

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

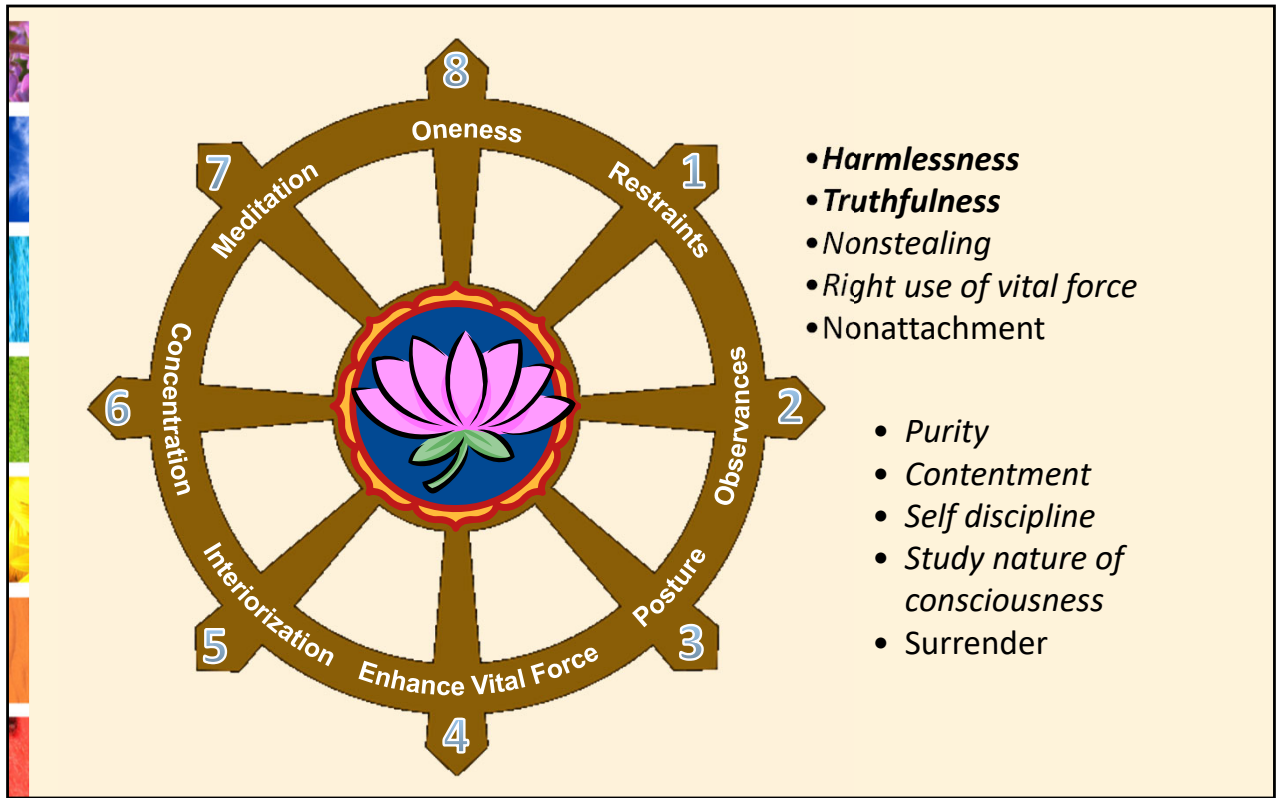
Aum Shanti Shanti Shanti

*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 TWO:

Truthfulness (Satya)







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



Truthfulness (Satya)

*When one is grounded in truthfulness,
their words acquire the power of fulfillment,
the power to manifest one's word.*

—Yoga Sutra 2.36



***Ordinary mind perceives surface truths,
but enlightened mind sees the inner Truth
that does not change.***

– Baba Hari Das, *Fire Without Fuel*



Be Truthful

*Truthfulness practice is the cultivation
of awareness of one's divine nature
as Supreme Consciousness.*

—Yogacharya O'Brian



A Map of Consciousness: *Vedic Theory*

- ❖ Spirit: eternal, unmanifest, conscious
- ❖ Nature: eternal, manifest, unconscious

Supreme Consciousness is the Ultimate Reality

Truthfulness in Action

Cultivation of the awareness of one's True Nature

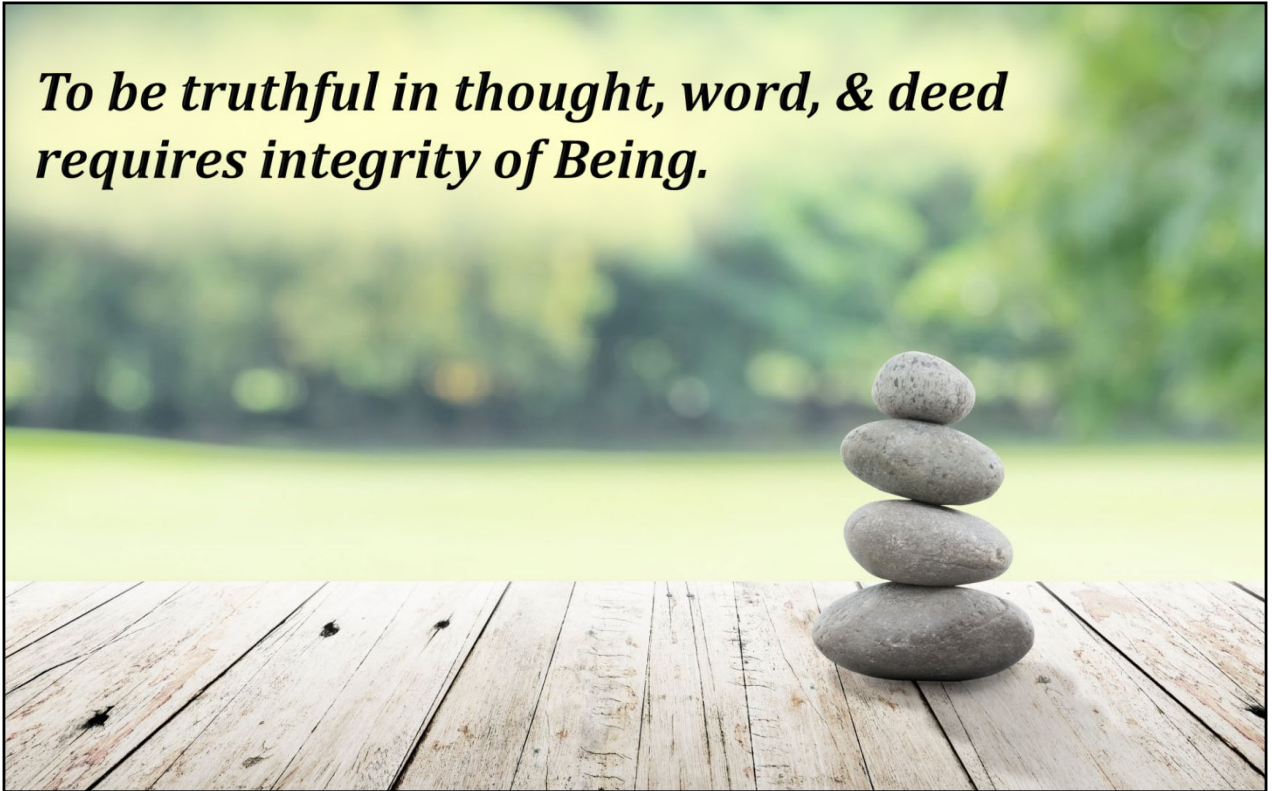


bringing thought, word, and action into
harmony with this awareness



being authentic

***To be truthful in thought, word, & deed
requires integrity of Being.***



*Truthfulness
and Harmlessness
work together*





Truthfulness Practices

- ❖ Meditate on Supreme Consciousness.
- ❖ Contemplate Truth: *What is Truth? Reality?*
- ❖ Speak only truth. *Refrain from lying.*
- ❖ Keep agreements.
- ❖ Live in harmony with your soul's direction.



***Truth fills our life
with the vibrant energy
of the soul.***

—Yogacharya O'Brian,
A Single Blade of Grass

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