

RESTRAINT FOUR:

Right Use of Vital Force (Brahmacharya)



Notes

Live the Eternal Way (program textbook)

Read pages 119-126

***Living the Eternal Way*, Chapter Seven:
Cultivating the Virtues—Right Use of Vital Force**

1. Begin to bring attention to the flow of vital force in your life.

What do you notice increases your vital force?

What is draining your vital force?

Adjust your activities and practice *re-directing your energy* at will.

2. Spend time in nature.

Write down what you notice about your energy before, during,
and after your time in nature.

3. Plan and implement a day of silence for yourself.

During this extended time, extend your regular meditation.

Cultivate inner silence in meditation and quiet activity throughout the day.

Besides refraining from speech, refrain from exposing yourself to the noise of television, radio, email, social media, internet, and all that detracts from deliberate, intentional mindfulness.

Journal about your experience.

4. Observe your relationship to work & the time you make available for spiritual practice.

Explore creating a Sabbath time in your life – a time away from all forms of work.

As you do so, be aware that this practice requires a commitment over a period of time since it may take a while to establish boundaries with yourself and the tendency to continually “work” or be involved in some form of doing. A year is a minimum time suggested for learning this practice.

Write down the first two steps you will take for creating a Sabbath time.

1.

2.