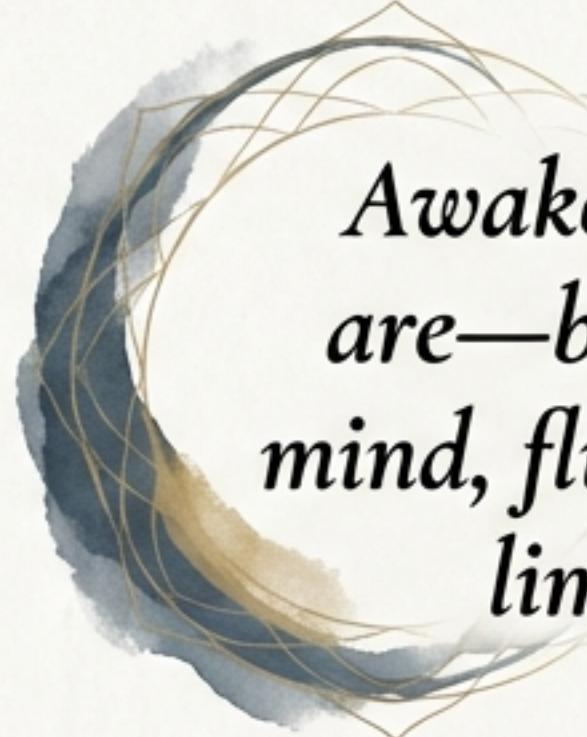


The Yoga of Thinking, Feeling, Being

An Integrated Path to Self-Realisation

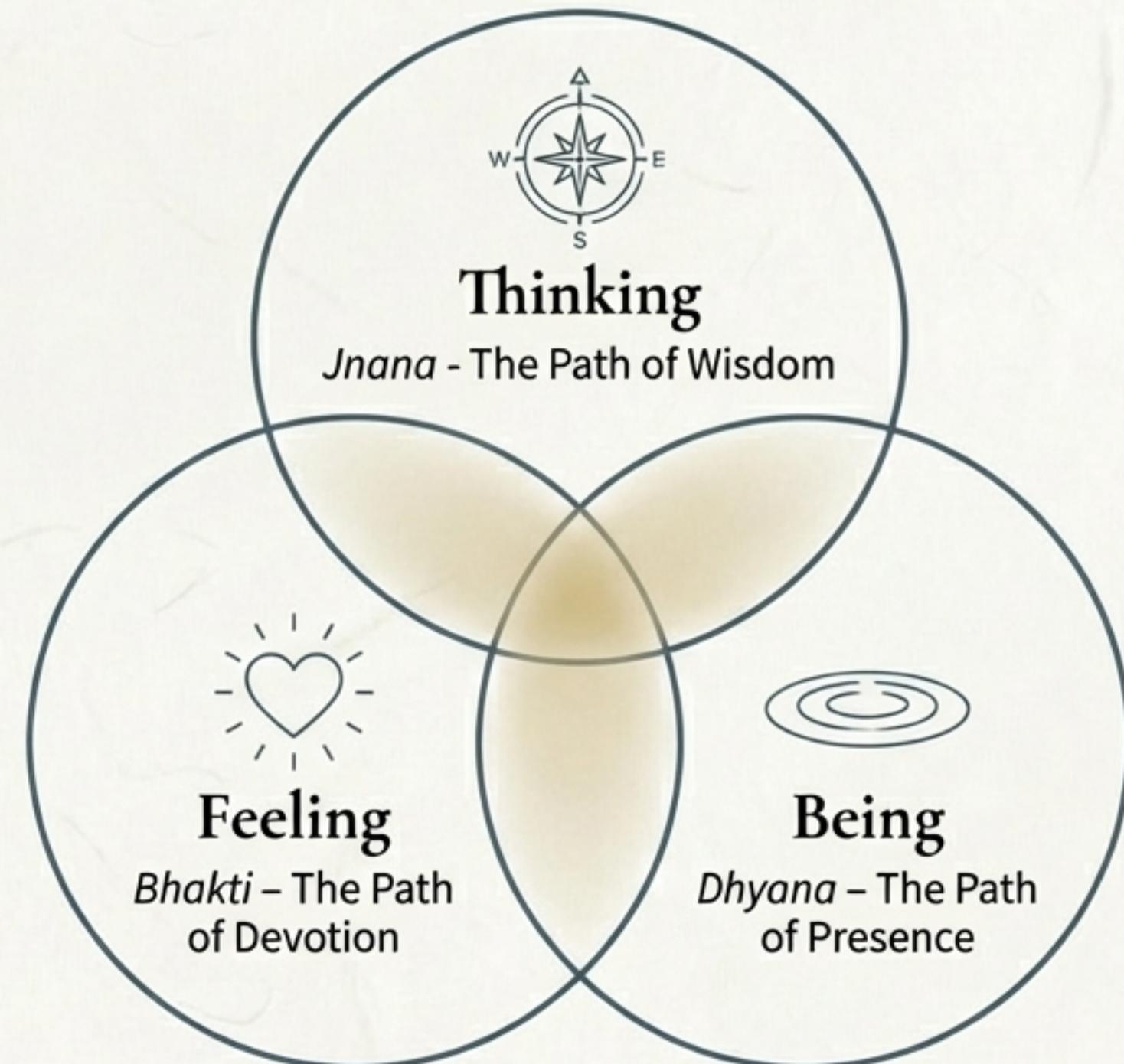
The Journey to Your True Self

A profound journey of self-discovery that integrates the mental, emotional, and existential dimensions of human consciousness. This holistic approach guides practitioners from ordinary awareness to the direct recognition and embodiment of their true nature – a state of pure consciousness that transcends yet includes all experiences.



Awakening to who you truly are—beyond the conditioned mind, fluctuating emotions, and limited self-concepts.

The Three Pillars of Awakening



The Dimensions of the Path: Head and Heart



Thinking (*Jnana* - Wisdom)

- Self-inquiry and contemplation (“Who am I?”)
- Discriminative wisdom (*Viveka*)
- Study of sacred texts
- Transcending limiting beliefs



Feeling (*Bhakti* - Devotion)

- Heart-centred awareness
- Surrender and trust
- Compassion cultivation
- Understanding reactive emotional patterns

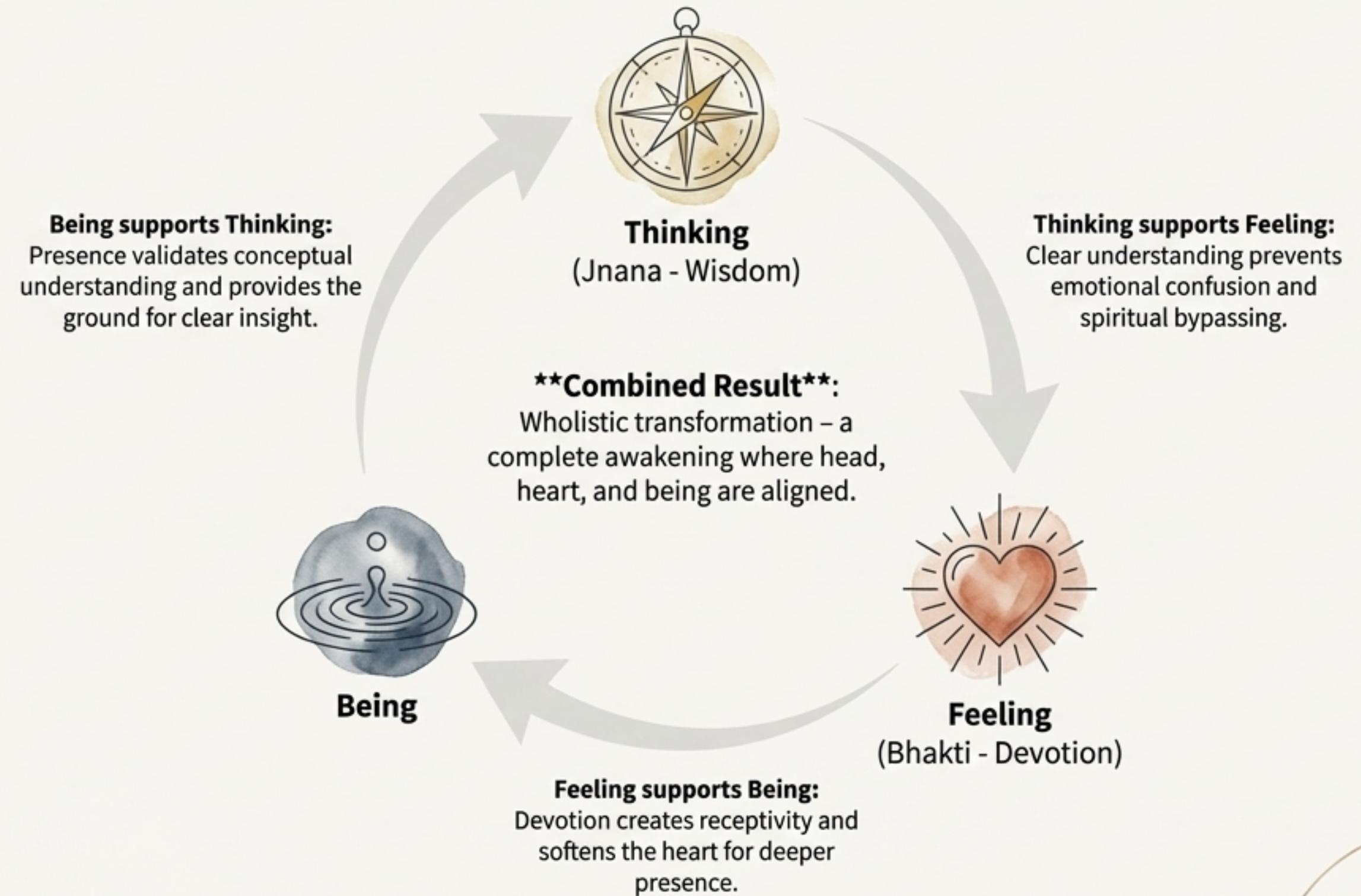
The Ground of All Experience: Being



Present moment awareness
Witness consciousness
Stillness practices (deep meditation)
Body awareness
Integration into daily life

Through consistent meditation practice, practitioners develop the capacity to rest in pure awareness. The compulsive identification with thoughts and emotions gradually dissolves, revealing the spacious, peaceful, and complete nature of pure being.”

The Synergy of Wholeness



The Four Stages of Unfolding

1. Recognition
(*Pratyabhijna*)

Glimpsing

2. Familiarization
(*Abhyasa*)

Deepening

3. Stabilization
(*Sthiti*)

Stabilising

4. Abiding
(*Nishtha*)

Embodying

From Glimpse to Embodiment

Recognition

Characteristic:
Initial glimpses of true nature beyond the ego-mind.

Practice:
Daily meditation & self-inquiry questioning.

Familiarization

Characteristic:
Recognition becomes more frequent and sustained.

Practice:
Extended meditation & conscious integration into daily activities.

Stabilization

Characteristic:
Awareness remains relatively stable through various experiences.

Practice:
Living meditation & compassionate action (Karma Yoga)

Abiding

Characteristic:
Permanent shift in identity from ego to awareness.

Practice:
Simply being – natural, non-effortful awareness.

A Framework for Daily Practice



Morning Practice (30-45 mins)

Meditation: Sit in stillness, rest as awareness (20-30 min).

Self-Inquiry: Ask “Who am I?” or “What is aware?” (5-10 min).

Intention Setting: Align with your deepest values (5 min).



Throughout the Day

Pause Practice: Stop 3-5 times to return to presence.

Mindful Activity: Choose one activity for complete awareness.

Emotional Check-in: Notice feelings without judgment.



Evening Practice (15-30 mins)

Reflection: Review the day with compassionate awareness.

Release: Let go of the day’s experiences.

Rest: Settle into peaceful awareness before sleep.

1. Mental Restlessness

Symptom: Constant mental chatter; analysis paralysis.

Antidote: Emphasise feeling/being practices; use breath as an anchor.

2. Emotional Bypassing

Symptom: Using spiritual concepts to avoid feelings; numbness.

Antidote: Allow all emotions to be felt fully; practice self-compassion.

3. Lack of Consistency

Symptom: Inconsistent practice; quick return to old patterns.

Antidote: Establish a regular daily routine; start with small commitments.

4. Spiritual Striving

Symptom: Constantly searching for the next technique; feeling awakening is always in the future.

Antidote: Recognise seeking itself is the obstacle; practice being with what is.

Navigating the Terrain: Common Challenges

The Paradox of Grace and Effort

The Place of Effort

Effort creates the conditions for recognition. Consistent practice purifies the mind and heart and develops the capacity to recognise and sustain truth.



The Nature of Grace

The final shift in identity cannot be manufactured. Recognition dawns spontaneously when conditions are ripe. True nature reveals itself when we stop trying to grasp it.

*Act as if everything depends on you;
trust as if everything depends on grace.*

Indicators of Deepening Realisation



Mental Clarity

- Decreased identification with thoughts.
- Less mental conflict and confusion.



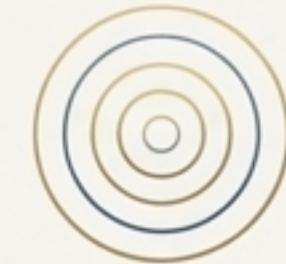
Emotional Equanimity

- Greater capacity to feel without being overwhelmed.
- Less reactivity to circumstances.



Behavioural Alignment

- Actions aligned with values and truth.
- Decreased self-centred activity.



Experiential Spaciousness

- Sense of spaciousness in awareness.
- Feeling of being home, complete, whole.

Your Questions Answered

Q: Can I practice this path while living a normal life with work and family?

A: Absolutely. This path is not about renouncing life but about recognising your true nature within it. Integration into ordinary activities is the foundation.

Q: How do I know if I'm making real progress or just fooling myself?

A: Real progress shows up in daily life: increased peace, less reactivity, greater clarity, and natural compassion. It is not about intellectual understanding alone.

Q: What's the difference between temporary states and permanent realisation?

A: States are peak experiences that come and go (bliss, clarity). Realisation is a stable, permanent shift in identity where you consistently recognise yourself as awareness, not the limited ego.

The Essentials of the Path

1

Wholeness is Key

The path integrates thinking (wisdom), feeling (devotion), and being (meditation) for complete transformation.

2

It is a Path of Recognition, Not Achievement

You already are what you are seeking; the path reveals what has always been present.

3

Progress is Reflected in Daily Life

Realisation manifests as peace, clarity, and compassion in ordinary circumstances.

4

Effort is Essential, Grace is Ultimate

Consistent discipline creates the conditions for a recognition that cannot be forced.

The journey home is the
discovery that you never left.

OM Shanti Shanti Shanti
(Peace, Peace, Peace)