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Table of Contents

Intro

Chapter 1:

Ego and Living In The Here And Now

Chapter 2:

Check Your Emotions

Chapter 3:

Clean It Up

Chapter 4:

Tune In, Up And Interrogate

Chapter 5:

Listen And Discover

Foreword

The concept of Zen is an easy philosophy that I'm presently implementing into my life and have discovered it works really well to allow the natural happiness inside rise to the surface. Name it a life philosophy, call it hints or steps, call it what you will. All I know is I needed to share it with you, the reader, so you are able to likewise implement this school of thought into your life.

Zen is based on simplicity, on being completely "peeled" of the excess that life tends to put on us. This may be in the way of mental burdens and strains that are self-imposed, or the burdens and strains of life outside of us. The school of thought is all about returning to the basics, changing back to the natural ebb and flow of life both outside of us and inside.

To live Zen is to live free and glad.

As a baby, you were received into this world free of concern and the weight of the world. You were happy. As a matter of fact, you were born with only 2 fears in life... the fear of falling and the fear of loud disturbances. The rest of the concerns now in your life (which, as you know, are numerous) are self produced.

This will help you return to that natural sense of happiness and contentment in living. It's all about

“Peeling” away the excess, and centering on the natural you.

Zen And You

Resolve To Enjoy Life Even More Right Now!

Chapter 1:

Ego and Living In The Here And Now

Synopsis

Do you wish more happiness in your life?

If so, you have to begin carrying out these two key personality habits...get over yourself and live in the here and now. Yeah, I understand it sounds a bit harsh, but take a closer look at how come one would wish to get over themselves and live in the here and now to discover more happiness.

2 Must Haves

When we're centered on the "I" in our lives, we lose centering on everything else that's carrying on all around us. The focus of our life becomes us...not the big and vibrant domain outside of us. When I say, "Get over yourself" what I am truly saying is, dismiss your ego. It's all right to center on yourself in the way of self transformation or betterment, but once your ego steps in, true happiness commonly gets forced to the side.

Once you become greater than somebody else or "better" (in your brain that is), your ego is at the helm. Lean into it. Consider it and ask, "How come am I being so conceited about this, what insecurity am I covering about myself?" Observe your mind and thoughts when you feel the self-importance barge in. What is it afraid of? What is it attempting to cover up? Once you are able to answer those questions and face those insecurities, freedom will happen.

Once we may rest our mind (consciousness) more and be more in the here and now, and then the past and future, desire and the ego will slowly start to fade away.

If you wish to achieve a state of blissfulness, then go beyond your ego and the inner dialogue. Arrive at a decision to dispense with the need to control, the demand to be approved, and the need to judge. Those are the 3 things the ego is doing day in and day out. It's really crucial to be cognizant of them every time they come up.

Lower ego = More Appreciation = A richer more "Zen" life.

Do you recognize that we're the only animal on the earth that may really think ahead and plan in grand detail? We are the only beasts who have grown a big frontal lobe in the brain which lets us do so.

Yeah, this is a grand ability to have as we may design our future as far as careers, retirement, steering clear of potential negative situations, and more.

However is it truly all it's cracked up to be? Yep and nope.

Animals (with much littler frontal lobes) like cats and dogs live in the here and now. They're not thinking of where they'll sleep tomorrow, what they'll do, or wonder if they'll be lucky enough to get table scraps during dinnertime. They're only in the present.

And so what is my point?

Living like we're a cat or dog means living in the here and now. It's in the time to come where we gain most of our concerns, our fears, and so forth. Consider it. Do you always have anxiety or concern about your past times? Sure, you might have had trauma of some type, and it still might impact you...but I'm betting 90% or more of your concern or tension comes from future thought.

When you are able to be present, like a dog or a cat ...you do away with that 90% of anxiety, tension and concern.

Envisage that feeling.

You've the power to become present in each and every waking instant. Even while you're studying this, you may simply do that solely...just

study. Don't think of your appointment on Thursday, what you do eat for supper, or how come that careless individual cut you off in traffic before.

Here and now. This is where you are right now. Seated there. Studying these black letters. Allowing these words to seep into your mind and make you think.

So be mindful of your God given frontal lobe and let it design and do what it does. But you likewise have the power inside you to merely sit by and keep an eye on those thoughts about planning or worrying about the future (they're only thoughts, remember?) When you're in the here and now, there are No additional concerns (today).

The real present in life is...the here and now.

Chapter 2:

Check Your Emotions

Synopsis

As a person you're a thinking machine. As a matter of fact, your mind is the most complex and most captivating thing according to men of science. After all these years of study, there's still so much we don't understand about the brain and how it works.

Think Less

The brain is literally a computer on steroids (times a hundred).

We may crunch numbers, we may produce masterpieces, we may recall memories, scents, or even memorize pages of text.

It has been observed that the average person thinks virtually 12,000-50,000 thoughts PER day. And approximately ninety-five out of a hundred of our thoughts are the same as we thought the prior day.

Talk about a need for new thinking, new thoughts, and new ideas.

Working on a large number of thoughts per day is really demanding of the human mind and body. Can you envisage now how much merely a fraction less in thinking may make one feel? Now you are able to see why meditation has been around for more than 2500 years and why the Advantages of it are becoming more and more recognized. We're merely becoming a society of “over-thinking” individuals with bucket loads of tension and worry.

What has occurred in today's world is that we have become more of a fellowship of Thinkers and less of a fellowship of Feelers. Why is this risky? 2 reasons...

1. Feeling feels great
2. Feeling is good for you

Feeling feels great - When we really feel things in life, life gets to be more colorful, our sensations get jazzed, and we tend to bask in the immense array of feelings that life has to provide. The issue is, many

individuals have blocked how to really feel. The ones that do are in most instances healthier, more pleased, and more balanced in life.

Feeling is good for you - When we really feel our emotions, and most of all, process them by feeling them totally...we purify our bodies and minds and get rid of unhealthy goo. When we suppress emotions, stash them away, our body commonly responds and alarms go off to let us recognize we need to confront them and feel them. These warning signals may be ulcers, headaches, IBS, habitual back or neck pain, depression, chronic anxiousness...the list carries on and on.

So here is the mystery that you might not be aware of or haven't given a great deal of thought to...Thinking isn't feeling. I repeat. Thinking isn't feeling.

You might believe..."Oh, I don't feel really good" or "considering that time Bill beat me up on the playground truly makes me feel useless" are not complete feelings.

Feelings are tangible. They're not mental. Huge difference.

So how does one really feel and not think? It's easy. Get aware.

Learn to tap into your body by how you're feeling by becoming aware. When we're aware, we're feeling. The magic is, try not to label it with your brain as in, "I'm feeling wore out". Do not label. Just feel the weariness. Be cognizant of how it feels physically.

Ask your mentality each day this question..."What am I experiencing emotionally?"

Then take a couple of minutes to sit and let it answer you in feelings and senses in your body. You might even notice that feelings might “gurgle up” from within naturally. You might start to cry. You might begin to laugh for no reason.

Or, you might not feel anything. That's all right, just keep at it. Emotion forever has its roots in the unconscious mind and evidences itself in the body.

Let your body do what it wishes to do. Don't judge, just be cognizant. Doing so will free your brain and body and in your every day life, you'll observe how much more you'll feel when you witness a good piece of art or movie, or hear a beautiful song or watch a splendid sunset.

Learn to tap into senses and emotions and do less thinking and watch your life become alive.

Chapter 3:

Clean It Up

Synopsis

This one is truly a no-brainer but one that a lot of individuals ignore. As a matter of fact, you've likely met somebody who on the one hand, complains about how atrocious they feel, yet on the other hand, is doing something that really fertilizes that atrocious feeling.

Get Rid Of It

For instance, one man might say..."I feel atrocious, I can't take a breath, I don't taste a great deal, and my sex drive is down the tubes." However on the other hand, as he's complaining, he's quietly having his fifth smoke for the day.

This illustration is like driving an auto with a hole in the gasoline tank, but you keep placing fuel in it anyhow even though you're well aware of the hole.

The point I'm attempting to make is this...ditching your toxic habits is crucial to metamorphosing your life.

Anything that makes you feel badly mentally or physically is a toxic habit. This goes for tangible things, your own thinking, or even toxic hoi polloi you keep in your life out of surety and comfort (or one's that feed your egotism).

Get out a piece of paper, and put down a list of ten toxic habits, matters or individuals in your life. In one column write what it is (The Toxin). In a 2nd column, put down how this toxin makes you feel, and in a 3rd column, write up how you are able to start to ditch it.

Ditch toxicity. Purify your brain and body.

Be fresh again...be Zen. Peel away toxic goo. Have you ever walked around with a knapsack full of books or have done a little exercise with weights strapped on your ankles? If so, you understand how both may literally "weigh" you down.

However did you know that harboring past harms, injury and more on the inside may have the same effect on you?

As a matter of fact, the mental weight of maintaining the past in your mental closet may be even more exhausting as it's with you always.

The more you consider it and re-live it in your thoughts, the more it eats your natural mental energy.

You might have had one sorry experience or regret in your past that was indeed atrocious at the time, but the issue is, it occurred once. When you play it again and again in your head like a defective broken record (one with obnoxious music)...your brain and body respond to it as though it's occurring for real all over again. So rather than living through the experience once, you're living it 100s of times.

See, here's the thing...the brain doesn't understand the difference between what you think and truth.

For instance, let's say you envisage a vividly yellow and scrumptious lemon. You are able to see it in your mind; you are able to even smell its citrus odor. You are able to tell that this lemon is going to be really juicy and really sour just by the way you envisage it.

Now envisage you biting into that really sour lemon.

What just occurred?

You drooled. As a matter of fact, you might have even felt your jaw muscles feel an unusual sensation.

Your body just responded as though you just took a huge bite into a lemon. But you didn't. It was only a simple idea of doing it. As I stated, your brain doesn't understand the difference.

Do you see how potent your thoughts are now and why living over your past hurts is so injurious?

It's crucial if you wish to “Zen” and have a life of freedom and happiness to turn off that record player in your brain of your past harms. You're causing your brain and body undue stress and it absorbs time and space in your life that could be filled up with more gratifying and better things.

Clear out your mental closet. Feel the emotions of your past injuries and for once, march on. Stay present. This is the moment. The past is simply that, past.

It's truly is that easy.

Chapter 4:

Tune In, Up And Interrogate

Synopsis

Your body is your sanctuary. If you don't attend to the sanctuary, the sanctuary get to be weak and then it finally breaks down. The way your body feels will impact your brain and mood, and your total outlook on life. But likewise, the way you feel mentally may impact your mood and your body. It truly is a two way street.

Take Care

So just suppose if you attended to both your brain AND body at the same time. Both avenues would be open and clear. Your energy and vitality would peek and you'd most likely experience a sense of happiness and freedom.

A lot of the various steps or doctrines in living Zen are centered on your mind, and your thinking. However what good does that do if all you do is sit around and crunch on chips all day and begin inflating your weight, have diabetes kick down, and merely lose all kinds of energy? It's senseless.

If you wish to live Zen and live a life of freedom and happiness, you have to not only center on your brain...but your beautiful body (as it is, simply the way it is).

Work out, exercise, get going, sweat, play sports you like, go for walks in peaceful localities, try yoga, do pushups, or ride your bicycle down that cool trail in the park. The point is, merely get your body going and do it frequently.

The advantages of exercise are numerous and I'm sure you've read all about them so there's no need for me to tell you the "Why's" of how come you need to get moving around. Simply do it.

But in addition to moving around and getting exercise every day (or at any rate every other day)...you likewise have to master this... DOING ZIP. By this I mean really doing zip. This means sitting motionless, no television set, no distractions, and being draped in pure silence.

Merely sit there, take a breath fully, and put your focus on the cycle and sensation of your breathing.

Rehearse sitting in silence. Shut your eyes. Center on your breathing. When you begin to think, merely label your thoughts mentally as “thinking” and bring your cognizance back to the sensation of taking a breath. Do this daily.

This is meditation at its most very basic and it will alter your life.

In summary...move about (exercise) frequently, and do zip (meditate) frequently.

Fearfulness. What a filthy and useless thing it is. We all have it and we all live by it every single day. A few of us are lead by it more than other people.

If you consider it, fear is even less substantial than a puff of smoke. A puff of smoke is right there before your eyes but soon passes. Fear on the other hand is un-seeable, yet it appears to rule our lives in so many ways. So why would you let something that's not tangible or real dominate your world?

What you truly fear isn't fear; it's your visual sense of the time to come in terms of mental images, or “What If's.” It's all fictitious evidence or images in your brain and imagination. Fear is 100% future tense based. In a lot of cases, our biggest fears are taking something from our past, a preceding memory, and projecting it onto something in the future tense. For instance, in your past you might have had a bad auto accident, and now each time you drive, you're frightened it will repeat.

You're mentally projecting your past tense into your imaginable future tense. So the question now persists...“How does one overpower fearfulness?”

Well, it isn't easy and you'll never become 100% unafraid. But what you are able to do is greatly cut down your biggest fears and when you do so, it will open your life. You'll lead a more “Zen” life, and savor more happiness.

What you have to accomplish is face down your fearfulness. You have to dispute it. When you are able to shine light on the dark of fear, it will no more live. You are able to accomplish this by either confronting the fear head on or by taking little steps toward overcoming it. The primary thing is you move onward towards it.

View your fear and ask yourself, “What is the sorriest thing that may occur?” Then, take your answer and examine it. Is it truly that bad? Is it truly the end of the world?

Finally, once you've seen or worked out what the sorriest thing is that may occur, work out a way you'll deal with that if it does occur.

Do that and you'll do away with the majority of your concerns.

By looking your fears in the eyeball (by questioning them and seeing them through to the finish).... they become less of a menace to you.

Your fearfulness that was once a huge ominous monster is now a weak second thought.

Chapter 5:

Listen And Discover

Synopsis

You've a built-in piloting system in your life that will maneuver you in the correct direction. A lot of individuals refer to it as your “gut instinct” or “gut feeling.” The trouble when we're not living Zen is we're not listening to our inner pilot, our navigator.

Choose

There are individuals that have tapped into their inner pilot and have it effortlessly pilot their lives. Yeah, they still encounter bumps in the road just like everybody, but it's how they ricochet OFF those roads in the correct direction that's crucial. I'm sure you know these sorts of individuals; they're the ones who appear to have everything going correctly in their lives, the "lucky" ones, and so forth.

The fact is they're not lucky, they simply have learned to tap into the right navigation inside that puts them into a life of flow. They're the one's who tend to bring in admirers at the drop of a hat, produce revenue while doing something they're passionate about, or merely trip upon that million dollar "Why didn't I think about that!" idea.

The great thing about all this is that you are able to tap into this flow and piloting...if you listen for it and most of all, sense it.

So how precisely do we tap into our inner pilot?

Firstly we must become quiet during the bedlam of the storm of life. This implies becoming silent, becoming cognizant of your environment, and being present. 2nd, you have to learn to feel and listen to what your body senses are telling you when you pose a crucial question to it, or if you're in the middle of a huge decision.

The most elementary and simplest way to know if you're making a correct decision in your life, or if you're headed in the correct direction, is to ask yourself this solitary question...

“Does this step in my life make me feel weighed down and squeezed...? Or does it make me feel lighter and free?” The purpose of life is to be glad. It truly is that easy. A lot of us endeavor to make a million bucks, make the perfect body and physique, or to climb the corporate ladder so we may at last make enough income to purchase that holiday home near the seashore.

However as you might have learned (and this is likely just a reminder), the things that make us the most pleased are commonly free of charge and little.

I challenge you to discover “small ecstasy” in your life. This means, discover little things that are free of charge that afford you great pleasure and satisfaction. The simple things.

Don’t wait for a life solely filled up with 3-4 huge happy life moments. Produce a life with 1000s of little ones to fill out the gaps.

Learn to paint. Take drives at dusk. Reflect. Sit in the local park and watch youngsters play as the sun falls on your skin. Tell jokes to acquaintances. Give somebody an earnest hug. Write a book. Make a blog and produce a community. Do yoga. Make love. Create cookies. Take a walk on a frigid winter night and savor the silence. Soak in a bubble bath like you did as a youngster. Fish. Ride your bicycle down fresh trails. Establish a garden and watch it develop and produce fresh fruit and vegetables. Sculpt. Take photos. Learn how to play guitar...The openings are endless!

Discover little things in your life that provide you ecstasy and love. The sole way this may happen is if you're in the here and now and you feel inspired when you do whatever you do.

Fill out your life gaps with lots of little ecstasy moments and savor the journey.

One last hint: a lot of times in life individuals who come across happiness in something soon get bored of it. Here is the mystery to avoid this...

1. Assortment: Change it up; add assortment to whatever you're doing.
2. Time disruptions: Don't do it overly often. Allow time in between so it doesn't become routine.

Rather than writing at home about the same matter, go to a coffee bar and type on your laptop and shift the content. If you're getting burnt-out by eating your favorite sort of pizza, don't do it as frequently, and next time, add another toppings to it or try another sort of pizza all together.

Do you feel mired and trapped, or does something make you feel free?

When you pose this question, the following thing to do is see how you feel physically. Do you become tense? Do you feel a rise in your inner stress and concern? Or do you feel freeing, exhilaration and giddiness about the possibilities? Your body will pilot you and tell you the most fitting solution for your life. When you do, you'll begin to feel free, feel "Zen", and more joy and happiness (and so called "fortune") will tend to come your way. Try it out.

Wrapping Up

We have at long last come to the last Zen of living a great life. It's likely the simplest one, yet the soundest. This is it. This instant. This is all you have. Not tomorrow, not yesterday. Today.

You have been presented one life. You've sizable opportunity to do what you like in this life. All the resources you may ever require are around you, even if you don't presently see them. By employing the Zen philosophies I've shared with you, I sincerely trust you are able to make the most of your life and acquire the most out of it.

Get Zen become free. Free yourself of the bunk and muck that's weighed you down physically and mentally. Run free. Remain bold. Dare and take gambles.

THIS IS IT.

What are you going to accomplish with "it" (the present)?

Are you simply going to study these steps I've presented you and then go back to your same old blueprints of sadness? Or are you going to assume action? The choice is yours. This instant is yours.

You hold the cosmos, your cosmos, in the palm of your hand. Life is like a huge ball of clay and you are able to build it how you like. You, as an individual, are ok just as you are. Learn to accept yourself, and

don't equate yourself to other people or others lives. This is it. This is your life.

You're unequalled in every solitary way.

You've unequalled quirks, you've unequalled gifts and you've multiple reasons why individuals like you. It's time to like you.

It's time to “live Zen” once and for all.