

MEDITATION 2.0

The Miracle of Direct Awakening

BY CRAIG HAMILTON

Companion Guide and
Spiritual Progress Tracker

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Meditation 2.0 - The Miracle of Direct Awakening

PREPARING FOR THE SEMINAR

Welcome to the Meditation 2.0 Companion Guide and Spiritual Progress Tracker. This guide was designed to support you in getting the most out of Craig Hamilton's upcoming Meditation 2.0 seminar. In it, you'll find an introduction to the unique, contemporary form of meditation Craig calls The Practice of Direct Awakening. Craig has also included a Spiritual Progress Tracker that you can use to assess the quality of your spiritual practice prior to the seminar in order to identify the greatest opportunities for a potential breakthrough.

But first . . .

Here Are 4 Simple Tips To Help You Get The Most Out Of This Seminar With Craig Hamilton:

- 1 |** Print out this Companion Guide before the event starts so you can write down your notes and insights as you listen.
- 2 |** Before the seminar, complete the self-assessment in the Spiritual Progress Tracker
- 3 |** At the time of the event..
 - Make sure you are in a quiet space where nothing can distract you.
 - Prepare your environment to best support your awakening. Perhaps light some candles or sit in a favorite chair.
 - Take a deep breath, and then allow your body and mind to be alert and focused on what opens up for you during the presentation.
- 4 |** During the event, write down your “ahas,” insights and discoveries while you listen so that you can refer back to them after the seminar.

Introduction to Meditation 2.0: The Miracle of Direct Awakening

BY CRAIG HAMILTON

Genuine spiritual awakening has always been the pinnacle of human aspiration. If you've had even a glimpse of this profound spiritual potential, you know that an extraordinary, enlightened life is possible—a life filled with meaning and purpose, in which you have access to a seemingly limitless well of inspiration, wisdom, love and creativity.

So, why is that, for thousands of years, the supreme goal of Enlightenment has been shrouded in mystery, believed to be accessible only indirectly through decades (or even lifetimes) of repetitive and often tedious meditation practice?

As a spiritual practitioner, it never made sense to me that spiritual awakening should be so inaccessible.

After all, spiritual masters East and West have always told us that the miracle of Enlightened Consciousness already exists, fully formed, inside of each of us—that this luminous awareness is none other than our own true nature.

If this awakened “spiritual nature” is truly who we already are, why would it be nearly impossible to gain consistent, ongoing access to it?

It was my pursuit of this inquiry over decades of spiritual practice and teaching that eventually led me to a discovery that turned my entire world upside down. I call it “The Practice of Direct Awakening.”

The context for the inquiry that gave birth to The Practice of Direct Awakening was a series of evolutionary laboratories I had the good fortune to participate in.

When I talk about an evolutionary laboratory, I'm not referring to a sterile environment where people in lab coats attach electrodes to the scalps of meditators. I'm referring to a place where dedicated spiritual practitioners come together and spend thousands of hours doing spiritual practice and experimenting with awakening.

It was in one such laboratory that this new way of approaching meditation and spiritual enlightenment emerged.

The radical discovery that completely transformed my understanding of spiritual awakening is that it is possible to meditate in such a way that enables us to tap directly into the infinite energy, intelligence and freedom of enlightenment every time we practice.

Instead of doing practices designed to bring about a future moment of awakening, we simply need to learn how to practice “being awake” right now.

It’s a subtle shift in approach. But it changes everything.

And it’s this potent spiritual breakthrough that I’ll be sharing with you in my upcoming Meditation 2.0 seminar.

In order to begin our exploration of this unique approach to spiritual practice, I want to invite you to temporarily set aside everything you’ve already learned about meditation.

Not because I think what you’ve learned is wrong or that this approach is “better,” but simply because the approach to meditation I’m describing may have little or nothing in common with meditation as you’ve been practicing it—other than the outer posture of sitting still for a while every day.

For most of us, meditating means silently repeating a mantra or sacred word, or following our breath, or labeling our thoughts and feelings as they arise, or trying to quiet our mind.

But this practice is about something entirely different.

It is a practice of directly recognizing our Enlightened essence or what is often referred to as “awakened awareness” or “awakened consciousness.”

In other words, The Practice of Direct Awakening is an approach to meditation designed to bring us into the immediate and direct awareness of our true nature beyond the mind and ego.

It is not a practice we do now to prepare for a future moment of Enlightenment.

It is not a practice we do now in order to get better at something or to strengthen particular capacities.

It is a practice of being Awake right now. Of being Enlightened right now.

This is possible because Enlightenment is the discovery of who we already are. It is the discovery of our “true nature.”

The revolutionary proposition at the heart of The Practice of Direct Awakening is that we don't have to wait for Awakening to happen to us. We don't have to spend a lifetime practicing various techniques in the hope that one day we will stumble upon awakened consciousness. It's possible to actually practice being Awake, or resting in our true nature which is always already Awake.

What if awakening didn't have to be a long, drawn-out process leading toward an ultimately unpredictable result?

What if, instead of spending the next 10, 20, or 30 years doing mindfulness practices, watching your breath or repeating mantras in an attempt to prepare for Enlightenment, you could engage in a daily practice that gave you direct access to Awakened Consciousness right now?

What if, instead of hoping for a lightning bolt of spiritual insight to awaken you sometime in the distant future, you could practice aligning with the limitless energy, intelligence and freedom of Enlightenment every single day?

If you've been struggling with meditation and other practices for any length of time, you may find that what I'm asserting sounds just too good to be true, or too easy to be genuinely transformational.

But, after teaching The Practice of Direct Awakening to tens of thousands of people over the past decade, I can say with confidence that anybody with a sincere aspiration to Awaken can do this.

You can do this. It doesn't have to take a lifetime to wake up.

An Invitation to Awaken

In my upcoming Meditation 2.0 seminar, I'll share in more detail how The Practice of Direct Awakening actually works, and guide you through a simple set of practices that can open you to the life-changing discovery of awakened consciousness.

I'm thrilled to be offering this workshop at this pivotal moment when so many of us are searching for a meditation practice that can deliver on the profound promise of sustained spiritual transformation.

In preparation for the event, I encourage you to take a moment to read through the suggestions I've prepared to help you get the most out of our time together.

I also strongly recommend that you take a few minutes to complete the exercise in the Spiritual Progress Tracker.

I look forward to sharing the essence of this practice with you, so that you can experience the miracle of direct awakening in your own life.

Craig

Participants Share Their Experiences of the Practice of Direct Awakening

“For the first time ever I can clearly see the benefits of meditation in my daily life. Every day. These seemingly simple meditations have an incredible effect.”

—**TOMAS Z.**

“These meditations have opened up a whole new world for me. My mood is typically elevated and bright, often causing others to joke about wanting some of whatever I am “on.”

— **SUSAN F.**

“After 40 years of meditation, this workshop felt like entering the University coming from Kindergarten. You are a very gifted teacher!!”

—**PETER G.**

“I sense this ongoing meditation flow around me even when I’m not formally meditating and I love that I now have the tools to step into that flow at will.”

— **DENISE A.**

“In all of my years of study, no other approach has had such a powerful impact on my spiritual growth. I am actually changing.”

— **MARC R.**

“Something deeply transformative is happening that is so subtle I can find no words to express it. It seems like a mystery from beyond.”

—**CONNIE P.**

“I’ve studied Buddhism for ten years and probably tried every form of meditation under the sun, but I’ve found no more powerful meditation than these practices that Craig offers.”

— **JEFF S.**

“I have had a daily meditation practice for over 30 years but I have never enjoyed the practice so much.”

—**ROBIN W.**

Spiritual Progress Tracker

Although most of us started on the spiritual path with a clear intention to awaken, over time many of us have gradually lost touch with that potent sense of possibility, and the conviction that comes with it.

As a result, we often don't have a clear sense of how our path is going or whether we're even evolving in the ways we originally aspired to.

In this Spiritual Progress Tracker, you'll complete a simple self-assessment to help you see clearly the ways in which your spiritual practice is working—and the places where it might be falling short of its potential.

By answering each of the self-assessment questions honestly, you'll be able to evaluate the fruits of your spiritual practice so far, and identify the greatest opportunities for a breakthrough.

Step One: Measuring Your Awakened Capacities

In the way it's often described, spiritual awakening can seem ethereal, mysterious and intangible. But it doesn't have to be. Although awakened consciousness itself is a superordinary phenomenon, the results of spiritual awakening are tangible and visible.

The discovery of awakened consciousness propels us into a radically different experience of being alive and unlocks a powerful set of supercapacities that enable us to meet life's challenges and opportunities with a grace, strength and wisdom unimaginable to our former self.

Your spiritual progress can be easily measured by assessing the degree to which you are currently able to access each of these extraordinary capacities.

Spiritual Progress Tracker | Step One

For each of the capacities listed below, indicate the degree to which you are currently able to access this capacity on a scale of 1-10.

For example:

Circling “1” would indicate a complete absence of this capacity.

Circling “5” would indicate that you have frequent but inconsistent access to this capacity.

Circling “10” would indicate consistent, unwavering access to this capacity.

The Supercapacities of Awakened Consciousness

Deep Presence

By freeing us from self-concern, spiritual awakening gives us a unique ability to be fully present and available to meet whatever life brings our way. Undistracted by any form of self-conscious inner monologue, our full attention is available for every conversation, interaction, encounter or project. We naturally and easefully show up fully for each moment, giving all of our presence and energy to what is happening now.

To what degree are you able to bring a quality of deep presence to each moment, regardless of what’s happening or how you’re feeling?

1 2 3 4 5 6 7 8 9 10

Equanimity

Spiritual awakening anchors us in the direct knowledge of the timeless, changeless ground of being. This knowing enables us to remain steady, centered and non-reactive amidst the ups and downs of life.

To what degree are you able to meet life’s challenges with equanimity?

1 2 3 4 5 6 7 8 9 10

Comfort with Uncertainty

When we awaken to our enlightened essence beyond the mind, we discover a natural innocence and humility which manifests as a willingness to let go of our certainties and embrace the unknown. Freed from the fixed reference points, rigid beliefs and certainties we once needed, we find ourselves open, curious and receptive to what we don't already know.

To what degree are you comfortable with uncertainty? How easy do you find it to hold your beliefs lightly and take decisive action even in the absence of concrete knowledge?

1 2 3 4 5 6 7 8 9 10

Boundless Compassion

When we awaken to the truth of our essential unity with all of reality, our heart opens into a vast embrace that encompasses all beings. We find ourselves overflowing with a great love, care and compassion that expresses itself not just as a concern for the suffering of others, but as a profound commitment to the elevation of everyone toward their ultimate potential. The more we let this love flow, the greater its intensity grows until we ultimately come to experience that, in our essence, we are love.

To what degree is your life an expression of this boundless universal love and compassion?

1 2 3 4 5 6 7 8 9 10

Spontaneous Wisdom

Spiritual awakening activates a mysterious "wisdom faculty," an inner source of spontaneous insight and clarity that arises from beyond the conceptual mind. When this function is activated, we find ourselves repeatedly amazed at the holistic insights and penetrating clarity that continually flow forth from a place within us that we cannot see.

To what degree do you have access to a natural flow of emergent wisdom that arises faster than thought to meet the needs of each moment?

1 2 3 4 5 6 7 8 9 10

Spiritual Progress Tracker | Step One

Limitless Energy

The discovery of our spiritual “supernature” reveals to us a source of seemingly limitless energy that is always available to us when it’s needed. This transpersonal power enables us to rise to meet life’s demands in a way that frequently exceeds all of our self-conceived limitations.

To what degree do you have access to a source of seemingly limitless energy?

1 2 3 4 5 6 7 8 9 10

Passion for Evolution

Spiritual awakening reveals to us that we are not separate from the Evolutionary Impulse that has driven the emergence of the cosmos, life and consciousness. When we realize that this impulse of evolution is the very force that animates us, we come alive with a passion for growth, change and higher development. This newfound passion for the possible compels us to embrace each moment as an opportunity for growth and evolution.

To what degree is your life an expression of the Evolutionary Impulse? To what degree are you able to embrace the potentials for growth and evolution even amidst challenges and setbacks?

1 2 3 4 5 6 7 8 9 10

Effortless Fluidity

When the miracle of awakened consciousness establishes itself as the center of our life, we find all of our rigidities dissolving into a fluid, dynamic, flexible way of being. No longer clinging to a static sense of self or a fixed set of beliefs, we are carried by a sense of ease and flow, enabling us to respond freely and spontaneously in each moment, adapting effortlessly to whatever life brings our way.

To what degree are you able to meet life’s changes and challenges with fluidity, agility and flow?

1 2 3 4 5 6 7 8 9 10

Natural Creativity

By freeing our mind from limiting beliefs and preconceptions, spiritual awakening opens the door to a natural creativity that enables us to easily find innovative solutions to problems and generate new, previously unseen possibilities in every domain of our lives.

To what degree do you experience a powerful flow of natural creativity throughout your life?

1 2 3 4 5 6 7 8 9 10

Unshakable Trust

Spiritual awakening opens us to the deep, inherent goodness and positivity of life itself. It also gives us access to a previously unimaginable source of inner strength, clarity and freedom of being. These powerful discoveries give rise to a deep and abiding trust that emboldens us to let go of control and allow a free and spontaneous response to life to carry us beyond rigidity and fear into a miraculous, liberated way of being.

To what degree do you live from a place of unshakable trust which allows you to let go of control and flow with life as it unfolds?

1 2 3 4 5 6 7 8 9 10

How to Interpret Your Results

This Spiritual Progress Tracker was designed to help you track your progress over time. Whatever your score is now, the goal is to keep evolving, so don't worry if you scored low in many or even most of these capacities. The simple act of beginning to measure your progress will catalyze greater self-awareness and accelerate your awakening.

We encourage you to use this tracker as an ongoing tool on your path, returning to it once a month to see how your awakening is progressing. Each time you complete the exercise, look at the capacities where you scored the lowest as clear opportunities to dig deeper into your practice. The capacities where you scored the highest are potent opportunities to anchor yourself in awakened consciousness and allow it to catalyze additional growth.

During the Meditation 2.0 Seminar, Craig will share how you can use each meditation session to step directly into awakened consciousness and unleash all of these capacities into your life.

Capturing the Learnings

Fill In Your Insights and Discoveries while listening to the seminar

Fill In Your Insights and Discoveries while listening
to the seminar