

# LIFE – REALIZATION™

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

**Subject: Twoness Or Oneness – Dwelling In Your Nature**

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## Points to remember:

Almost always your inner self is dominantly inclined to: 1) Union (also called Integration), or 2) Relationship.

To determine your preference, try two different forms of meditation. Meditation comes from the Latin word “meditari,” which means “to center in your true nature.”

The meditation on union, oneness, and integration is called Jnana (wisdom) meditation. The meditation on twoness is called a Bhakti, Devotional, or Tantric meditation.

### The Oneness Meditation:

Sit in meditation posture and mentally chant the harmonizing word, “Om.” Feel that you, yourself, and all your sensations, thoughts and experiences of the world are occurring within a vast oneness; that there is nothing whatever **outside** your growing awareness of oneness. Through your meditation, be progressively conscious that **everything** that exists is contained within the oneness; and that all movement and action occurs within the oneness. When you choose to conclude – after about fifteen minutes – open your eyes and continue to be aware of the oneness.

### The Twoness Meditation:

Feel that white light rises up your spine, forward through your forehead, and out into space before you. Visualize that this light forms into a large sphere, the size of a person, about four or six feet in front of you. If you are a religious person, feel free to visualize the Lord of your heart within the sphere. Now, focus your love and attention patiently and steadily on the sphere before you. When you choose to conclude this meditation – after about fifteen minutes – visualize that the sphere gathers back into a beam of light which re-enters your forehead and moves down through your spine. Feel that light resides within you.

Always tense and relax your body after meditation, to practice Bilom (the outward movement of meditation).

You will likely notice, within a few days, that you definitely prefer, and are most benefitted by one meditation practice and attitude in particular.

To think more consistently in a mode of oneness or twoness enables you to easily sense and dwell in your true nature.

**This Week – The Practical Application**

During this week, observe your habitual manner: Are you seeking union and integration? Or, do you strive to form and seek relationship?

**Why Not Be Your Own Good Friend?**