

How to Live Your Spiritual Practice

PRACTICAL SKILLS FOR AWAKENED LIVING

with Acharya Sundari Jensen



Center for Spiritual Enlightenment
www.CSEcenter.org





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*



***Nothing is more practical than finding God,
than falling in Love in a quite absolute, final way.
What you are in love with, what seizes your
imagination, will affect everything.
It will decide what will get you out of bed in
the morning, what you do with your evenings,
how you spend your weekends, what you read,
whom you know, what breaks your heart,
and what amazes you with joy and gratitude.
Fall in Love, stay in love, and it will decide everything.***
—attributed to Fr. Pedro Arrupe, S.J.



***You do not acquire happiness.
Your nature is happiness.
All that is done
is to remove unhappiness.
These methods do so.***


- Ramana Maharshi

Vedic Philosophy

- It is
- We are It
- We forget
- We remember

***Blessed is the one who attains liberation in this very life;
for a person not to do so is their greatest error.***

— Kena Upanishad 11.5



*By concentrating within,
you can directly feel the divine bliss
of your soul within and, also without.
If you can stabilize yourself in that consciousness,
your outer personality will develop and
become attractive to all beings.*

*The soul is made in God's image,
and when we become established in soul awareness,
our personality begins to reflect divine goodness and beauty.
That is your real personality.*

—Paramahansa Yogananda

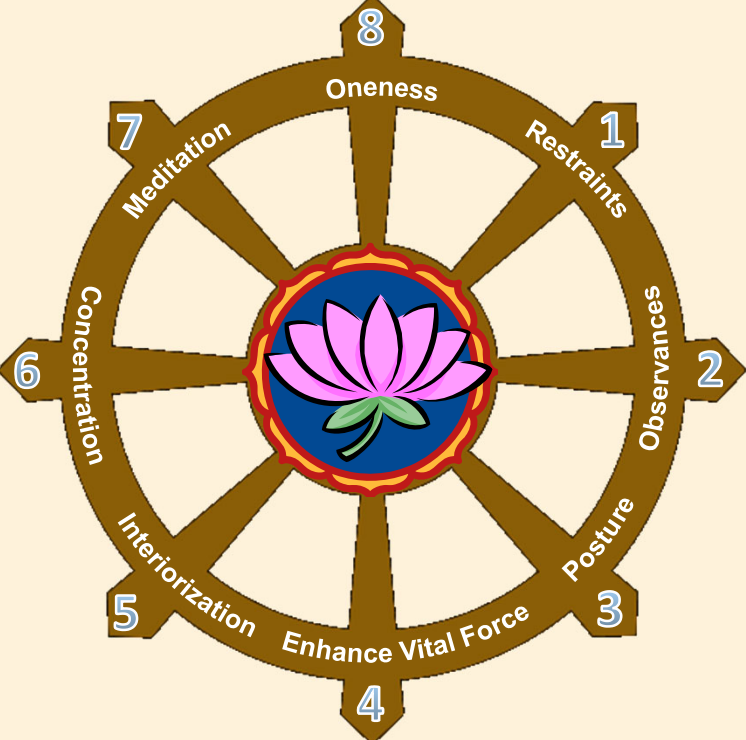
Kriya Yoga

**Kriya Yoga is Self-realization
through intentional living:**

- **Self-discipline**
- **Self-study**
- **Self-surrender**

*These practices purify the mind and body,
eliminating any obstacles to Self- and God-realization.*

Eight Limbs of Yoga





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



How to Live Your Spiritual Practice

You are what your deep, driving desire is.

As your desire is, so is your will.

As your will is, so is your deed.

As your deed is, so is your destiny.

—Brihadaranyaka Upanishad IV.4.5



***A person who is free from reactivity
is free to respond***

– Yogacharya O'Brian, Jewel of Abundance



Four Keys to Spiritually Healthy Relationships

- Keep your attention on God
- Let go of self-will
- Practice positive speech
- Remain even-minded



Cultivating the Virtues

***Without reducing negative qualities,
progress in spiritual life is as impossible
as carrying water in a sieve.***

– Baba Hari Das, *Fire Without Fuel*



*Live Your Practice
in Everyday Life*

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These methods do so.

– Ramana Maharshi

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ONLINE
9-MONTH GROUP STUDY
FEB - OCT, 2023



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