The Alchemy of Discipleship

KRIYA YOGA RETREAT FOR DISCIPLES

with Yogacharya O'Brian & CSE Teachers



October 15–17, 2026

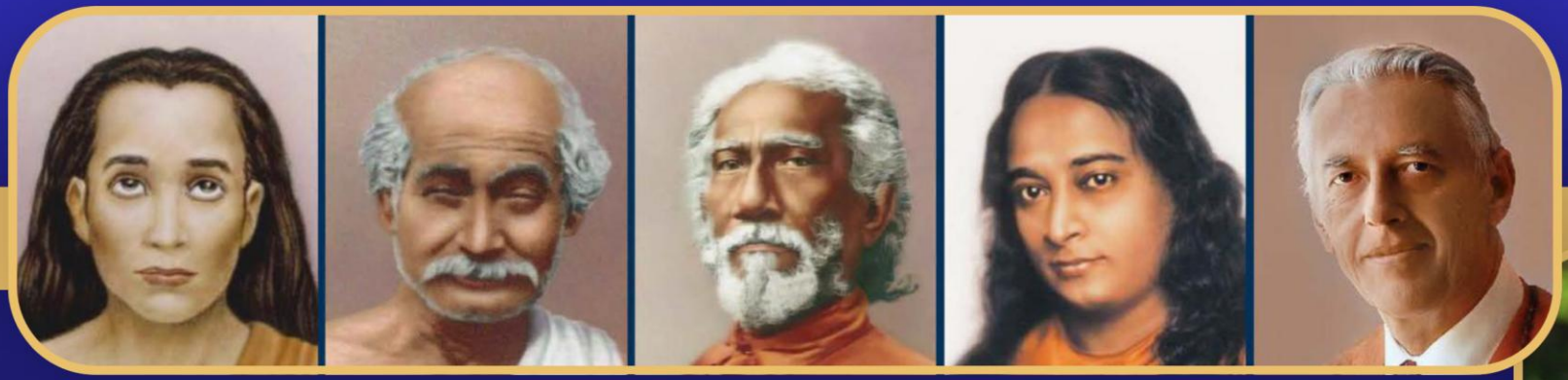
CENTER FOR SPIRITUAL ENLIGHTENMENT

The Mystic Saint Kabir

Without knowing Him
I was base metal;
On realizing Him
Kabir became gold,
Precious and pure.

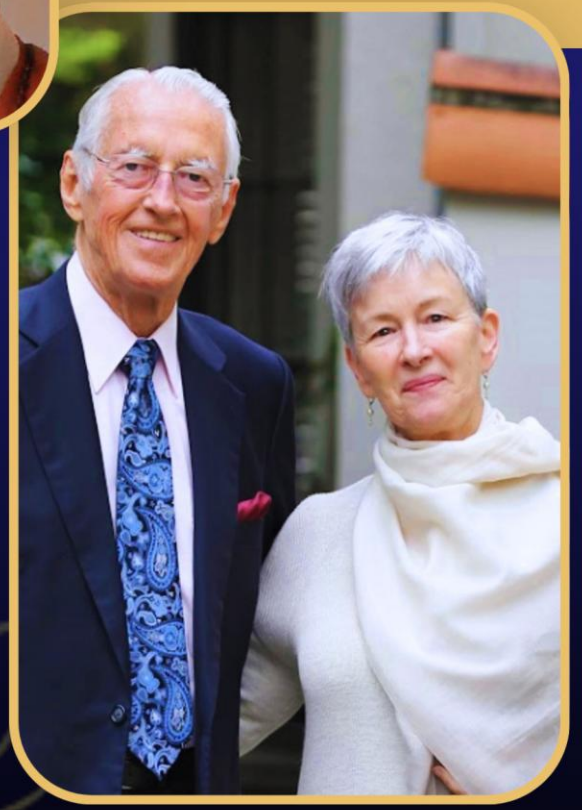
— Kabir, trans. V.K. Sethi





GRATITUDE TO GURUS

Mahavatar Babaji
Lahiri Mahasaya
Swami Sri Yukteswar
Paramahansa Yogananda
Roy Eugene Davis





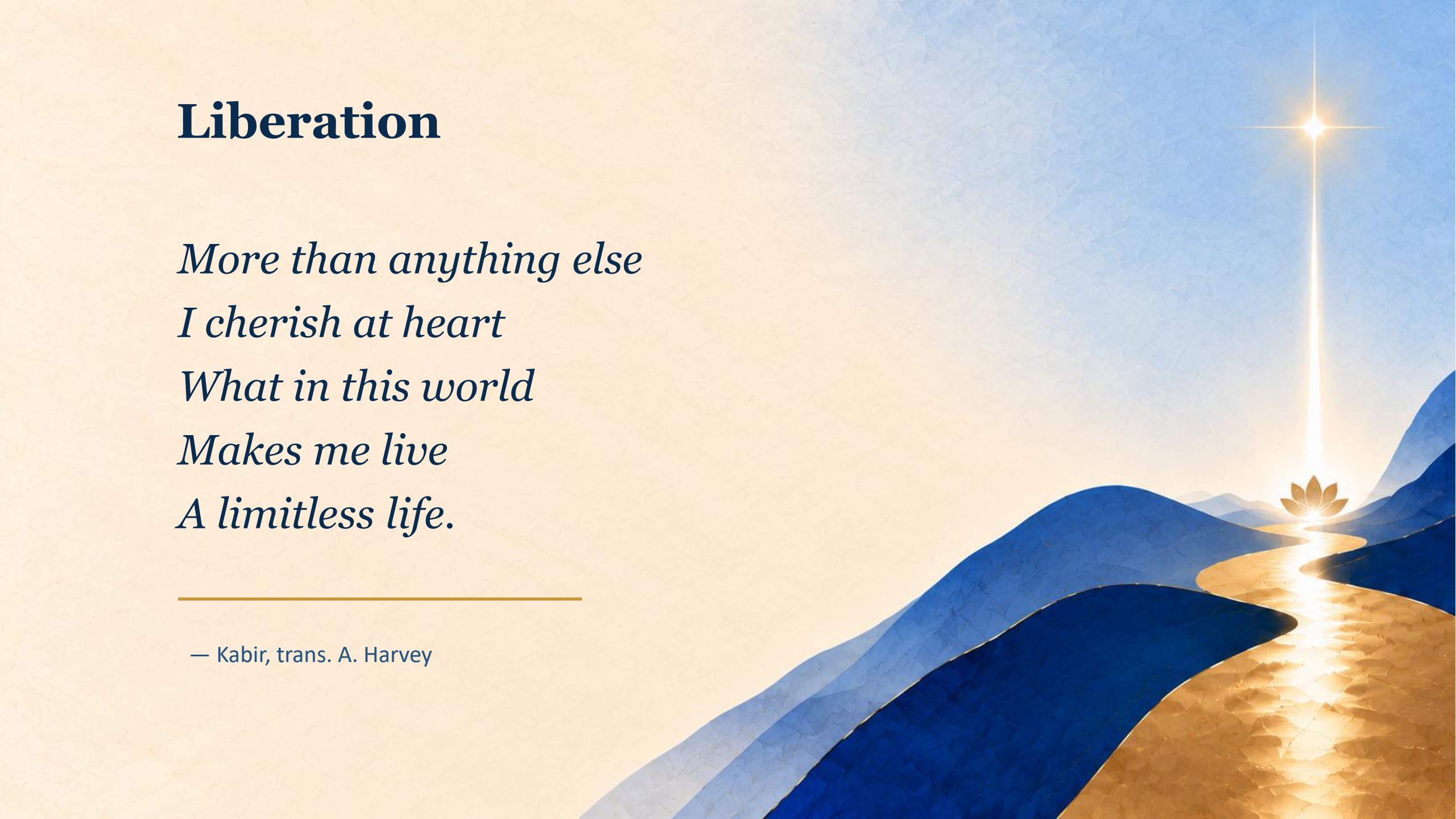
Qualities for Discipleship

- **Viveka** Discrimination
- **Vairagya** Renunciation
- **Shatsampatti** Disciplines
- **Mumukshutvam** Burning zeal for liberation

Liberation

More than anything else
I cherish at heart
What in this world
Makes me live
A limitless life.

— Kabir, trans. A. Harvey





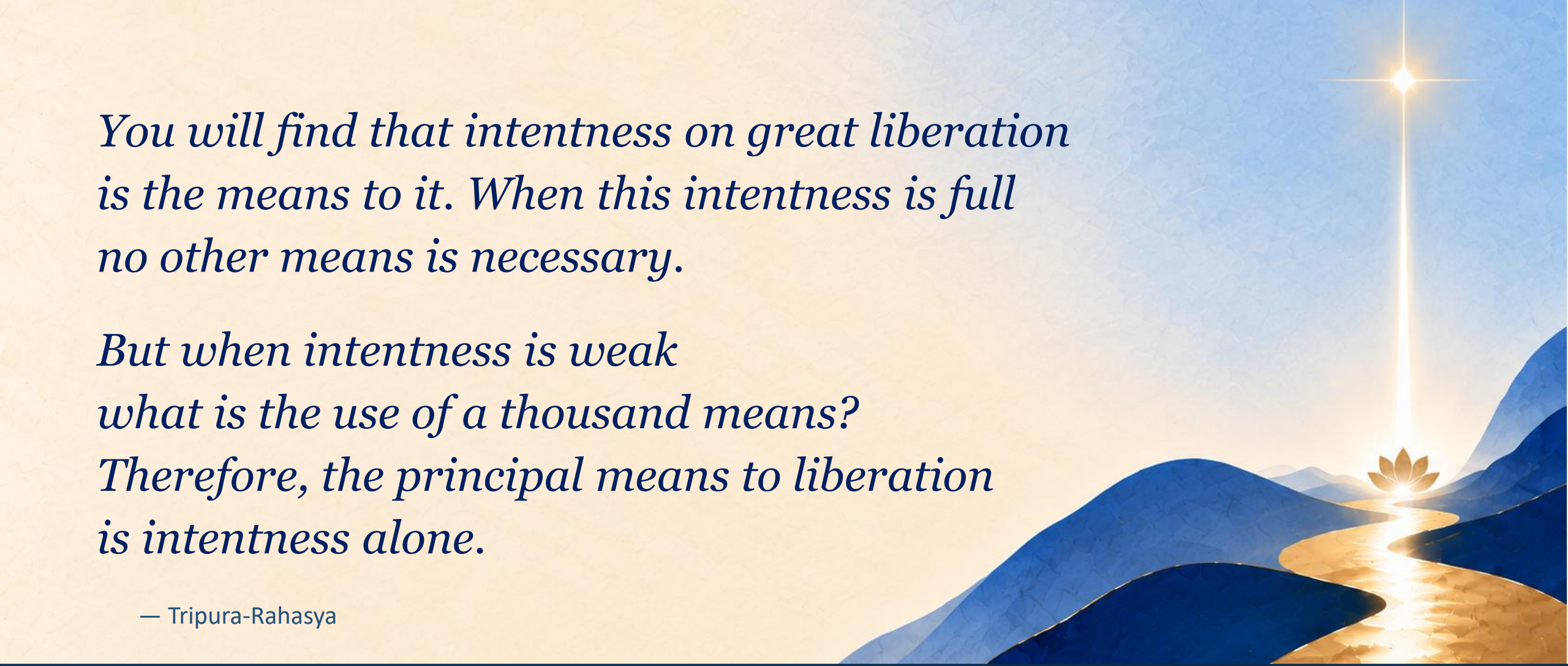
Six Disciplines

- **Shama** Equanimity
- **Dama** Self-control
- **Uparama** Faithful observance of one’s duty
- **Titiksha** Forbearance
- **Shraddha** Faith
- **Samadhana** Ability to stay focused

You will find that intentness on great liberation
is the means to it. When this intentness is full
no other means is necessary.

But when intentness is weak
what is the use of a thousand means?
Therefore, the principal means to liberation
is intentness alone.

— Tripura-Rahasya



Intending Liberation

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