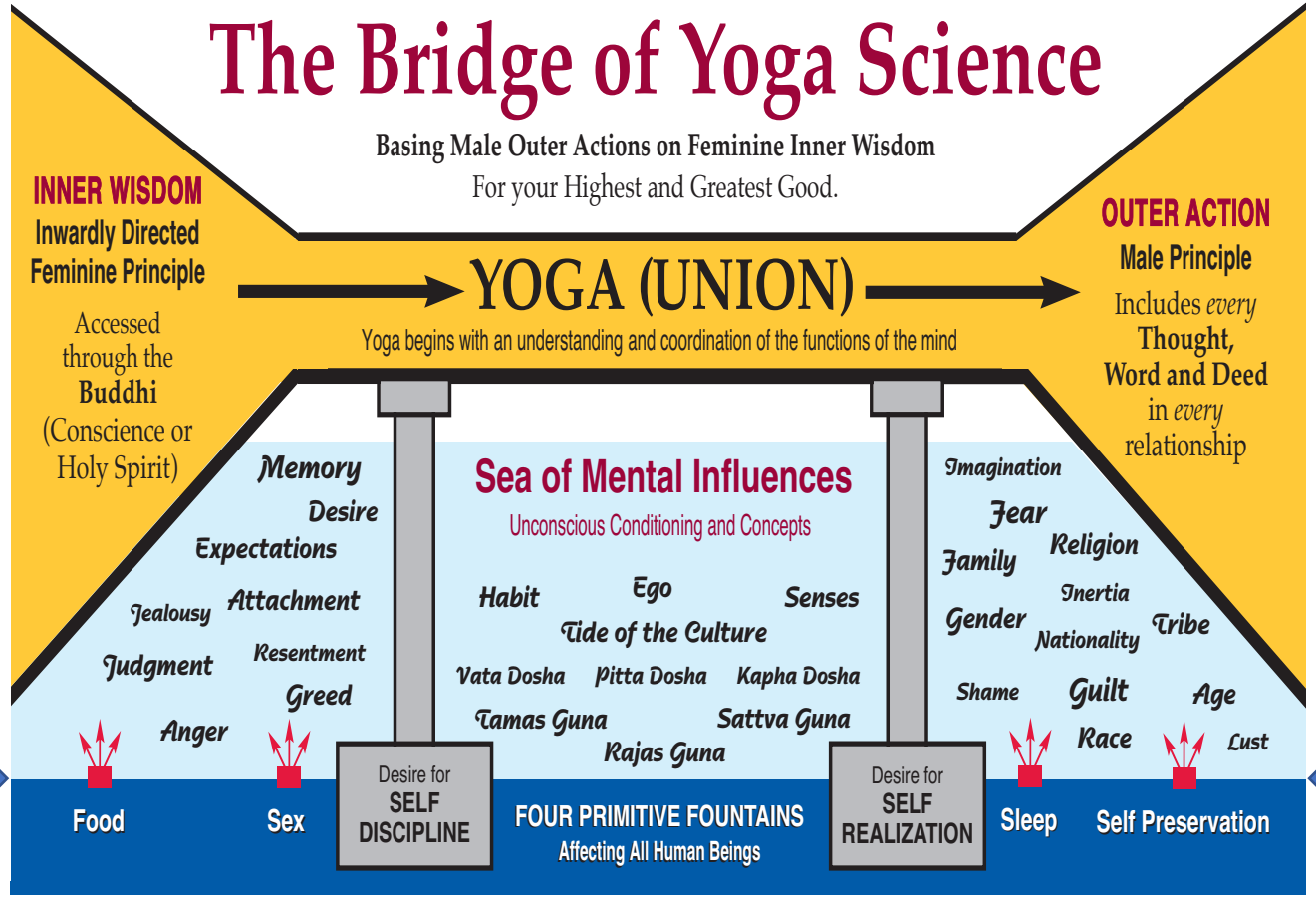

The Anatomy of the Bridge of Yoga Science

Yoga means union. It is a bridge connecting your inner, intuitive wisdom with your actions in the world. Supported by the desires for discipline and Self-realization, you can skillfully cross the "Sea of Mental Influences: Unconscious Conditioning and Concepts" that are constantly being churned up by the *Four Primitive Fountains* affecting all animals. By employing the *Bridge of Yoga* in your life, your own inner wisdom will motivate you to think, speak and act in a discriminating manner. The more you use the *Bridge of Yoga*, the female and male principles will become balanced, and the debilitating power of fear, anger, self-willed desires and faulty concepts will naturally be diminished and transformed into expansive reserves of healing energy, will power and creativity. The *Bridge of Yoga* facilitates union with the Supreme Reality, and enables you to fulfill the true purpose of your life—free from pain, misery and bondage.

AMERICAN MEDITATION INSTITUTE

DEFINITION of CULTURE

Culture is a term that refers to:
Large and diverse aspects of social life
Many aspects are *intangible (not detected by senses)*

Culture is defined as things that people share in common and define them as a collective. Such as:

- Values are a person's or society's beliefs about good behavior and what things are important
- Beliefs something that a person accepts as true or right
- Language Expression of thoughts and feelings through a system of arbitrary signals, such as voice sounds, gestures, or written symbols.
- Communication process by which information is exchanged between individuals through a common system of symbols, signs, or behavior
- Practices habitual or customary course of action or way of doing something
- And material objects common to the collective buildings, technological gadgets, and clothing, to film, music, literature, and art, etc.