

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

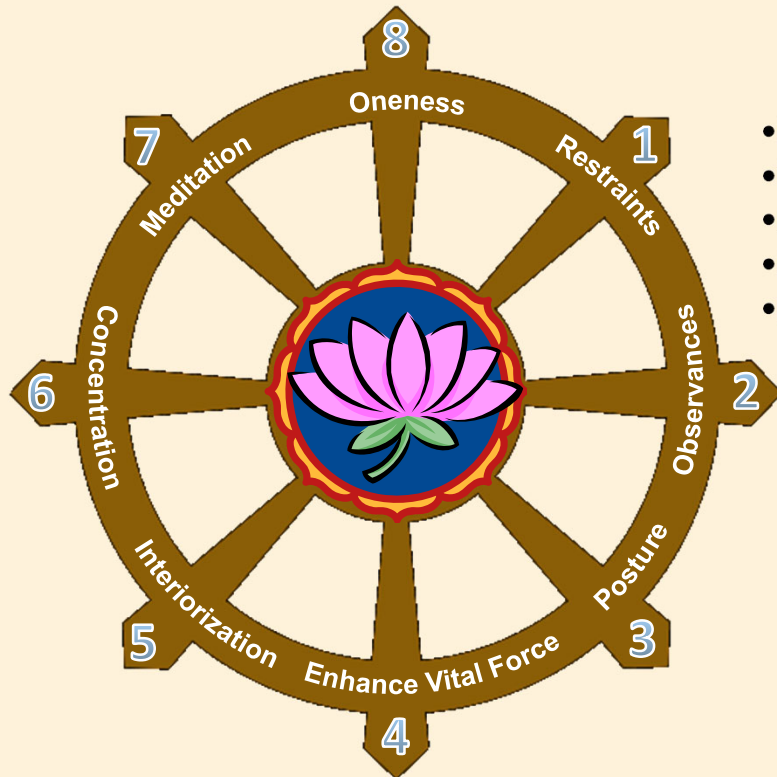
Aum Shanti Shanti Shanti

*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 FIVE:

Nonattachment (Aparigraha)





- *Harmlessness*
- *Truthfulness*
- *Nonstealing*
- *Right use of vital force*
- *Nonattachment*

- *Purity*
- *Contentment*
- *Self discipline*
- *Study nature of consciousness*
- *Surrender*



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**



Nonattachment (Aparigraha)

*One who is grounded in nonattachment
acquires knowledge of the cycles
of birth and death.*

—Yoga Sutra 2.39



*When you move amidst the world of sense
freed from both attachment and aversion,
there comes the peace in which all sorrows end,
and you live in the wisdom of the Self.*


*Use your mighty arms to free the senses
from attachment and aversion alike
and live in the full wisdom of the Self.*

-Bhagavad Gita



***Love for God is the antidote
for the suffering that comes from attachment.***

– Yogacharya O'Brian



*Attachment is the root cause of all suffering ...
assuming the unreal to be Real.*

*Only the Real Self can give us
the ability to be, to know, and to create.*



Types of Attachment

- *Objects*
- *Relationships*
- *Results*
- *Views*
- *Body*

Nonattachment in Relationship

*True love
is the ability
to love the Divine
in another.*





Nonattachment in Results of Actions

*Care deeply but as an offering to God,
it is given to God to produce the result,
God is the doer.*



Nonattachment to Views

Do not think the knowledge you presently possess is changeless, absolute truth . . .

Learn and practice nonattachment from views in order to be open to receive other's viewpoints.

– Thich Nhat Han, *Interbeing*

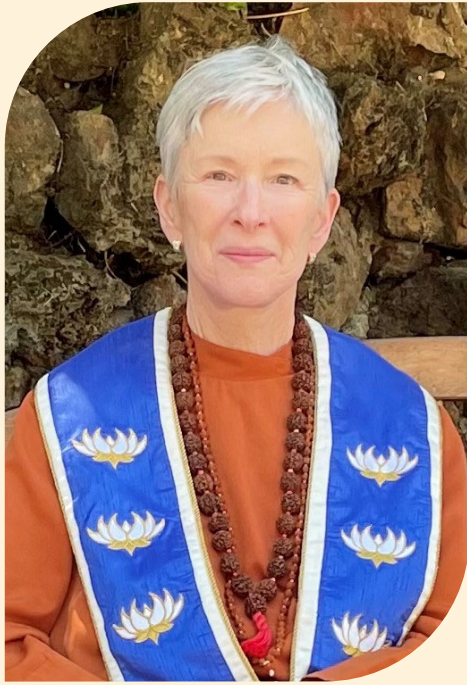
*It is the journey,
not the destination ...*





Practicing Nonattachment

- **Realize the defects inherent in all things**
- **Practice generosity**
- **Simplify your lifestyle**
- **Redirect outer urges to inner focus**
- **Cultivate healthy relationships**



*The spiritual warrior
is guided by the
bliss of the soul,
not the whims of desire.*

—Yogacharya O'Brian

Live Your Spiritual Practice

TEN PRACTICAL SKILLS FOR
AWAKENED LIVING

