

LIFE — REALIZATION™

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

Subject: Meditation—The Chinmoy Mantram

Points to remember:

- A mantram is: universal syllables which rescue the mind from restlessness and negative habits like anger, fear, exaggerated guilt, grief, arrogance and prejudice.
- While people are generally incapable of using the mind to go beyond the mind, mantrams enable people to transcend the mind and contact the Inner Self.
- Through mantram meditation, the interplay between yourself and the universe can become more and more harmonious and constant.
- The developed mind has a flow of wisdom, love, and peace, which is like the flow of oil as it is being poured in uninterrupted stream from one vessel into another.
- “Chinmoy” is a general mantram, not an initiated mantram.
- Nevertheless, this beautiful mantram can enable you to rescue your mind from its turbulence and can reveal your Inner Self.
- A mantram should be chanted in your rhythm, note, color, and in harmony with your being.
- Thoroughness in chanting is essential: out loud, whisper, mental, effortless mental, and into superconscious chanting.
- After chanting, come out thoroughly by reversing the steps. Chant with feeling and attention.

The Life-Realization™ Technique

Sit comfortably for meditation. Face east or north, preferably. Insulate your body by sitting on a mat of natural fibers. Take four to six deep breaths.

Think first of the meaning of the mantram. Then focus on the mantram itself, as you begin chanting out loud. Gradually enter the subtler levels of the mantram. When you arrive at mental chanting, let it circulate wherever you find yourself to be restless. As the restlessness gradually lets go, you will enter the “effortless mental” level of chanting. Then the mantram will lose its words and become a blissful surge of consciousness. Your Inner Self will be experienced.

The Chinmoy Mantram

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This Week — The Practical Application

When you can relax during the day, sense the mantram in the back of your mind and look at the world. Your state of inner harmony will enable you to perceive the world with much greater subtlety, understanding, and compassion.

**“This World Is Conscious Energy
And I Am Conscious Energy”**