

WEEK FOUR



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

*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 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*

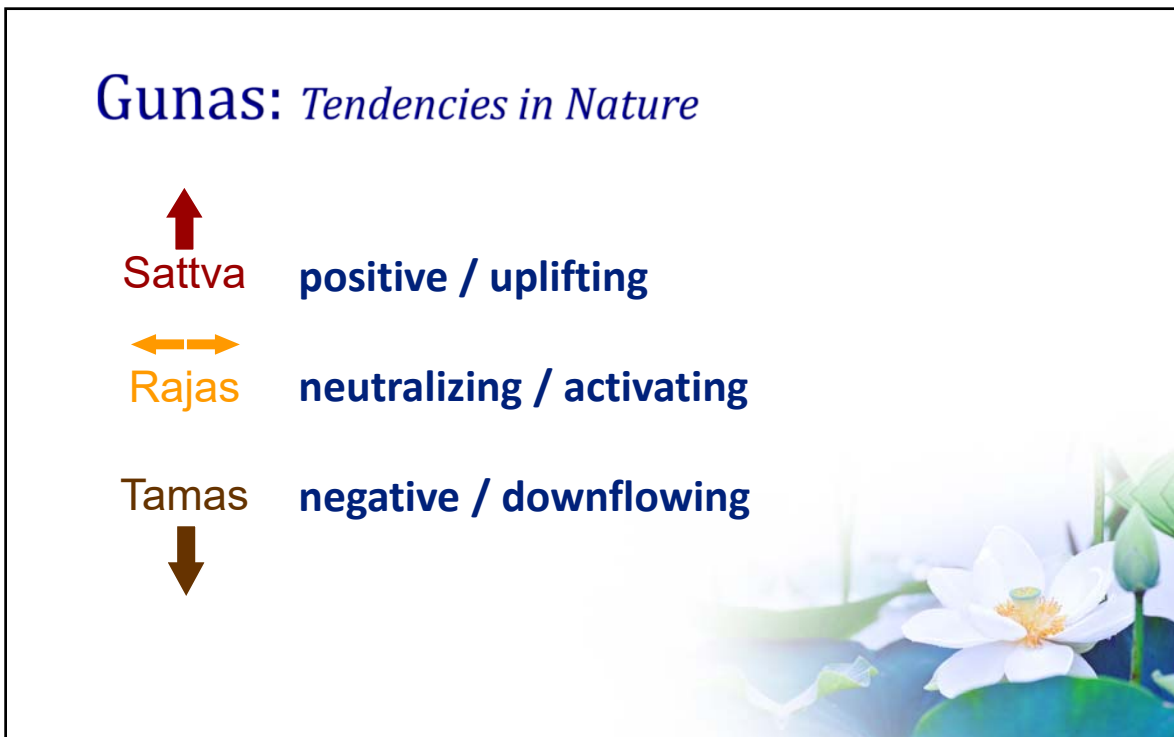
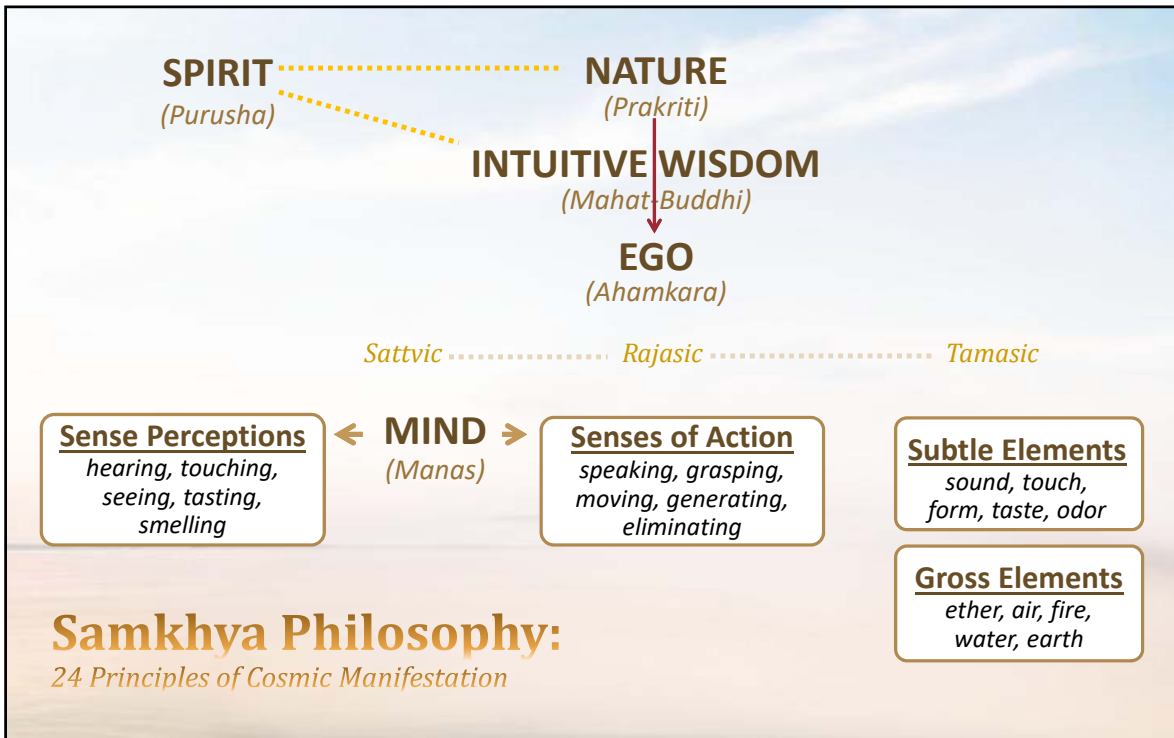
- 1.1 Now, instruction in yoga [samadhi], in accord with an established tradition, begins.
- 1.2 Samadhi is experienced when fluctuations and changes in the meditator's awareness are restrained and pacified.
- 1.3 The seer (the true Self) then consciously abides in its own nature [essence].
- 1.4 At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

Samkhya Philosophy

Knowing that what we think, what we intend, and what we believe is the basis for our experience, wise people change their lives by changing their consciousness.

(Yogacharya—Daily Inspiration 10/24/17)





***We can choose not to allow
subliminal tendencies and
debilitating habits
to determine our
circumstances.***

—Roy Eugene Davis



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**



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 Free

*One who is grounded
in nonattachment
acquires knowledge of
the cycles of birth & death.*

—Yoga Sutra 2.39



Be Free **Types of Attachment**

- *Objects*
- *Relationships*
- *Results*
- *Views*
- *Body*



Practicing Nonattachment

- Realize the defects inherent in all things
- Practice generosity
- Simplify your lifestyle
- Redirect outer urges to inner focus
- Cultivate healthy relationships



Be Clear

*One established
in purity (cleanliness)
realizes the joy of the Soul.*

—Yoga Sutra 2.40



Practicing Cleanliness

Cultivate a Sattvic Environment...

- do an internal cleanse
- increase your meditation
- resist negative influences



- **Breakfast** = fresh fruit
- **Lunch** = brown rice and vegetable salad
- **Dinner** = brown rice and steamed vegetables
- **Beverages** = water, herbal tea

*Cleansing
for the Body*

***Through contentment,
unlimited joy is realized.***

– Yoga Sutra 2.41



**One of the most important
disciplines necessary for
coming into union with God
is control of the tongue.**

– Sai Baba





next week ...

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

practice & study

- Meditate Daily
- **Cleansing Diet**
- LEW pgs 79-94 & 127-146

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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