

OBSERVANCE THREE, FOUR, FIVE:

Self-Discipline, Self-Study, Self-Surrender



Notes

Live the Eternal Way (program textbook)

Read pages 37-44 and 162-198

1. What is your current understanding of the word “yoga”?

Review the four essentials of the Fourfold Practice of Kriya Yoga.

Are you currently engaged in any of the four essential disciplines?

Which is most familiar to you?

Which is least familiar?

2. Begin your study of the science of Self-realization.

Study the course materials and see the recommended reading list in the back your *Living the Eternal Way* book for suggestions.

3. Pray for guidance as you embark upon this sacred journey.

4. Write a self-discipline inventory.

Write an inventory of areas of your life or current behaviors that you believe need additional self-discipline.

What has been your experience of self-discipline in the past?

How can you bring forth a new understanding of self-discipline?

5. Review the role of service in your life.

Are you currently involved in offering service?