

LIFE—REALIZATION™

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

Subject: **Shortcut To Enlightenment**

Points to remember:

Shortcuts can save you vast amounts of time, effort, costs and trouble.

Yoga is one of life's greatest shortcuts to personal fulfillment.

The barriers of turbulence and tension keep most people from finding well being and joyous success.

The splendor of the Inner Self is also blocked by turbulences.

Too often, normal habits of mind and feelings create inner conflict, self-dislike, and much ongoing confusion.

The solution to most human problems is to contact and abide in the awareness of the Inner Self—the Atman, the Soul.

The process of transcending old habits of thought and feeling to contact and gradually abide in your Higher consciousness is called ENLIGHTENMENT.

You already have an Inner Self; you will simply *experience* what is already within you.

While the knowers of the Atman are few, all people have a splendid, wondrously helpful core consciousness if they will but learn how to contact it.

Most of the great “enlightened” people were sincere people from humble walks of life—carpenters, fishermen, printers, poets. Why not discover more about your Inner Self?!

The Life-Realization™ Technique

The Shortcut has six parts, which are mainly dynamic ways of more richly living your life:

- a) The *determination* to learn from your daily experience of life.
- b) *Appreciation* of your path. Until you have constant momentum. May your zeal and delight beam from you!
- c) *Devotion* to your chosen Ideal so your life is harmoniously focused on realizing it.
- d) *Mastery* of your senses, so they serve rather than hurt you. That is, moderate, constructive, healthful use of your senses.
- e) Steps a) through d) lead to *unity* of your whole being, and this unity leads to the *subtlety* of mind and heart which can know the great mystery of the Atman.
- f) Progressive *yoga practice* and *contact* with the Atman bring the dawn of a more beautiful life. Joy pours forth. Your knowing and doing go hand in hand. You live at your best!