



**THE SIX PRINCIPLES OF  
ENLIGHTENMENT  
AND MEANING OF LIFE**



**RUSSELL ANTHONY GIBBS**

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**Spirituality/Science  
and Personal  
Transformation**

**THE SIX PRINCIPLES OF ENLIGHTENMENT AND MEANING OF LIFE  
BY RUSSELL ANTHONY GIBBS**

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# Author Bio

Russell Anthony Gibbs is a philosopher and spiritual seeker on a quest for enlightenment. He grew up in a huge family, one of eleven children, on a farm in Iowa. He was a rebellious child and in sixth grade he was kicked out of Catholic elementary school. At an early age, he began questioning the teachings of Catholicism and struggled to understand his relationship with God and the meaning of life.

Ironically, Russell worked professionally in the lighting industry for more than twenty years while seeking spiritual enlightenment. He was profoundly influenced by the information from two channeled entities, Seth and Abraham. His research into Baha'ism, Buddhism, Christianity, Judaism, Hinduism, Islam, Sufism and Taoism has also greatly influenced his spiritual and philosophical perspective. In addition to religion and philosophy, he has incorporated quantum mechanics, physics and psychology and studied the works of Albert Einstein, Carl Jung, Sigmund Freud and Stephen Hawking.

He conceptualized this book about twenty years ago, in his thirties: although he intellectually understood its principles at that time, he could not comprehend them spiritually and emotionally. Every day he contemplated these principles longing to feel them. It was his intense desire for enlightenment that propelled him and slowly he began to see. These principles gestated and developed for twenty years until he matured emotionally and spiritually to truly know and experience what they mean and now share them with the world. One of Russell's favorite quotes that sum up the rationale for his twenty-year-long quest is from Albert Einstein:

*"It's not that I'm so smart, it's just that I stay with problems longer."*

RUSSELL  
ANTHONY  
GIBBS



# The Book

## THE SIX PRINCIPLES OF ENLIGHTENMENT AND MEANING OF LIFE



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## THE SIX PRINCIPLES OF ENLIGHTENMENT AND MEANING OF LIFE

Have you ever wondered about the meaning of life or speculated about your life's purpose? Have you ever pondered the nature of our existence or how the universe really functions? If you are one of the many who have, *The Six Principles of Enlightenment and Meaning of Life* reveals the answers.

This intellectual and spiritual work explains the six significant universal truths woven throughout science, religion and philosophy. These principles draw upon thousands of years of wisdom and are presented in a concise, accessible format. Each principle is defined and has an explanation on its application to life; they are further supported by quotes of wisdom from enlightened beings, philosophers, artists and scientists like Buddha, Albert Einstein, Rumi, Stephen Hawking and Jesus.

# Book Excerpt

## 1. The Principle of Oneness

All that exists, both physical and nonphysical, is part of an inseparable oneness that I will identify as the Universe. The Universe is known by many names, such as the Divine, God, Allah, Brahma the Creator, Jehovah and Mother Nature. The Universe is “all that is,” including nothingness. The Universe appears as infinite individual expressions of consciousness, energy and other matter, similar to the cells within a body. From the perspective of quantum mechanics, the Universe is an infinite quantum field of tiny pieces of energy and matter that convert back and forth. We are all like cells within the Universe, as are plants, animals, air, natural resources and everything down to a subatomic level. Like cells in a body, these expressions grow, create, divide, destroy, die and are reabsorbed into the Universe to create again. Nothing in the Universe is ever lost or gained but merely energy and matter in a constant state of flux. We are all part of one big organism expressing and experiencing itself. Carl Sagan stated it well:

“The cosmos is within us. We are made of star-stuff. We are a way for the universe to know itself.”

The countless facets of the Universe also have varying degrees of personal consciousness and shared consciousness, and this exists in multiple realities that transcend both space and time. Carl Jung called the shared consciousness the collective unconscious. Consciousness has many layers, both accessible as well as concealed in the subconscious and unconscious. The shared consciousness and shared unconsciousness are the Universe’s unifying threads in the Principle of Oneness.

# Author Q&A

## **What compelled you to write this book?**

A: My intense desire for answers, understanding and enlightenment compelled me to seek out wisdom and write this book. I first and foremost compiled this information for myself, and now am ready to share it with the world.

## **What is Espresso Wisdom?**

*Espresso Wisdom*   
*Short, Strong, Rich Insight!™*

A: Espresso Wisdom is my brand of communication style. Having read vast amounts of spiritual, scientific and philosophical material, I realized that I prefer to express wisdom in brief, powerful quotes and concise paragraphs rather than complicated, long-winded explanations. Espresso Wisdom is short, strong, rich insight. Like espresso coffee, it is an intense jolt of enlightenment. Enlightenment is an awakening, and Espresso Wisdom is meant to help jumpstart you on your journey.

## **Who influenced you the most in your quest for enlightenment?**

A: Einstein, Buddha, Rumi and Jesus are my greatest influences and their quotes truly speak to me. I also found the channeled material of the entities Seth and Abraham, to be amazing rich and useful. These six teachers each have slightly different ways to explain complex concepts. When you hear the different explanations and compare, you can get a much better understanding of their messages.

## **Are you an enlightened being?**

A: I'm in the process of enlightenment, but wise enough to know I have a long way to go.

## **What's next, any future books?**

A: This first book is intended as an intellectual overview of enlightenment and to help explain the big picture. It will be the first in a series of eight books in the nonfiction genres of spirituality/science and personal transformation. Each of the six principles will be expanded into its own book and the final book will be an expansion on the meaning and purpose of life. These next seven books will focus much more on how to live the principles. All of these books will provide positive and empowering messages for their readers.

# Press Release

FOR IMMEDIATE RELEASE

Russell Anthony Gibbs

Email: russellagibbs@msn.com

Website: <http://www.RussellAnthonyGibbs.com>

Facebook: <https://www.facebook.com/RussellAnthonyGibbsAuthor>

Twitter: [https://twitter.com/Esspresso\\_Wisdom](https://twitter.com/Esspresso_Wisdom)

## **Author Russell Anthony Gibbs Releases New Spirituality/Science Book : THE SIX PRINCIPLES OF ENLIGHTENMENT AND MEANING OF LIFE.**

Chicago, IL (March 15, 2016) - Author Russell Anthony Gibbs is pleased to announce the release of his new spirituality/science book, **The Six Principles of Enlightenment and Meaning of Life**. Released April 15, 2016 this intellectual and spiritual work explains the six significant universal truths woven throughout science, religion and philosophy. These principles draw upon thousands of years of wisdom and are presented in a concise, accessible format. Each principle is defined and has an explanation on its application to life; they are further supported by quotes of wisdom from enlightened beings, philosophers, artists and scientists like Buddha, Albert Einstein, Rumi, Stephen Hawking and Jesus.

### **Book Details:**

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By Russell Anthony Gibbs

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### **About The Author:**

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Russell's communication style, called Espresso Wisdom, is concise, intense and deep. He would rather express wisdom in brief, powerful quotes and concise paragraphs than complicated, long-winded explanations. Espresso Wisdom is short, strong, rich insight. Like espresso coffee, it is an intense jolt of enlightenment. Enlightenment is an awakening, and Espresso Wisdom is meant to help jumpstart you on your journey.

# Connect with Author



## Connect with Russell Anthony Gibbs

Email: [russellagibbs@msn.com](mailto:russellagibbs@msn.com)

Website: [RussellAnthonyGibbs.com](http://RussellAnthonyGibbs.com)

Facebook: Russell Anthony Gibbs Author

Twitter: @Espresso\_Wisdom

LinkedIn: Russell Anthony Gibbs

Instagram: Espresso\_Wisdom