

LIFE — REALIZATION™

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

Subject: What Is Your Nature?

Points to remember:

- A tiger raised by sheep thinks itself a sheep.
- It lives like a sheep, never conceiving of its capabilities.
- It is utterly important to know yourself — to know your true nature. Not to know is to live in vain.
- Much distress comes to those who live in ignorance of, or in conflict with, their true nature.
- What is your rhythm? Practice the hand-clapping experiment.
- To know your note, close your ears and hum up and down the scale. Your note will resonate more within you. It will sound louder than the other notes.
- To determine your color, sit to meditate before and during sunrise or sunset several times. Note the pastel shades of light in your forehead. A particular sequence of colors — unique to you — will in time be observed. The lingering color, which occurs when both nostrils are open and breathing evenly, will be your color.
- To realize your life-goal, sense your deepest yearnings and ponder your unique, most developed, talents and abilities. Consider, too, the tendencies you expressed early in your childhood.

The Life-Realization™ Technique

Strive to sense and abide in your true nature. Sense your rhythm, note, color and life-goal. The mantram "Om" is usually extremely helpful for attunement with your true self.

This Week — The Practical Application

Gently think of, and re-affirm, your rhythm at home and office. You will find it very refreshing and freeing.

The Great Secret: "Know Thyself."