

LIFE – REALIZATION™

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

Subject: Mind Drift

Points to remember:

- Your mind drifts because you are alive. Everybody does it.
- Your mind drift is dynamic – the mind wandering every six seconds on average.
- People conduct almost all their lives in continual mind drift.
- One thought suggests another, and another.
- And, sensations from the outer world impact the mind and send it off in even more directions.
- Further, memories and sensations within the body also push the mind in many other directions.
- The great yogis of the past learned that to reclaim their minds from the chaotic mind drift all they needed to do was *study the mind drift*.
- The Yogis found the mind drift is a great treasure-house.
- You can simply watch your mind drift and learn a great deal about yourself. Your drift will tell you how you think you are doing in your life. It will show you what your feelings are. It will make clear what is troubling you and what you want to make of your life and yourself.
- The main dynamic of mind drift is *desire*. Your drift is continually telling you what you want from life, and what you fear (that is, what you *desire* to avoid).
- Anger is usually *frustrated desire*.
- When you find yourself angry, ask yourself, “What was I wanting or expecting that I didn’t get?” Then, either consciously make the effort to realize your desire, or let go of it.
- Your life is a moment by moment relationship with the world and with yourself, which is perpetually colored and influenced by your mind drift.

The Life-Realization™ Technique

Witness your mental/emotional drift for ten minutes each week.

At first, you may wish to observe your mind while in different moods and after various kinds of activities. This will give you more knowledge of your range of concerns and desires.

This Week – The Practical Application

Be aware of your mind drift.

Remember, a yogi makes forgiveness and the understanding of mind drift a way of life.

My Mind Drift Tells Me How I'm Doing