

OBSERVANCE ONE:

Purity (Saucha)



Notes

Live the Eternal Way (program textbook)

Read pages 135-141

1. Become conscious of the condition of your inner and outer environments.

Are you cultivating a pure environment for yourself, one that is nurturing to your soul?
List any areas you are aware of that need improvement.

2. List any changes that you can make in your environment that will contribute to serenity and inner peace. Make the necessary changes in your environment.

3. Do an internal cleanse.

Go on a cleansing diet for 5-7 days.

Increase your meditation during this time.

Write down your experience and note any changes that you feel would be helpful to you as a result of this experience.

4. Resist negative influences.

Practice freeing yourself from negative environmental influences and/or using cleansing practices to balance out toxic influences.