

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

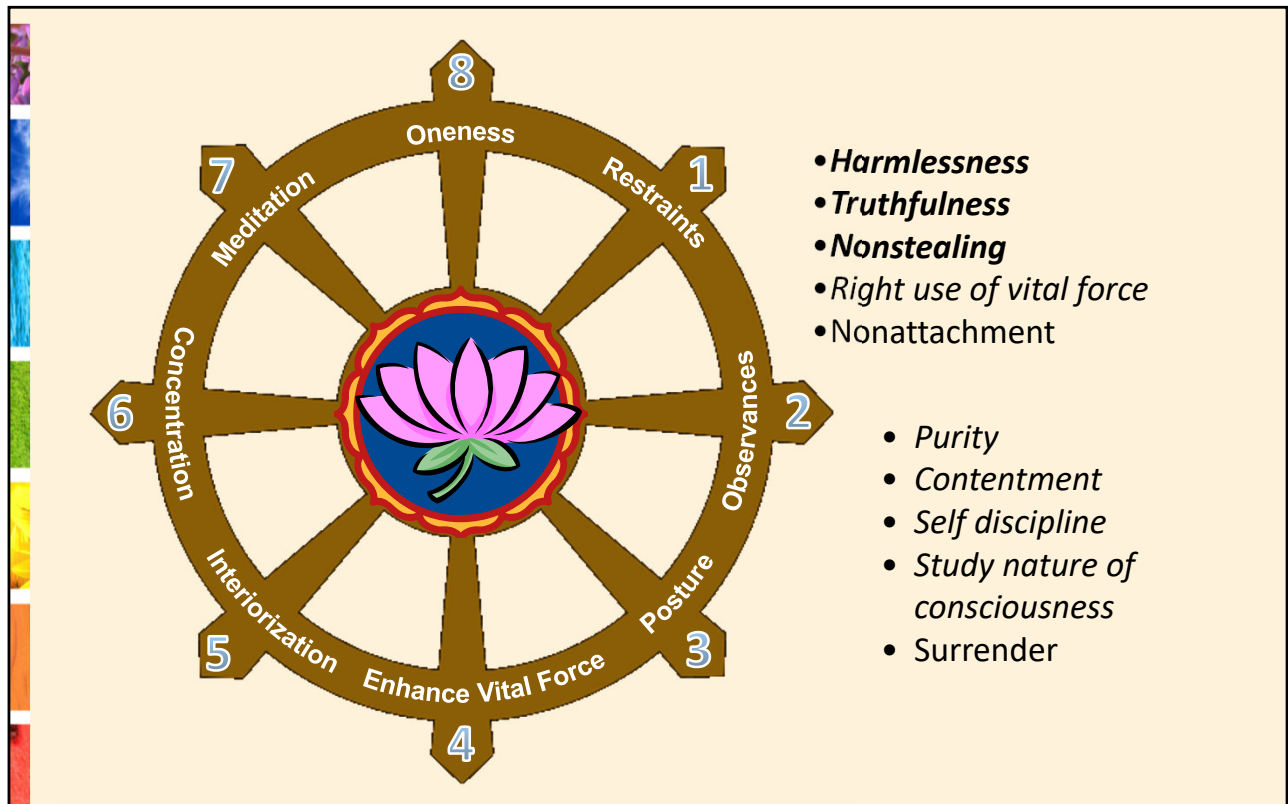
Aum Shanti Shanti Shanti

*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 THREE:

Nonstealing (Asteya)







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



Nonstealing (Asteya)

*One who is grounded in Nonstealing
experiences the jewel of abundance.*

—Yoga Sutra 2.37

*Mankind's greed and craving for artificial needs
are also stealing.*

– Gandhi



*When one can withdraw the senses
from sense objects, like a tortoise draws within,
his wisdom is unwavering.*

– Bhagavad Gita II:58



*When you let go of trying to get more
of what you don't really need,
it frees up oceans of energy
to make a difference
with what you
already have.*

- Lynne Twist





Be Generous


*When we feel connected to the vastness of life
and we are confident of life's abundance,
we are naturally generous and able to practice
the third yama, Nonstealing (Asteya).*

—Donna Farhi



Everything Belongs to God!

—Yogacharya O'Brian, (LEW)



*Let nothing disturb you,
Let nothing frighten you,
All things are passing away:
God never changes.
Patience obtains all things
Whoever has God lacks nothing;
God alone suffices.*

—St. Teresa of Avila

Nonstealing in Action





Nonstealing Practices

- ❖ **Refrain from taking things**
- ❖ **Be conscious about borrowing things**
- ❖ **Practice generosity**
- ❖ **Refrain from incurring debt**
- ❖ **Pursue one's own work**

***Prosperity doesn't always mean
having what we want,
but having what we need
when we need it.***

—Paramahansa Yogananda





***The heart of the
spiritual principle
of Nonstealing
is Self-sufficiency.***

—Yogacharya O'Brian,
The Jewel of Abundance

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