

LIFE—REALIZATION™

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

Subject: The Great Ideas Of Yoga

Points to remember:

Yoga is the conscious state of harmony between body, mind, emotions and inner self. Further, yoga is your state of harmony with others and the universe itself.

In the viewpoint of the great yogis, YOU are here on earth to 1) Realize your true nature, and 2) Fully express your true nature.

Constructive living involves the progressive understanding of your Atman—your true Self.

The World is your "field of action."

Students of yoga seek to develop: **1) greater skill in action; 2) equilibrium and balance; 3) union with the inner self and infinite Spirit.**

"Karma" is the cause and effect relationship by which the universe operates.

"Maya" is the delusion by which people misperceive their true nature, their potential, and the outer world.

"Samskaras" are the tendencies and habits by which we live—whether constructive or destructive.

Your "ego" is your "sense of self," which usually ignores the inner Self. The spiritual path often involves a sense of "The Call" to "return home to your true nature" or change the direction of your life and live for God, others, or your ideals; then you become restless for meaning, or "return;" you pray, meditate, do spiritual practices, and serve others; then you start to awaken to the realities of higher consciousness and your inner self; you experience "bhavas and samadhis," exalted spiritual states; when you develop so that you **live** in spiritual consciousness continually, you are "enlightened," and a great boon to humanity. You are profoundly fulfilled.

The Life-Realization™ Technique

Strive to be skillful in all your actions, including speech and thought.

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This Week — The Practical Application

In all your daily experiences, pay attention and let life itself teach you about your character, concerns, needs, talents, and your true nature. Daily life can teach you a great deal about your essence and higher consciousness.

Life Is Not Mere Reaction

Life Is The Expression Of Your True Nature!