

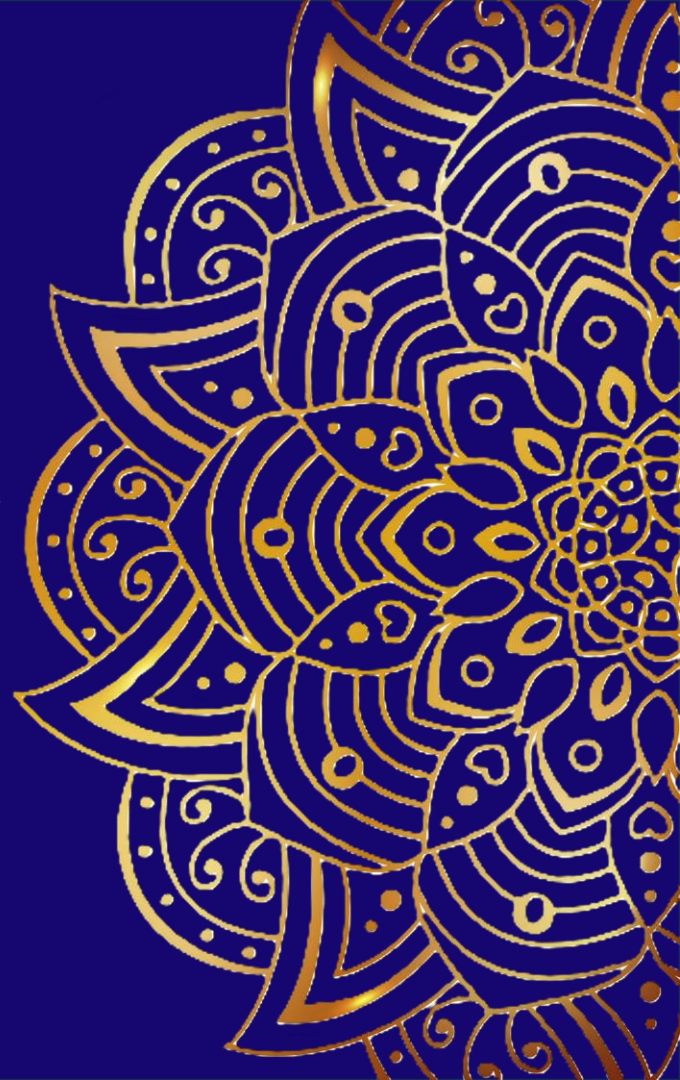
Living Kriya Yoga

Insights and Practices for an Awakened Heart

with Yogacharya Ellen Grace O'Brian

2026 Meditation Retreat at Center for Spiritual Awareness

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*The spiritually illumined heart
reveals our nascent divine qualities
such as self-restraint, generosity, humility,
perseverance on the spiritual path,
freedom from anger, and uprightness.*



Your Divine Destiny

**Fearlessness,
purity of heart,
abiding in yoga (Samadhi)
along with knowledge,
charitable giving,
self-restraint and holy offerings,
study of sacred texts,
austerity (disciplined practices),
and uprightness,**



**nonviolence,
truth,
absence of anger,
renunciation,
serenity,
freedom from finding fault,
compassion for all beings,
absence of cravings,
gentleness,
modesty,
steadiness,**



**vigor,
forgiveness,
fortitude,
purity,
freedom from malice
and from pride;
these are the endowments
of those born to a divine destiny.**

—Bhagavad Gita, Chapter 16: 1-3,
from *The Eternal Way*, Roy Eugene Davis



*By practice of Kriya
divine traits like godhood,
devotion to parents, even- mindedness,
non- injury, harmony, gratefulness,
generosity, and serenity are acquired...
If the life energy in oneself becomes still
and stable that person beholds God,
and all virtues like intelligence, memory,
generosity, patience, and forbearance
manifest in that person.*

—Lahiri Mahasaya



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