



THE #1 SECRET TO  
SPIRITUAL  
ENLIGHTENMENT

GABRIEL DEE



The key to attain enlightenment is not to meditate more, not to think less, and not to take drugs. The #1 secret to spiritual enlightenment is **authenticity**. How can somebody speak authentically from behind a mask? Good question! Well, I wish to remain anonymous exactly because I don't have a personal agenda.

My name is **Gabriel Dee**, and my mission is to help 10.000 people become enlightened, just like I did. I am a nobody, because I know I am not my body. By becoming faceless, I want to emphasize that ultimate truth lies behind the form. I don't seek recognition, fame or power. I just want to be of service to all seekers of truth.

In fact, I shed my old personality altogether, and I created a new one consciously just to be able to play my part in the theatre of life. You see, we are both actors and we both wear masks. The difference is that you take your part too seriously, and wear your mask unconsciously. Your mask is invisible even in your own eyes, and you see the whole world through its distorted view.

To see your true face again, you have to look into the mirror of authenticity, and recognize your own mask. Yes, it will hurt, because you will lose everything that you thought about yourself so far. It will be painful to meet with everything you've been hiding from yourself. It will be blinding to see the truth for the very first time in life.

But after all, isn't it what enlightenment is all about: **to find the truth?**

You need to be very honest with yourself, admit all the lies, uncover all the false beliefs, and throw away the mask. Face yourself, face your life, and face your death! It is impossible to find the truth without being truthful. So my first advice to you is this: instead of seeking enlightenment, **seek the truth!**

### *But what is enlightenment exactly?*

The question itself is tricky, because I can't give it to your hands, but I can definitely speak about it. I can speak from my own direct experience, because I became enlightened years before I started teaching about it.

Enlightenment is an instant awakening to truth, a complete realization of yourself. It is discovering that only you exist, remembering your long-forgotten nature, being just a rock-solid pure presence.

The initial enlightenment can be followed by other instances of so-called enlightenment experiences. These epiphanies are not experiences in the true sense of the word though, simply realizations.

However, what's more important is the so-called enlightened state followed by these epiphanies. What is important is not so much the fleeting experience , but the permanent change that it causes.

Once you become enlightened, you will remain enlightened. Once a lie is uncovered, you will always know the truth. Once you discover something, you don't need to discover it again. You only need to respect it, remember it, and embody it.

### *Why is enlightenment called enlightenment?*

In one sense, it means becoming lighter, getting unburdened from the ego. It feels like a huge rock falling off of your shoulders. All the heaviness, seriousness and graveness of life disappears in a moment. You feel a huge relief, you have a good laugh, and you literally become light-hearted.

Historically, enlightenment meant the age of reason. It was an era of truth against ignorance, individual liberty against religious dogma, and scientific revolution against authoritative belief systems.

In all of these senses, spiritual enlightenment is very similar. It is a personal revolution against the personality, an individual liberty from the individuality, and a universal quest for the universal truth.

In the third sense, spiritual enlightenment means letting the light of consciousness into the darkness of the ego. Opening your eyes to truth, and awakening from the sleep you call your life. Opening your eyes is a very small gesture on your part, but it changes your world totally. Let me give an analogy so that you can understand it better.

Imagine sitting in a huge room full of lights with every other people in the world. You are already living in the light, you are surrounded by it totally. However, you keep your eyes closed, so you see darkness, for you that is the only reality.

You create your own closed private world that nobody can enter. Your mind is full of fiction, your world is an imagination. But you think it's real, because you can't tell the difference until you haven't seen the real reality. Until you know only the darkness, you don't know that it's darkness. You don't know that you don't know, because you think you know the light.

Only when you open your eyes for the very first time and let the light in do you realize that you've been living in darkness all the time. Your life before enlightenment seems to be like a fleeting dream that you have just awakened from. Only then do you discover this higher dimension of reality, so what you thought to be real so far will seem like an illusion.

Enlightenment creates a very deep connection with other beings, as you realize that you are surrounded by the same light, you are the same light. For the first time, you can see the room full of people with closed eyes. They look like sleepwalkers, they are unconscious of themselves, they are blind to reality.

But you can also see some people who already opened their eyes like you, and you can make a deep connection only with them. There is an invisible wall between you and the sleepwalkers, because now you are living in two different worlds. You would like to wake them up too, to liberate them from their unnecessary pain and suffering. After all, how hard is it to open the eyes?

In spite of this, only few people reach enlightenment, and for many it seems impossible. That's because this topic is surrounded by myths, and many times seekers follow the wrong advice. In this report, I'll clear the most common misunderstandings, and show you the many traps and obstacles on this path. But for now, let's see why reaching enlightenment is so important **for you**.

The truth is that you were **born to be enlightened**. You are alive to gain those experiences and to learn those lessons that will ultimately lead you to uncover the biggest secret of life: **the truth of who you are**. Not who you think you are, because that's your ego. And the longer you live based on your false personality, the more suffering you will have in your life.

- Without enlightenment, life will seem to be a game of life and death, which you cannot win.
- But with enlightenment, life will be a cheerful play, which you cannot lose.
- Without enlightenment, life is a meaningless struggle for a meaningless result.
- But with enlightenment, your life wins meaning and significance.
- Without enlightenment, life looks like a problem to be solved.
- But with enlightenment, life becomes a mystery to be enjoyed.

All of this is possible **for you**, but only if you reach spiritual enlightenment. Yes, but how? Don't worry, in this report I'll also help you with that. In the next chapter, I'll show you the 3 biggest myths that are holding you back from this wonderful experience.

## The 3 Myths About Spiritual Enlightenment

As I mentioned before, there are many misunderstandings concerning spiritual awakening sabotaging your spiritual growth. Perhaps the most common myth is that the way to enlightenment leads through meditation.

That's why you see millions of people spending thousands of hours meditating, but how many actually become enlightened? **I guess very few.**

Meditation is tremendously helpful to achieve the witnessing state, but **enlightenment cannot be achieved by meditation alone.** This is a common myth that makes spiritual seekers meditate for decades hoping for a breakthrough, yet nothing happens.

On the one hand, materialistic people make the mistake of living too much in the world and forgetting about themselves. There is a perceived, but no perceiver.

On the other hand, spiritual people make the mistake of denying the world, and living too much within themselves. There is a perceiver, but no perceived. None of these approaches will bring you to oneness.

*What's needed is balance.*

It is not about denying the world, it is about transcending it. So, don't confuse this pure witnessing state with pure consciousness! This is not oneness yet, because your consciousness still contains a basic duality.

There is still a perceiver separate from the perceived, and the event that connects the two: perceiving. In this state, there is you and the world. On the ultimate level, you are the world.

Your task is to realize that the perceiver and the perceived are in fact one. To realize that what you sense you also create. What you perceive you also project. Only perceiving remains, but its nature is emptiness.

First, you realize the illusion of the self, and then you realize the illusion of the world. There is no separate self, and there is no separate world. **There is only you, and nothing else.**

Meditation only opens the gate to direct self-knowledge, but self-inquiry is what takes you through it. This is why I said that meditation is not enough for enlightenment, because it only clears the way to real knowledge.

True knowledge arises from a state of not-knowing. The mind is afraid of the unknown, because it is made up of the known. So it has a tendency to grasp for answers immediately the moment something unknown or unexplainable arises. But these hurried answers and false beliefs are exactly that prevent enlightenment, so the mind has to be put aside in this search.

Meditation helps you accept that you don't know who you are. It helps you become comfortable in the state of not-knowing. It helps you realize that you are nothing more than a perceiver. However, the perceiver can never be perceived, because then it would be just another perception. Then what do you really know about yourself, if you can never perceive yourself?

After meditation, you have to **continue with self-inquiry** to make the full circle. If I am neither the body, nor the energy, nor the emotions, nor the thoughts, nor the senses, nor the perceptions, nor the experiences, then who am I? What in the world am I, and what is this reality I call the world? Where am I? When am I? Who am I?

**The second biggest myth** around enlightenment is that tremendous effort is needed, while **the third myth** is that no effort is needed at all. Then who is right?

*The answer lies again in balance.*

Some say decades of hard work is needed, while others claim you don't have to do anything, and both of them are right. You are already enlightened, you just have to realize it.

Realization is not really an action or an effort, but if you cling to your false beliefs, it will never happen. In fact, you are already making an effort to prevent yourself from becoming enlightened. When are you ready to finally let your eyes open to truth? **It depends only on you.**

*So, what can you do and what can't you do to awaken?*

Spiritual enlightenment cannot be forced. If you want it, you won't succeed, because enlightenment is exactly the lack of wanting. Wanting to awaken is the last barrier to actually awaken. It is a natural process, and if you don't stand in its path, it will happen on its own.

You can't alter your state of consciousness directly, only indirectly. Mind cannot control consciousness, because mind is also a part of it. For example, if you want to get drunk, you need something – namely alcohol – to make it happen. Making it happen is possible, but doing it is impossible.

The most important changes in consciousness, like falling asleep, falling in love, having a dream or meditating do not work by giving an order. These are relaxed states, and if you strain yourself, they won't occur. Just try to go to sleep once by commanding yourself to sleep. Do you think it will happen?

Ironically, falling asleep shares many similarities with waking up spiritually. You need an optimal attitude and optimal circumstances for both. What is needed for a good night's sleep?

First of all, your attitude and preparedness, the set. Humans have a natural sleeping cycle. If you have just woken up from a refreshing sleep, it is almost impossible to go back again. If you drank coffee, you ate too much or too little, or if something hurts, it is also very hard to fall into sleep.

If you are worried or stressed about something, your mind will not let you sleep well. Thus, your body and mind need to be comfortable, relaxed and loose.

But if your bed is hard, if it is too hot or too cold, you will have an equally hard time falling asleep, even if the set is perfect. This is the question of the setting, the circumstances, the situation you find yourself in.

So, what is it that you can and can't do to wake up? Create the **perfect set and setting**, and leave the rest to Existence! Be an intensive seeker, but be completely relaxed at the same time. This is similar to the state of flow, intense calmness, or relaxed attention.

If you keep stressing out on wanting to sleep, you will never fall asleep. The same way, if you stress out on wanting enlightenment, you will never achieve it.

Buddha became enlightened one week after letting go of the desire, and the same thing happened to Osho and many others. Although they were the most intensive spiritual seekers, they gave up meditation and every other practice after long years of work. Not knowingly, they created the perfect set and setting, and then trusted themselves to Existence.



For you, it is better not to be preoccupied with enlightenment at all. Instead, there has to be a **burning desire for truth** above everything else.

And don't fabricate any preconceived ideas of this truth, don't try to guess what enlightenment feels like, because I can guarantee you that it is beyond your imagination. Besides that, remain curious and open-minded, and promise yourself not to die before you get to know what life really is!

In the next chapter, I'll speak about the **3 most common objections** to spiritual enlightenment, and why they're not true. For now, just think about this for a second:

*Which myth is holding you back?*



# The 3 Objections To Spiritual Enlightenment

In spite of the many benefits of enlightenment, many people hold certain objections against it. These objections are most of the time false, and come from the egoistic mind. My first advice is the following: don't judge a tree before you tasted its fruits! Don't try to guess what enlightenment is like before you reached it!

**The first common objection sounds like this:**

*„Isn't enlightenment about the meaninglessness of life?  
Then what's the point of living?“*

The fact that life has no meaning is not a bad thing, it's actually good news. It means that you can enjoy it right now, there's nothing to reach, and there's no need to wait for anything to make you happy. Did you ever wonder what is the meaning of meaning itself?

Meaning means that one thing is a means to something else. If one thing does not lead to another, the thing has no meaning. Then it is not a means to reach something else, it is an end in itself. Life in itself is meaningless, it does not have a goal, it exists for itself. Life is not a means to reach something.

*Life is the goal itself.*

Life is not suffering, but a gift. You did not suffer to get this gift, you did not even ask for it, and you don't truly understand it. You just received it for no reason, that is why you cannot appreciate it.

The problem is that you degrade the present as a means to reach a goal in the future, when in reality the present is the goal itself. You consider money as the goal, when in fact it is just a means. You sacrifice your life for money, instead of doing just the opposite.

Money is only a means to support your life, to be able to live in health and prosperity. The root problem is that you are functioning out of your mind. The mind has a strong tendency to make a goal out of everything, and reduce every other thing to a means.

When it reaches a certain goal, it needs to create another one, because actually it cannot enjoy the goal it reached. Your mind is constantly asking what the meaning of life is. You are always in the present moment, but for your mind the meaning is always in the future in the form of a goal.

The mind tells you that you cannot be happy until you reach the goal. But even if you reach it, the mind cannot enjoy it, and you never become really happy this way.

*If you live your life for a goal, you miss the goal of your life.*

The meaningful things in life have no meaning. They are not a means to anything else. What is the meaning of beauty, of love, of happiness? What is the meaning of a rose? They are an expression, an overflowing of divine energy. The ultimate expression of divinity is life itself.

Life is ultimately meaningful, yet ultimately meaningless at the same time. This means that life has no ultimate goal, but is the ultimate goal itself. You live to experience living.

Don't search for the meaning of life, don't strive for happiness. In fact, the more you can enjoy meaningless things, the more happy you will be. You have to remember that life is a divine play, and you have to play your part.

If you play somebody else's part, you will be unhappy. If you take the part too seriously, you will be equally unhappy. There are no stakes in this play, it is not a game.

However, you have to be serious about having fun. You should not waste any moment of the play by not enjoying it. Meaning is always in the present moment, but you can only realize this when your mind does not wander to the past or the future. When you can notice the depth, the beauty and the sacredness of the moment, its meaning will also be revealed to you.

**The second most common objection to enlightenment sounds something like this:**

*“But if I drop my ego, won't I also lose the motivation to do anything at all? Isn't the ego necessary for survival?”*

I am not saying that survival is not important, it's essential. But there is much more to life than just pure survival. In the short run, survival is the most important, but in the long run, you are dead.

You will feel truly alive only when you are motivated by things beyond survival. This is why you have to select goals with the end in mind, by looking at your own mortality.

For those who live only for survival, life will seem inevitably meaningless in the end. They will ask themselves: *“Why did I fight all my life, when I reached nothing in the end? Is there all there is to life?”*

These people are short-sighted, because they fight for survival all their lives, when they already know that all lives end with death. In the long run, survival is impossible, so it is foolish to make it the goal of your life.

All right, but what about motivation? Well, motivation is only needed for those things that you don't want to do in the first place, but you force yourself to do them anyway.

Enlightenment eliminates these false motivations, and uncovers your true desires. Just like children don't have to motivate themselves to play, you also don't need motivation for something you enjoy.

**And last but not least, the third objection to enlightenment goes along these lines:**

*“So if reality is an illusion, and nothing is inherently right or wrong, does it mean that I can do all sorts of evil things?”*

No, this is another misunderstanding coming from the egoic perspective. I am not saying to break the law or to be immoral. I am suggesting to go beyond both morality and immorality. Imposed morality is fake, because it is coming from the outside. Real morality is internal, and its source is being authentic.

Conventional wisdom says to do good things and then you will also be good. Yes, you will be considered to be a good person by others, but you will remain unconscious and divided. I say be good first and then you will do good things. Be real, be conscious, and the consequences will follow, but not the other way around.

If you become totally conscious, you will do good things just because you want to do them. Because you feel it at your core that it is the right thing to do. When you are conscious, you cannot help yourself but do good and be good only. The effects will come back to you immediately, you don't need to wait for another life or heaven.

With enlightenment you realize that you are not separate from any other living being. Then you will also know that by hurting others, in reality you're hurting yourself. Enlightenment will bring you the highest level of morality possible, when you won't have to think about at all, what's right or wrong. You will just instinctively know.

With all of this said, we went through the #1 secret to enlightenment, the 3 most common myths and objections. **But this is not the end yet.**

*The most important piece of the puzzle is still missing.*

I created a video to explain everything in detail about this essential component. In this video, I'll tell you the #1 obstacle that's holding you back from spiritual enlightenment, and **how to overcome it**. It's a bit longer, but make sure to watch it all through the end, because you'll discover what's sabotaging your spiritual growth.

## The #1 Obstacle To Spiritual Enlightenment

[Click Here To Watch The Video](#)

*Memento Mori,*

**Gabriel Dee**

Founder of Immortology  
[www.immortology.org](http://www.immortology.org)

*“Remember to live, remember to die.  
Remember rebirth to find the light.”*

P.S.: If you found this report helpful, please share it with your friends.  
Let's light up the world together!