

LIFE – REALIZATION™

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

Subject: Five Levels of Mind

Points to remember:

The quality of your life is not based on occasional joys and inspirations.

The happiness, or emptiness, of your life is mainly based on your *habitual* state of mind.

What is your usual state of mind?

For most people, the habit of mind is **turbulence**, with the thoughts and feelings random and out of control. The average concentration span is only six seconds!

We view life through our minds – our habitual states of mind.

A chaotic, sad, fearful, or angry mind distorts what you see. The world is incorrectly perceived – much to your detriment and pain.

The Five Levels of Mind are:

- 1) **Distraught** – a blue, depressed view of mind and self.
- 2) **Stupefied** – a materially preoccupied mind is incapable of sensing other values, or levels of consciousness.
- 3) **Restless** – sometimes pleasant and clear, sometimes in dullness or pandemonium.
- 4) **One-pointed** – a chosen thought remains in the mind; when the mental focus dissolves no turbulent other thoughts intrude, and the chosen thought recurs.
- 5) **Clear** – Your mind becomes your friend and ally, serving your purposes well. It is free of turbulence and gives you a true picture of the world and of yourself.

Remember the remedies for the problems of levels 1), 2), and 3).

The Life-Realization™ Technique

Practice holding your mind on an object of your choice for thirty (or twenty) seconds at a time.

Practice prolonging your periods of concentration and well being.

When a chosen object abides in your mind, let go of it and see if it returns to your awareness free of any other intervening thoughts. Good for you, if you can!

This Week – The Practical Application

Study the habits of your mind and emotions. What are your dominant habits – your general states of being? These habits are the main influences on the *quality* of your life, and of your future.