

# LIFE – REALIZATION™

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

## Subject: Overcoming The Five Afflictions

### Points to remember:

Your Inner Self is pure consciousness. It cannot be destroyed.

Your Inner Self – which is called the Atman – cannot be contaminated, or made dirty; it is pure consciousness.

Your Inner Self is perfectly free of pain; it is pure consciousness.

Visit your Inner Self in meditation and prayer, and you will find great strength and inspiration.

Those who ignore their Inner Self “buy the package” of the Five Afflictions: (yogis think all human suffering is a combination of these afflictions:)

- 1) **Ignorance.** Not viewing life spiritually – in its essence and underlying harmony.
- 2) **Egotism.** A sense of identity which ignores the soul.
- 3) **Immoderate Desire.** Craving so strongly you forget your soul, loved ones and life’s grand possibilities.
- 4) **Immoderate Disliking.** Hating and resenting so deeply that you live an empty, destructive life.
- 5) **Possessiveness.** Striving to own the world to the extent you are lost in it, and cannot remember your own higher nature.

### The Life-Realization™ Technique

Seek to realize the essence, the spirit, in yourself and others.

### This Week – The Practical Application

Evaluate the world in terms of its relationship to your Inner Self.

**The True Self Is Eternal, Pure, Painless**