

# LIFE – REALIZATION™

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

**Subject: Five Stages of The Heart – The Way Of Enlightenment**

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## Points to remember:

Your feelings about life, yourself, and your world indicate your overall level of consciousness.

Yogis find there are five principal levels of awareness:

- 1) **DARK.** In this state, you can only grasp ideas of the physical world; you live in spiritual ignorance and harbor misconceptions about everything.
- 2) **PROPELLED.** In this state you perceive a conflict between what the world promises and what it delivers. You find what the world offers you – even when it is generous – does not satisfy you deeply. You strongly yearn for fulfillment and dynamically seek it. You are driven to find answers, and satisfactions which last. You face, and seek to resolve, your doubts.
- 3) **STEADY.** You turn to Spirit and Soul – to the essence of life and creation – and seek to know the mystery of your existence. You reform your character, associate with spiritual teachers and companions, and begin to have faith in a higher power.
- 4) **DEVOTED.** You grow in love and humility, and contact the profound consciousness and power which sustains life. Filled with light and love, you can behold your darkness and ignorance. Through the higher power you can see your flaws while not being dominated by them.
- 5) **CLEAR (or CLEAN).** In this joyous state, you can let go your ignorance and delusion. Let it go; let it wash away. You behold and comprehend spiritual life, spiritual light, and your true self.

## The Life-Realization™ Technique

Chant the mantram: Asato Ma Sat Gamayo, which means “lead me from the unreal to the real.” Or, more correctly, “lead me from my attachment to the unreal, into the real.”

**Stages Of The Heart**  
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**This Week – The Practical Application**

Examine your feelings about life, yourself, and your world.

**If You Remain Propelled, You Cannot Fail!**