

LIFE – REALIZATION™

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

Subject: The Five Dimensions of Life – The Sheaths

Points to remember:

The principle of Creativity.

Out of infinite Bliss comes the grand thought.

Out of the grand thought come the details.

Each detail must be energized in one way or another.

When each detail is energized, manifestation occurs.

Meditation, genius, and inspiration reverse the process.

The meditator accepts himself, or herself, as a wondrous manifestation – a created being.

The meditator journeys from physical awareness

- to awareness of life force,
- to clear awareness of thoughts and feelings,
- to the Buddhi – the creative, inspired mind,
- to the Bliss,
- to the Infinite.

Then, in Bilom, the Bliss and higher wisdom come down into the mind, life force and body. This experience is fulfilling – beyond words and wonder.

Remember the characteristics of the Buddhi.

Remember how to transcend the Buddhi.

Transcending the Buddhi and Bliss sheaths requires expert help.

The Life-Realization™ Technique

Transcend the physical with yoga postures.

Transcend the prana preoccupation with correct pranayama.

Transcend the thoughts and feelings with meditation.

This Week – The Practical Application

Practice identifying which sheath you are predominantly in, as you go through the activities of your day. Enjoy meditation. As your good will expands you will be able to enter the Buddhi easily.

Doing, Doing, Done.
(Advice of the Great Guru, Lahiri Mahasay)