

LIFE—REALIZATION™

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

Subject: Mental Equivalents—Your Pictures of Life

Points to remember:

What is your picture of life? Of yourself?

A mental equivalent is the way you **habitually** think and feel. It is your concept of life, whether right or wrong, whether based on truth or illusion.

Most mental equivalents are based on early life experiences—unless they are consciously examined and updated.

We often picture life in a distorted way, perhaps with mental equivalents that we are poor, or sickly, or “not very bright,” or “the homely one,” or a burden, etc.

And the personal problems of our parents, peers, teachers, and cultures may also strongly influence our mental equivalents. We may view life cynically, or fearfully; or resent and distrust people of different neighborhoods, complexions and faiths.

Your mental equivalents, on the other hand, may be free of false limitations and debilitating biases.

What are your mental equivalents of: life, life’s possibilities, your career, your potential, your future, your character and qualities?

What view of others do you habitually hold in mind?

Are your equivalents a boon to you and the world, or a crippling disadvantage and barrier?

Instead of living a life sentence under accidental mental equivalents, why not lovingly seek Truth and establish new ones?

The Life-Realization™ Technique

When you are troubled by life, ask yourself, “What is my mental equivalent about this person or situation? Is some condition of my mind and feelings manifesting negatively?”

Then, clearly define an opposite, more realistic and livable preference. Form this new goal into an appropriate picture of life, including new feelings. Through reflection, vividly develop your new mental equivalent—until it becomes a natural part of you. You will be inspired with new activities and opportunities.

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This Week — The Practical Application

Form one new mental equivalent this week, and treasure it each day.

The Main Differences Between People Are Their Equivalents