The Alchemy of Discipleship

KRIYA YOGA RETREAT FOR DISCIPLES

with Yogacharya O'Brian & CSE Teachers

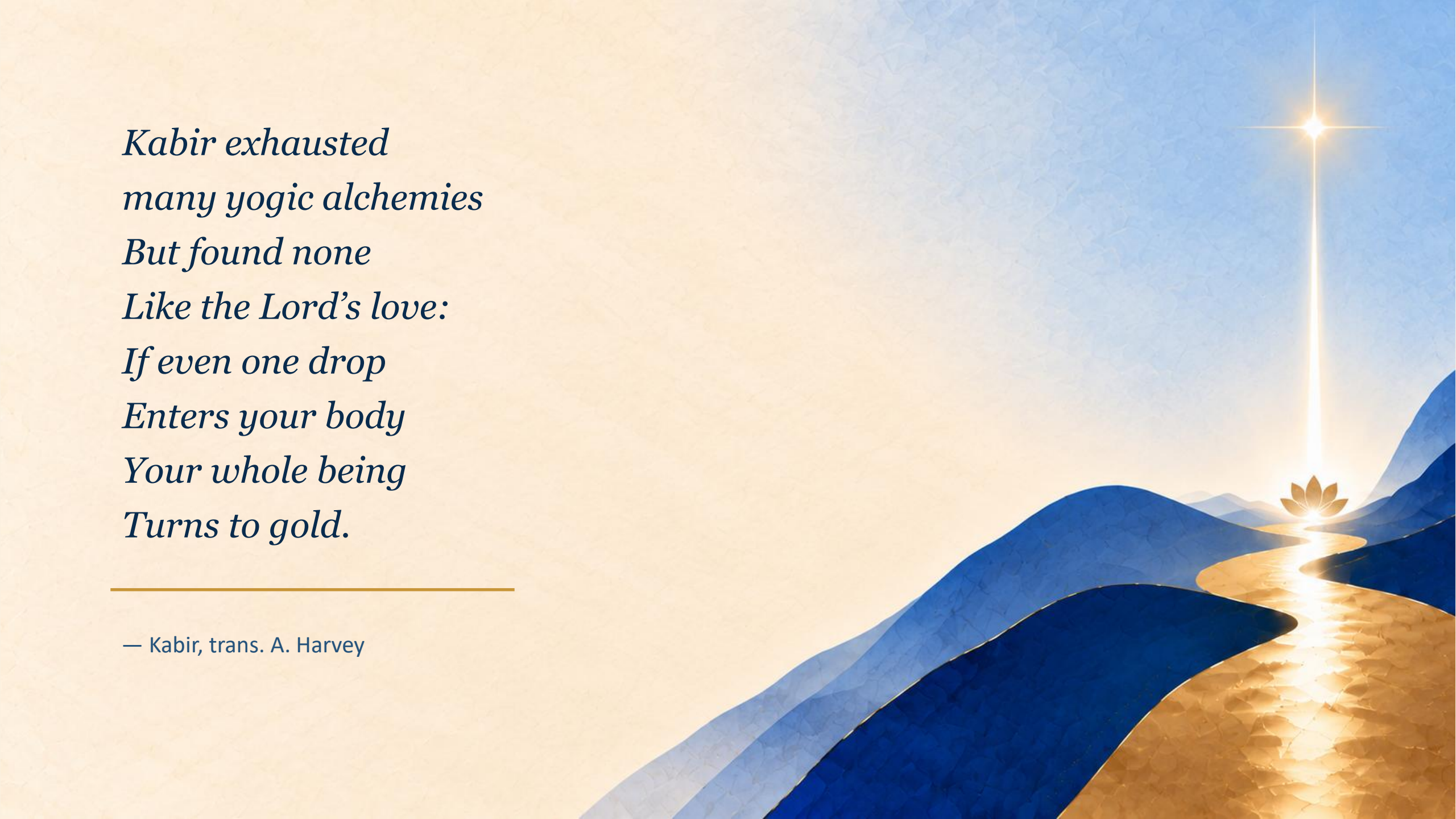


October 15–17, 2026

CENTER FOR SPIRITUAL ENLIGHTENMENT

Kabir exhausted
many yogic alchemies
But found none
Like the Lord's love:
If even one drop
Enters your body
Your whole being
Turns to gold.

— Kabir, trans. A. Harvey





The Dharma of Discipleship

Remember that you belong to no one, and no one belongs to you. Reflect that someday you will have to leave this world, so make the acquaintance of God now. It is only because of delusion that you perceive yourself as a physical body. Meditate unceasingly to realize your real, divine nature.

— Lahiri Mahasaya

When you were initiated, you learned unique meditation methods and were encouraged to commit fully to the life path of discipleship. The regular, alert, skillful practice of the meditation techniques and routines can enable you to consciously realize your true nature and your relationship to the infinite. Equally important as meditation practice is dedicated discipleship. A disciple on a spiritual path self-responsibly adheres to lifestyle regimens and practices advocated by a philosophical system or enlightenment tradition.

—Roy Eugene Davis

Only that person who lives the [right] life will understand these teachings.

—Sayings of the Buddha





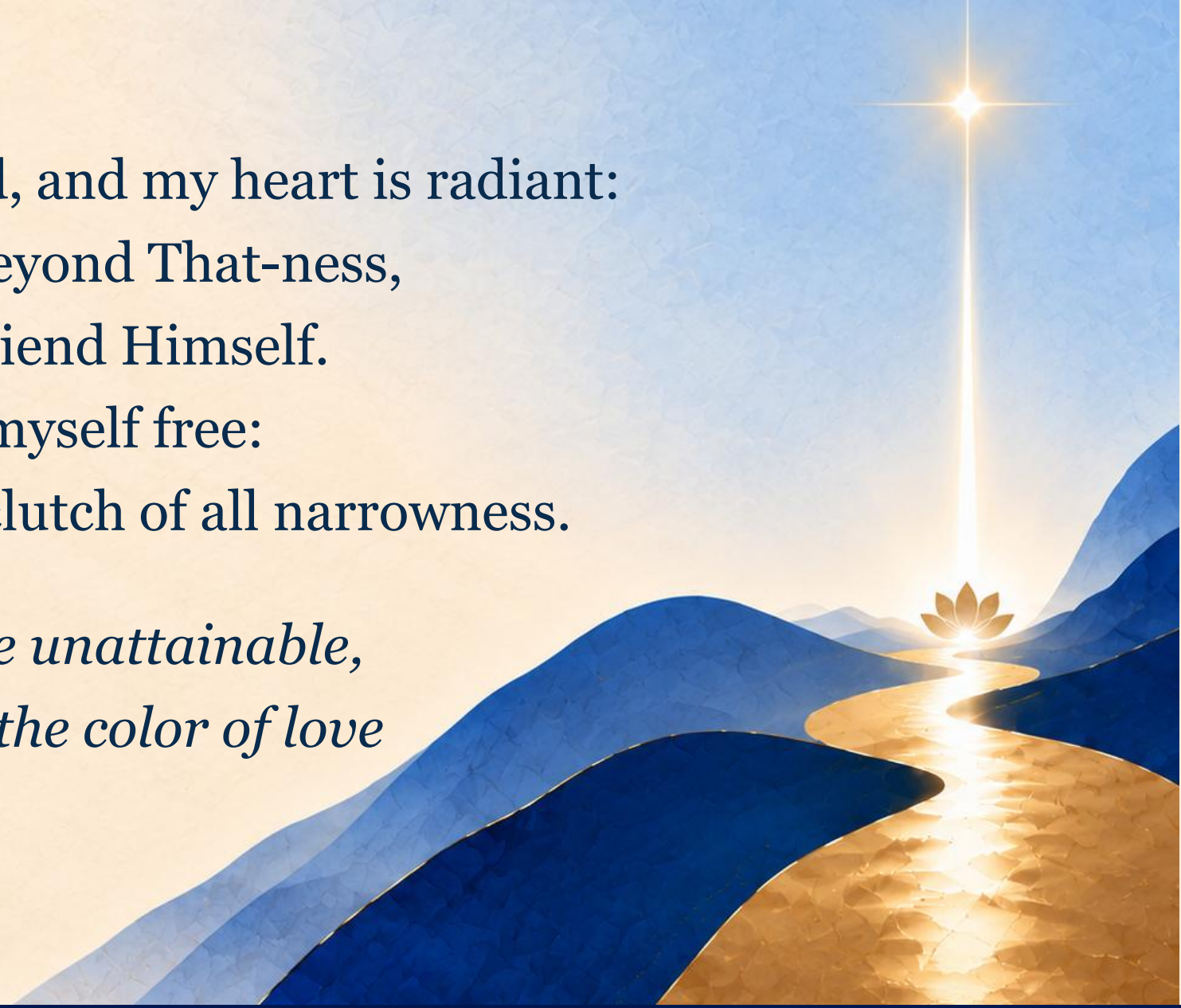
Essentials of Discipleship

- Humility
- Continuous learning
- Skillful living
- Willingness to grow to full emotional and spiritual maturity
- Unwavering resolve to awaken to liberation of consciousness

I have stilled my restless mind, and my heart is radiant:
for in That-ness I have seen beyond That-ness,
in company I have seen the Friend Himself.
Living in bondage, I have set myself free:
I have broken away from the clutch of all narrowness.

Kabir says: *I have attained the unattainable,*
and my heart is colored with the color of love

— Kabir, trans. Rabindranath Tagore



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