



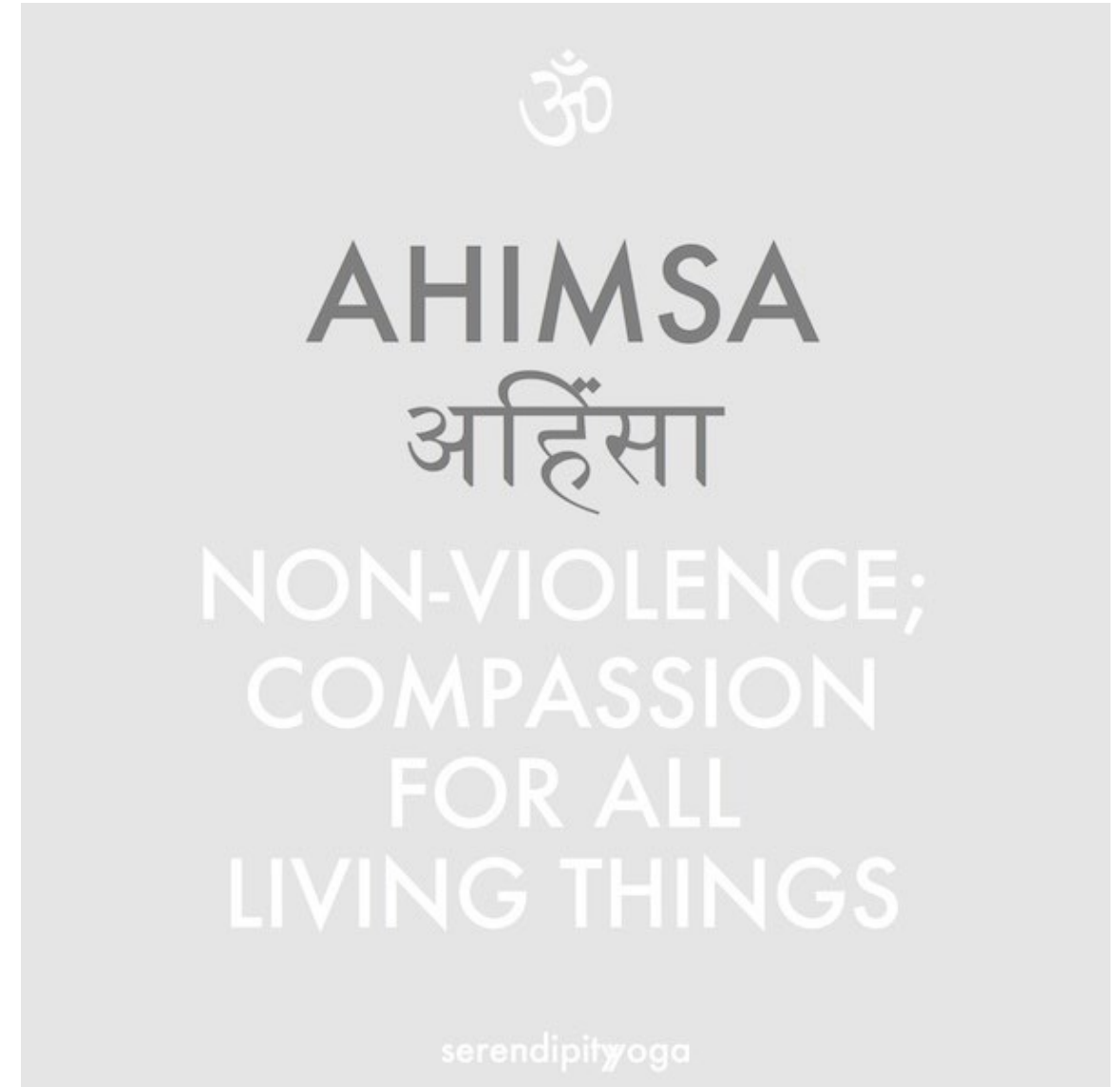
# The Yoga of Self- Remembering

## Part III

# Practice

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- One hand to heart, one to belly
- Soft tongue, soft jaw
- Follow the breath
- Hold oneself in highest personal regard
- Be the witness, not the doer. Be the witness of your 72 trillion cells that happen to be you
- Rub your hands together. Place them on your body on a place that needs blessing.
- One hand to the heart, one to the belly.
- It was the best of times; it was the worst of times. Can you know and feel and sense all the opposites, in this moment, and yet them flow through you?
- Can you accept everything that's ever happened to you in this lifetime and all lifetimes? Can you forgive everything? Can you allow it all to flow through you. It's all part of the curriculum of this School of Awakening.
- Can you practice AHIMSA toward yourself – non-violence and compassion and for all all living things?

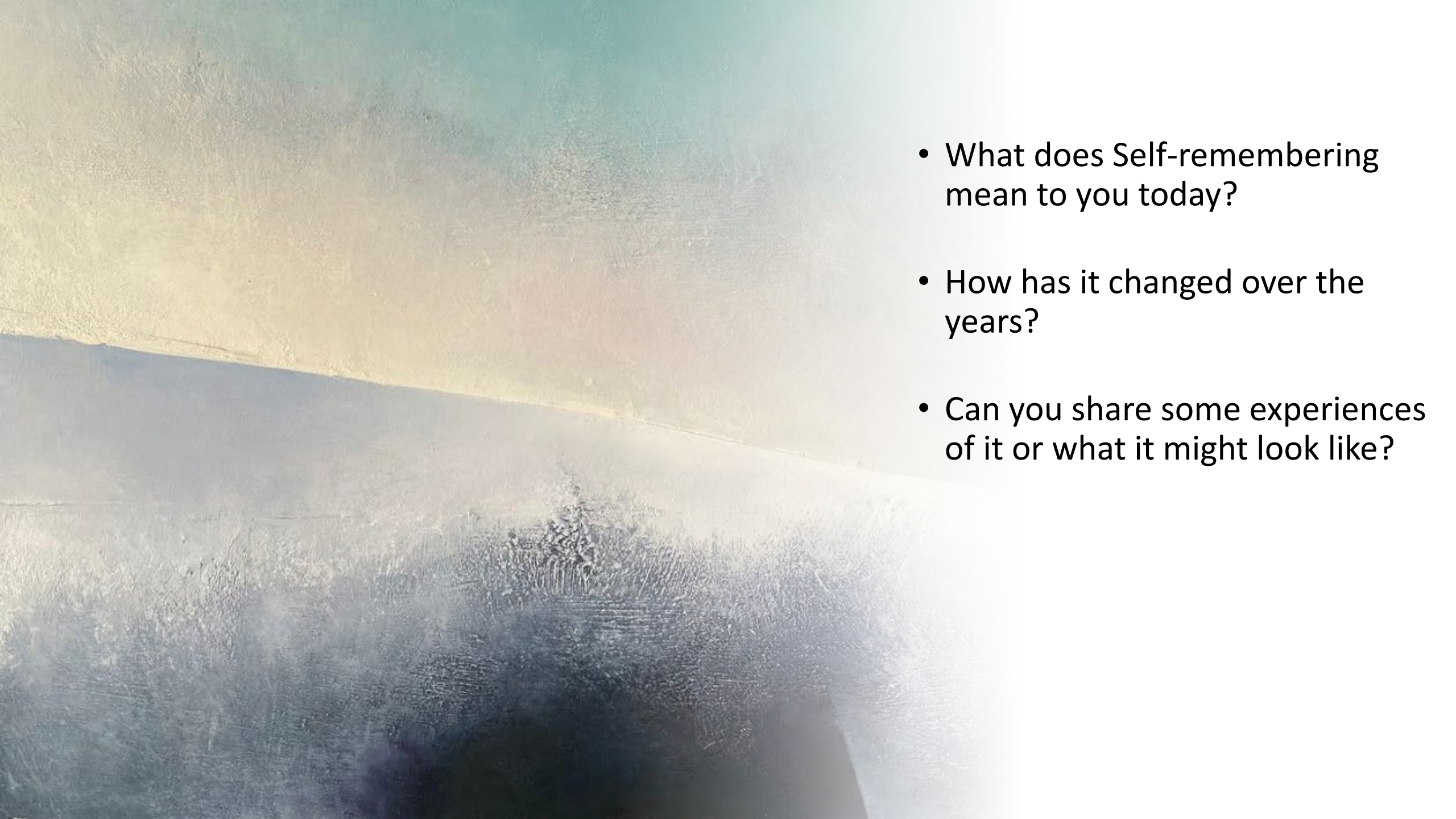


# The state of Self-Remembering:

- Concrete sensation
- Focused attention
- Present to the present
- Present to Presence
- Self-emptying, self-less
- “A current of pure feeling for the true, the real”
- Radiance
- Spacious stillness
- “Wide-being horizon”
- Ease of being
- Feeling altogether and knowing altogether = Real I







- What does Self-remembering mean to you today?
- How has it changed over the years?
- Can you share some experiences of it or what it might look like?

“Because of that which you have become, the Kundalini energy flows automatically based on the level of consciousness, through the appropriate chakra system, the acupuncture system, and it alters the brain physiology as a consequence of that which it is. ... [F]rom [consciousness level] 200 and up, brain physiology shifts from the left brain to the right brain. And the whole sequence of processing is completely different. This is natural. It’s a consequence of that which you have become. If you turn your life into devotion to become that, and you be that ... then you can see the beauty and divinity of all that exists and the sacredness of all of life ... you see the divinity that shines forth through all of creation.”

- *The Wisdom of Dr. David R. Hawkins*, Ch. 6, pg. 109



“Becoming  
Human”

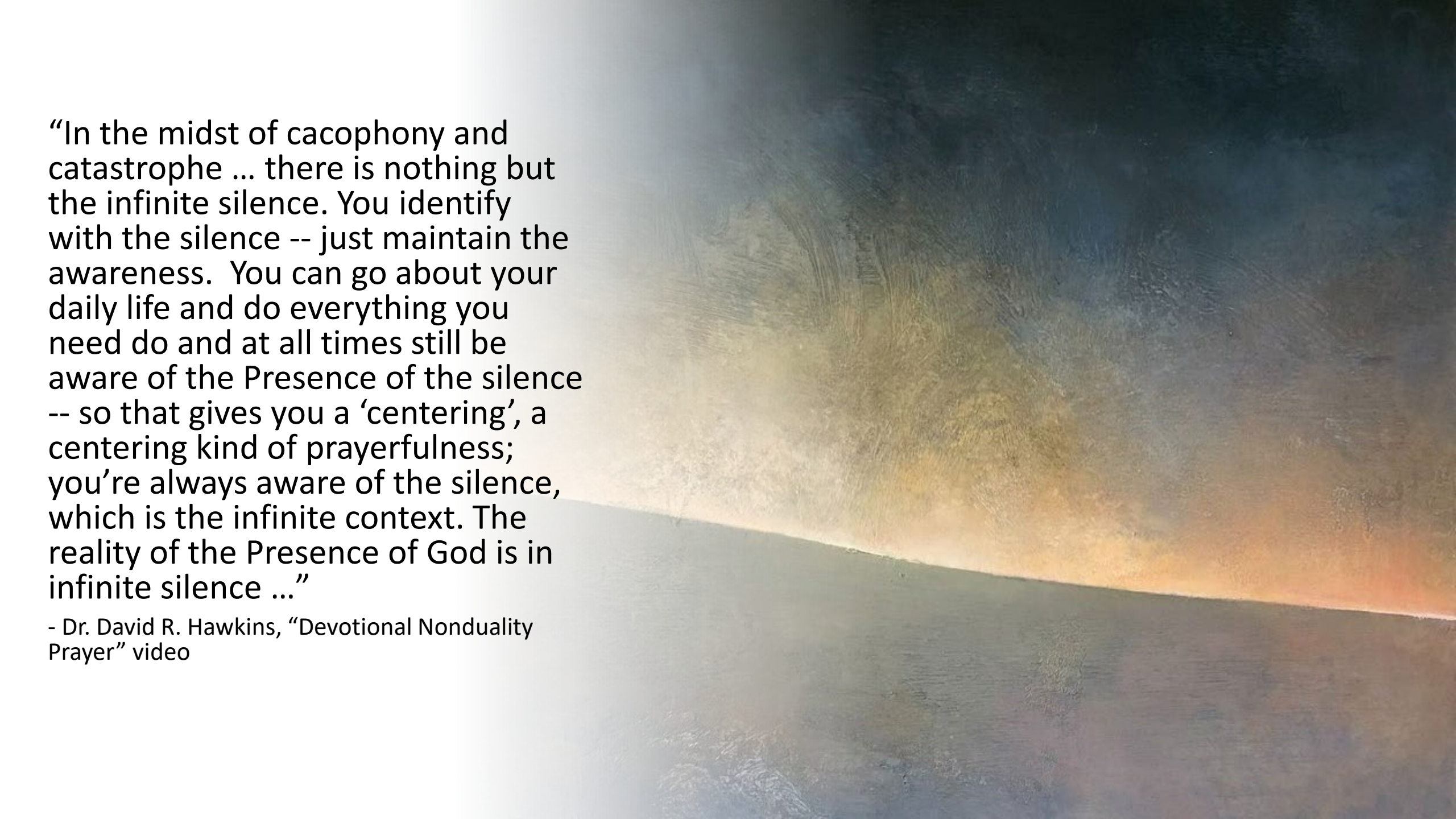
A poem by  
Hafiz



Dr. David Hawkins:

recognition  
rediscovery  
remembering





“In the midst of cacophony and catastrophe ... there is nothing but the infinite silence. You identify with the silence -- just maintain the awareness. You can go about your daily life and do everything you need do and at all times still be aware of the Presence of the silence -- so that gives you a ‘centering’, a centering kind of prayerfulness; you’re always aware of the silence, which is the infinite context. The reality of the Presence of God is in infinite silence ...”

- Dr. David R. Hawkins, “Devotional Nonduality Prayer” video





“Centering Prayer is like hearing the music rather than just the notes. Beyond all the noises of our mind is the mysterious ‘sound’ of silence, which is no sound. The sound of no sound takes place when deep listening morphs into Presence. Centering Prayer is not free of thoughts but grows with daily practice in detachment from them. It is to will to be totally present to God ‘mouth to mouth,’ the physical symbol of heart to heart, which emphasizes the intimacy and intensity of the prayer relationship.”

- Thomas Keating, *Reflections of the Unknowable*





Become as a Child

My aim and  
experience of  
art-making





*Remain in my love . . .*

*I have told you this so  
that my joy might be in  
you and your joy might  
be complete.*

- John 15: 9, 11