

LIFE – REALIZATION™

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

Subject: Yoga As The Removal Of Hindrances – The Six Fetters

Points to remember:

People roam the world seeking fulfillment and lasting satisfaction.

They struggle, strain and too often fail to accomplish their dreams. So many people are convinced that happiness only comes from prevailing over others—and winning the world's honors and rewards which symbolize success and worth.

Yet, ecstasy, infinite love, self-esteem, inner power, peace of mind, unending joy, and the skills for fulfillment are inside everybody. Your Atman, inner self, is ever available to help you find more than you can dream.

The problem is, obstacles stand in the way of your personal, lasting fulfillment. Six of the main barriers are long established habits of mind and emotion. These habits are so pronounced they are called: the six fetters. Chains!

In releasing them one by one, you find it easy to realize your inner self. Since even one fetter is enough to block your contact with the Atman, think of your fetters as heavy adornments you can no longer carry around.

With the aid of yoga release any chains which bind you:

- Anger
- Fear
- Shame
- Grief
- Arrogance
- Prejudice

The Life-Realization™ Technique

Develop equilibrium through postures and meditation. Much as you face and release tension in the postures, face your fetters after meditation and let your inner light move into any fetter which is holding you back from wholeness.

This Week – The Practical Application

Make harmony of body, mind, and spirit your new habit.

YOGA IS ONENESS – NOT SIXNESS