

# 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**

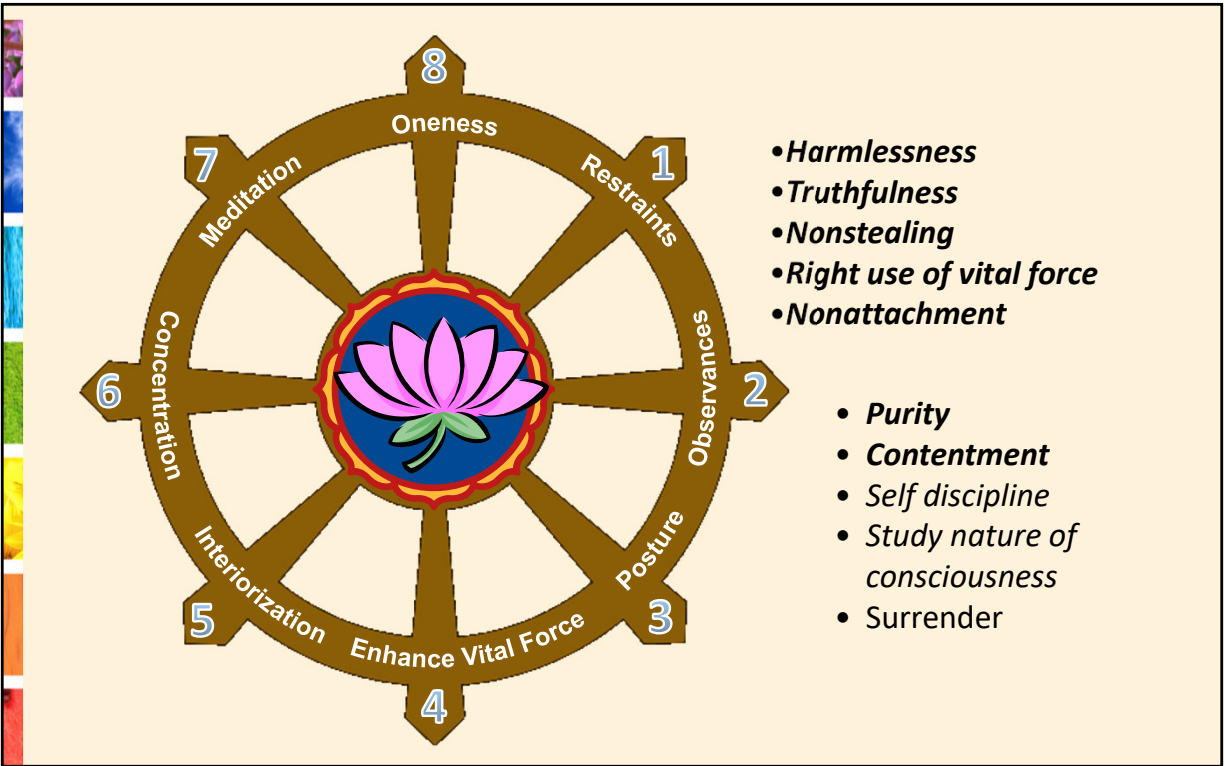
**Aum Shanti Shanti Shanti**

*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 TWO:

*Contentment (Santosa)*







## ***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**

*Contentment  
(Santosa)*

*Through contentment,  
unlimited joy is realized.*

*- Yoga Sutra 2.41*





*The present moment is a sacred  
opportunity to be aware of.*

*-Yogacharya O'Brian*






*Contentment is an inside job!*





*Your soul,  
being a reflection of  
the ever-joyous Spirit,  
is, in essence,  
happiness itself.*

—Paramahansa Yogananda



*True contentment  
does not arise in response  
to any circumstance.  
It arises when the mind is calm,  
and the joy of the soul is revealed.  
Knowing this, we are reminded to seek happiness  
where we are most likely to find it—  
in the temple of Superconscious meditation.*

*– Yogacharya O'Brian*





## *Practicing Contentment*

- **Smile**
- **Acknowledge Goodness**
- **Record Your Own Story**
- **Meditate Superconsciously**



*Find inner contentment  
that is natural to the soul  
and true joy follows.  
Joy that is unshakable!*

—Yogacharya O'Brian



# Live Your Spiritual Practice

TEN PRACTICAL SKILLS FOR  
AWAKENED LIVING

