LIFE—REALIZATION™

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

Subject: Yearning and Your Nature

Points to remember:

Accept that you are a unique human being—wonderfully created.
Your individuality is God-given—not a personal conspiracy.
Your individuality is a great clue to understanding how you can find personal happiness and fulfillment.
Yoga recognizes the importance of your individuality.
Yoga practice should suit **your** nature.
One of the main ways to understand yourself and how to be fulfilled is to consider your **yearnings.**
Yogis find people generally tend to yearn in three different ways:
1) Some yearn mainly for love and emotional fulfillment.
2) Others most need to know, to understand, and be satisfied mentally.
3) And, still others seek to accomplish, to do, to create.
All of us need all three fulfillments, however the dominant yearning reveals the **easiest and most direct way** people can proceed toward **lasting** fulfillment.

The Life-Realization™ Technique

Chant your mantram and notice where it centers—heart, third eye, or the crown of your head. Or elsewhere.

If emotional, heart-centered, use the pink cloud expansion meditation technique.

If will—or action—centered, meditate on the blue tunnel at your third eye.

If wisdom-centered, conceive of the Divine One or Divine Light in your Crown Chakra, and meditate there.

This Week — The Practical Application

Appreciate your individuality. Study it. Notice your yearnings. Clarify your strongest yearnings and let them motivate you to greater fulfillment. Seek well being **based on your nature.**

To Thine Own Self Be True—
Thou Canst Not Then Be False To Any Man
(from Hamlet, by William Shakespeare)

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