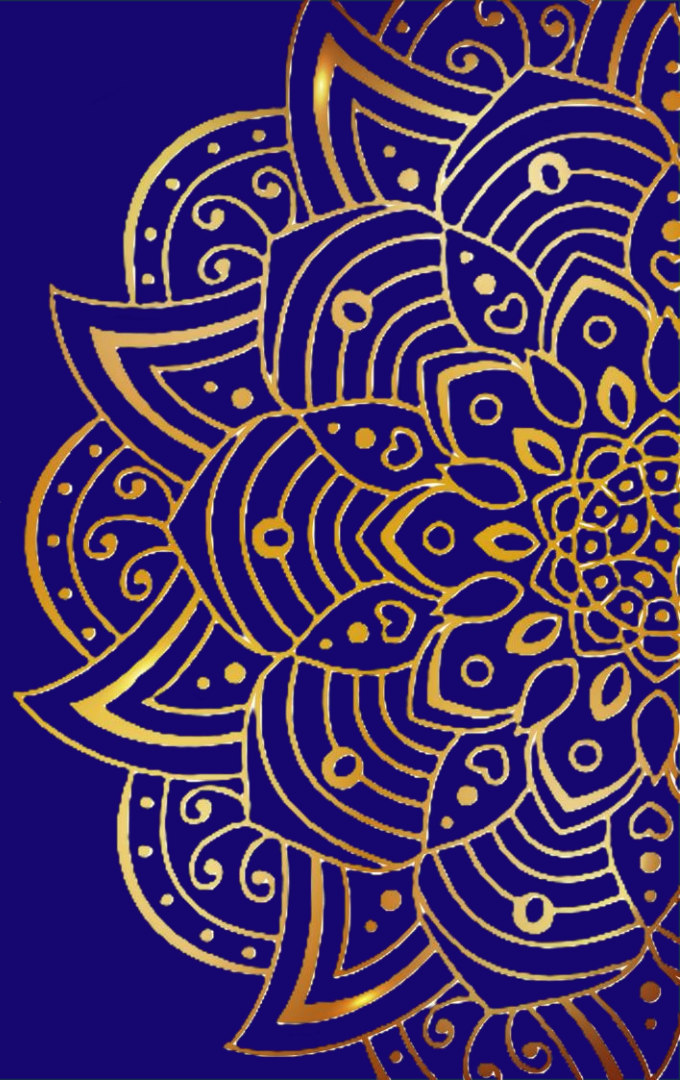


Living Kriya Yoga

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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A New Beginning

*Eternity is at our hearts.
Warming us with intimations
of an astounding destiny,
calling us home unto Itself.
Yielding to these persuasions,
gladly committing ourselves in body and soul,
utterly and completely, to the Light Within,
is the beginning of true life.*

—Thomas Kelly



Complete Kriya Yoga Practice

When you were initiated, you learned unique meditation methods and were encouraged to commit fully to the life path of discipleship. 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.

—Roy Eugene Davis



Live for the Sake of the Soul

*Keep your attention and actions focused
on the four primary aims of life to be fulfilled.*

—Roy Eugene Davis



Dharma



Artha



Kama



Moksha

The Awakened Life

Our life is perfectly arranged to support spiritual awakening. We can discover lasting fulfillment as conscious partners in a world awakening to its potential. From the dark ages to the technological advances of today, we are ready for the greatest evolutionary jump the world has ever known—awakening of our hearts and minds to the unity of all life. Awakening, prospering, and fulfilling our potential is inextricably tied to the well-being of all. What we do matters.

Yoga as Freedom

Thus, the knowledge
that is more secret
than all that is secret
has been expounded to you by Me.
Having reflected on this fully;
Do as you please.

—Bhagavad Gita 18.63



The Promise of Victory

Wherever there is [union of]
Krishna, Lord of Yoga,
and Arjuna, the archer [the seeking soul],
there will surely be splendor,
victory, righteousness, and wealth.

—18.78 —the concluding verse of the Bhagavad Gita



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