

*light on the path*

## **light that dispels the darkness of ignorance**

*I salute the supreme teacher, the truth, whose nature is bliss;  
who is the giver of the highest happiness; who is pure wisdom;  
who is beyond all qualities and infinite like the sky;  
who is beyond words; who is one and eternal, pure and still;  
who is beyond all change and phenomena  
and the silent witness to our thoughts and emotions,  
I salute truth, the supreme teacher.*

*—Vedic hymn*

## divine meeting

*Oh my own,  
you have come to me!  
How many years  
I have waited for you!*

—Sri Yukteswar,  
upon meeting Yoganandaji



## the guru offers

- Transmission
- Initiation
- Guidance

## guidance from the guru

*from the most subtle, to the most dense*

- first in consciousness,
- then with a glance or a look,
- then with a story,
- finally intervention by direct instruction.

## the duty of a disciple

- **Attunement**
- **Commitment to the goal**
- **Live the teachings**
- **Assist in the guru's mission**

## attunement

*The subtle connection that is established between the disciple's mind and consciousness and the vibrational force that flows through the guru is to be nurtured and strengthened.*

*When this connection—the basis of the guru-disciple relationship—is maintained, it keeps the disciple's mind and being attuned and receptive to supportive, redemptive mental and spiritual impulses flowing from the guru and lineage of gurus.*

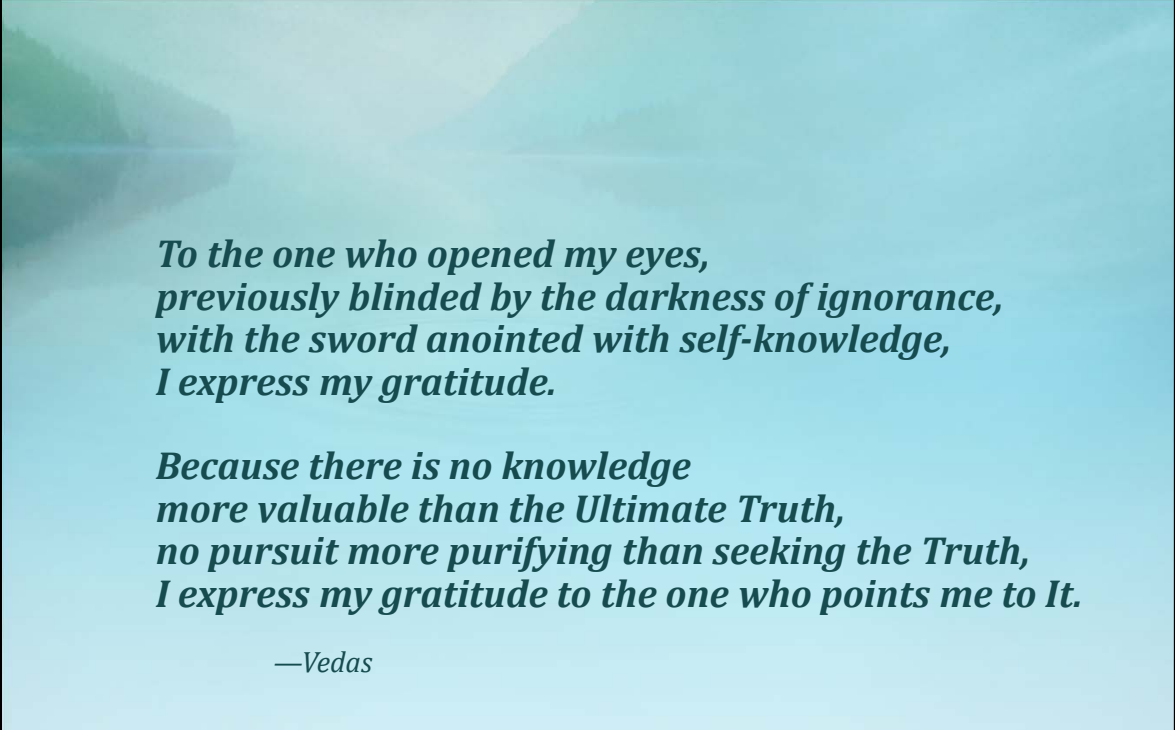
—Roy Eugene Davis

## practices for attunement

- Adherence to core practices of Kriya Yoga
- Dedicated practice of Kriya Yoga Pranayama and Superconscious Meditation
- Contemplation of the awakened consciousness of the gurus in our lineage

By emulating and actualizing the  
virtues and states of consciousness  
of role models and saints,  
the devotee's awareness  
becomes calm and harmonized.

—Patanjali's Yoga Sutra 1:37



*To the one who opened my eyes,  
previously blinded by the darkness of ignorance,  
with the sword anointed with self-knowledge,  
I express my gratitude.*

*Because there is no knowledge  
more valuable than the Ultimate Truth,  
no pursuit more purifying than seeking the Truth,  
I express my gratitude to the one who points me to It.*

—Vedas