

FOREWORD

Skillful yoga practice restores the practitioner's awareness to its original, pure wholeness. Three effective ways of allowing this process to be experienced are by: 1) removing attention and awareness from objective phenomena and modified states of mind and consciousness; 2) using discriminative intelligence to discern the difference between what is observed and one's self as the detached observer; 3) skillful meditation practice that calms the wave—like movements and changes in the mind that keep awareness confined. When awareness is clarified, the reality of one's pure essence of being is said to be self-shining.

The meditative way is described in Patanjali's yoga-sutra's (1:2): "Yoga [unification] is realized when movements and changes in the individual field of awareness are turned back to their origin. The enlightened or fully awake state of consciousness is naturally experienced when identification of awareness with modified states of mind and consciousness ceases. Spiritual enlightenment is spontaneously realized when obstacles to its emergence are removed.

It was from my teacher Paramahansa Yogananda that I learned the fundamentals of yoga and with his personal guidance and encouragement was soon able to proficiently apply them. Having experienced the positive results of dedicated practice, I can wholeheartedly attest to its practical usefulness.

For the reader who is sincerely interested in knowing about the positive, transformative changes and states of consciousness that are possible to be experienced by right personal endeavor, this book will be extremely helpful.

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A Guide to Spiritual Practice in the Kriya Yoga Tradition