

# UNDREAMED POSSIBILITIES

## SELF-REALIZATION

Most of us are accustomed to looking outside of ourselves for fulfillment. We are living in a world that conditions us to believe that outer attainments can give us what we want. Yet again and again our experiences show us that nothing external can completely fulfill the deep longing within for "something more." Most of the time, however, we find ourselves striving toward that which always seems to lie just beyond our reach. We are caught up in *doing* rather than *being*, in *action* rather than *awareness*. It is hard for us to picture a state of complete calmness and repose in which thoughts and feelings cease to dance in perpetual motion. Yet it is through such a state of quietude that we can touch a level of joy and understanding impossible to achieve otherwise.

Ordinarily our awareness and energies are directed outward, to the things of this world, which we perceive through the limited instruments of our five senses. Because human reason has to rely upon the partial and often deceptive data supplied by the physical senses, we must learn to tap deeper and more subtle levels of awareness if we would solve the enigmas of life—**Who am I? Why am I here? How do I realize Truth?**

Meditation a simple process of reversing the ordinary outward flow of energy and consciousness so that the mind becomes a dynamic center of direct perception—no longer dependent upon the fallible senses but capable of actually experiencing Truth.

What human being has not longed to understand the meaning of existence, to fathom the ultimate purpose of creation? And who among us does not desire a sense of security and wellbeing, the self-confidence and strength to cope with life's problems? Who has never yearned for perfect love, a love that does not fade with time, old age, or death?

We all want to experience lasting satisfaction and perfection, but is it really possible? Or are such desires and longings merely an escapist's approach to the hard realities of human existence?

The inner fulfillment we seek *does* exist and *can* be attained. In truth, all the knowledge, creativity, love, joy, and peace we are looking for are right within us, the very essence of our beings. To fully realize this—not just as an intellectual philosophy but as an actual experience that brings strength and understanding into every area of our daily lives—is what Self-realization is all about.

**It is said in the Bible:  
`Be still, and know that I am God. '\***

In these few words lies the key to Self-realization. The science of meditation which brings union offers a direct means of stilling the natural turbulence of thoughts and restlessness of body that prevent us from knowing what we really are. By practicing the step-by-step methods of meditation —taking nothing for granted on emotional grounds or through blind faith—we come to know our oneness with the Infinite Intelligence, Power, and Joy which gives life to all and which is the essence of our own Self.