

WEEK THREE



*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*

*The way to progress on the spiritual path is to remove obstacles that keep the mind in a state of distraction, blocking the ever-present, eternal Reality.*

– Baba Hari Das

## **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.

## 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

## 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.*

## *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**



### **Be Kind**

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*One who is established  
in the virtue of harmlessness  
is free from enmity.*

*—Yoga Sutra 2.35*

## Be Truthful

*When one is grounded  
in truthfulness, their  
words acquire the  
power of fulfillment.*  
—Yoga Sutra 2.36



## 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.

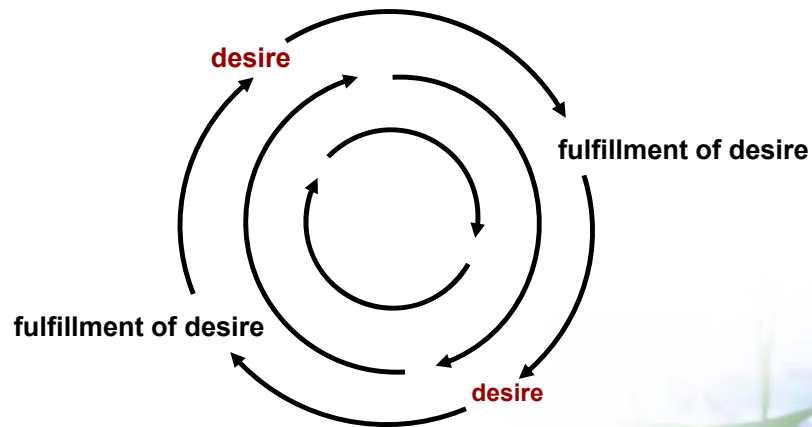
## Be Generous

*One who grounded in nonstealing experiences the jewel of abundance.*

—Yoga Sutra 2.37



## Be Generous ...



## Be Prudent

*One established  
in purity obtains  
great vitality.*

*—Yoga Sutra 2.38*



## **Be Prudent: *Right Use of Vital Force***

**Vital Force =**  
Conscious energy of Spirit  
that gives life to the soul

**Right Use =**  
Appropriate use of this energy  
in the form of our time, energy,  
attention, resources



## **Practicing Right Use of Vital Force**

***Increase Vital Force ..***

- meditation
- prayer & devotion
- silence
- rest
- time in nature





**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 can I have more clarity?
- How can I experience more contentment?

*practice & study*

- Meditate Daily
- **Day of Silence**
- LEW pgs 68-76 & 112-126

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

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