



# Nirvana for the modern Era

28 Impulses  
from another Dimension

SATYA

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Nirvana?

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28 Impulses from another Dimension

1. Enter the longest queue
2. Name a spider
3. While writing an email, stop abruptly and stare at a random corner of your screen for at least 30 seconds
4. Pretend to be hoarse and avoid talking consequently
5. When you go to bed, lay down on your back and put one hand flat on your belly
6. At any time, put one hand to your heart, close your eyes and feel your heartbeat
7. When you listen to music, let it flow through your entire body
8. When you go for a walk, focus on one aspect only
9. Choose a very special food in the supermarket
10. If your mobile rings, ignore it for at least 30 minutes
11. When watching TV but you cannot find something interesting, turn it off for several minutes
12. When using your mind, avoid thoughts related to the past or the future

13. Softly run your fingertips over your collarbone
14. Do not ask people what they have done yesterday or what they are about to do tomorrow
15. Instead of looking for reasons why something cannot be done, find options to make it happen and execute on it
16. If something you really crave for catches your eye, and you could get it right at that point, hold on nevertheless
17. When in a room with several people, whatever happens, do not use your mobile
18. Spend an entire day without watching the clock
19. Feel an object
20. While the sun is shining, close your eyes and feel the sunrays on your face
21. Do not judge
22. At nights, stand on a patio and stare at the moon
23. Among friends, only do listen
24. Multiple times per day, watch your posture
25. Multiple times per day, watch your posture
26. Contemplate a flower in open nature
27. Leave your mobile at home
28. Look at a written text in your mother tongue without reading it

# Welcome

First let me congratulate you for purchasing this little book. What you are holding in your hands seems simple but the impact could change your life forever.

Most spiritual books cover the topic of reaching the state of Nirvana, especially through the use of meditative techniques. These books are very insightful and deeply interesting but on the other hand also quite thick, extensive and demanding in terms of temporal devotion from the reader.

These days, time has become a rare good in industrialized countries, limited to 24 hours a day each individual needs proper allocation skills. Even though spiritual concepts are highly requested, long term engagement becomes impossible given the massive amount of time needed.

This book solves these problems. Without the tiniest additional cost of time each technique can easily be integrated into daily life. It remains your choice which or how many techniques to choose and when to apply them. However your selection may look like, the experiences will provide unknown dimensions for all of you.

Aligned with the daily challenges of the working individual in the 20th century these techniques fit the modern era. Even though each and every technique can indeed guide you towards the Nirvana, the primary objective is to provide insight into yet unknown interrelationships. This makes you