

LIFE – REALIZATION™

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

Subject: Creative Visualization

Points to remember:

What is your picture of life, yourself, the world?

Your experiences of life so far, powerfully influence your picture of the future – your expectation.

Probably your picture of life is *limiting* because of the limitations of your experiences. Failure or success, happiness or emptiness, are generally the consequences of your life-concepts.

Vitality, peacefulness, accord, friendship, prosperity, satisfaction, triumph, opportunity, appreciation, and many more aspects of life are most strongly influenced by your picture of life.

Most people live out their life-concept – good or bad – and go through their years causing and confirming their expectations.

Limited life views are like prison sentences.

All yogis examine their pictures of life and refuse to be dominated by negative past experiences.

You are a living, creative being – not a programmed machine.

Form new pictures of yourself and the possibilities of life. Choose a better and better life, rather than forfeit your special potential.

Learn Creative Visualization.

Learn to picture with clarity, and appropriate emotion, a more ideal life.

Practice observing objects and pictures; then, close your eyes and strive to recall them in detail.

Remember your favorite room, in detail. Double-check your list of recalled features. Strive to recall 80 features, as you develop.

Recall favorite events and games, in detail, as if watching a movie.

Not everyone is gifted with imagery in the practice of visualization; if you have trouble visualizing, try the above drills and also develop “sound-based, word-based,” or “feeling-based” ways of creativity.

Mentally and emotionally conceive of specific – and overall – improvements in your life.

Remember to include time elements in your visualizations.

The Life-Realization™ Technique

Inhale health and vitality; exhale and let go of negative blockages or toxins.

Do the check-writing practice to attune with greater prosperity.

Visualize love as a pink cloud – both for protection and blessing. Be specific and rich in detail.