

WEEK ONE



*Living the Eternal Way*  
Practices for Awakened Living

# *Opening Prayers*

**Aum**

**Asato Ma Sad Gamaya**

**Tamaso Ma Jyotir Gamaya**

**Mrityor-Ma-Amritam Gamaya**

**Aum Shanti Shanti Shanti**

*Oh Lord, Lead us from the unreal to the Real  
Lead us from the darkness of ignorance to the Light of Truth  
Lead us from falsely identifying with the mortal body & mind  
to the realization of our immortal divine nature*



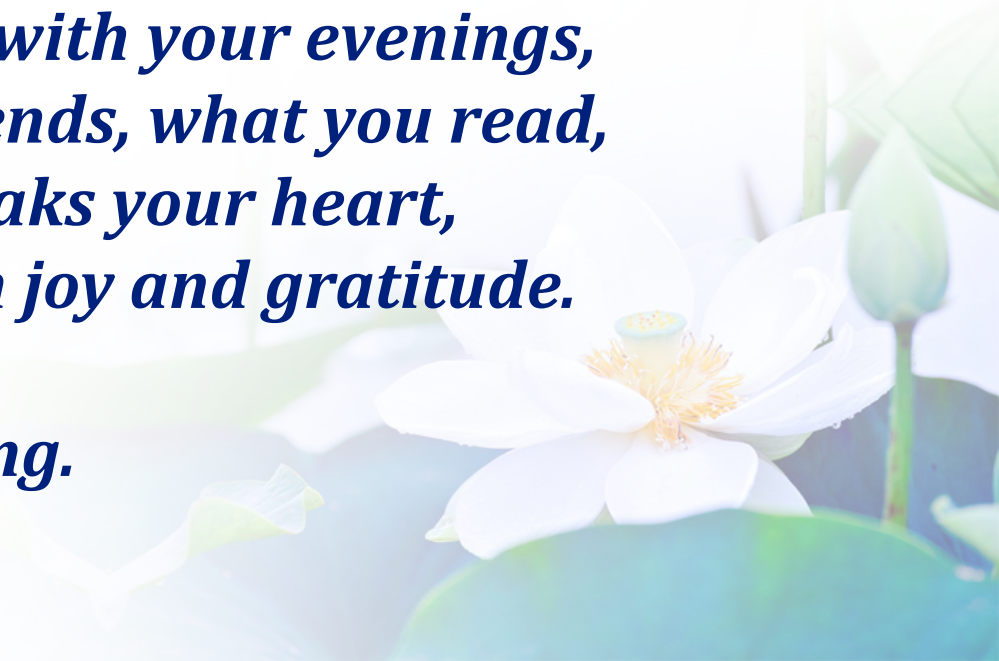
*Nothing is more practical than finding God,  
than falling in Love in a quite absolute, final way.*

*What you are in love with, what seizes your  
imagination, will affect everything.*

*It will decide what will get you out of bed in  
the morning, what you do with your evenings,  
how you spend your weekends, what you read,  
whom you know, what breaks your heart,  
and what amazes you with joy and gratitude.*

*Fall in Love, stay in love,  
and it will decide everything.*

—attributed to Fr. Pedro Arrupe, S.J.



# Live Fully, Live Well

**You are what your deep, driving desire is.**

**As your desire is, so is your will.**

**As your will is, so is your deed.**

**As your deed is, so is your destiny.**

*—Brihadaranyaka Upanishad IV.4.5*





# Live Fully, Live Well

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- Suffering which has not yet been experienced is to be avoided
- The primary cause of suffering is mistaken Self-identity



*Are you ready to live fully,  
live well, and awaken to  
your full potential?*

## Five Principles for Fulfilled Living

- Know your Self
- Live intentionally
- Respect your body and mind and your connection with all of life
- Learn how to solve problems and face your fears
- Choose happiness

# Know Your Self

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*First, accept that the Self exists,  
and accept that it can be known.  
Then its real nature is open to  
experience.*

— Katha Upanishad 2.3.12

*Find your Self;  
discovering who you are  
really means to find God,  
for there is nothing outside of God.*

—Anandamayi Ma



# Vedic Philosophy

- It is
- We are it
- We forget
- We remember

*Blessed is the one who attains  
liberation in this very life;  
for a person not to do so  
is their greatest error.*

— Kena Upanishad 11.5





# Yoga

- **What is yoga?**
- **What is it to live a yogic life?**

*If the practice of yoga does not result in love and desire for God-realization it is not yoga. To show the path to the rediscovery of the soul is the only permanent good that can be done to the world. This will mitigate the suffering in the world.*

— Lahiri Mahasaya



# Kriya Yoga

**Kriya Yoga is Self-realization  
through intentional living:**

- **Self-discipline**
- **Study**
- **Surrender**

*These practices purify the mind and body,  
eliminating any obstacles to Self-  
and God-realization.*



***Progress on the spiritual path  
reflects the intensity of our practice—  
whether it is mild, medium, or intensive.***

—Yoga Sutra 1.22

***Spiritual awakening  
can be accelerated  
through concentrated  
endeavor.***

—Paramahansa Yogananda





*By concentrating within,  
you can directly feel the divine bliss  
of your soul within and also without.  
If you can stabilize yourself in that  
consciousness, your outer personality  
will develop and become attractive  
to all beings.*

*The soul is made in God's image,  
and when we become established in  
soul awareness, our personality begins  
to reflect divine goodness and beauty.  
That is your real personality.*

—Paramahansa Yogananda

# Small Group Gatherings



# Sunday Satsang with Yogacharya

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October 8

10:00 AM Morning Program

11:30 AM Tea & Informal Gathering

12:30 PM Afternoon Program\*

*Register: [CSEcenter.org](http://CSEcenter.org)*

***\*Paid registration required for Afternoon Programs***





*next week ...*

- What is God?
- How can I find lasting peace in an everchanging world?

*practice & study*

- Meditate Daily
- Read LEW pgs 9-46

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As your will is, so is your deed.  
As your deed is, so is your destiny.**

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