

LIFE—REALIZATION™

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

Subject: Dwell In Your Nature—The Five Kinds Of Ideas

Points to remember:

First, search for diamonds in your own yard.

Don't assume happiness, opportunity, and wealth are always somewhere else.

When you control the five kinds of ideas, you can discover and dwell in your true nature.

The five main categories of ideas which yogis seek to master, rather than be mastered by, are:

RIGHT KNOWLEDGE—Even all the good and true things you know should not dominate your mind all the time. You will have no peace; nor be open to new knowledge and your inner self. **WRONG**

KNOWLEDGE—Carrying wrong knowledge leads to much confusion and pain. But, even worse, ideas in conflict with reality and truth block your access to your inner self.

NUMBNESS, SLEEPINESS—The mind is often too blank and unaware to relate either to the world or the inner self. Too often, in too many lives, the mind is frequently drowsy and inattentive.

MEMORIES—Memories are often sweet and very helpful. However, too often, memories flood and dominate the quest of the mind to know its Source, and the mind's ability to think in ways not related to personal experience—abstractions and intuitions, for example. Further, negative memories often rob you of peace and happiness.

FANTASY—Fantasy, too, has a very useful and creative purpose. A healthy fantasy life enables you to face your yearnings and frustrations, provided you actually go on and do something about them. But, too often, fantasy is seen as reality, and life is based on pretensions rather than truths. This folly brings disaster. When fantasies, and the desires for fantasies are put aside, you can transcend the dominance of the five kinds of ideas and experience you higher consciousness.

When you control the five kinds of ideas, you dwell in your true nature.

Five Kinds Of Ideas
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The Life-Realization™ Technique

Do the Ideal Room practice. Leave your five pieces of luggage outside the door. Take time to form your perfect "ideal room."

This Week — The Practical Application

During the week, notice the play of your mind and which kinds of ideas are most prevalent.

Control The Ideas And Dwell In Your True Nature