

LIFE — REALIZATION™

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

Subject: Personal Victory — The Three Forces

Points to remember:

Yogis seek personal victory — "Jaya" — in physical, mental, emotional, and spiritual well being.

Yoga postures increase health, vitality, peace, and stress management. Meditation and healthful thinking fulfill mind and emotions.

And, contacting and expressing the Inner Self facilitates a magnificent life.

But, you can't have "victory" and express your Inner Self without overcoming **the three gunas** — nature's three forces.

Inertness, or "tamas," is the tendency to be a stone: you don't want to try, or feel, hope, love, live. In subtle ways, you say "NO" to life and your world.

Mindless activity, or "rajas," is the habit of thinking, feeling, speaking, and doing deeds in ignorance of consequences — often causing hurt, harm and even self-destruction.

Attachment to "feeling good," or "satvas guna," is the addiction, the clinging, to pleasant feelings rather than relating to life truthfully and capably. (But one who transcends satvas finds even greater well being, and is able to relate to life much more successfully.)

The Life-Realization™ Technique

Become free to choose a victorious life. Develop **Witness Consciousness**: Calmly look at the world five minutes a day until you can witness it like a passing parade.

Then, when you can witness the passing parade with your eyes open, close your eyes, and peacefully observe your thoughts, feelings and sensations as a passing parade, too.

When you can witness the outer and inner world for ten minutes daily without any of the gunas dominating, you can choose **VICTORY!**

You can re-direct your life, and attune with your highest potential.

This Week — The Practical Application

Be alert! Catch the gunas when they try to dominate.

Victory To You In All Things!