

LIFE – REALIZATION™

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

Subject: Meditation – The Levels of Love

Points to remember:

Yogis view love as the true nature of the universe.

The great guru, Sri Yukteswar Giri, said that the true practice of yoga is the cultivation of the heart's true feeling: **LOVE**.

Love is self-giving. When you love, you give the greatest gift you can give: yourself.

And, in loving, you find fulfillment – fulfillment which you can find in no other way.

Love develops as you express it.

The first level of love is: loving in order to get love. Love is given, but with the motive of receiving it in return.

Then, love grows into "trading love," in which two love one another as long as both are satisfied with the love and benefits they receive.

"Love of love" is the third level, in which love is given without the necessity of reciprocation – as long as the lover receives inner joy from loving.

Gradually, the lover sheds selfishness and "lives in love." He, or she, is so transformed by love it becomes his nature to love. The love could not be stopped by any circumstance. Love has been established as a state of being.

The Life-Realization™ Technique

Free the consciousness to love, through the Lark or Fish meditation. Feel that you are soaring like a lark or eagle through infinite sky in any direction you please. Let your feelings flow with the soaring.

Or, feel you are swimming ecstatically, like a fish, through an infinite ocean of nectar.

This Week – The Practical Application

Love is "self-giving," not necessarily feeling. Strive to give yourself to others and the Lord of your heart in numerous ways. Recognize each day as a precious opportunity to love. What else is more important or fulfilling?

Love Is Self-Giving!