

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

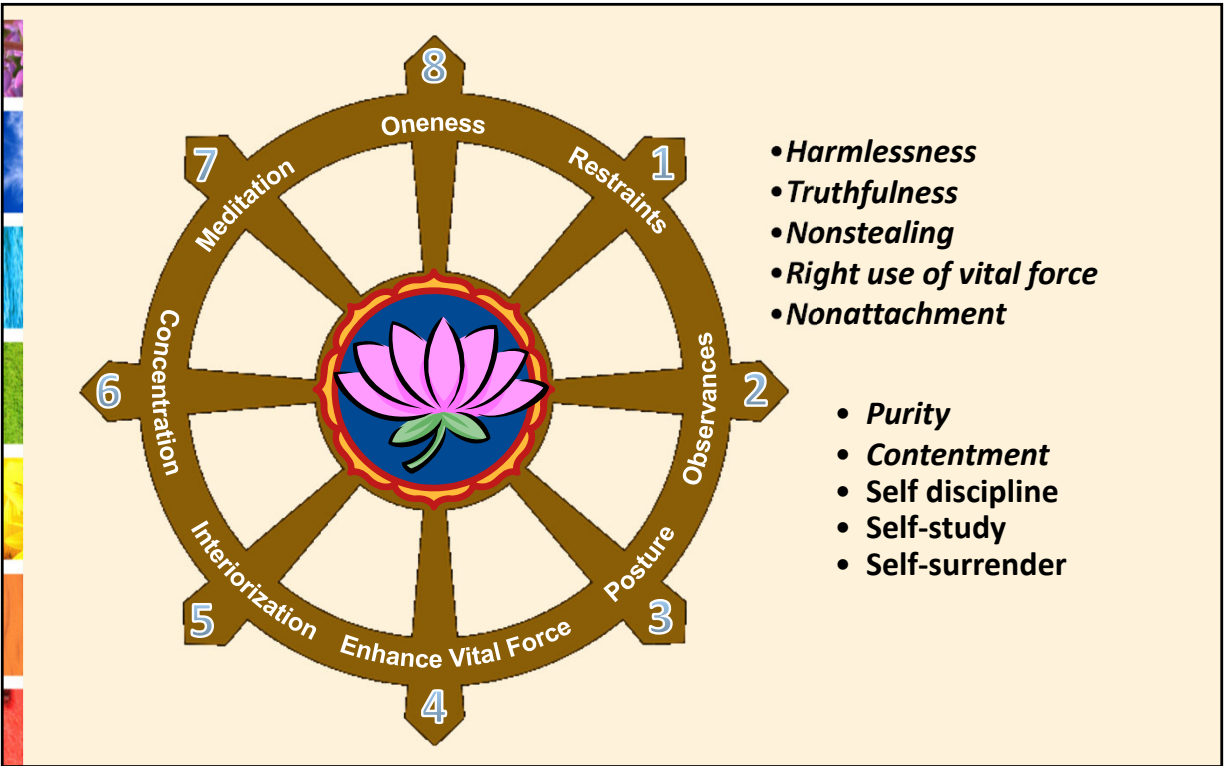
Aum Shanti Shanti Shanti

*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 THREE, FOUR, FIVE:

Self-Discipline, Self-Study, Self-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**



Kriya Yoga

***Self-discipline, study, and surrender to God
are the means to the accomplishment of Samadhi.
These practices comprise the path of Kriya Yoga.***

(Yoga Sutra 2:1)



Self-Discipline (Tapas)


***Disciplined purification actions result in
purification of the bod, mind, and senses.***

- Yoga Sutra 2.43

Raise your self by your Self.

Bhagavad Gita, 6.5





Self-Study (Svadyaya)

***By study of scripture and Self-inquiry
the reality of God is known.***

– Yoga Sutra 2.44

We don't see things as they are, we see them as we are.

– Anais Nin

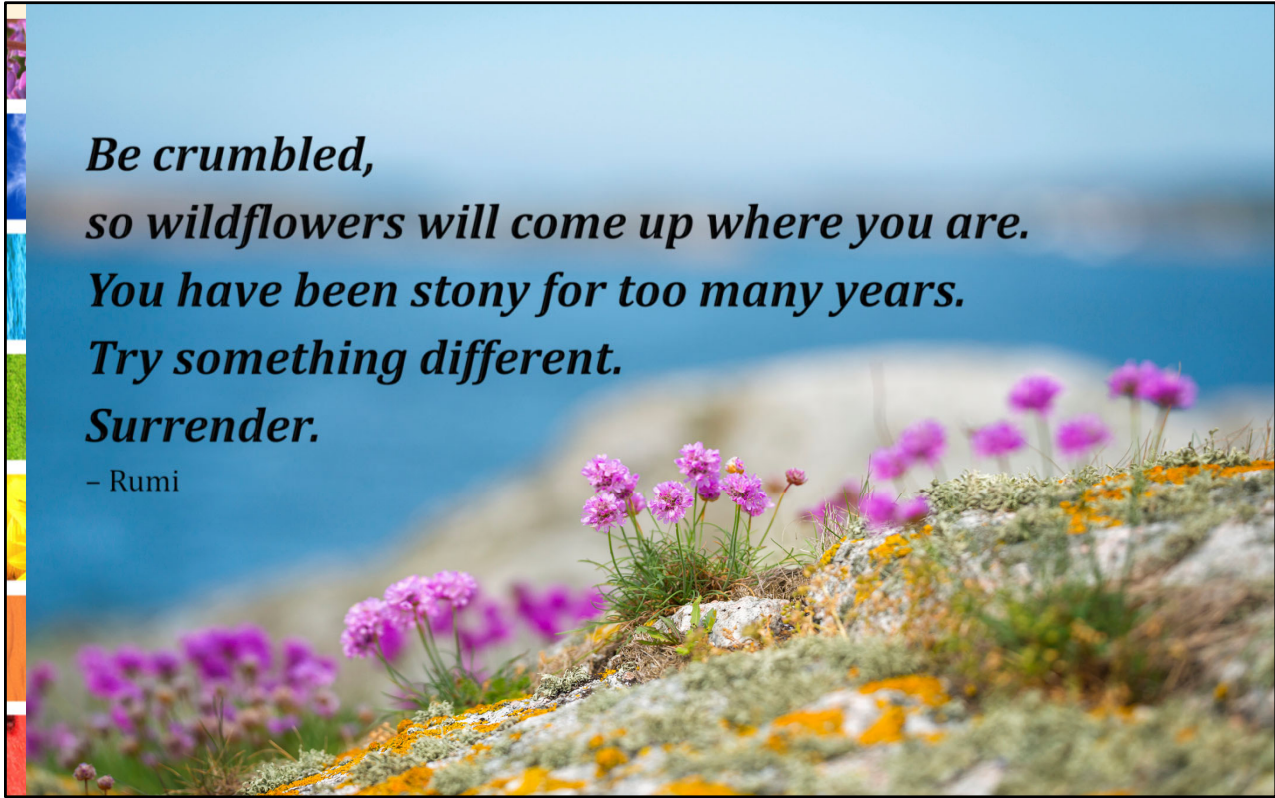




Self-Surrender
(Ishvara Pranidana)

***By total surrender to the Divine,
samadhi is attained.***

– Yoga Sutra 2.45

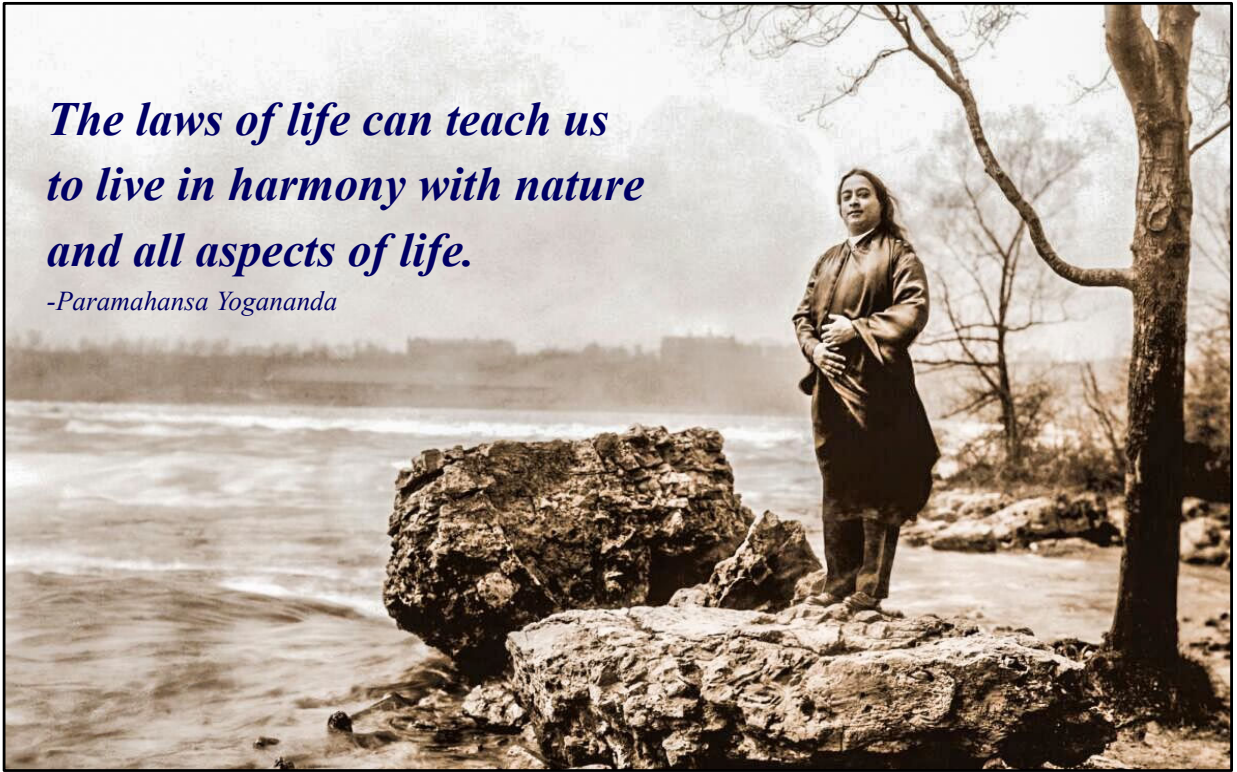


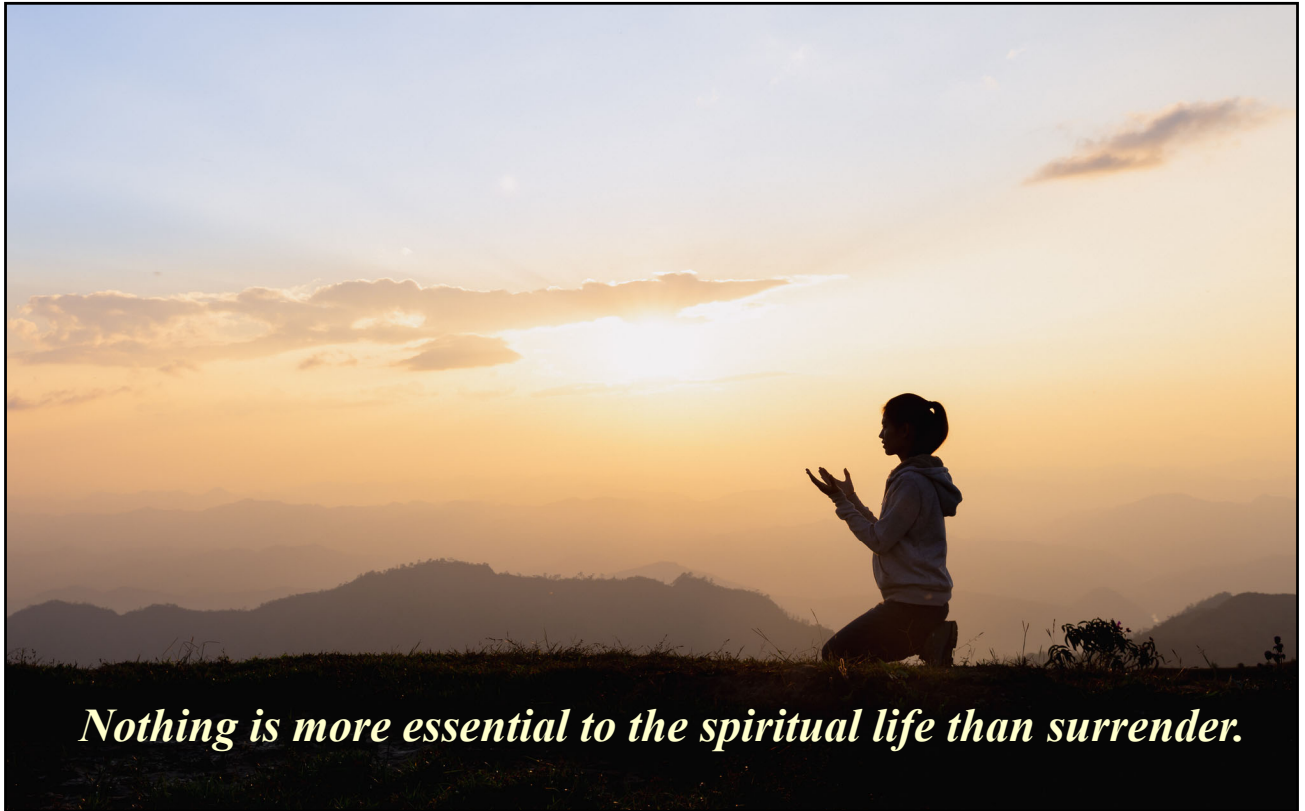
*Be crumbled,
so wildflowers will come up where you are.
You have been stony for too many years.
Try something different.
Surrender.*

- Rumi


*The laws of life can teach us
to live in harmony with nature
and all aspects of life.*

-Paramahansa Yogananda





Nothing is more essential to the spiritual life than surrender.



***Habits can be friends or enemies.
They can lead us away from the soul
or they can become steppingstones to liberation.***

—Yogacharya O'Brian

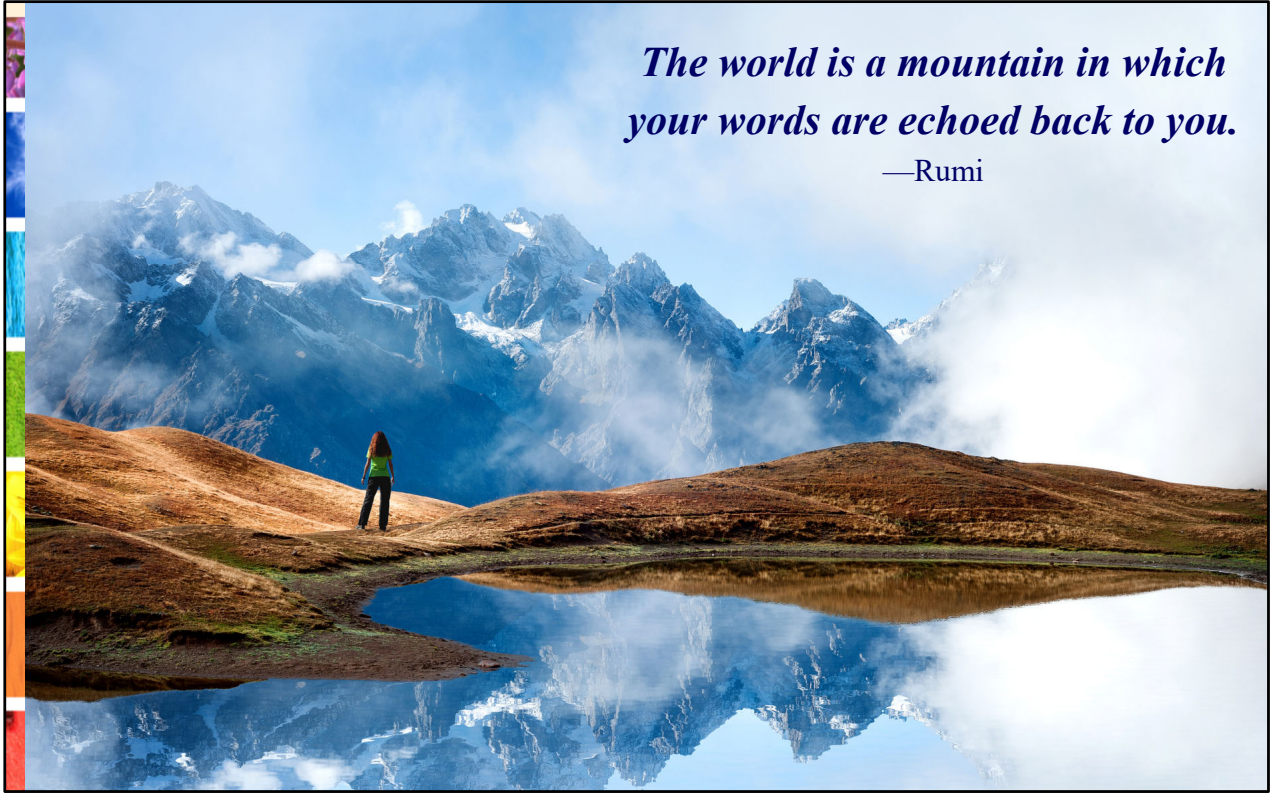
*A journey of a thousand miles
begins with a single step.*

—Lao Tzu



*The world is a mountain in which
your words are echoed back to you.*

—Rumi



Meditation is the power tool of awakened, fulfilled living. It's not a tool that we need to buy, we already have it. However, it is one that we need to learn how to use. A steady practice of meditation supports physical health and vitality; mental clarity; intuitive ability; and most importantly, spiritual awakening. With meditation, we learn to live from the inside out, rather than the outside in.

Confident and clear, delighting in the Real.

—Yogacharya O'Brian



Meditation is a key that unlocks the door to “delighting in the Real”.

A regular, daily practice helps to purify the mental field, allowing us to see clearly and to perceive the Divine in our self and all creation.

When we are able to see things as they truly are, we can easefully align with divine grace and live spontaneously, moment to joyous moment.



***If you want to love God,
love your life.***

—Yogacharya O'Brian

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