

LIFE – REALIZATION™

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

Subject: How To Meditate With More Success And Joy!

Points to remember:

Meditation enables you to **center** in your true Self—or Atman.

At the core of your being you can find wonderful qualities: eg., profound peace, ever-new joy, creative intelligence, blissful security, and the source of infinite love and inner power.

But often the mind and emotions are so turbulent, it is difficult to break through and experience your inner Self.

However, there are magnificent hints and approaches which you can use to be more successful in meditation:

- A) Practice five minute worry fasts.
- B) Do five minutes of thorough, deep breathing prior to meditation.
- C) During the week, practice **absorption** in what you like: for example, music, beauty, a mood of love or joy.
- D) Develop the habit of positive thinking, rather than negative mental activity.
- E) Develop a habit of happiness.
- F) **In particular, develop the attitude of selfless service in your daily activities. A mind which has trouble meditating is most often suffering numerous conflicts from different parts of the ego—the sense of selfhood.**

The Life-Realization™ Technique

You can prove it to yourself. When you spend each day consciously striving to be of service to others—and the planet in general—your mind and positive emotions become clearer and clearer. With the increasing clarity, meditation becomes easier and much more pleasurable.

This Week – The Practical Application

Clarity of mind makes life itself more enjoyable; and your meditations become **serene**. Then serenity of meditation leads you to the great joy of having a serene mind throughout your daily activities.

Serenity is a magnificent attainment—a treasure beyond price. Serenity makes your mind a great asset. You become excellent in your work and your world, while at the same time you enjoy incredible delight in your true Self.

Serenity Brings:

Harmony—inner and outer.

Relatedness—a sense of relationship with all.

Meaning—life becomes more meaningful.

Spiritual Empowerment—higher wisdom and energy.

Steadiness, Integrity, and Love of All Beings.

Selfless Service Makes Your Mind Clear!

Clarity Makes Your Mind Serene!

Serenity Brings Harmony And Success!