

LIFE – REALIZATION™

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

Subject: The Superconscious Mind – And Living In The Now

Points to remember:

Select Objective Consciousness to relate to the outer world.
Select your Subconscious Mind to become aware of your feelings and memories.

Select your Superconscious Mind for inspiration and contact with your inner self—your soul.

Most people live in mental/emotional turbulence, with the mind wandering away from conscious thought every six seconds.

Turbulence prevents people from relating successfully to the world—and from experiencing their inner selves.

Turbulence disturbs, limits, and often destroys one's sense of well being.

For many people, the mind operates as an adroit enemy, a skilled saboteur. It robs them of peace, insight, and happiness. It fosters tension and anxiety.

Most people rarely live in consciousness of the present; because the mind is lost in past and future thoughts.

The Life-Realization™ Technique

Relax your body and enter the focus of meditation.

When past thoughts occur, mentally say, "past," and release each past thought, one by one. Be patient. Don't force.

When past thoughts occur less frequently, then also release your thoughts about the near or distant future—if they should occur—by mentally saying, "future," and shedding them one by one.

As you become good at shedding past and future thoughts, you will find yourself very pleasantly aware of the immediate present.

Your mind will feel clear, free of stress, and the habit of wandering or chattering. Enjoy this state of wholeness.

As you develop, you will find that the present state becomes filled with a deep sense of peace which transcends time. You will sense a profound harmony with life. Your mind will become conscious of your Atman, your inner self. This is called **living in the NOW**.

This Week – The Practical Application

As you go about your days, notice how often your mind is preoccupied by past and future thoughts. Strive, with the help of your new life-skill, to be more present. Enjoy the richness of your life by living "in the NOW." Your future depends on "the Now."

The "NOW" Is All There Is!