

LIFE — REALIZATION™

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

Subject: The Seasons Of Life

Points to remember:

Think of the seasons of life.

Nature expresses through seasons.

Think of the leaf going through its brief seasons.

Yet, a tree can have a long, long life season itself: here in California some bristle-cone pines are around 4,000 years of age, and some redwoods are part of living units which are over 15,000 years old!

Among mammals, dogs have a relatively short life season of twelve to fourteen years.

Lippizaner horses average thirty-one years. Alligators and some species of turtles are reputed to live longer than men and women.

To live longer, to extend your life season, learn to breathe fully and slowly through your nose (not your mouth).

Several people have been medically declared "dead," only to return to life with remarkably similar stories of an afterlife. Books of such experiences are: *Life after Life*, and *The Light Beyond*, by Dr. Raymond Moody, Jr.; and *Coming Back To Life*, by P.M.H. Atwater.

The theory of reincarnation is explored in: *Twenty Cases Suggestive of Reincarnation*, by Ian Stevenson, M.D.

Many yogis and mystics are convinced that the soul personality reincarnates until the soul is realized and fully expresses.

Consider the nature of your inner self—rather than preoccupying yourself with past existences.

The Life-Realization™ Technique

When you meditate deeply and profoundly treasure the gift of life, you may have memories of living in different countries in past centuries. If so, strive to sense the forward movement and purpose of your inner self in this present life.

Bear in mind, many yogis do not believe in the possibility of reincarnation, nor past and future lives. Other yogis have experienced past lives and are able to learn rich lessons from them.

This Week – The Practical Application

Consider the experiment done in class. Strive to sense what talents and inclinations you were born with. Above all, each person must consider the nature of life and the timelessness of the inner self.

What Is The Nature Of This Life Within Me?