

WEEK FIVE



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*

Samkhya Philosophy

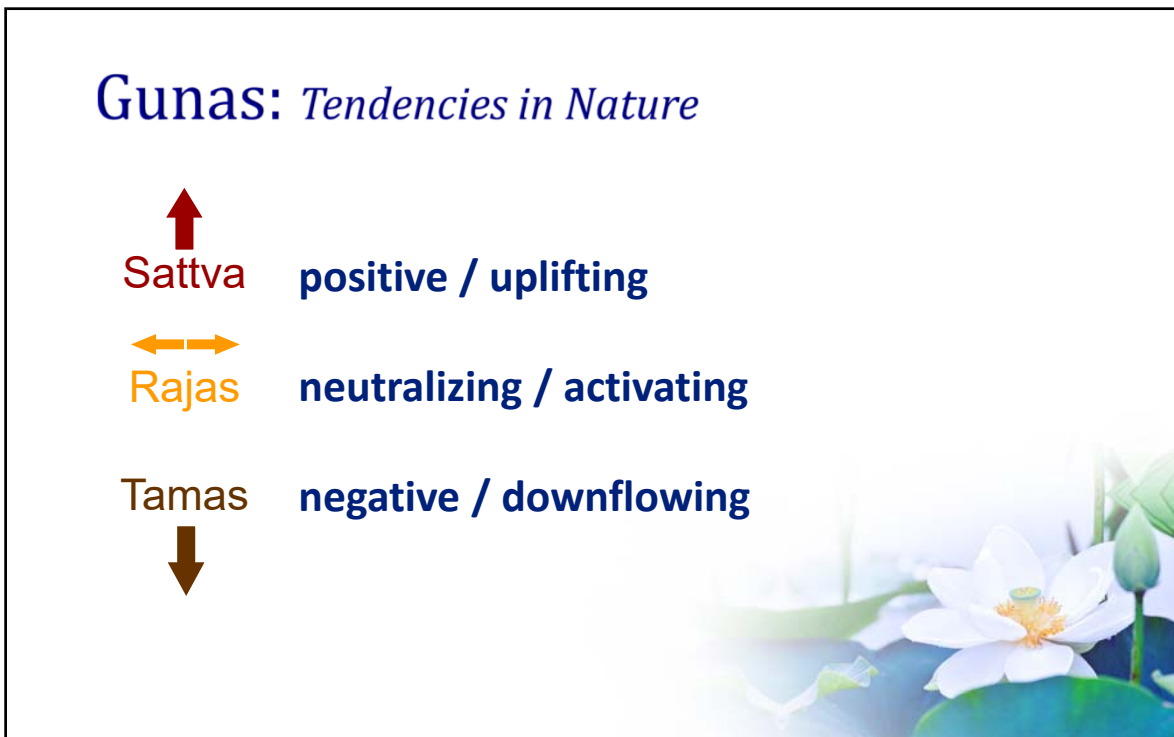
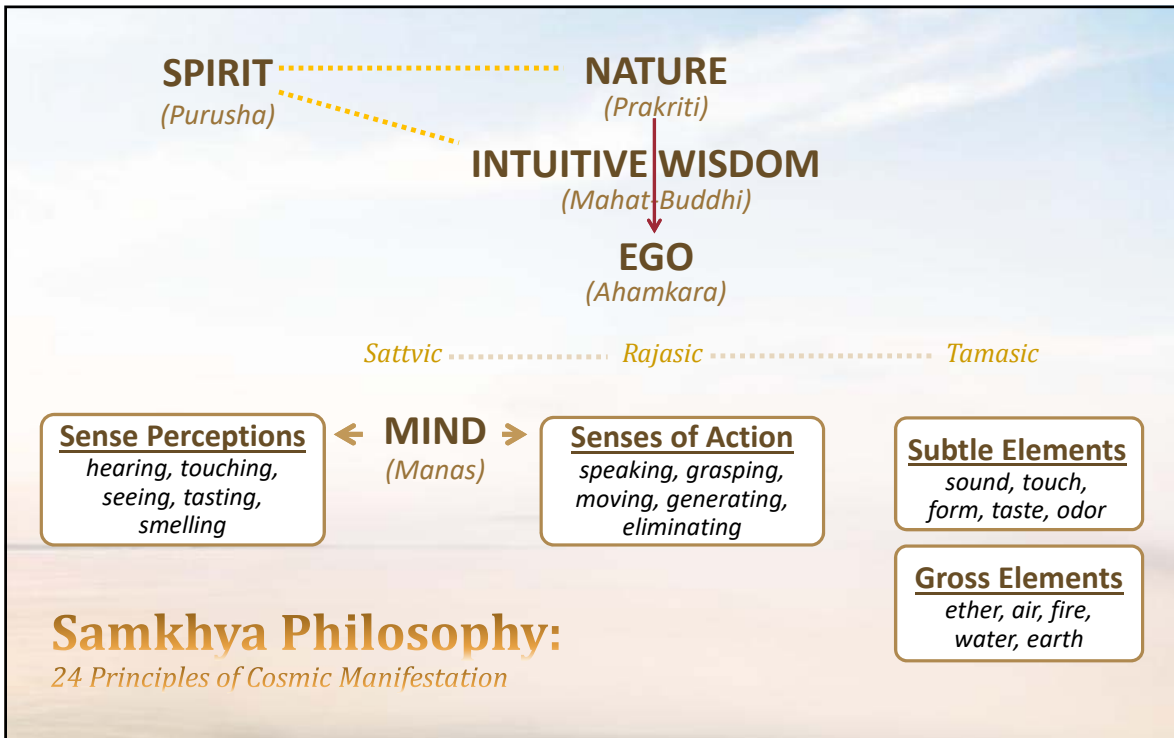
**Calm the waves of thoughts
and emotions that distort
your perception of reality.
Then in superconsciousness
you will behold everything
as it really is.**

(Paramahansa Yogananda)



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.



*I love black kitties –
especially on Halloween*

*this one is surely
meant to be mine*



*I love blonde kitties –
but not on Halloween*

*this one is cute, it might be
meant to be mine*



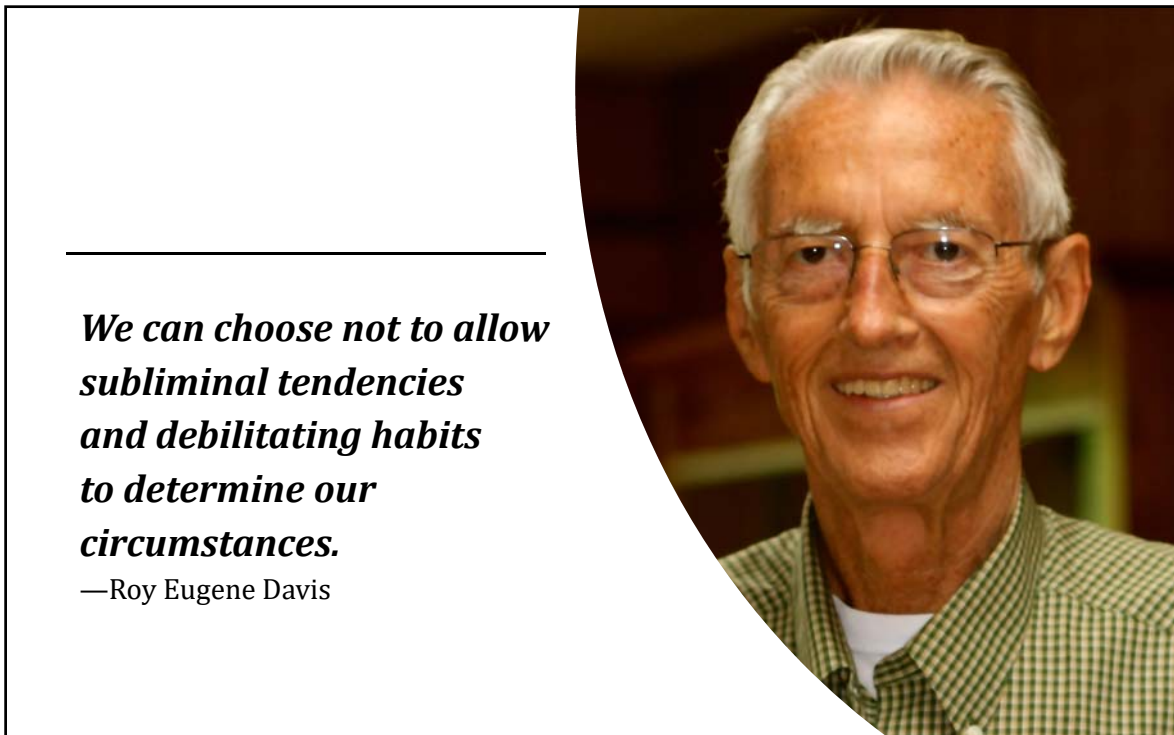
*I hate tabby kitties –
especially on Halloween*

*this one is surely
not meant to be mine*



will the real kittie please stand up ...





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**

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.*

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 Disciplined

Disciplined purification actions result in perfection of the body, mind, and senses.

—Yoga Sutra 2.43



**Self-
discipline**

*Do what you know
you should do.*

—Roy Eugene Davis



Be Curious

Insightful study and analysis of higher realities and intensive spiritual practice result in God-realization.

—Yoga Sutra 2.44



Like a serene lake reflecting the light of the moon on a clear night, the quiet mind reveals our true divine identity as part of all that is.

—Yogacharya O'Brian,
A Single Blade of Grass



Be Whole

*Self-realization is
perfected by devotional
surrender to God.*

—Yoga Sutra 2.45



*Every day serve with love;
give God your all.
Every night
release it completely;
turn it over to God.
Each day is new;
begin anew.
Do not worry;
it is all God.*

—A Single Blade of Grass, Yogacharya O'Brian





next week ...

- How do I strengthen my intuition?
- How can I take this into my daily life going forward?

practice & study

- Meditate Daily
- LEW pgs 149-156



WEEK FIVE

Living the Eternal Way
Practices for Awakened Living