

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

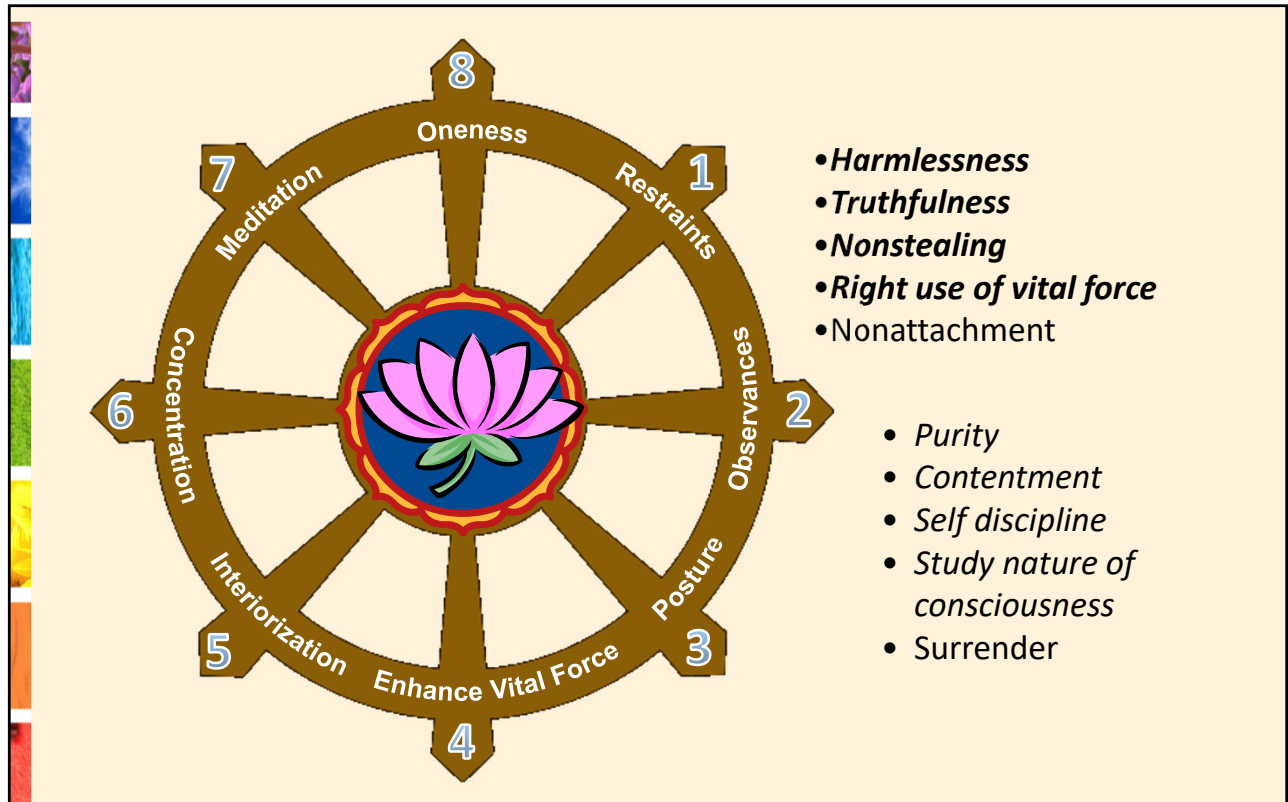
Aum Shanti Shanti Shanti

*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 FOUR:

Right Use of Vital Force (Brahmacharya)







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**



Right Use of Vital Force (Brahmacharya)

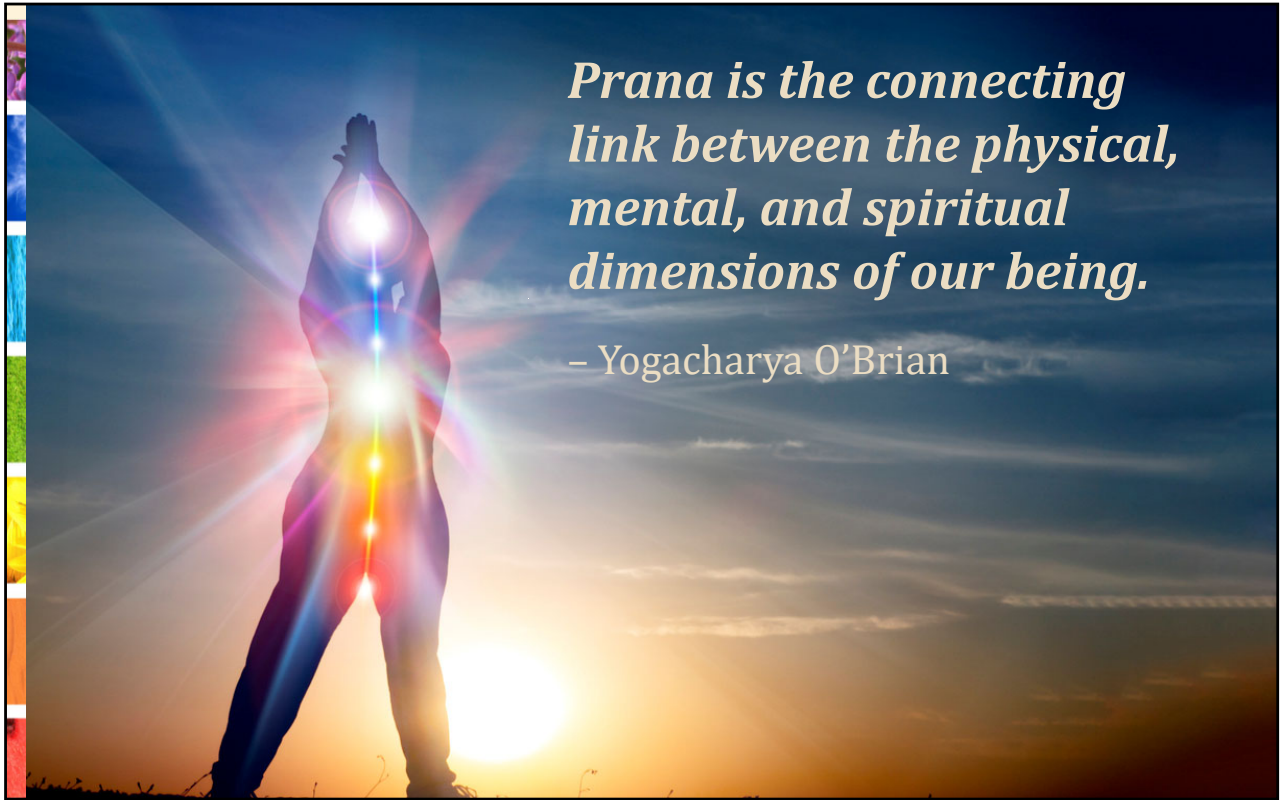
*One established in purity
obtains great vitality.*

—Yoga Sutra 2.38

*Appropriate use of vital force is our use of time,
attention, and resources in harmony with
the divine purpose for our life.*

—Yogacharya O'Brian

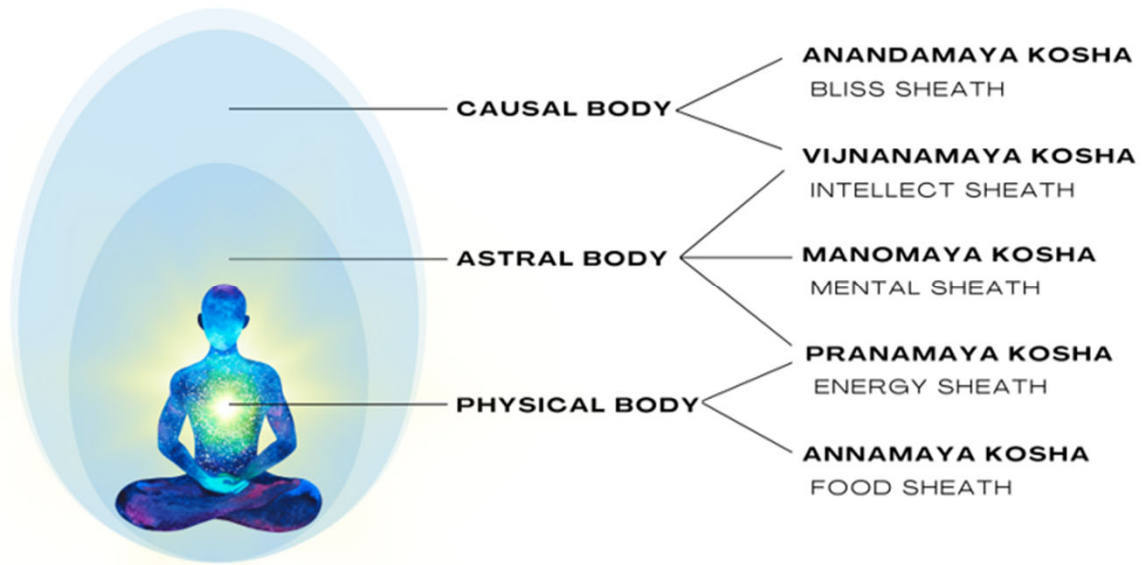


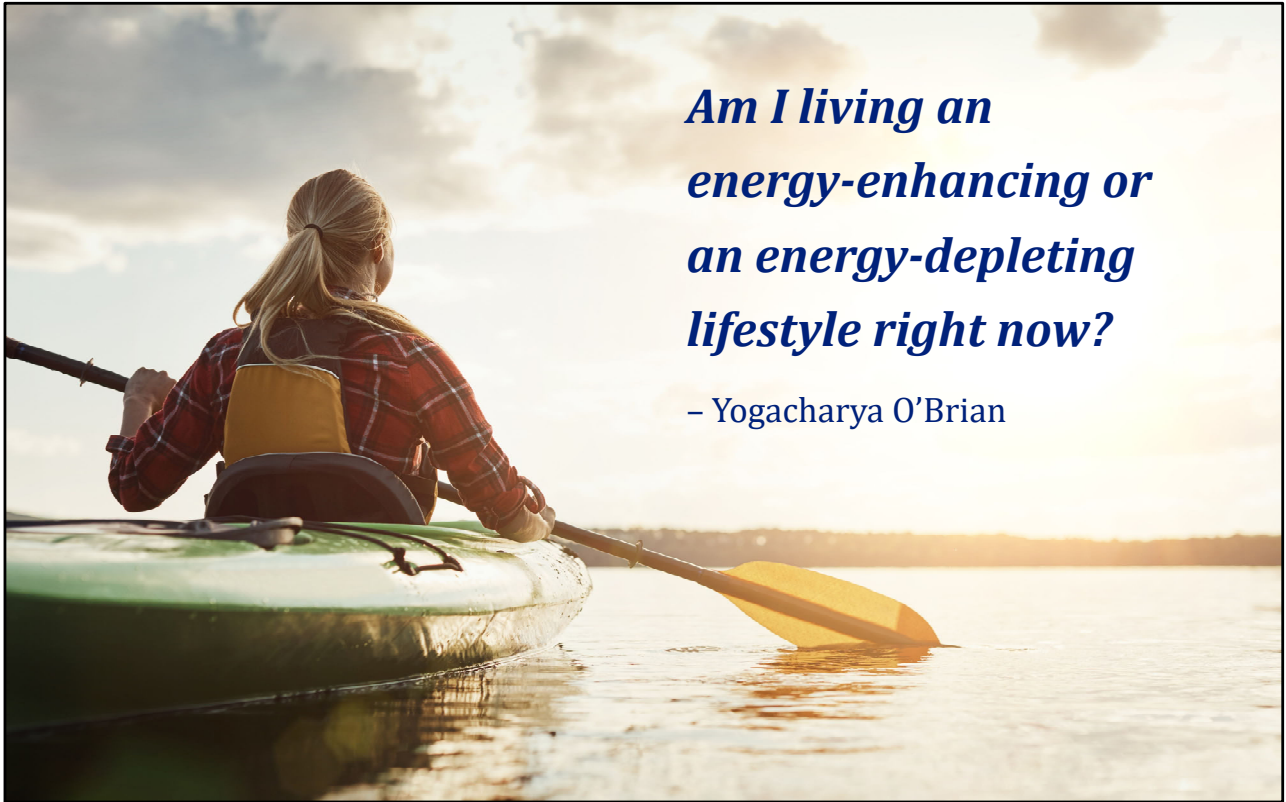


*Prana is the connecting
link between the physical,
mental, and spiritual
dimensions of our being.*

– Yogacharya O'Brian

Koshas (Sheaths)





***Am I living an
energy-enhancing or
an energy-depleting
lifestyle right now?***

- Yogacharya O'Brian



Be Prudent: *Right Use of Vital Force*

Vital Force =

*Conscious energy of Spirit
that gives life to the soul*

Right Use =


*Appropriate use of this energy
in the form of our time, energy,
attention, resources*

Practicing Right Use of Vital Force

Increase Vital Force ..

- meditation
- prayer & devotion
- silence
- rest
- time in nature





***For those seeking Self- and
God-realization, brahmacharya
gives us a chance to unleash
our creative power and fulfill
our divine destiny.***



Right Use of Vital Force Practices

- **Bring awareness to the flow of vital force**
- **Observe your relationship to work**
- **Spend time in nature**
- **Spend time in silence**



Daily Schedule

- *Rest and Renew Deeply*
- *Self-Care and Meals*
- *Meditation and Study*
- *Exercise and Recreation*
- *Weekly Spiritual Care*



*See time as a
temple of God,
a doorway,
an opportunity
for encounter.*

—Yogacharya O'Brian,
Daily Inspiration, May 19, 2023

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