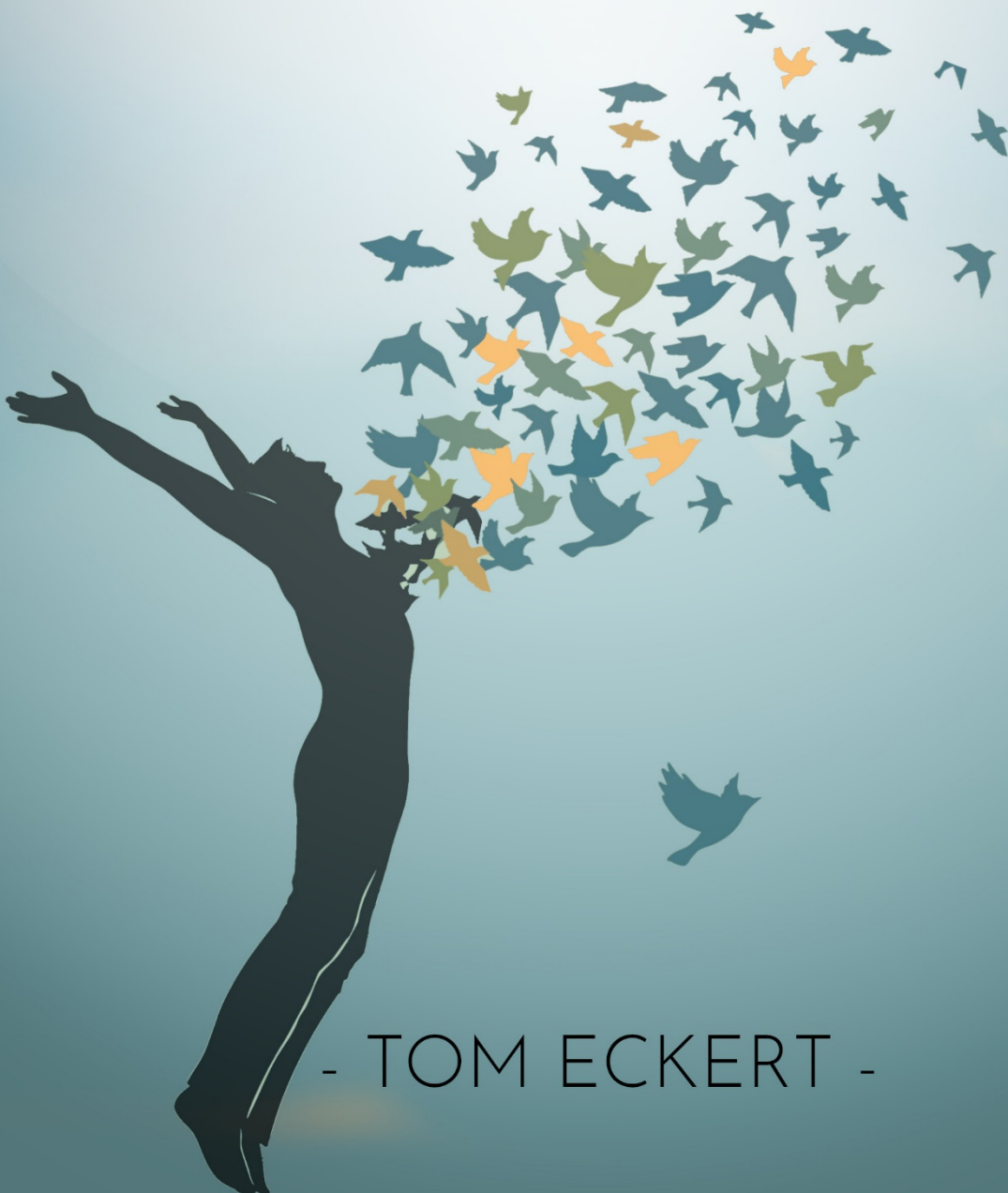


BREAKING FREE

from Psychological
Suffering



- TOM ECKERT -

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Version 1.0

Welcome.

Dear friend,

You have downloaded a rare eBook. It touches the most fundamental longing in a human's heart: to be happy; and proposes a tangible and applicable solution. Most people will not have taken this step you took. But you did, and I want to acknowledge that and congratulate you.

I have always been a direct and fully honest person and perhaps that's what made me succeed in becoming truly happy. You see, most people just accept suffering as a reality and don't really consider that there is a possibility for authentic happiness, peace of mind and freedom of being. Most just continue spending their money, time and energy on anything but the one thing that can bring them lasting happiness: the spiritual path.

However, you have taken a unique step. It is a rare step that few dare to take: to dare and explore what it takes to be happy. I will tell you right from the start that every word in this eBook is 100% authentic and based in my direct experience. This is as real as it gets. What I'm about to share with you is rooted in the knowledge and experience of thousands of years or impeccable spiritual wisdom handed down through the ages through great spiritual traditions and teachers. This is how it was handed down to me.

I hope this eBook will be a first step on a path that will lead you right into the bosom of lasting happiness and undisturbed peace.

About Me

My name is Tom, and since the early age of 16 I've been passionately driven to crack open the secret of Enlightenment, Self-Realization and Total Liberation. I've dedicated my entire life to the spiritual path. For 13 years I've been deeply and thoroughly trained with spiritual teachers and for the last 10 years I've been helping people find lasting happiness, peace and wholeness and transcend the major blockages in their lives.

Today I function as a spiritual teacher and work both in groups and individually to take people right into the star of true and lasting happiness. In other words:

home.



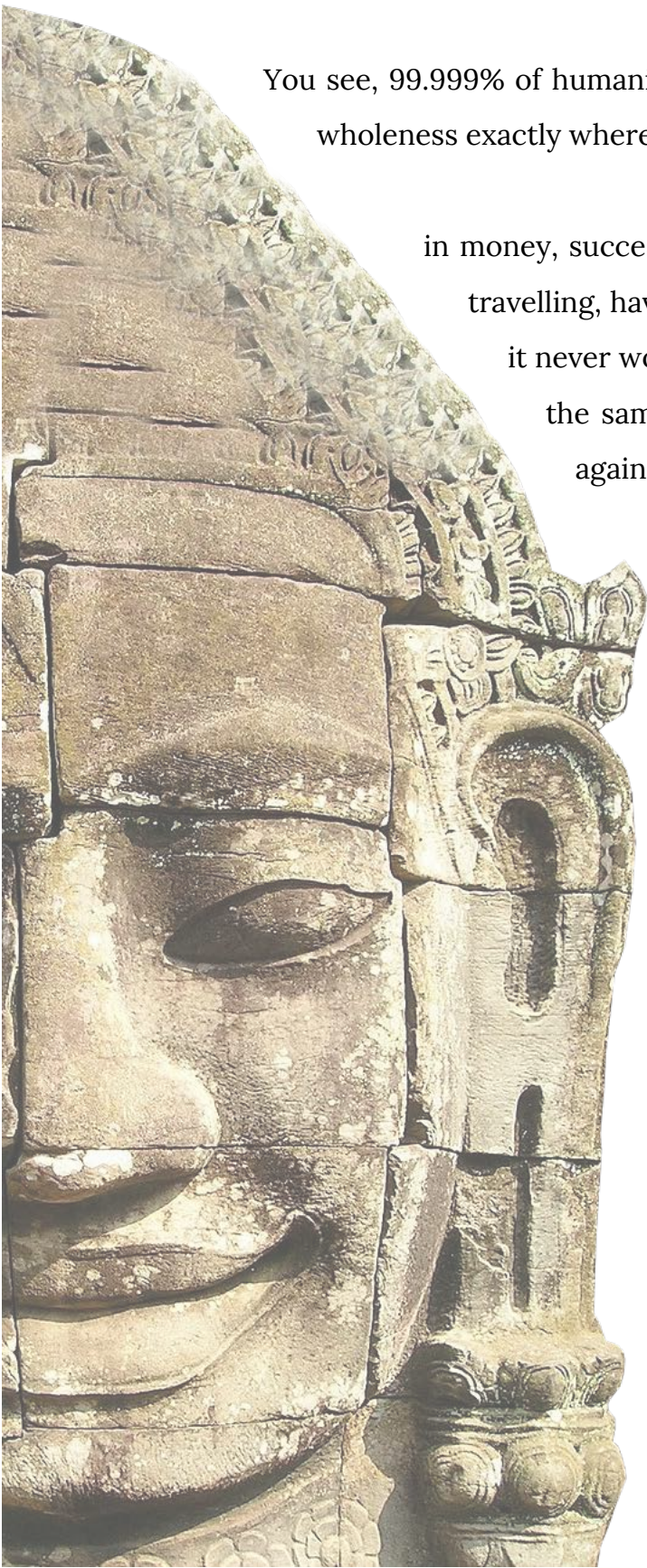
What will this e-book give you

You see, 99.999% of humanity is searching for happiness, peace and wholeness exactly where they are not:

in money, success, fame, power, career, sex, excitement, travelling, having children and so on. And even though it never works out for them, they keep on repeating the same patterns just to be disappointed once again.

In this eBook we are going to break out of this vicious cycle and **reveal a secret long forgotten, yet totally present and available**. It is the unarguable fact that lasting *happiness* and *peace* are not only attainable but *have always been yours to begin with*.

You will learn how to recognize the already existing happiness and wholeness of your being and how to use meditation to access it time and again until it becomes natural and simple.



Suffering

- The Normal but Unnatural State of Humanity

Most of humanity is in a constant state of suffering, from minor to major forms of suffering. As a matter of fact, this unfortunate reality became so much part of the norm, that we often use the sentence: "It's too good to be true". What a sad sentence (and also essentially wrong) this is! It's as if we already expect the worse from life, accepting a state of defeat even before we really try. It's nobody's fault though. Once we incarnate in a physical body our memory of ourselves as free souls, as open and unbound consciousness is forgotten in the density of this world. And because we have no education system that shows us how to attain freedom, peace and happiness, we pretty much automatically become handicapped like everybody else. Unable to free ourselves from our pains, fears, doubts and depressions.

Here are some of our current solutions to suffering:

- *Drinking and using drugs*
- *Numbing ourselves in bars and parties*
- *Overly indulging in sexual activity (both physically and mentally)*
- *Constantly needing to fill ourselves with excitement in relationships (falling in love, heart breaks, drama...)*
- *Overeating*
- *Taking medication as a permanent solution*
- *Closing ourselves emotionally and developing intense cynicism*
- *Substituting happiness with career/making children*

The list goes on, but I'm sure you know what I'm talking about. We've all been there – me included.

Suffering is Not the Problem - Our Sleepiness IS

In and of itself suffering is not bad. It is uncomfortable but always has an open end. The problem is that most people will prefer to stay in the negative comfort zone of their own suffering instead of finding the way out back into their natural state as free consciousness. It is like being asleep and not wanting anyone to wake you up. Even being angry when someone tries. And so although there always is a way out of suffering, most of us will prefer to stay in the known negativity rather than overcome the inner laziness and disbelief, and soar high beyond the dark clouds and into the bright open sky.

Hearing The Call To Awaken

Only very few and rare souls will be drawn to reclaim their true nature of happiness and wholeness. Truth is, most of us are far more afraid of happiness than suffering. Happiness means leaving behind who you thought you were for so long and rediscovering what you always were before you forgot. This requires a deep love and longing for the Truth. And although it may sound frightening, I can assure you – IT IS NOT!

*It is the most beautiful, fulfilling and
rewarding journey of your life!*

Once you accept the invitation of your heart to wake up from the horror movie you're in and into the blessed reality of your True Self, you will never understand why you've waited so long.

*So do you hear the calling in your heart?
Do you want to finally grow beyond suffering and into
happiness and wholeness?
Would you like to learn the age-old wisdom and methods
for becoming a free soul?*

I hope that like me, you can say a huge and **total yes!**

Suffering Was My Doorway to Freedom

When I was young at the age of 16 I went through the most hellish time in my life. To put it short, I experienced a premature spiritual opening and didn't have a clue what happened. I found myself in a dreadful experience, stuck in a limbo for 1 year and 3 months 24/7 non-stop. I felt I lost my entire world. Nothing was real. I was sucked into a level of fear I never knew existed before and couldn't stop it. I felt that my life has ended. I was like a mirror that was shattered into 10,000 pieces. Nobody and nothing could help me.

One day completely by surprise, some unknown grace popped this bubble of horror all at once. I was so shocked that I ran home and grabbed hold on the first spiritual book I found. That's when my spiritual path began.

I saw beyond any doubt that nothing in life matters except finding liberation, happiness and inner peace. Everything else was seen as totally transitory and lacking value. The conviction was so total, so absolute, that nothing could stop me.

At the age of 20 I found my spiritual teacher and that was a wild and beautiful love story that lasted for about 12 years. The love story is still on but more as a pure love and less as a teacher-student relationship these days. I have matured. My teacher who mainly focused on the Yogic teaching path, showed me the way to real freedom from suffering. He showed me how my very essence is eternal, unchanging, luminous and made of happiness.

I became a **happy** man.

To tell you that it just happened overnight and that the path to happiness was easy, would be a lie. Nevertheless, it was the most beautiful, precious, valuable and transformative journey of my life. It was worth my every

breath and effort, my every

cry, all the long months

and years, worth all the

small steps that

eventually turned out to

be a wonderful, stable and

lasting happiness and peace.

Today I live in a state of well-

being and my life is truly blessed and

good. It is not perfect. But it is good. This means that

even amidst the normal challenges of life, I am quiet,

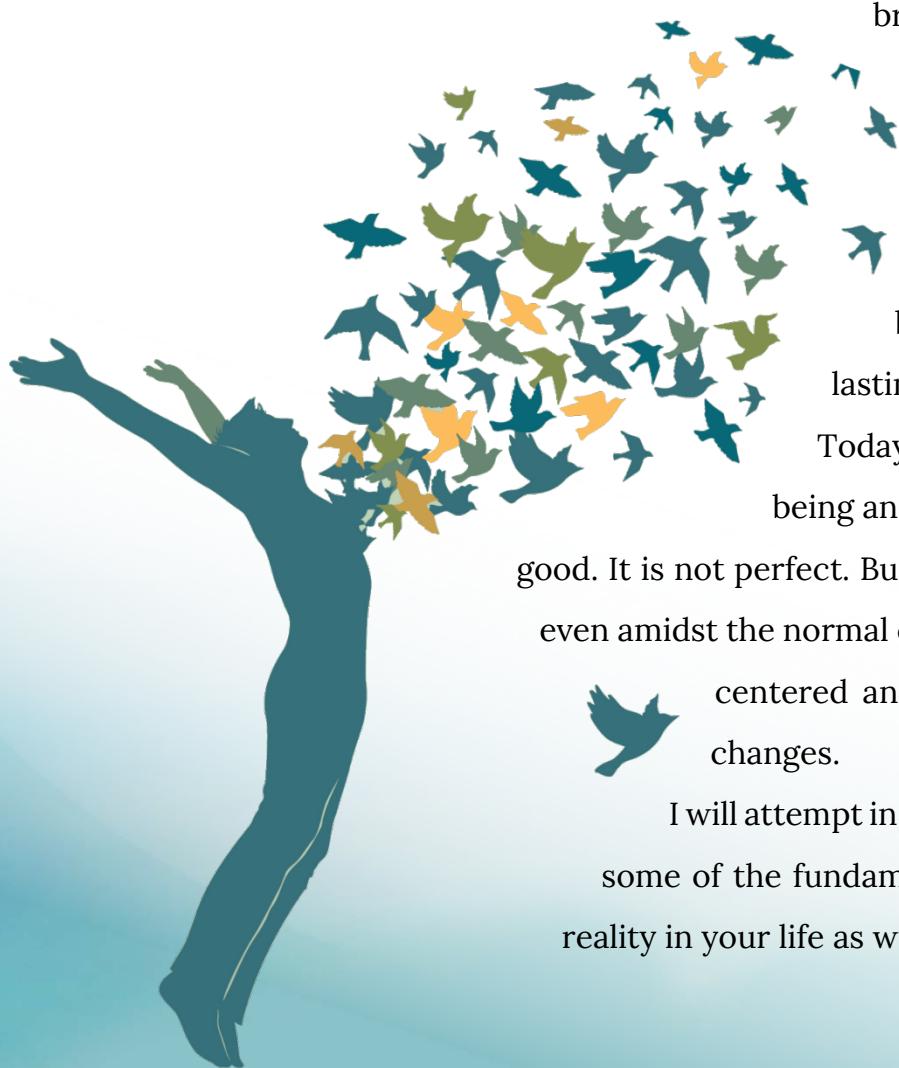
centered and silently joyful. This never

changes.

I will attempt in this eBook to share with you

some of the fundamentals that can make this a

reality in your life as well.



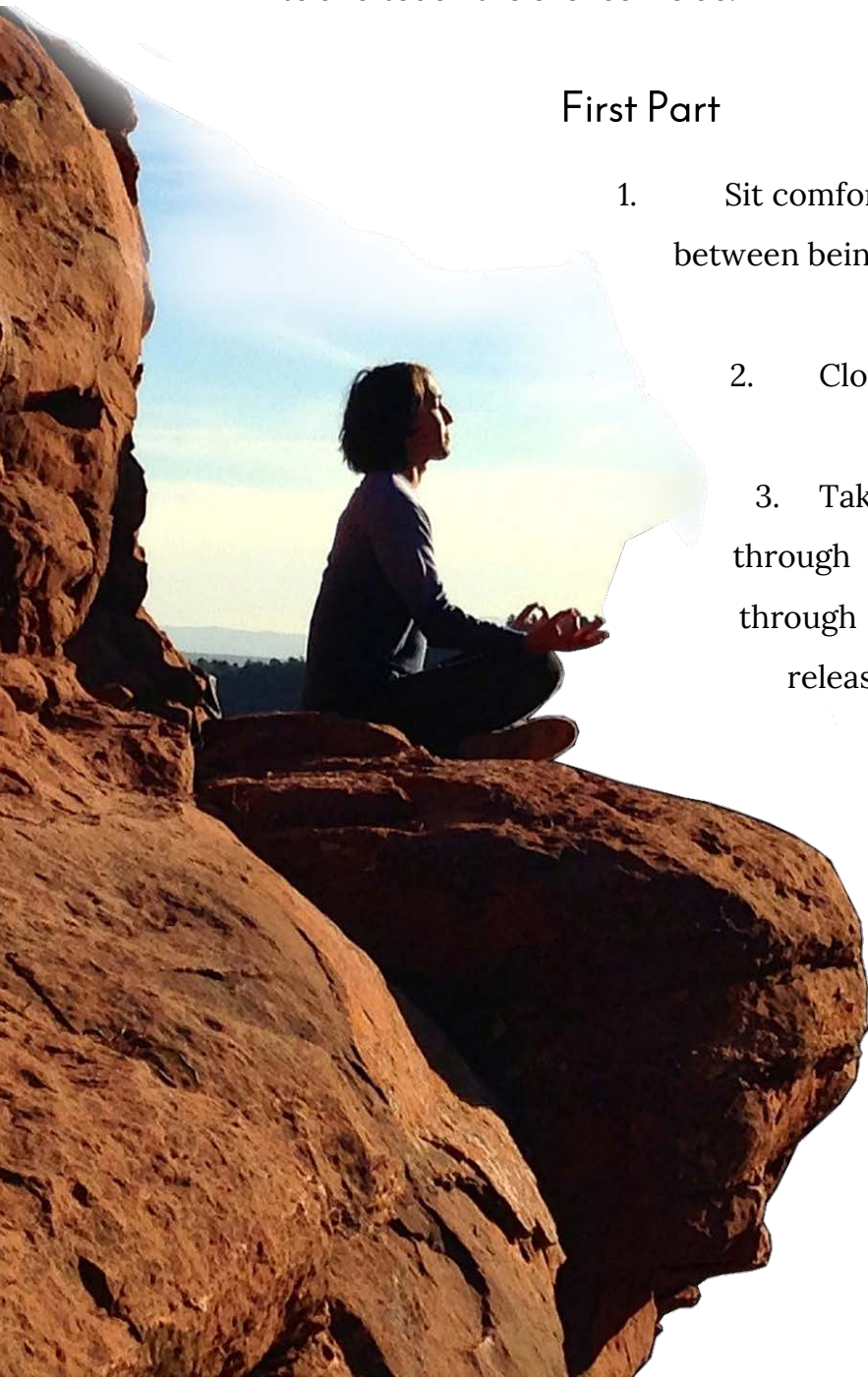
Your 1st Meditation Practice

Spirituality is very practical and is not theoretical at all. If it is not practical, even if full with wonderful ideals and visions, it is not real spirituality. In this spirit of practicality, let us jump into the first practice. Simple, yet profound in its implications.

The goal of this practice: To show you that wholeness is your natural state. That you lack nothing and that at any moment, you can tap into and touch the silence inside.

First Part

1. Sit comfortably and find the middle line between being relaxed yet alert.
2. Close your eyes.
3. Take 3 deep breathes – inhale through the nose and exhale loudly through the mouth. With every exhale release all the tension from your body and mind.
4. Now come back to natural breathing and give yourself 1-2 minutes to settle into silence.



Second Part

This practice is about observing what is true in your direct experience and seeing the obviousness of it. You will see for yourself very soon what I mean.

5. With eyes closed, say to yourself inwardly (and mean it):
 - “I don’t need to change anything about myself”.
 - “I accept all of myself, the good and the bad, exactly as it is”.
 - “All my thoughts and emotions are allowed to come and go as they do”.

You can repeat these sentences a few more times if needed.

Check now: How does it feel to simply let everything be normal, without forcing it to change. Does it feel calmer? Better? Simpler?
Please note to yourself the feeling of this naturalness.

6. Now place your left hand on the center of the chest – the Heart Chakra. Feel the warmth of your hand and place your attention in the heart chakra area. Don’t attempt to do anything, don’t have any agenda. Just settle in the Heart.
Do this for 3 minutes.
7. Next, focus your attention on the Crown Chakra at the tip of your head. Again, have no agenda. Just settle there. Feel the light and calm feeling it produces.
Do this for 3 minutes.

Check now:
How do you feel when you are simply feeling yourself in a deeper way?
Does it feel more calm and comfortable? Is the feeling pleasing? Do you feel more stressed out or more relaxed and less in a need for stimulation?

8. Stay in this relaxation for 3-5 minutes more and then gently open your eyes.

- Seems too simple to be real?
- Can it be that within just a couple of minutes you felt calmer, more content and even whole?

Please, do not doubt your experience!

Everything that is good is always simple and natural. That's a universal law.

If it's complicated it isn't natural. Simple doesn't mean flat or shallow. It simply means: **natural**.

What did you learn in this practice?

1. That the feelings of calmness and happiness do not need to be invented or added to you. They are already there. By simply relaxing and feeling into yourself, you find them right there in abundance.
2. You can do this easily and don't need to travel to India or the Himalayas to discover happiness.
3. Instead of expecting bombastic experiences (that spiritual books very often sell and describe), and therefore tending to deny simple but meaningful experiences, enjoy the immediate simplicity of the accessible peace and joy right now. They will grow in their own pace if you continue practicing.

Tip #1 for becoming a Happy person:

Do not overcomplicate things. You saw for yourself that within a few minutes of tapping very easily into yourself through meditation, and without adding a thing to yourself – you felt better, calmer and happier.

Pretty much the opposite of what society tells you isn't it?

Society tells you, you should always strive and become bigger, greater etc. in order to be happy.

That's exactly the law:

Complication = Unhappiness.

Simplicity = Happiness.



What Is Real Happiness

Most of us when asked to describe how we imagine happiness, would describe an intense state of excitement, great feelings, having all that we want and experiencing no negativity. This is a pretty childish image considering the fact that emotions are always on the move and are never permanent. Nor can we have all that we want. And being constantly excited, honestly, will burn out your nervous system.

So what is happiness really?

True happiness is rooted in a deep recognition that nothing is lacking to begin with. You don't need to have all that you want, because you already have all that you need. When this is seen deeply, a great load of restless desire drops. And gladness comes in its stead. Gladness is a natural sense of completeness and wholeness. You are simply content. And because you are content, you can relax and have a quiet mind.

To be content and at peace is happiness.

*It is a gentle, yet deeply fulfilling state of being.
Totally natural and simple. It is not achieved by
adding anything extra, but rather by unloading the
excess weight you believed you should carry.*

Silent Meditation - 2nd Meditation Practice

Silent meditation is all about **non-doing**. In non-doing you discover that contrary to what you were taught, when you want less, you are more satisfied. When you want nothing, you are most satisfied.

The goal of this practice: to gently let go of all forms of control, all forms of wanting to get somewhere in life, all forms of trying to be someone in life, and simply rest deeply as wholeness itself.

First Part

1. Sit comfortably and find the middle line between being relaxed yet alert.
2. Close your eyes.
3. Take 3 deep breathes – inhale through the nose and exhale loudly through the mouth. With every exhale release all the tension from your body and mind.
4. Now come back to natural breathing and give yourself 1-2 minutes to settle into silence.



Second Part

5. Place your attention gently on the navel area and a bit above – the Solar Plexus Chakra region. Have no agenda. Just sense it from within. This is the center of wanting.
6. Now gently relax your solar plexus and navel area just as you would if you were asked to relax your shoulders.
7. Allow it to relax more and more. Every time you sense a tension or contraction there – relax it gently. Do this for 3 minutes.
8. Stay in this relaxed state for another 3 minutes

Check Now: do you feel more at ease, more simple and content once the tension is dissolved?

Third Part

9. Place your attention on the Brain. Have no agenda. Just sense it from within.
10. Now deeply relax your brain just as you would if you were asked to relax your shoulders.
Feel how as you relax it you become more spacious and less a limited center of perception. Sense the joy in it.
11. Now simply drop all focus at once and simply do nothing for 3 minutes.
12. Stay in this state for another 5 minutes and enjoy the natural state of non-doing and deep relaxation and then gently open your eyes

Check now: do you experience the simple joy of non-doing? Do you feel how good it feels to let things go?

What did you learn in this practice?

1. Happiness is not found in doing more and more but rather less and less.
2. Wanting and desiring too much in life doesn't lead to more happiness, but to inner stress and irritation. Recognizing that you already have all that you need in your very being, is happiness.
3. Holding on to getting somewhere and becoming a somebody creates immense tension. Letting go and being a natural "no-body" (in other words – just open free space) – is happiness.

Tip #2 for becoming a Happy Person:

Practice regular meditation by which you continuously recognize the already existing contentment. Train yourself to let go of excessive desire and wanting and see how who you are in essence is already the most fulfilling possibility and it's already yours!

Forget about what you were taught about being happy and open up to the real spiritual wisdom of happiness.



The GPS on Your Spiritual Path

If you are a logical person, when you go into an unknown territory, especially if it's really vast, you'll use your GPS navigation system. If you want to sail from Europe to America you would probably do much better with a GPS. You could argue and say – “I can also get there without a GPS.” True – you could. But the chances are much lower, there is much more danger you'll get lost, the path can become significantly longer, and finally there is the chance you'll never get there.

The spiritual path is an inner journey, with its own unique terrain, doorways and pitfalls. Although it is simple by nature, to get to this natural simplicity you need to untangle millennia of conditioning that overshadows it. This is a very subtle process and requires experienced hands.



On the spiritual path your best GPS is the Spiritual Teacher.

The spiritual teacher has walked the path themselves and crossed through all the necessary doorways, overcame all the obstacles and knows very well all the potential pitfalls. Without a spiritual teacher it is on the verge of impossible to complete the spiritual path and attain lasting happiness, freedom and peace. It is theoretically possible, but in 99.999% of cases completely unrealistic.

Studying any serious profession requires high-quality teachers and guides. This is even more so when embarking on the most important path of your life – the path to liberation, happiness and completion. Working directly with a spiritual teacher is imperative. Many have the naïve notion that they can follow their inner guidance. Unfortunately, since we do not know ourselves and what motivates us, what we often call inner guidance is nothing but a movement of fluctuating emotions that lead us directly into a dead-end.

The teacher teaches you how to recognize the real inner voice and how to discern it from the many other voices and energies that pull you in many different and opposing directions.



The Energy Field of Happiness is Contagious!

Because the spiritual teacher has already attained a profound degree of wholeness, freedom and happiness, their **energy field** is stable, radiant and clear. Being in their energy field aligns your energy field into a higher frequency of harmony and completeness. This is perhaps one of the safest and best accelerators on the spiritual path. Only a person who discovered happiness and wholeness in themselves can lead you to that same place inside yourself.

Not only is the energy field of the teacher contagious in its silence, happiness and elevation, but it literally empowers your spiritual practice immensely.

When I found my teacher at the young age of 20, I was speechless about how quickly my spiritual practice took off. I already practiced 2 years alone prior to meeting him, but once I started working with him, my practice sprung to a whole new octave. Many students and even friends of mine told me many times that just being with me made them completely peaceful and harmonious, or that they had the deepest meditation in their lives with me. I can promise you that I didn't do anything except spending time with them. It was the energy field at play. Completely effortlessly.

As you work with a spiritual teacher, your own energy field will slowly grow into greater harmony and happiness and you will become a source of radiance for others as well. This is the beauty about spiritual awakening and liberation: it contributes not only to you but to everyone around you.

The Feeling of Consciousness - 3rd Meditation Practice

One of the secrets about us that we almost always overlook is the astonishing fact of us being conscious. Not only that – we are conscious that we are conscious! This is a miracle. But what's even more amazing is that the very fact of being conscious, when you sense into it, is the feeling of happiness itself!

The goal of this practice: To realize that what you are – always – is consciousness itself. To tap into consciousness, feel its natural expanse and the happiness and peace that come along with it.

First Part

1. Sit comfortably and find the middle line between being relaxed yet alert.
2. Close your eyes.
3. Take 3 deep breathes – inhale through the nose and exhale loudly through the mouth. With every exhale release all the tension from your body and mind.
4. Now come back to natural breathing and give yourself 1-2 minutes to settle into silence.



Second Part

5. Notice and observe calmly the movement of thoughts and emotions inside you. Do not judge them. Don't try to change or even understand them. Just observe lightly. Do this for 3 minutes.
6. Now shift your attention to the **observer** itself (you – consciousness). It might feel like looking backwards into your head or eyes. Find this sense of yourself as consciousness.
7. Now simply place your focus gently on this sense of **yourself as consciousness**. Focus only on it and don't bother at all about any thoughts or emotions passing.
8. Enjoy feeling yourself as consciousness and stay like this for another 5 minutes and then gently open your eyes.

Check now: How does it feel to sense yourself as consciousness? Does it make your mind more quiet and peaceful? Can you sense the joy of just being conscious? Can you sense the gentle joy of it?

What did you learn in this practice?

1. Instead of observing objects (thought, emotions, memories) you can observe yourself (consciousness).
2. Consciousness is always available. It is a given and is always already present. All you need to do is shift your attention to it.
3. Sensing yourself as consciousness creates a silent and peaceful mind and a joyful experience of being.

Tip #3 for becoming a Happy Person:

Take small moments during the day where you withdraw your attention from thoughts, emotions and memories and focus instead on the sense of consciousness that's always present. Doing this regularly will increase your confidence in your inherent freedom and wholeness and will produce peace of mind and a natural feeling of joy.

You have now been introduced to very profound knowledge and techniques. They may seem simple but don't underestimate what you have in your hands. Applying these 3 meditations and the knowledge that supports them can open you to a happiness and wholeness that will spin your head off your shoulders.

What's Next?

The knowledge and practices received here are a great introduction to the spiritual path. Nevertheless, no book or video in the world can substitute the real work with a spiritual teacher. The spiritual path is a very personal journey. There are as many ways to walk the path as the number of people walking it.

The reasons for that is both the uniqueness of the Soul and its chosen lessons and path, and the specific and deep conditioning that blocks it from seeing and experiencing freedom, happiness and awakened consciousness. The spiritual teacher can see your unique structure and give you the exact guidance that suits you and nobody else.

That's irreplaceable.

Let me illustrate this
through a story:

A man once came to the Buddha
and asked him: "Great Buddha, you
must tell me...is there a God?"

Buddha's disciples were all quiet
and attentive, curious about their
teacher's answer. The Buddha
listened carefully to his question
and then answered:

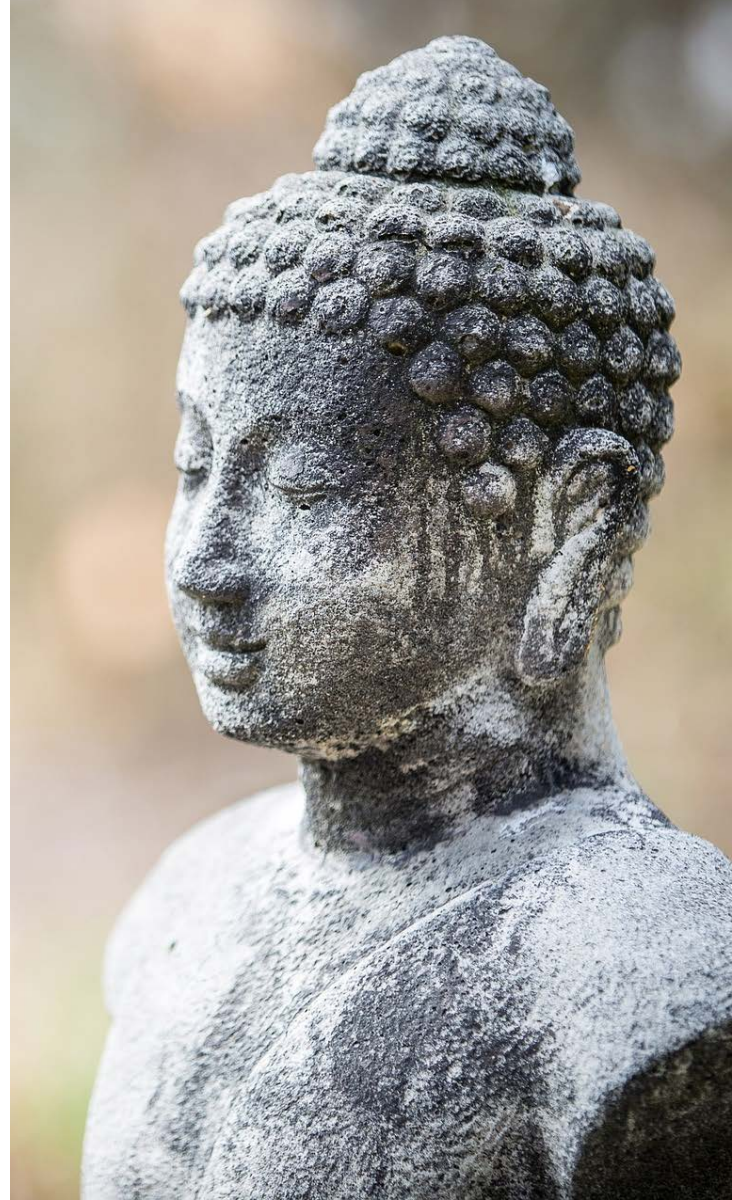
"Obviously, there is no God!"

The man answered: "Thank you. I really needed to hear that."
And so he went on his way.

Later on that same day another man came to the Buddha and asked him:
"Great Buddha, you must tell me...is there a God?"

Again, the disciples were curious and eager to hear the answer.
The Buddha listened carefully to his question and then answered:

"Of course there is a God!"



The man answered: "Thank you. I'm so relieved."

And so he went on his way.

The students were confused and asked the buddha:

"Master, how come you gave both these men two different answers for the very same question?"

The buddha looked at them with compassion and explained:

"You see, every man has to be answered according to what they need on their path, according to what will support their liberation."

You are a unique being with a specific structure, potentials and challenges. Working with a spiritual teacher will allow you to receive a self-tailored guidance of the highest level.

This is my invitation to you to work directly with me on your own path to freedom, happiness and awakening. There is no better investment you can ever give yourself.

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What others say:

“Tom, is a Heart awakened spiritual guide. His spiritual guiding session was healing and allowing me to access my own inner wisdom which I needed by then. Gratitude! Being present with such a beautiful open hearted being is wonderful, not to mention his intuitions and insights. May it benefits all beings! OM.” – Jiajia 佳家 from Ireland

“I went through depression and Tom’s guidance helped me a lot to discover myself. When I say “myself”, I talk about a place, or let’s call it “center” that always remains silent, peaceful and happy within me. Even when things go wrong, this silent space is always there, it’s part of me. I’m every day more and more able to separate thoughts from emotions, what I’m supposed to be from what I really am. Even from the first session I was fascinated how much energy is involved in the process.” – Sonia from Germany

“ Tom is an amazing teacher and from the first moment I met him in a private session I felt comfortable and something positive. Just simple without too much details he said to me the right words for what I needed to my current situation and everything started to change faster. From that day I felt that doors have opened for me to a better understanding of how to live happier and in balance in the physical world after my spiritual awakening.” – Olga from Germany

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