

RESTRAINT THREE:

## *Nonstealing (Asteya)*



Notes

**Live the Eternal Way (program textbook)**

Read pages 112-118

***Living the Eternal Way*, Chapter Seven:**

**Cultivating the Virtues—Nonstealing**

**1. Nonstealing and your relationship to taking things.**

Become aware of any areas in your life where you take things that do not rightfully belong to you and stop all such behaviors. If there is a need for amends, write your commitment to repay the person or organization you have taken from.

**2. Nonstealing and your relationship to borrowing.**

Make a list of any borrowed items you have that need to be returned, who they belong to, and when you will return them.

**3. Nonstealing and your relationship to giving.**

Do you regularly give of your time, money, and service to worthwhile causes?

What percentage of your income do you give to spiritual or charitable work?

Do you experience yourself as generous or fearful of giving?

**4. Nonstealing and your relationship to incurring debt.**

Do you use credit cards for convenience and pay them regularly in full or do you use them to buy beyond what you can actually afford?  
How do you use loans?

Make a fearless inventory of your financial status and practices. List all your bank and store credit cards and the amount you currently owe on each. Also, list any outstanding loans. Cross out any amount you can pay in full in the next 30 days. Add up the remaining amounts.

Credit Card or Loan	Amount Currently Owed	Am I able to pay if in full?	Pay off plan
<b>Total Amount in Debt:</b>			
<b>Overall Plan:</b>			

If you are in debt, stop using credit cards immediately. Write an overall plan to become debt-free, or write a payoff plan or date beside each outstanding debt. Include paying off your mortgage in your long-term planning. Credit counseling may be helpful in some cases.

## 5. Nonstealing and your relationship to your work in the world.

Do you feel that you are currently in your right place in life, doing the work that you came here to do?

If you know that your current work is not right for you, pray for guidance and begin to make the necessary steps to change. It is important to appreciate the current situation where we are, no matter what it is.

The practice of contentment, even in challenging situations, helps to clear the mind and consciousness so that guidance can be forthcoming and the right opportunities for change can be seen.

If you are aware that you are in your right place, doing what you have come here to do, rejoice! Make yourself increasingly available, through prayer and meditation, to divine inspiration and guidance.

### AFFIRMATION

No matter what situation you find yourself in, affirm with feeling:

*I am now in my right place, guided by divine inspiration.  
Moment to moment, I live in joy.*