

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

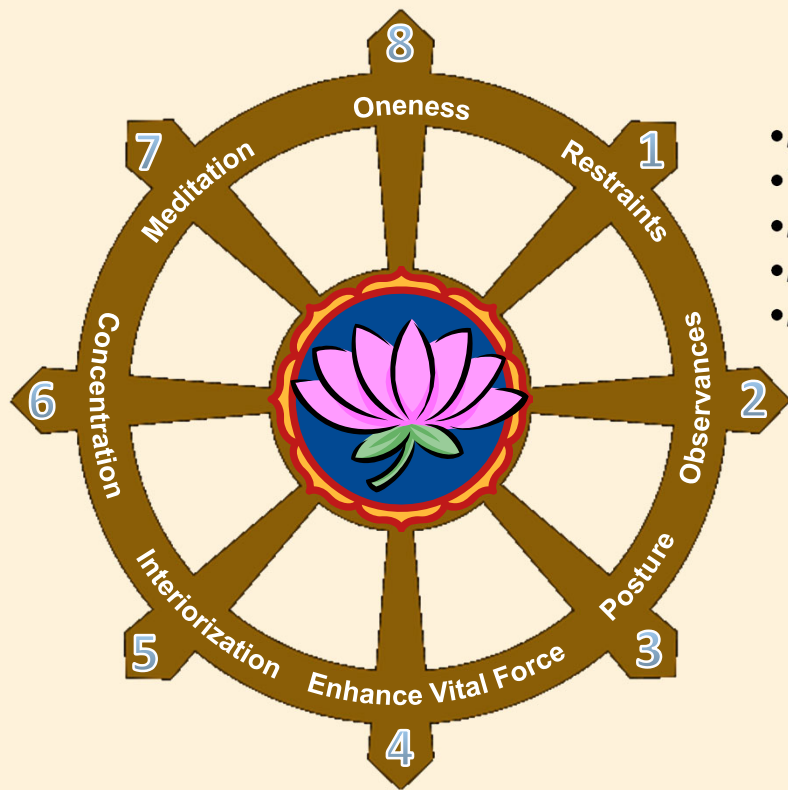
Aum Shanti Shanti Shanti

*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*

OBSERVANCE ONE:

Purity (Saucha)





- *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**



Purity (Saucha)

One established in purity (cleanliness) abstains from contamination. Through this purity one achieves joy, even-mindedness, detachment, mastery over the senses, and the ability to perceive the true Self.

—Yoga Sutra 2.40

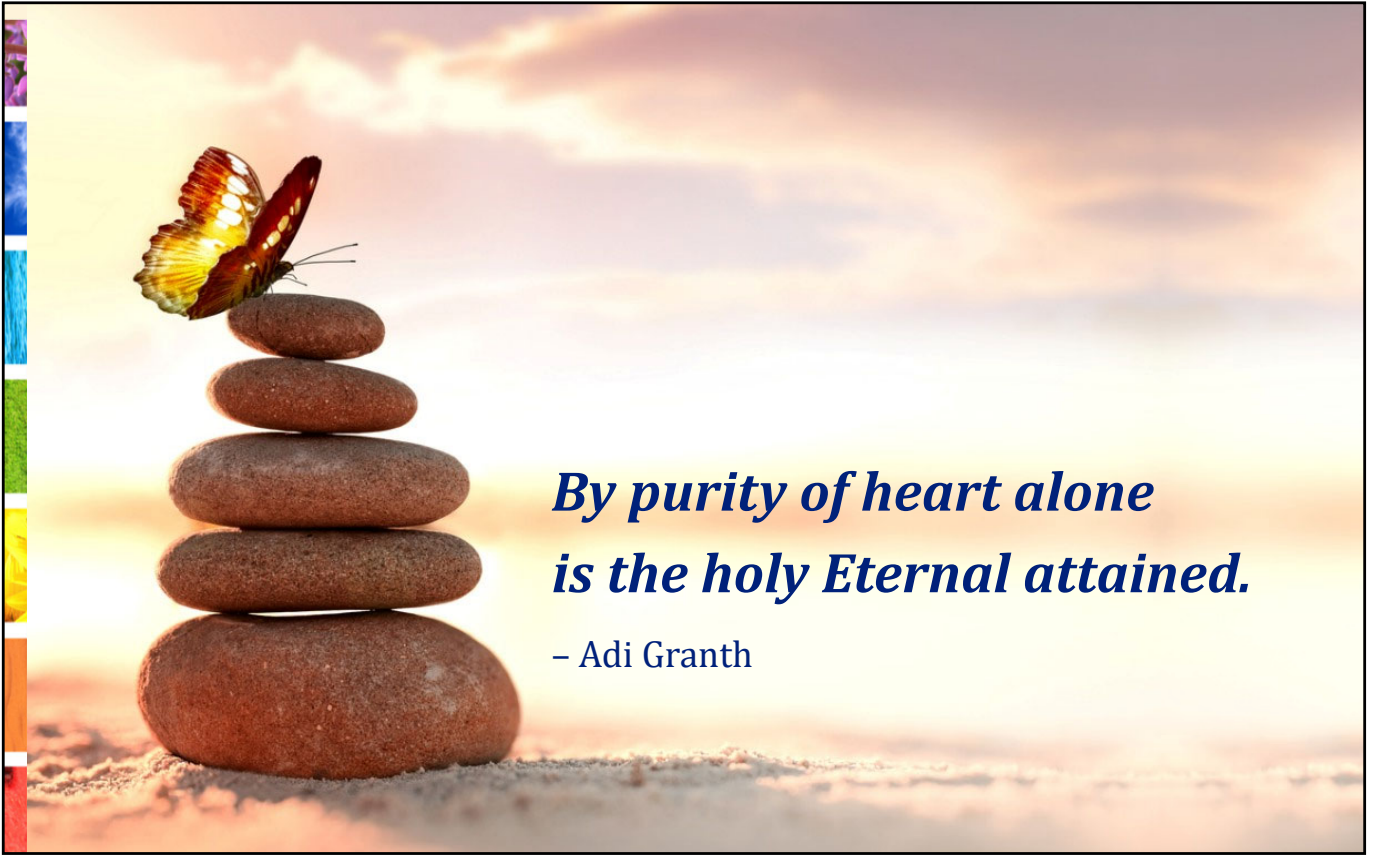


*The mind is said to be twofold: pure or impure.
It is impure from contact with desire;
Pure when free from desire.*

-Maitri-Upanishad

*Blessed are the pure of heart,
for they shall see God.*

-Jesus



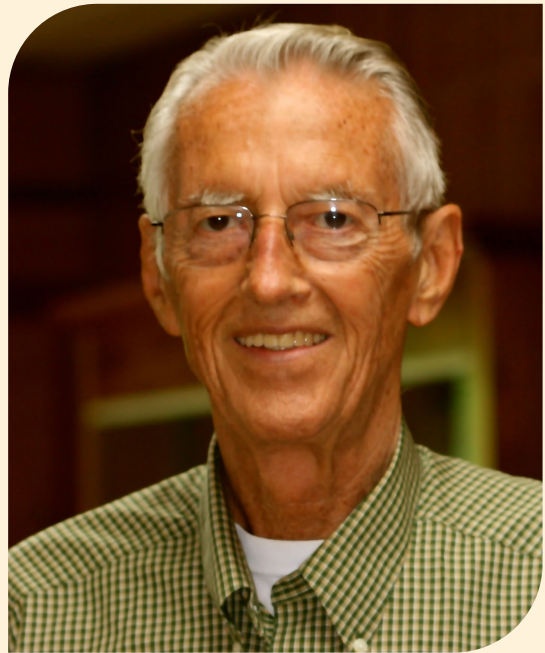
***By purity of heart alone
is the holy Eternal attained.***

- Adi Granth

*Cleanliness
in the Environment*

*We can choose not to allow
subliminal tendencies
and debilitating habits
to determine our
circumstances.*

—Roy Eugene Davis





Cleanliness in the Mental Field

*The yogin practicing cleanliness
gets purification of the heart
which leads to mental bliss,
or spontaneous feeling of joy.
- Swami Hariharananda Aranya*



Cleanliness in the Body

*One of the most important disciplines
necessary for coming into union with God
is control of the tongue.*

– Sri Satya Sai Baba



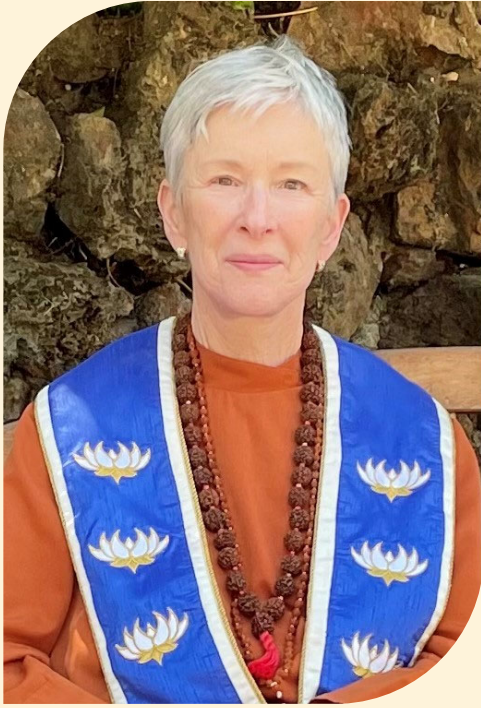
- Breakfast = fresh fruit
- Lunch = rice & vegetable salad
- Dinner = rice & steamed vegetables
- Beverages = water, herbal tea

Cleansing for the Body



Practicing Cleanliness

- **Clean Your Environment**
- **Do Internal Cleansing**
- **Resist Negative Influences**
- **Meditate Superconsciously**



*Like a serene lake
reflecting the light
of the moon on a
clear night, the quiet mind
reveals our
true divine identity
as part of all that is.*

—Yogacharya O'Brian,
A Single Blade of Grass

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