

LIFE — REALIZATION™

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

Subject: What Is Reality?

Points to remember:

- Energy. Today's physicists and ancient yogis say the primary substance is energy.
- Yogis see all matter and all living beings are expressions of energy.
- When your Ajna Center develops, you can perceive energy directly — in a superconscious manner.
- You — and all of us — are primarily energy.
- Health, well being, love, joy, and abundance can be beneficially considered as flows of energy.
- What do most people rely on for happiness? Their senses.
- The senses are great; but they are easily deceived.
- Other people rely on their minds in their search for lasting happiness but their minds are mainly full of often unreliable sense data.
- Feelings are often changeable and unreliable too.
- Discover your higher consciousness, your Inner Self, and lasting happiness, love, wisdom and fulfillment become your own.

The Life-Realization™ Technique

Strive to experience your daily life from the vantage point of your Ajna Center — your "spiritual eye."

This Week — The Practical Application

- Think of life in its energy aspects. Life is constant movement. Sense the energy in all your activities.
- Also, remember the musk deer story, and consider how much of your happiness is already **inside you. Share it!**

Matter Is Energy In Form