

Practical Recipe for Realizing Enlightenment

Recommended Readings
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If you are interested in Enlightenment, I have some reading recommendations for you. Not all that has been written about Enlightenment will actually help you grok Enlightenment. In fact, writings that position your mind to allow Enlightenment are rare. Much of the written material on Enlightenment inadvertently misleads and obscures. However, I do not blame the authors. Enlightenment cannot be truly written about because of its nature. It is beyond words. What can be written about is the psychology that facilitates Enlightenment. There are also *bija margas* (in Sanskrit) meaning “seed paths” that can be written about. These are insights or lines of thought that serve as launching pads or ramps to Enlightenment. These are key understandings that unblock, induce, release, or effortlessly allow your Enlightenment. They are starting points from ordinary three-dimensional consciousness that conduce you to the Transcendental. Following are key writings that are likely to greatly facilitate your Realization. They serve as *bija margas*.

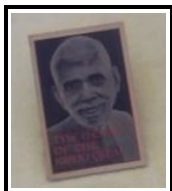


The first is the book ***Pathways through to Space*** by Franklin Merrell-Wolff. I got my copy in 1973. It is the Julian Press edition facilitated by the late John Lilly, the renown consciousness researcher. Lilly writes in the *Introduction to the Second Edition*:

“In my own reading of this book, I found I was precipitated into states, spaces, universes of very high orders so frequently that the reading of it took several weeks. Each time I read it now, the experiences begin anew, . . .”

Reading Wolff's book has had a similar effect on me, and I believe it may have the same effect on you. That is why I recommend it to you. Wolff is one of the best writers I know of in this field.

Pay particular attention to the first chapter, *The Light Breaks Forth*, wherein Wolff describes his transition into the Ineffable. Specifically, pay attention to the point he makes in *paragraphs seven and eight* distinguishing Recognition (Wolff's term for realizing the Transcendental, an approximate synonym to my use of the term “Enlightenment”) from experience. This is an extremely important distinction, because if this distinction is not made the inquirer will forever seek Enlightenment in the realm of experience and never find anything except an endless time line of experience after experience, all well within the seemingly inescapable sphere of time and space.



My next recommendation consists of forty-five mind-transcending verses from the ancient text the *Ribhu Gita*. It is the now out-of-print ***The Heart of the Ribhu Gita***, whose only edition, edited by then

Franklin Jones, was published in 1973 by the Dawn Horse Press. Although out-of-print, you can still find used copies through online rare or used book dealers at a price considerably higher than the \$1.95 I purchased it for in 1973! However, do not despair if you cannot find an original Dawn Horse Press edition. The critical forty-five verses have been made available online. I will tell you where to find it at the end of this article.

My very first reading of ***The Heart of the Ribhu Gita*** was a highly liberating experience. It blew my mind! And it will probably blow your mind too. Just reading it may catapult you into the Transcendental. Reading these special verses I felt an immediate shift and release from the usual thought-loaded preoccupations of common consciousness. In an auspicious way, I have never been the same since. These transcendental verses may go a long way for you too.



Another helpful item is ***OM Aphorisms***. This is a distillation of the Enlightenment Consultation I have offered to a few people through the years. It is a helpful set of sixty-two verses or aphorisms that encapsulate the teachings in the Enlightenment Consultation. Study of ***OM Aphorisms*** will align you with Enlightenment. Careful study will give key insights that allow the dawning of Enlightenment.



If you are really serious, my next recommendation is the ***Waking-Up to Enlightenment*** course, which like ***OM Aphorisms*** was also derived from my ***Enlightenment in Person*** consultation. The course is suited for advanced students and avid beginners. It covers core issues that when understood will greatly facilitate realization of Enlightenment. In particular, focus on *Lesson Eleven*. Nevertheless, study all the lessons as they cover helpful understandings that as a student of Enlightenment you should know.

The exercise in *Lesson Eleven*, which I will simply refer to as *Enlightenment Clearing*, is an original and powerful practice. Although I use the word “practice,” it is not a practice that you need to do by rote or for a long time. It is not about conditioning. It is a matter of insight. Once you see how this form of inquiry operates, most of the work is done. You may only need to inquire in this way once in a while if you start to feel bogged down by the thick of various thoughts and life experiences.

Enlightenment Clearing differs from the well-known form of inquiry (*Nan Yar*) recommended by Ramana Maharshi, which consists of asking yourself “Who am I?”, answering, and then pointing out to yourself that your answer is not who you are, but rather some form, attribute, or role you are identified with. After extensively repeating this process you exhaust all your failed answers to the question “Who am I?” This leaves you in an apparent identity of nothingness. But of course, you are not nothingness. You just cannot say who or what you really are after all your relative identities are cast aside. This realization helps you to allow your Enlightenment. However, whether or not you have engaged the “Who am I?”

approach, you may find Enlightenment Clearing an expeditious catalyst. It is a powerful approach that is virtually unknown at this time. However, first understand it. Then use it. It has served me well, and I think it will be a powerful liberating agent for you too.

Enlightenment Clearing consists of several questions that clear all of the thoughts that keep you from Enlightenment. Enlightenment is so subtle, that just one thought against your own Enlightenment can keep you in seeker consciousness, which means you are not in recognition of your Enlightenment. Enlightenment Clearing leaves no ground for excusing yourself out of Enlightenment. It leaves you naked as the Alpha-Omega, eldest, prior-most, transcendental aspect of yourself. Do you know this aspect of yourself? Is it real for you?

Waking-Up to Enlightenment also provides other helpful original insights, such as the understanding of *ontological simultaneity* (*Lesson Thirteen*), that will help you to effortlessly stabilize in the Higher Consciousness of Enlightenment.

The above four recommendations are the ingredients of my practical recipe for realizing Enlightenment. They are well-selected study materials that I would feel fortunate to be informed about prior to Realization. There is no particular order in which to study them. Just study them and think deeply to arrive at your best understanding of them. Be ready and willing to let go of all your ideas about Enlightenment. They are what are keeping you from it.

Also, as an optional resource, there is my **Enlightenment In Person** consultation. It is an intense one-to-one in-person review of the **Waking-Up to Enlightenment** course, more akin to an initiation than a consultation. Although the consultation reviews the course teachings, *its purpose is to help you realize Enlightenment on the spot, here now*. I have no patience for waiting when it comes to Enlightenment! There is no reason to wait for it. The in-person format allows for near instant clarifications and corrections in understanding. This is an opportunity to check your understanding or to gain understanding if you are not sure you understand this material. If in your heart you feel you are ready for Enlightenment (and why not?), then the in-person consultation is a good idea. The consultation occurs over a two-to-eight hour period depending on each individual. For more information see: www.EnlightenmentCourse.com/consultation

Here are where to get the ingredients for my Enlightenment recipe:

1. **Pathways through to Space** by Franklin Merrell-Wolff
Available through bookstores. May be out-of-print so you may only be able to get a used copy.
2. **The Heart of the Ribhu Gita**
Dawn Horse Press, edited by Franklin Jones. Out-of-print. Available through used and rare book dealers. However, follow this link to a .doc document of the forty-five transcendental verses: www.EnlightenmentCourse.com/ebooks

3. **OM Aphorisms** by Roland Campos
Download from: www.EnlightenmentCourse.com/ebooks
4. **Waking-Up to Enlightenment** by Roland Campos
Available at: www.EnlightenmentCourse.com

Why not try the recipe? See what it does for you, and let me know!