The Alchemy of Discipleship

KRIYA YOGA RETREAT FOR DISCIPLES

with Yogacharya O'Brian & CSE Teachers



October 15–17, 2026

CENTER FOR SPIRITUAL ENLIGHTENMENT

Only rely on what
You get while alive.
Learn while you're alive.
While you're still
in a body
Realize Him.
While you're alive
Attain liberation.

— Kabir, trans. A. Harvey



The Disciple’s Three Gifts of Grace

There are three things which are rare indeed
and are due to the grace of God—
namely, a human birth, the longing for liberation,
and the protecting care of a perfected sage.

— Adi Shankara, Vivekachudamani, v3

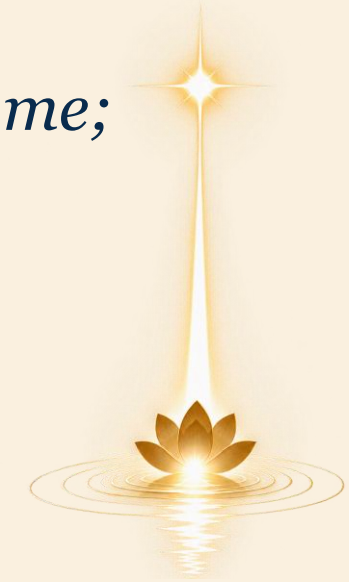


When did your yearning begin?

Tell me, O Kabir, when did your vocation begin?
Where did your love have its rise?

Kabir answers: *When He whose forms are manifold had not begun His play:*
when there was no Guru, and no disciple: when the world was not spread out:
when the Supreme One was alone. Then my love was drawn to God…
The power of Shiva was still unborn; When I was instructed in yoga.
I became suddenly revealed in Varanasi, and Ramananda illumined me;
I brought with me the thirst for the Infinite,
and I have come for the meeting with Him.

In simplicity I will unite with the Simple One; My love will surge up.



—excerpts from *Songs of Kabir*, trans. Rabindranath Tagore



Upaya: Five-Fold Skillful Means

- **Shraddha** Faith
- **Virya** Energy
- **Smriti** Memory
- **Samadhi** Superconscious absorption
- **Prajna** Awakened wisdom

1.20 *[For others] samadhi has as its preconditions faith, strength, intentness, meditation and the awakening of wisdom in samprajnata.*

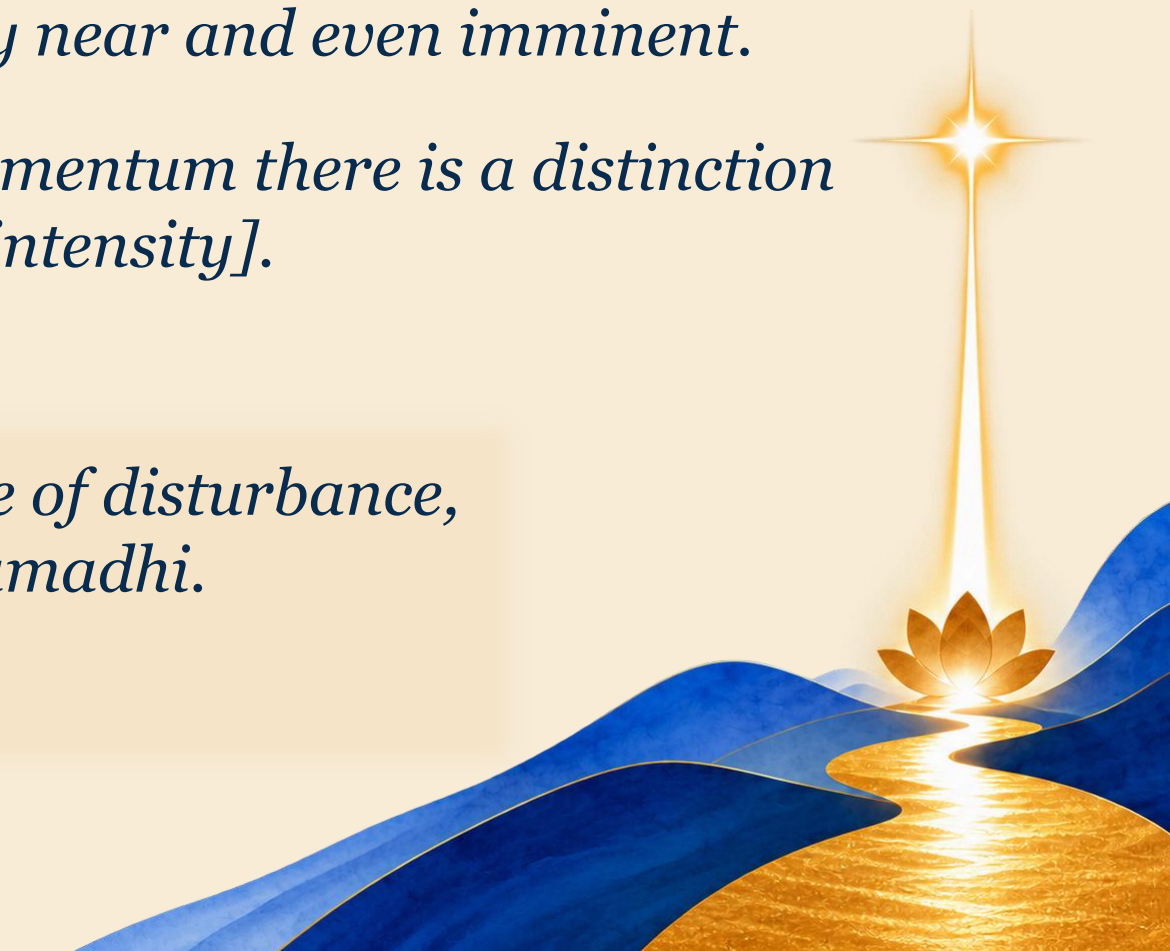
Encouragement

1.21 *For those whose rate of progress is fast and whose momentum is great, samadhi is very near and even imminent.*

1.22 *Even from among those of great momentum there is a distinction of the slow, medium, and ultimate [intensity].*

At the presence of intentness the mind, free of disturbance, becomes harmonized and established in samadhi.

— Sage Vyasa



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