Would you like to:

Cultivate a deep experience of your true nature beyond the mind?
Bring awareness and presence to every moment?
Be able to consider your thoughts and feelings with equanimity, rather than react blindly to them?
Reduce distortion in your perceptions, and respond to life with greater clarity and wisdom?
Journey Into Freedom with a new approach to meditation, and experience expanded capacities in every area of life!

Dear Friend,

Meditation offers enormous potential and benefits—for the mind, for the body, for the spirit, for greater consciousness and clarity.

No doubt you’ve heard about some of these benefits, and may even have been inspired to try meditation as a result. The question is, are you still meditating? And if you are, is your practice thriving?

Maybe you’ve tried, but haven’t experienced what you thought you “should,” and wonder what all the fuss is about.

Maybe you know you ought to try, but have never managed to prioritize it at all.

Or maybe you have an ongoing practice, but it’s lost the vitality, purpose, and power to change your life that it once had.

Maybe you even quit.

It’s even possible that you currently find meditation enjoyable and rewarding—but sense that there are bigger, deeper places to go with the practice that could have a greater impact on you and your capacities.

The fact is that even though most of us know meditation is a valuable practice—with new data emerging all the time about powerful positive effects on behaviors, awareness, and the very core of our ability to deal with life—most of us aren’t having the fullest experience of meditation.

Many people don’t even know the riches it can offer beyond mere relaxation or stress reduction—especially for people who are serious about being a powerful force for good in the world.

If you’ve yearned for a regular and vibrant meditation practice, and you’re looking for a new, sustainable approach; then Journey Into Freedom from Integral Enlightenment is the highly impactful and doable meditation you’ve been seeking—whether you’ve been curious about meditation, trying to reinvigorate a lapsed practice, or meditating for years.

This is not a step-by-step course, but a meditation system that fosters ongoing cultivation of meditation’s most profound benefits (such as presence, clarity, equanimity, access to wisdom, and higher awareness—just to name a few). It provides context and support for establishing your practice and deepening it over time, with both immediate and ongoing results. And it can be used again and again, as your companion on an unlimited journey into freedom.
A different kind of meditation

There are several forms of meditation being taught today, each intended to produce specific results.

You might be most familiar with meditations that ask us to focus our attention, such as on a mantra, sound, candleflame, or mandala. These meditations require a high degree of concentration and are thus known as concentration meditation.

The meditations conducted in the Integral Enlightenment context are a form traditionally known as awareness-based meditation, insight meditation or non-dual meditation. In this form of meditation, the goal is not concentration or focusing on objects.

Rather, these meditations are designed to cultivate a deep experience of our true nature beyond the mind, and promote awareness and presence. They help us to distance from our thoughts and feelings temporarily, rather than instantly identifying with them. This reduces distortion so that we can respond to life with greater accuracy and clarity.

Ultimately, this type of meditation is really a practice of enlightenment. It’s not meant merely to bring us to some enlightened time in the far-off future, but rather to practice an enlightened relationship to the mind, feelings and thoughts—NOW.

As we become more adept at this stance, it bears instant fruit in terms of a more empowered, awakened experience of life. By practicing this “enlightened relationship to life” directly, regularly, we naturally begin to relate to the complexities of the rest of our lives very differently.

Why meditation may not be working for you:
The six most common meditation mistakes

If you’ve tried meditation but become frustrated either with maintaining your practice or with a lack of results, you’re not alone.

The promise of meditation remains sadly unfulfilled for so many people because of a handful of extremely common mistakes that derail even the most sincere aspirations to practice.

Many are rooted in typical, fundamental misunderstandings about meditation’s purpose. These can take you off track despite the best of intentions.

The good news is, the meditations in this series—and the way they are presented—sidestep these common errors entirely, giving you a far more reliable and enduring experience.

Even better, the supportive material provided in this collection offers in-depth
Have any of these happened to you, or do they reflect your expectations? Do you recognize your own meditation “block” in any of the following scenarios?

MEDITATION MISTAKE #1 – “I’m trying to quiet my mind.”
Many of us have been taught that meditation is about having a still mind; it’s possibly the most common assumption about meditation. Countless people have conceded “failure” or “not being good at meditation” because they were unable to quiet the mind.

A still mind is something we may experience in moments of meditation, but it’s not the ultimate goal, and it doesn’t necessarily give you better results outside the meditation.

Practically speaking, having a quiet mind in meditation does you little good once you’re back out in life where you need to think and engage. What’s far more valuable is achieving a deep inner stillness that’s present regardless of how unruly your mind is—a capacity that’s developed with the practice of the meditations in Journey Into Freedom.

MEDITATION MISTAKE #2 – “I’m just trying to feel better—peaceful and open—during the meditation.”
Peace and relaxation are often promoted mistakenly as the primary purpose of meditation. Meditating can produce positive, relaxed feelings and sensations, and many related benefits. It just won’t always do that—nothing always does that! Yet many people end up believing they’ve “failed” at meditation because the practice doesn’t feel calm, peaceful and good every time, every minute—and they miss the greater opportunity that a regular practice offers to life.

Something much bigger and more powerful—and useful—is possible through meditation. It’s a cultivation of steadiness in the face of every changing life experience. That’s a calm that is deeper and more enduring—superior to the superficial and fleeting “peace” that may or may not occur in meditation. It’s real liberation, and the best kind of feeling better.

The meditations in Journey Into Freedom offer a series of practices that build this kind of steadiness “off the cushion”—while encouraging an openness to any kind of experience during the meditation.

MEDITATION MISTAKE #3 “I’ve been doing the same practice for months or years.”
Even regular, experienced meditators make mistakes. Rote repetition of a single approach can drive you deep into a “meditation rut,” where
the practice has lost any vitality and dynamism it once had.

If you’ve been meditating for years but aren’t even sure why you’re doing it any more, can’t name a benefit you’re experiencing, dread the practice, or simply treat it like a habit, this is probably your issue.

Meditation for your mind and spirit is in some ways like exercise for the body. If you perform the same exercise repeatedly at the same level, it will cease to challenge you or produce results. This robs you of the benefits you could gain from stretching yourself.

*Journey Into Freedom* teaches a variety of approaches that require you to use your awareness in different ways—in effect, a “cross-training” for the mind and spirit. This eliminates the potential for getting “stuck in a rut”—and turns your meditation practice into an ongoing journey of deepening awareness and curiosity. There is literally no end to where you can go with this kind of meditation.

**MEDITATION MISTAKE #4 – “I’m trying to reach a fixed, heightened state of consciousness.”**
Achieving a specific, exciting or “ideal” feeling state is not the point of authentic meditation, nor are flashy “spiritual fireworks”—and chasing these kinds of experiences is actually counterproductive to meditation’s real purpose. So is trying to “hold on” to the ideal if a glimmer of it happens to pass by.

It’s not possible to reach a fixed or static state of consciousness, because all states naturally come and go, and always will.

Meditation is about the practice of liberation from all states—an equal relationship to everything that arises or ever could arise. The meditations in *Journey Into Freedom* will help you cultivate this capacity.

**MEDITATION MISTAKE #5 – “I use meditation as an escape from the challenges of life.”**
Some people may use meditation as a refuge or “spiritual bypass.” They escape into meditation to avoid facing or dealing with uncomfortable feelings or issues.

This approach to meditation won’t produce the kind of results most people want. In a way, it’s not even really meditation. Such avoidance can lead to less, not more, ease and capacity in dealing with life.

Real meditation is about being fully present with everything that is—including discomfort and challenges. Meditation empowers and strengthens you to face truth and reality without hiding. The ability to confront whatever is in front of you without evasion is a life-changing result that *Journey Into Freedom* can support.
MEDITATION MISTAKE #6 – “I’ve spent years trying to get back to ‘that peak experience.’”
Meditation may occasionally and spontaneously involve unusual sensations, visions, or other phenomena, as well as glimpses of truth, wisdom, ecstasy, or oneness—even though pursuing these isn’t advisable. These don’t hurt (and may be pleasant, interesting, or even informative), but neither do they help us in any sustained way on the path or in our lives. Such dramatic experiences are not required or even a given—and they can be detrimental if they turn meditation into a striving for particular states.

Such experiences cannot be fixed, and usually can’t be reproduced either. Focusing on them as if they are the holy grail takes you off track from the real practice of meditation—the consistent practice of letting go no matter what kind of experience you’re having.

If you’re meditating in an attempt to reproduce a “flash from the past,” you’re not letting go at all—and thus missing the point and all its benefits. You can give up that quest—and your meditation will be enriched for it. The meditations in Journey Into Freedom will guide you to approach each meditation completely fresh with a beginner’s mind.

Modern meditation for your life today
Yet another reason many widely available meditation practices don’t work so well for us is that they were invented for a time when the world and life were radically different from our complex modern society.

The ancient traditions offer meditations to which people gravitate precisely for their longstanding status—but they’re showing their age. While they were crucial in their time, employing meditations designed for the monks of yesteryear is like trying to fit into old clothing that doesn’t suit the complex nature of human beings today.

The meditations in this collection reflect contemporary sensibilities, up-to-date language, and a psychological sophistication that is far more appropriate to our modern ways of relating to inner life.

What you’ll experience with Integral Enlightenment meditation: what students are saying
If you’ve tried meditation before and struggled, this could be the key that opens the doors to meditation, as it has done for many others.

Many people find that even if other forms of meditation have been hard to
sustain as a regular practice, this method is more approachable and compelling.

Here's what students have to say about meditations led by Craig Hamilton:

“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”), and I continuously experience a sense of ‘roundedness’ which allows my responses to be more measured, appropriate and clear. Probably one of the best things I have ever done for myself and for the world–I highly recommend it!”

— Susan F.

“I've studied Buddhism for ten years and probably have tried every form of meditation under the sun—following my breath, staring at a candle flame, chanting a mantra, etc., but I've found no more powerful meditation than these practices that Craig offers. Craig’s approach is simple but profound. His multiple-meditation approach means that you will definitely find one that works for you. I find his skillful guidance a great doorway to accessing deeper states of being. By practicing these meditations daily, I am able to remain consistently more centered and serene during the day, much more than I had with any of the meditations I'd done prior.”

— Jeff S.

“The difference these meditations have made in my life is profound. I have a command of my relationship to my thoughts/mind/feelings that I never imagined possible. I have clarity and discernment about which thoughts are ‘worth listening to’—which are unconstructive and untrue, and which are more trustworthy. And nearly all the time I have a choice about responding, rather than instantly identifying with thoughts. On the rare occasions that I begin to skip or get lax with my meditation, I can now see the outcome in my life, in stark contrast to the results of regular practice. I see meditation as essential now, like good food, exercise, and sleep—and the best part is, I love the practice.”

— Simone T.

“As a result of engaging these practices, I have noticed increasing calmness, less reactivity to others, more focus, and an almost natural desire to continue to deepen my connection with reality.”

— Judy V.

“Before I started listening to these meditations, my practice consisted primarily of relaxation meditation after yoga class, and before that focused mantra meditation. While these practices were enjoyable, neither introduced me to the experience of separating my thoughts from my being—that I am more than these jumbled emotions and running commentary that dominate my every waking moment. When I started to meditate with Craig, I was given clear guidance on how to do just that—observe and become aware of this essence—and for an hour a day I could rest in a place of unresponsive simple awareness.”

— Laura F.

“I actually didn’t get before this meditation that my mind is not my conscious self—that my mind is not ME. What I have come to see through this meditation is that without meditation, I have very little
How the meditation series is designed

This package brings together the most accessible yet potent meditations Craig teaches into a system that can be used as a kickoff for a new meditation practice, or as a bracing wakeup to new depth and dynamism that your existing practice needs.

The complete digital package includes 35 audio recordings plus supportive written guidance and companion material. The core meditation sequence is framed by a thoughtful selection of written and recorded instruction to explain meditation in a clear and compelling context. This background creates a foundation of support to ensure your success with the program.

Each 30-minute meditation in the 28-day series features a unique guided instruction by Craig at the start of the practice. After the first 15 minutes or so, you’ll hear further guidance from Craig before continuing for the next 15 minutes.

During the two 10-minute periods of silence, you’ll be meditating according to the instructions given. Occasionally, depending on the specific meditation, a period of silence may be punctuated by further coaching or encouragement.

The guidance and direction itself varies in length, ranging from about three to nine minutes per meditation.

Each of the 28 meditations (plus three bonus meditations, making a full 31 days or full month) is unique, but explores a particular theme. Weekly, there is a consistent rotation of six themed practice approaches. Each explores a different aspect of relating to the mind, thoughts, feelings, the self, the moment, and presence. (The seventh meditation each week is a special form that differs from hope of being truly in touch with reality and seeing clearly, or being directly connected to the life and moment that is really happening, because my mind is in the way, distortions are between me and that reality.”

— Robyn L.

“I began listening to these meditations in April 2011, and have continued the practice since then, meditating for 30 minutes each morning before I start the day. The benefits from this meditation have been most noticeable to me on the rare occasions I did not meditate in the last 19 months. On the few days that I did not meditate, I noticed (1) that I did not feel as centered or grounded, like something was missing; (2) challenging tasks seemed more stressful and annoying, (3) I found myself being less efficient with my time, and (4) I found myself often worrying about things I don’t normally worry about. I would highly recommend test-driving this meditation. If you don’t notice any changes, just stop for a day or two. I am pretty sure you will then see the power of this practice.”

— Robert L.
the six regular ones.)

These six themes include letting everything unfold exactly as it is without trying to change it; having no relationship to anything that occurs; paying attention to awareness itself; relaxing while also being alert; letting go of any holding on; and doing absolutely nothing at all (including not getting involved with our thoughts and feelings). Each week introduces variations on these themes.

While exploring different paths and “angles,” most of these practices are subtly different routes to the same place. When consistently practiced, any and all of these meditations leads to similar capacities and insights.

Having made some space between our thoughts and our selves, when we step “off the cushion” and go into the world to actually change things, we have increased the likelihood that we really are acting from our deeper enlightened nature and not the conditioned fears and desires of the ego or “false self.” We have increased our ability to discern what’s real, what’s true, and what’s needed—and our strength of will to respond to the clarity we see.

The origins of this system and Integral Enlightenment meditation

Craig Hamilton teaches meditation as a foundational practice in all of his courses on awakening to and deepening an evolutionary relationship to life.

Craig Hamilton’s introductory and advanced courses in Integral Enlightenment and awakening the evolutionary self have over 5,000 graduates to date. These courses are designed to support people who are committed to evolving themselves and our culture, yearn to be “optimized” to make their greatest contribution, and seek to develop themselves to embrace this calling.

To provide effective support for these pioneers, Craig created the Academy for Evolutionaries, offering practical spiritual tools and training that are in step with our times and informed by an up-to-date understanding of the human condition. In this unique training ground, Craig brings together core insights and approaches based on decades of on-the-ground research at the leading edge of spiritual practice and inquiry.

In addition to offering a radically effective path to personal and cultural transformation, Craig has become a highly sought-after expert in evolutionary spirituality, whose engaging, uplifting and provocative teaching has kindled an explosion of interest throughout contemporary spiritual circles.

A founding member of Ken Wilber’s Integral Institute and a member of Deepak Chopra’s Evolutionary Leaders Forum, Craig was also a participant in the Synthesis Dialogues, a 35-person interdisciplinary think tank presided over by His Holiness the Dalai Lama.

Spiritual teacher Michael Beckwith has said, “It is rare to find a spiritual teacher...
who imparts the depth, clarity, humility, and wisdom that Craig Hamilton does. If you have the good fortune to learn from him, I wholeheartedly encourage you to take advantage of it.”

Guided group meditation is an integral component of all the courses Craig teaches, and the impact on participants has been remarkable.

The meditations in this collection were recorded live as part of these teaching programs, so you’ll benefit not only from their tested usability, but the energetic collective field of practitioners who were present when the meditations were recorded.

**Luminaries Praise Craig’s Work**

If I had to pick one teacher to take a deep dive with around conscious evolution and evolutionary spirituality it would be Craig Hamilton. He is attuned to the frequency of the Impulse of Evolution. He empowers us to make the shift from ego to essence, and from essence to emergence as an expression of the Impulse itself. This is very rare. To be one of his students in depth is a great privilege. Besides all that, he will care about you and stay with you for the long haul of your self-evolution.”

—Barbara Marx Hubbard, *Foundation for Conscious Evolution*

Craigh Hamilton is a genuine pioneer in evolutionary spirituality and its application in practical wisdom. I highly recommend you check out his work at your earliest opportunity!

—Ken Wilber, *The Integral Vision*

It is rare to find a spiritual teacher who imparts the depth, the clarity, the humility, and the wisdom that Craig Hamilton does. Craig’s transmission of the very spirit of evolution reaches right down into the core Self, awakening his students’ desire to reach their highest evolutionary potential. If you have the good fortune to learn from him, I wholeheartedly encourage you to take advantage of it.

—Michael Beckwith, *Spiritual Liberation Fulfilling Your Soul’s Potential*

Craig Hamilton is a living example of everything he teaches: one who combines passionate commitment to the evolutionary path along with dedicated practice of the core integral ways that expand and deepen the human mind, heart and soul. His superb and sensitive teaching gives the participant both inspiration and potent methods to pursue the path of enlightenment and thereby to profoundly make a
difference in both self and society.

—Jean Houston, *A Passion for the Possible*

Craig Hamilton is a fresh, original voice calling for nothing less than the reinvention of spirituality for the 21st century. If you want to discover what it feels like to be the very impulse of evolution, spend some time with Craig. His inspiration is contagious!

—Dr. Brian Thomas Swimme, California Institute of Integral Studies

Remarkably poised, flexible, dynamic and passionate, Craig Hamilton is a wise voice in the emergence of integral enlightenment—a new spirituality deeply committed not just to awakening, but to action—furthering human evolution and sustainability.

—Terry Patten, *Integral Life Practice*

I am humbled, awed and inspired by the depth of wisdom, clarity and integrity that shines through Craig’s remarkable teaching work. He provides a rare portal through which any sincere seeker can gain access to authentic spiritual illumination.

—Claire Zammit, co-creator of the *Feminine Power Global Community*

Craig Hamilton is an insightful and engaging teacher whose artful blend of spiritual insight and personal experience all delivered with a disarming warmth and humor will leave you challenged to question and inspired to act. I highly recommend his work.

—Michael Dowd, *Thank God for Evolution*

What you'll receive

When you purchase Journey Into Freedom, you’ll be directed to a delivery page where you’ll immediately be able to download all the material that is part of this complete collection:

THE ESSENTIAL DAILY MEDITATION SERIES

28 live guided meditations led by Craig Hamilton: one full month of detailed daily practices, carefully selected for accessibility and potency, and meticulously arranged in a progression.
that maximizes both understanding and practice. In this rotation of practice approaches, each theme explores a different aspect of relating to the mind, thoughts, feelings, self, the moment, and presence—and each week introduces variations on those themes.

**Track sheet detailing the full series:** lists meditations by week and title/type, so you can follow along with the sequence and anticipate which “theme” you’ll be investigating each day, and which unique variation on that theme will be explored.

### JOURNEY INTO FREEDOM STARTER KIT

- **TWO special-event guided live meditations with Craig Hamilton** that begin with extended introductory discussions about meditation
- **An exclusive, special-release excerpt of a live Integral Enlightenment course session with Craig Hamilton** that discusses meditation in depth and in the context of an evolutionary relationship to life (audio and transcript)
- **“Start Here” full-color PDF guide/booklet,** with complete background on what to expect, instructions, options, tips and more

In addition to providing introductory instruction and practice, these audios and written materials explain more about this type of meditation—its purposes, its effects, and how it differs from other types with which you may be familiar. This foundational understanding will ground you in greater context for your practice as you move into the Essential Series.

### SPECIAL MEDITATION EXTRAS COLLECTION

- **Three special meditations that differ in content from any in the 28-day series:** each of these meditations offers a distinctive, singular approach that...
If you order by February 6, you’ll also receive a very special introductory bonus—a Four Month Live Support Package designed to further reinforce your development of a consistent and robust practice.

**Plus—Special Introductory Four Month Live Support Package!**

One uniquely-themed live meditation recorded at the June 2012 Integral Enlightenment retreat for graduate students: experience the power of an intense meditative collective field, where the energy and intention of hundreds of evolutionaries meditating together is palpable.

**Live Q&A Sessions With Craig**

FIRST, you’ll receive access to four special live online Q&A sessions with Craig exclusively devoted to the topic of meditation. You can bring all your questions about and issues with meditation, and interact with Craig directly via phone or online chat for guidance, wisdom and support. This is a rare opportunity to receive personal meditation instruction from Craig! Q&A Sessions will be held one weeknight each month at 5 p.m. Pacific.

**Live Guided Community Meditations with Craig**

PLUS, you’ll receive special access to four Live Online Guided Community Meditations with Craig. At these monthly 90-minute private virtual gatherings, you’ll experience the power of meditating together with hundreds of evolutionaries around the
Start your Journey into Freedom, get the valuable Four Month Live Support Package, and begin fulfilling the promise of meditation today!

Support Community Online

AND, you’ll receive community support in the form of a live private Facebook group exclusively for Journey Intro Freedom users. Share, explore, get guidance and connect with other meditators of all levels! Your exclusive Journey Into Freedom Facebook community can provide tips, discuss experiences, and cheer you on as you establish your practice.

Get instant access to 35 unique meditation audios, along with instructional companion kit and Four Month Live Support Package, for a special introductory price of just $97 (regular price $147)

This Special Introductory Price and Four Month
About Craig Hamilton

Integral Enlightenment founder Craig Hamilton is a pioneer in the emerging field of evolutionary spirituality. In his inspired writings, talks, and teachings, he calls us to awaken beyond the confines of the separate ego and dedicate our lives to the further evolution of culture and consciousness itself. Craig's work articulates the vital relationship between individual and collective evolution, and provides practical spiritual training and tools to facilitate it.

As the guiding force behind Integral Enlightenment, Craig offers guidance and teachings to a growing international community of thousands of students in nearly 50 countries around the world. Through his online Academy for Evolutionaries, he teaches a series of experiential virtual courses leading participants through a process of awakening into an “evolutionary relationship to life.” This educational and transformational process supports people in evolving individually and collectively, developing and optimizing themselves to make their highest contribution.

Craig's work at Integral Enlightenment integrates decades of intensive spiritual practice and inquiry with insights gleaned during his eight years as Senior Editor of the award-winning What Is Enlightenment? magazine. For 13 years, he participated in the dynamic living “laboratory of evolution” known as EnlightenNext, under the direct guidance of its founder—ultimately playing a key role in the leadership of this thriving international spiritual community.

Craig is a founding member of Ken Wilber's Integral Institute and a member of Deepak Chopra’s Evolutionary Leaders Forum, and was a participant in the Synthesis Dialogues, a 35-person interdisciplinary think tank presided over by His Holiness the Dalai Lama. His celebrated conversations with other luminaries form the basis of the acclaimed webinar series “The Great Integral Awakening: Pioneering A New Spiritual Path,” and “Awakening the Impulse to Evolve: The Birth of Evolutionary Spirituality.” Craig lives with his wife, Claire, in Fairfax, California.

Get instant access to 35 unique meditation audios,
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