

# LIFE – REALIZATION™

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

## **Subject: Meditation – and Mindful Breathing**

### **Points to remember:**

“Meditation” comes from the Latin word, *meditari*, which means: “to center in your true nature.”

Your “Atman,” the True Self, or Inner Self, resides within you. The Atman is often called “the Soul.”

Your Atman is pure consciousness. It enables you to think, feel, sense the outer world, digest your food, and function in every way.

Your Atman not only enables you to function in the physical world – not merely to survive – but also gives you Peace of Mind, Ever-new Joy, Creative Intelligence, Profound Security, and it is your Inner Power to change yourself and your world.

Meditation enables you to contact your Inner Self.

Physical tension and Mental/Emotional turbulence are the main barriers to your experience of the Atman – and its nature. Also, subconscious memories, desires and fantasies stand in the way of direct contact with the Atman.

Mindful Breathing is an excellent meditation skill by which you can move within, transcending mental and emotional turbulence, as well as subconscious activity. Mindful Breathing also helps you harmonize the life force which sustains thoughts and feelings.

Mindful Breathing also enables you to deal with your negative thoughts and feelings – if you are of good mental health.

Yogis and Buddhists have practiced this beautiful technique for centuries.

With patience and good will, you can experience your Atman and enjoy its sublime qualities in your daily life.

### **The Life-Realization Technique**

The ancient technique of meditation through Mindful Breathing:

- 1) Follow your teacher's advice well. Do three repetitions: Inhale goodness and Exhale your mental and emotional "toxins."
- 2) Then, do mindful breathing from the rims of your nostrils. Watch your thoughts and feelings come and go.
- 3) Patiently say "goodby" to negative thoughts.
- 4) Turn your attention to positive thoughts if bad thoughts permit.
- 5) As peace or joy occurs to your awareness, pay attention to the peace or joy; and let go of the positive thoughts also.
- 6) Enjoy the pure consciousness with alert attention – not passivity or blankness. Start with 15 minute meditations.

### **The Breath Ties The Soul To The Body**