

LIFE—REALIZATION™

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

Subject: The Eight-Fold Path and Superconscious Samadhi

Points to remember:

Everyone is already on the path toward enlightenment.

There are eight stages the enlightened pass through.

Steps 1) and 2) These two levels take the most time because they focus on the realization of fine character, and the letting go of destructive habits: The Yamas and the Niyamas.

Step 3) Asana—fine posture, uprightness, confidence.

Step 4) Pranayama—equilibrium and control of life force.

Step 5) The fifth level is Pratyahara—the ability to interiorize your awareness.

The sixth through eighth stages comprise glorious meditation:

Step 6) Dharana—Concentration of the mind on the meditation object.

Step 7) Dhyana—Contemplation of the meditation object at higher and higher levels.

Step 8) Samadhi—Superconscious and transformational experience in which what is meditated upon is realized and becomes a living reality within the meditator. Compassion becomes your own. Love is no longer merely witnessed—or briefly tasted—but is powerfully experienced and *abides* in you. The Light you behold in your meditation becomes your own and shines from you.

Samadhi means “The thing itself.” In Samadhi, you (the meditator), and the object of meditation (what you are meditating upon), and the act of meditation, all become one.

Samadhi is the way of saints and heroes. They focus so much on their ideals, they are transformed by them.

Whatever you are lacking in your heart and mind can be meditated upon and become a part of your nature: love, joy, peace, wisdom, kindness, strength, courage, compassion, abundance, persistence, wonder, you name it.

The Life-Realization™ Technique

Enjoy your life in terms of living consciously on the Eight-Fold Path. Focus on character formation through the lessons of your daily life.

Sit in strength and comfort in meditation. Balance your life force through breathing, positive thoughts and emotions.

Interiorize your awareness and concentrate on your Ideal in meditation. Contemplate the object of your concentration. Abide in your contemplation and enter Samadhi.

CONSIDER THE MIRACLE

OF BEING CONSCIOUS

CONSIDER NEW DIMENSIONS