

WEEK TWO



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*



Spiritual Practice for Everyday Life

You do not acquire happiness.

Your nature is happiness.

All that is done is to remove unhappiness.

These methods do so.

– Ramana Maharshi



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



*True contentment
does not arise in response
to any circumstance.
It arises when the mind is calm,
and the joy of the soul is revealed.
Knowing this, we are reminded
to seek happiness
where we are most likely
to find it—in the temple of
Superconscious meditation.*

– Yogacharya Ellen Grace O'Brian



Kriya Yoga

Kriya Yoga is Self-realization through intentional living:

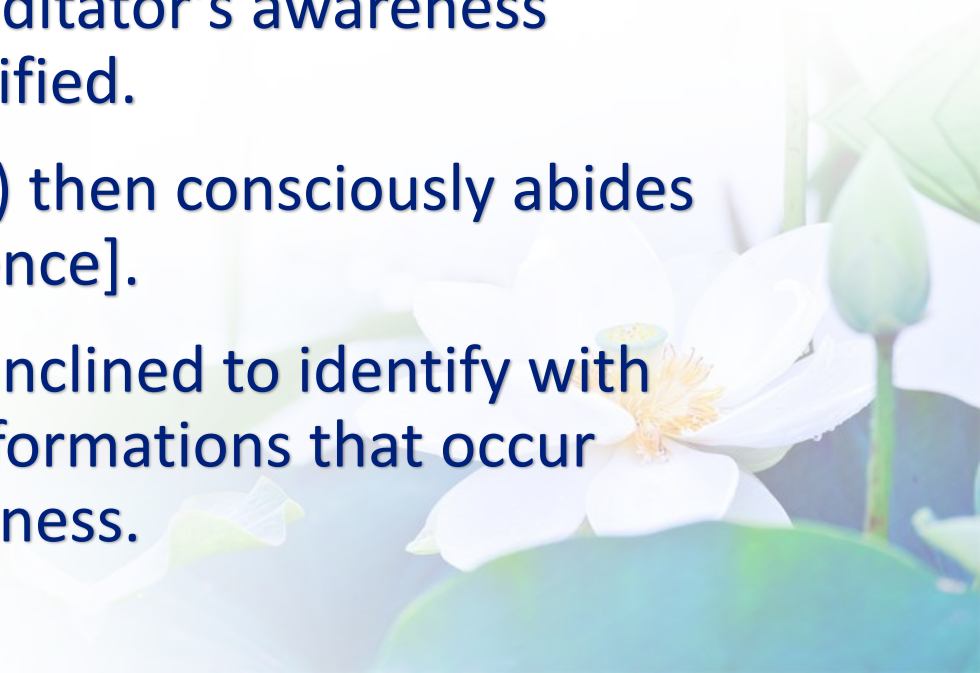
- Self-discipline
- Study
- Surrender

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



Samadhi: *The Overview of Yoga*

- 1.1 Now, instruction in yoga [samadhi], in accord with an established tradition, begins.
- 1.2 Samadhi is experienced when fluctuations and changes in the meditator's awareness are restrained and pacified.
- 1.3 The seer (the true Self) then consciously abides in its own nature [essence].
- 1.4 At other times, one is inclined to identify with the changes and transformations that occur in the mind and awareness.



How is Restraint Accomplished?

1.12.

The troublesome influence of mental impressions should be restrained, weakened and removed by:

Meditation

Dispassion



Eight Limbs of Yoga



Ten Principles to Fulfilled Living

1. Be Kind

2. Be Truthful

3. Be Generous

4. Be Prudent

5. Be Free

6. Be Clear

7. Be Content

8. Be Disciplined

9. Be Curious

10. Be Whole



Cultivating the Virtues

*Without reducing negative
qualities, progress in
spiritual life is as
impossible as carrying
water in a sieve.*

– Baba Hari Das, *Fire Without Fuel*



Small Group Gatherings





Sutra 2.46

sthira sukham asanam

The posture of the body during the practice of meditation and at other times, as also the posture of the mind (or attitude to life), should be comfortable and stable.

Be Kind

*One who is established
in the virtue of
harmlessness
is free from enmity.
—Yoga Sutra 2.35*



Be Kind ...

- *thoughts*
- *emotions*
- *words*
- *actions*



Be Truthful

*When one is grounded
in truthfulness,
their words acquire the
power of fulfillment.*

—Yoga Sutra 2.36



Truth = *That Which Is*

Absolute Truth

- eternal,
- not subject to change

relative truth

- based on perception,
- subject to change



**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



next week ...

- How did this world come to be as we experience it?
- How can I experience more radiant abundance?

practice & study

- Meditate Daily
- LEW pgs 51-67 & 97-111



Breathe. Meditate. Smile.

21 Days of Transformation



Meditation Retreat Day

Saturday, October 28 / 9:30 AM – 2:00 PM

- Inspiration, Meditation and Fellowship
- Meditation Sit-a-thon Launch
- Vegetarian lunch provided
- Free Will Offering
- ***Pre-registration requested: CSEcenter.org***

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