

Live Your Spiritual Practice

TEN PRACTICAL SKILLS FOR
AWAKENED LIVING





Opening Prayer

Aum

Asato Ma Sad Gamaya

Tamaso Ma Jyotir Gamaya

Mrityor-Ma-Amritam Gamaya

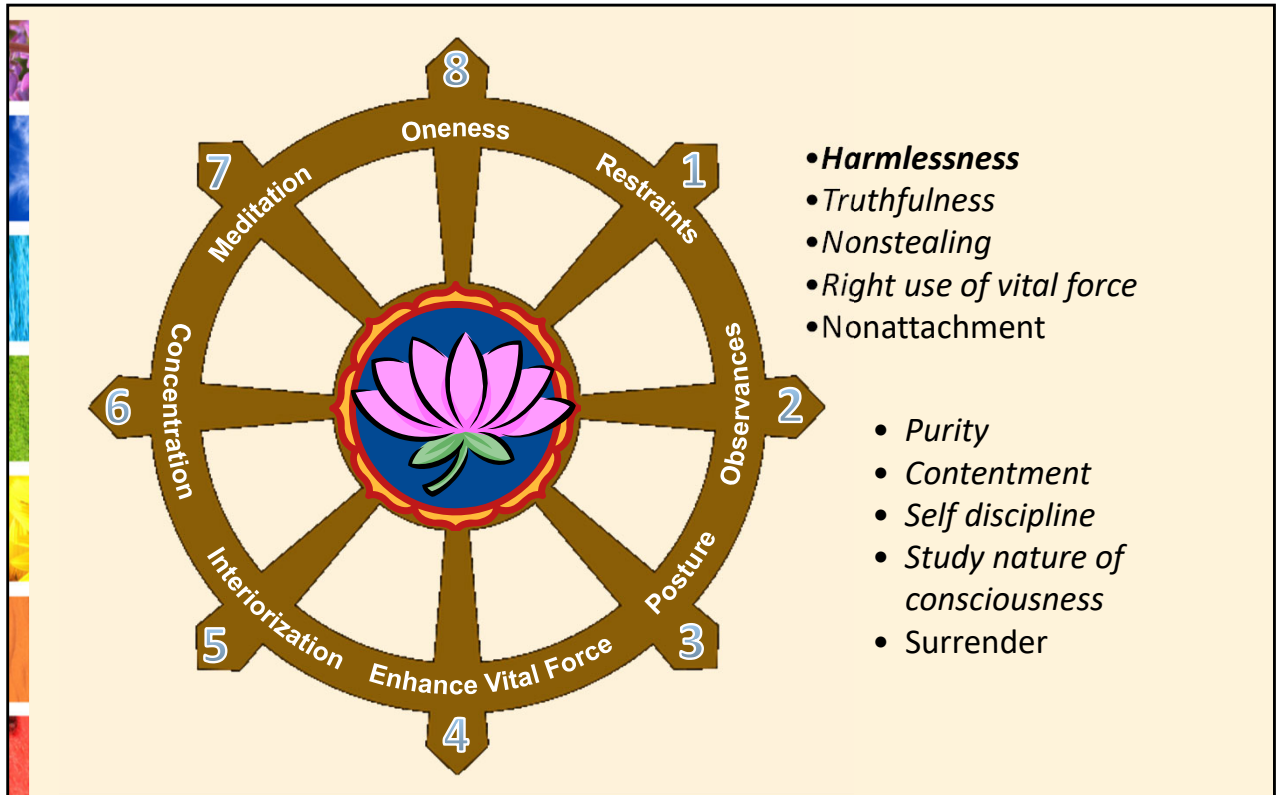
Aum Shanti Shanti Shanti

*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*



RESTRAINT ONE:

Harmlessness (Ahimsa)





Harmlessness (Ahimsa)

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


—Yoga Sutra 2.35



Be Kind

*If we are truly non-harming,
we will be helping.*

—Yogacharya O'Brian



Ahimsa is not the crude thing it has been made to appear. Not to hurt any living thing is no doubt a part of ahimsa. But it is its very least expression. The principle of ahimsa is hurt by every evil thought, by undue haste, by lying, by wishing ill to anybody. It is also violated by our holding on to what the world needs.

—Mahatma Gandhi

Be Kind ...


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






Tools for Transforming Anger & Hatred

- **Discernment**
- **Compassion**
- **Forgiveness**




***Those who see
all creatures in themselves
and themselves in all creatures
know no fear.
—Isha Upanishad***



***The spiritual practice of harmlessness
is the awareness that all is God,
all is Divine.***

—Yogacharya O'Brian



***Habits can be friends or enemies.
They can lead us away from the soul
or they can become stepping stones
to liberation.***

– Yogacharya Ellen Grace O’Brian

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ONLINE
9-MONTH GROUP STUDY
FEB - OCT, 2023



Center for Spiritual Enlightenment
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