

WHO IS *EFFORTLESS MEDITATION & BEYOND* FOR?

***EM&B* is for you if:**

- you want to experience less stress and more Peace
- you have never meditated
- you say you can't meditate
- you have meditated for years, or even decades, and still haven't Realized your True Self - What you really Are...
- you are afraid to wake up because you think you will lose your humanness

WHAT ARE THE BENEFITS OF *EM&B*?

***EM&B* can substantially reduce or eliminate your thoughts or feelings of:**

- stress, overwhelm
- anxiety, worry, fear
- depression, suicidal thoughts
- annoyance, frustration, anger, hatred, self-hatred, rage, violence
- impatience, righteousness, perfectionism
- hurt, disappointment
- sadness, grief, despair
- guilt, shame, regret
- unworthiness, low self-esteem, unlovability
- not being good enough, being a failure
- being isolated, alone, abandoned, incapacitated
- fear of dying, terror of death
- being unenlightened
- in a nutshell - SUFFERING!!

WHAT IS REVEALED THROUGH *EM&B*?

What *EM&B* reveals is:

- more and more Unconditional Contentment, Fulfillment and Peace of mind
- more and more Unconditional subtle Joy and Happiness
- more and more Unconditional Freedom from all suffering
- more and more Unconditional Love
- more and more Unconditional Compassion, Appreciation and Gratitude
- more and more connection to Higher Intelligence and Creativity
- more and more Beingness or Presence
- more and more of a sense of being truly Home
- more and more Realization of your True Self, which is spiritual Enlightenment or Awakening
- Being more and more fully human and at the same time being more and more Free of being human...

HOW IS *EM&B* DIFFERENT FROM OTHER FORMS OF MEDITATION?

- no mantra
- no focusing on the breath
- no guided visualizations
- no need to do a body scan
- no specific body posture or hand position required
- no electronic technology needed
- *EM&B* is more flexible than meditative music or sounds of rain, ocean, waterfall, etc.
- *EM&B* requires very little training
- *EM&B* is easier, simpler and more effortless than mindfulness meditation or mantra meditation
- *EM&B* is one of the most direct, quickest and most deeply effective meditations to experience Enlightenment
- *EM&B* can be done with the eyes open or closed
- *EM&B* can be done for any length of time: for just 10 - 30 seconds; for 1, 5, 10 or 20 minutes; for a few hours; even 24/7
- *EM&B* can be done while in relationship with others, whether that experience is loving, confrontational or anywhere in between - with your partner, the clerk at a store, your pet, etc.
- *EM&B* can be done anywhere - in your home, at your office, in social situations, while shopping, while exercising, while driving (eyes open, of course), etc.
- *EM&B* can be done **during mind experiences** ~
 - powerful mind-storms
 - busy/racing/ADHD (Attention Deficit Hyperactive Disorder) thoughts
 - frustrating/hateful thoughts
 - sad/depressing thoughts
 - worrying/fearful thoughts
 - crazy thoughts
 - stressed-out thoughts
 - Obsessive/Compulsive Disorder (OCD) thoughts
 - Post-Traumatic Stress Disorder (PTSD) thoughts
 - Bipolar Disorder (manic/depression) thoughts
 - and even during positive, joyful thoughts
- *EM&B* can be done **during emotional experiences** ~ anger, hurt, sadness, fear, grief; and even during happy, peaceful, loving experiences.
- *EM&B* can be done **during body experiences** ~ painful experiences such as physical trauma, sickness (such as the flu, diabetes, cancer or chemo), heart attacks, kidney stone attacks, giving birth; and even pleasant experiences such as eating a good meal, participating in sports or other physical activities, massage, love-making, etc.