

LIFE – REALIZATION™

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

Subject: The Magnificent Technique Of Contemplation

Points to remember:

Almost everyone has a turbulent mind – their mind is drifting all their waking hours and often in sleep too.

Mind drift is one of the major problems of each person and humanity in general.

Mind drift blocks people from loving and understanding one another.

Mind drift blocks people from being at their best.

Drift also bars people from experiencing their soul and their potential.

Mind drift is experienced in most people *as worry*.

Worry is unproductive thought and emotion. “Worry” means to “chew” without benefit – like a dog chews a rug.

Mind drift also prevents you from thinking clearly, and feeling your heart’s true feelings. Drift keeps people confused – and often in self-destructive modes.

Drift usually prevents people from making good, satisfying decisions.

Lifetimes of suffering often follow inadequate or poor decisions.

The solution to so many of life’s problems is to deal successfully with your mind drift, and contact your Creative Intelligence. Help your mind be ally, not foe.

The Life-Realization™ Technique

Since your mind is so good at drifting, learn to contemplate!

Contemplation is *directed mind drift*. Choose a subject and encourage your mind to do all the drifting it wants, as long as it stays on the subject of your choice. With practice, you can return your mind to contemplation whenever it starts to do a regular drift. If your mind is not inclined to drift at times, enjoy the stillness; or, you can make your mind contemplate further by mentally asking, “What do my senses say about this subject?”

You can also ask, “What does my mind tell me about this subject?”

Usually, your directed drift will resume. The average contemplation runs out of images and thoughts within six to eight minutes. Then, the momentum of your mental energy “draws” – or opens your awareness to – the Creative Intelligence within you. Often, you will have a flash of insight, which inspires you, or solves your problem. Every contemplation should arrive at a new insight.

Don’t believe your new insights are necessarily true – test them in the real world before relying on them.

This Week – The Practical Application

This week, and during quiet times in the months ahead, *contemplate* the important people, events, and problems in your life.

Stop Worrying! Contemplate Instead!