

LIFE – REALIZATION™

at Yoga Center of California
445 East 17th Street, Costa Mesa, Calif. 92627

Subject: The Aura and Vital Life Force

Points to remember:

- How to gain energy and vitality at will.
- What is the difference between a live person and a dead one? Energy, Life Force, or Prana are terms for life's chief ingredient.
- Food is essentially energy.
- In addition to food, how does life force enter your body?
- What did Giri Bala and Therese Neumann have in common?
- What is the significance of the medulla to a yogi?
- What technique stimulates memory?
- What is the memory "cocktail?" (Orange juice and crushed almonds.)
- An electromagnetic field surrounds your body.
- How is the aura most easily experienced? (Remember the exercise with the palms – and aura touching.)

The Life-Realization™ Technique

The great, ancient Kriya Yoga practice: Clock-wise and counter clock-wise stimulation of the brain's energy center.

This Week – The Practical Application

Vitalize yourself with the Technique for five minutes at the start of each day. Notice whether you have increased energy in your body and mind for several hours. Also note whether your emotions are more positive during the time you are experiencing higher energy levels. Practice renewing your vitality level at will.

Also, when you eat realize you are bringing energy into your being. Pay attention when you eat. Avoid reading or being absent-minded. Eat quietly or while enjoying pleasant conversation. Eat in a state of good will for yourself and the world. You will be giving yourself greater health, more energy, and peace.

YOGA IS WHOLENESS