LIFE—REALIZATION™

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

Subject: Will Power And Creative Energy!

Points to remember:

Any change in life requires a commitment of energy.
Love; kindness, faith—even money—are expressions of energy.
Will power is a commitment of energy.
What is the difference between *wishing* and *will power?*
Where do you concentrate in order to make your thoughts more magnetic and successful?
What simple action can you take to be healthier and have a more magnetic personality? (Regarding your posture.)
Will power not only creates and transforms; it also protects.
Arrogantly directing your will power backfires.
Always seek the good of all concerned when you utilize your amazing will power.

The Life-Realization™ Technique

Identify where you wish to apply will power.
For example, choose a negative habit you want to change.
Determine the opposite habit you would rather have.
Now, put the energy—direct your will power—into the new, ideal habit.
Feel free to use visualization and affirmations, but to fully let your higher will express, use the hand position and focus your attention on your will center for 15 minutes.
Never Strain—gather your attention patiently.

This Week — The Practical Application

Experience your life several minutes—or hours, if you prefer—each day from the viewpoint of your "Third Eye," your will center. Simply view your daily activities as if through the "window" of your will center. This helps you to develop a clearer mind, less inner conflict, and more successful action.

YOGA IS GOING BEYOND

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