself. It's about peeling back the layers, letting go of what you're not, and reconnecting with the simple, profound truth of who you are. And when you do, life starts to feel lighter, like a burden you didn't realize you were carrying has been lifted.

FALLING INTO THE ABYSS



Have you ever felt like the ground beneath your feet just disappeared? Perhaps you lost a job, ended a relationship, or faced a major life change. It's that terrifying moment when everything familiar crumbles, and you're left in free fall. But here's the surprising truth: sometimes, falling is the only way to fly.

LET'S CONSIDER THE CATERPILLAR. One day, it stops crawling and spins itself into a cocoon. From the outside, it looks like nothing's happening, but inside, the caterpillar is dissolving—literally turning into goo. That's what falling into nothingness feels like. It's messy, scary, and completely transformative.

WHEN I FACED MY OWN 'FALLING' moment, I clung desperately to the pieces of my old life. I tried to patch them back together, afraid of the emptiness. But the harder I clung, the more I felt like I was drowning. It wasn't until I let go—

ERVIN K. KERY

truly let go—that I discovered something profound. The emptiness wasn't empty at all. It was full of potential, full of space for something new to emerge.

THIS CHAPTER INVITES you to see those moments of falling, not as an ending, but as a beginning. When we surrender to the unknown, we discover the essence of who we are—not defined by roles or accomplishments, but by the quiet, unchanging awareness that remains. And just like the caterpillar, when the time is right, we too emerge transformed, ready to spread our wings.

HOW TO USE THIS BOOK?



This book is not a step-by-step manual or a rigid guide. Think of it more like a conversation with a friend—one that invites you to pause, reflect, and explore. There's no right or wrong way to use it, only your way.

START by flipping through the pages. Let your intuition guide you to a chapter that feels relevant. Maybe you're drawn to a section about the mind, or perhaps a chapter about letting go speaks to your current experience. Trust that whatever you choose is exactly where you need to begin.

AS YOU READ, take your time. Imagine sipping tea with these words, savoring each sip instead of gulping it down. When something resonates, pause and reflect. Write your thoughts in the margins or journal about them. Better yet, try the exercises offered and notice how they feel.

. . .

ERVIN K. KERY

AND DON'T FEEL pressured to finish the book all at once. It's here for you whenever you need it—a companion for your journey. Some chapters may be revisited again and again, each time revealing something new.

THIS BOOK IS about helping you reconnect with yourself. Not the 'you' defined by your resume or your roles, but the deeper self—the one that simply is. Let it be a reminder to slow down, breathe, and enjoy the miracle of this moment.

RIDING LIFE'S ROLLERCOASTER



Have you ever felt like your mind is a theme park, and you're stuck on the rollercoaster ride? One moment, you're soaring with joy and inspiration; the next, you're plunging into worry or despair. The highs are exhilarating, but the lows? They can leave us feeling lost and exhausted.

THIS ROLLERCOASTER of emotions is part of being human, yet it doesn't have to control us. Let's imagine you're at the top of the ride, gazing out over the world. Everything feels expansive, limitless. Then comes the drop—a sudden spiral into fear or doubt. Most of us grip the safety bar tightly, bracing for impact. But what if we loosened our grip instead? What if we trusted the ride?

OUR STATES OF CONSCIOUSNESS—THE joy, the fear, the stillness, the chaos—are like weather patterns. They shift and change, but they don't define us. Underneath the stormy

ERVIN K. KERY

clouds or the sunny skies, there is always the steady ground of who you truly are.

THE NEXT TIME you feel swept away by a high or low, pause. Take a breath. Remind yourself: 'This is temporary. I am the observer of this experience, not the experience itself.' With practice, you'll find that the ride becomes less about surviving the ups and downs and more about embracing them as part of life's incredible adventure.

IN THE STUPOR OF OUR IMAGINATIONS



Our imaginations are powerful. They allow us to dream, create, and explore possibilities that don't yet exist. But sometimes, our imaginations can become a trap. Instead of painting beautiful visions, they replay fears, regrets, and what-ifs, leaving us stuck in a haze of unreality.

THINK of a time you found yourself daydreaming about an argument that never happened or worrying endlessly about a future you couldn't control. You were caught in the stupor of your imagination, disconnected from the reality unfolding right in front of you.

IT'S like sitting in a theater watching a movie—except the movie is playing in your mind, and you've forgotten you're in the audience. You've become so engrossed in the story that you lose touch with the present moment, with the realness of life as it is.

. . .

ERVIN K. KERY

THE WAY OUT IS SIMPLE, though not always easy: recognize when you're lost in imagination and gently guide yourself back to now. Use your senses as anchors. Feel the texture of your clothes, listen to the hum of nearby sounds, or notice the rhythm of your breath. These small actions ground you in reality, pulling you out of the fog.

YOUR IMAGINATION IS A GIFT, but like all powerful tools, it must be used wisely. Let it inspire you, not imprison you. When you wake from its stupor, you'll rediscover the richness of the life waiting for you here and now.

THE GROUND OF BEING



Imagine standing in the middle of a vast forest. The wind rustles the leaves above, birds call out in the distance, and the ground beneath your feet feels firm and steady. That ground—the thing that supports you no matter what—is like your true self.

IN THE CHAOS OF LIFE, it's easy to forget this ground exists. We get caught up in the noise—the thoughts racing through our minds, the emotions pulling us in every direction, the endless to-do lists. But beneath it all, there is a stillness, a steadiness. This is the Ground of Being.

YOU DON'T HAVE to earn it or create it—it's already there. It's the awareness that has been with you since the moment you were born, the quiet presence that notices your thoughts, feelings, and experiences without judgment.

. . .

ERVIN K. KERY

HERE'S a practice to reconnect with this ground: Close your eyes and take a deep breath. Feel the weight of your body pressing into the earth. Notice the sensation of your breath moving in and out. Let yourself settle into this awareness. This is the ground. It doesn't demand anything of you. It simply is.

WHEN LIFE FEELS OVERWHELMING, remember this: the storms may rage above, but the ground remains. By returning to it, you find the peace and strength to navigate whatever comes your way.

THE WORLD INSIDE OUR MINDS



The mind is like a bustling marketplace. Thoughts chatter like vendors calling out their wares, emotions rise and fall like haggling customers, and amidst it all, there you are—trying to make sense of the noise.

It's easy to get swept away in this realm. A single thought can spiral into a story, dragging you along for the ride. Before you know it, you're re-living an old argument or worrying about something that hasn't even happened yet. But here's the thing: you don't have to buy into every thought.

IMAGINE you're sitting by a river, watching leaves float by. Each leaf is a thought, drifting on the current. Some might catch your eye—memories, worries, plans—but you don't have to grab them. You can let them float on by. This simple act of observing without clinging is the essence of mindfulness.

. . .

WHEN YOU STEP BACK and observe your mind, you realize that thoughts are just that—thoughts. They're not commands, and they're not the truth. You are the observer, the one watching the marketplace unfold, not the marketplace itself.

BY PRACTICING THIS AWARENESS, you begin to quiet the noise. You find moments of stillness amidst the hustle, and in that stillness, you reconnect with the deeper, unchanging essence of who you are.

HOW DO OUR THOUGHTS OVERRIDE REALITY?



Our minds love to tell stories. We take a single event—a conversation, a glance, a passing moment—and weave it into a narrative. Sometimes these stories help us make sense of the world, but other times, they pull us away from reality.

IMAGINE YOU TEXT A FRIEND, and they don't respond right away. One part of your mind might say, 'They're probably busy,' but another part jumps to, 'Did I say something wrong? Are they upset with me?' Suddenly, you're caught in a whirlwind of assumptions, far removed from the simple truth: you don't know.

THIS IS how our ideas can override reality. They color our perceptions, shaping how we see the world and ourselves. But here's the good news: we can catch these stories in the act. The next time you notice yourself spinning a narrative, pause. Ask yourself: 'Is this true? What evidence do I have?'

. . .

BY QUESTIONING OUR IDEAS, we create space for reality to breathe. We see things as they are, not as we fear or hope them to be. This practice isn't about silencing the mind—it's about gently guiding it back to the present moment, where life is unfolding in all its richness and unpredictability.

THE EGO: THE INNER TYRANT



The ego is like an actor on a stage, always seeking the spotlight. It tells us stories about who we are —'I'm successful,' 'I'm not good enough,' 'I need to prove myself'—and these stories shape how we navigate the world.

BUT THE EGO isn't who you truly are. It's a role you play, a mask you wear. Beneath it lies something far deeper: your true self, the awareness that watches the actor without getting caught up in the performance.

THINK of the ego as a protective shell. It forms in response to life's challenges, helping us survive and adapt. But over time, we forget it's just a shell. We mistake it for the whole, clinging to it even when it no longer serves us.

HERE'S THE THING: you don't need to fight or destroy the ego. That only strengthens it. Instead, start noticing it. Observe

ERVIN K. KERY

how it shows up—in moments of comparison, in the need to be right, in the fear of being vulnerable. The more you notice, the less power it has over you.

WHEN YOU STEP beyond the ego, you discover a freedom that's always been there. You're no longer confined by the roles you play or the stories you tell. You're free to simply be.

YOU CAN'T STOP THINKING!



Have you ever tried to stop thinking, only to find your mind racing even faster? It's like trying not to think about pink elephants—the more you resist, the more persistent the thoughts become.

THE TRUTH IS, the mind is designed to think. It's like a river that's always flowing. Trying to stop your thoughts is like trying to dam the river—it creates tension, and eventually, the water will find a way to burst through.

BUT WHAT IF you didn't need to stop the flow? What if you could simply step back and watch the river instead? This is the essence of mindfulness—not controlling your thoughts, but observing them without attachment.

THE NEXT TIME your mind feels like a runaway train, try this: close your eyes and take a deep breath. Notice the thoughts

ERVIN K. KERY

as they arise, without judging or engaging with them. Imagine they're clouds drifting across the sky, or leaves floating on a stream. You don't have to hold onto them; you can let them pass.

OVER TIME, you'll discover a beautiful truth: you are not your thoughts. You are the observer, the quiet presence watching the flow. And in this realization, you'll find a peace that doesn't depend on silencing the mind—it comes from simply being with it.

BREAKING FREE: THE LION'S JOURNEY TO FREEDOM



Imagine a lion born and raised in a cage. It has never run free, never felt the earth under its paws, never roared into the open sky. The cage becomes its world, its normal. Even if the cage door is left open, the lion might hesitate, unsure of what lies beyond.

THIS IS how many of us live—trapped in the cage of our own minds. The bars are made of limiting beliefs, fears, and old patterns. We pace back and forth, feeling the urge to break free but unsure of how to step into the unknown.

BUT HERE'S THE TRUTH: the cage isn't real. The thoughts and beliefs that hold us back are just stories we've told ourselves over and over again. And like the lion, we have the power to step out anytime we choose.

. . .