

**Life-Realization™**  
at Yoga Center of California  
445 East 17<sup>th</sup> Street, Costa Mesa, CA 92627

**Subject: Is There Justice?**

**Points to remember:**

For many people, the world seems bereft of justice.

But yogis search beyond appearances for an understanding of their lives.

Sages and saints throughout history report their realization of a cause and effect relationship with life.

They find a natural cause and effect factor permeating their existence.

Many find this factor is perfect: every event in their lives is seen to be the result of definite and appropriate causes.

They see their lives as learning experiences which are brought about through an understanding of cause and effect.

Even the paradoxes and tragedies of life are pondered for truth and greater understanding -- of how they may lead a finer life.

Acorns become oaks. Barley seeds barley and wheat seeds wheat. Causes are seeds which express perfectly as effects.

Consider the events of your life directly through generating new causes.

Your life will be filled with new effects.

Further, an acceleration of consciousness rapidly changes your life by introducing new causes.

**Life Realization™ Technique**

Be skeptical. Keep a diary for three months and note new causes which you consciously (and unconsciously, if you are able to sense your subconscious activity) put into action. Also note the events-the "effects"-which come into your daily life. Consider whether there is a cause and effect factor powerfully operating in your life.

**This Week – The Practical Application**

Examine your life for those experiences you deeply appreciate. Consider how you contributed to them. Consider how to "cause" more of them.

Also study your life for aspects you don't particularly like. Consider what the causes of the negative experiences might be. Then determine what new causes you can put into thought and action toward new effects.

**"For Every Action There Is an Equal and Opposite Reaction"**

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