

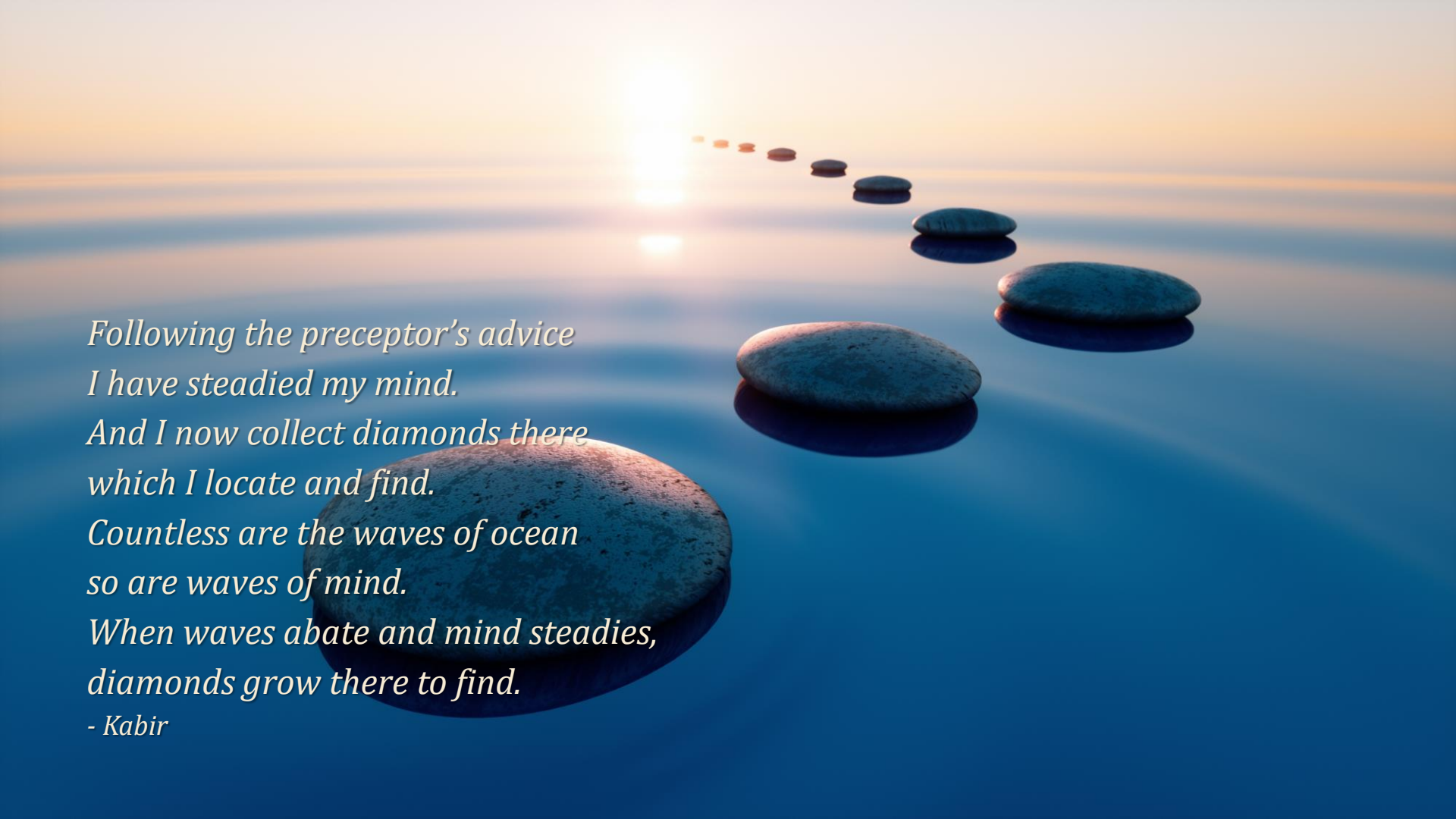
# Living Your Practice



*Intensive self-discipline, studios Self-inquiry,  
and surrender to God are the practices of Kriya Yoga.*

—Yoga Sutra (2.1)

- Self-discipline (*right living*)
- Self-study (*study of scripture and our self*)
- Self-surrender (*realize that we are an emanation of the Divine*)

A serene sunset over a calm body of water. The sun is low on the horizon, casting a warm glow across the sky and reflecting on the water. A path of smooth, dark stones leads from the foreground towards the horizon, creating a sense of depth and tranquility. The water is still, and the overall atmosphere is peaceful and contemplative.

*Following the preceptor's advice  
I have steadied my mind.  
And I now collect diamonds there  
which I locate and find.  
Countless are the waves of ocean  
so are waves of mind.  
When waves abate and mind steadies,  
diamonds grow there to find.*

*- Kabir*

# Seven Components of a Sattvic Lifestyle

1. be intentional,
2. meditate,
3. breathe,
4. exercise,
5. have a natural wholesome diet.
6. think positively (have a devotional attitude)
7. rest well.



*Don't ask yourself what the world needs.  
Ask yourself what makes you come alive, and go do that,  
because what the world needs is people who have come alive.*  
— Howard Thurman

