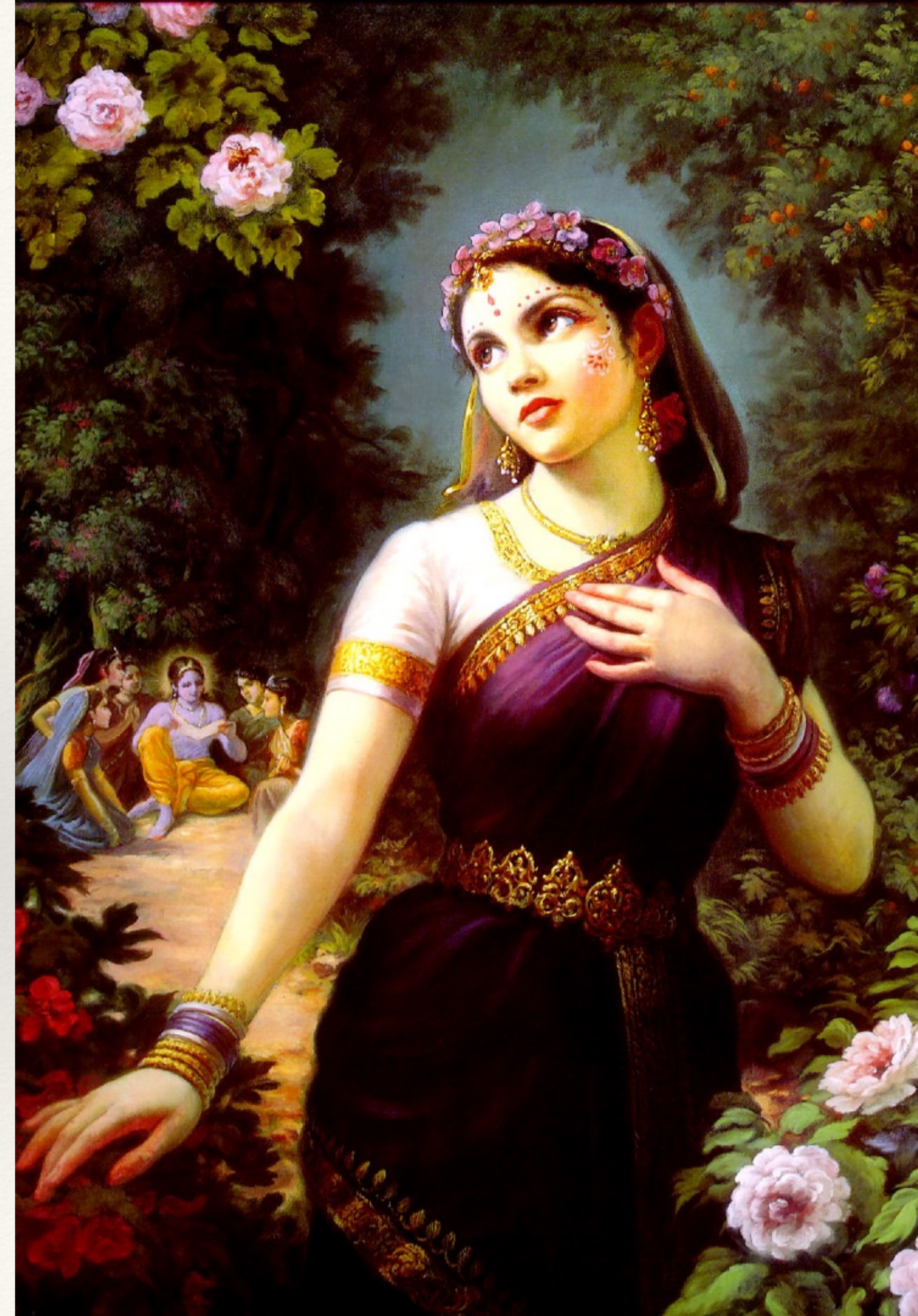


Practical Spirituality: The Yoga of Awakening
Lecture One

Beginning Practical Spirituality



Buddhism



Christianity

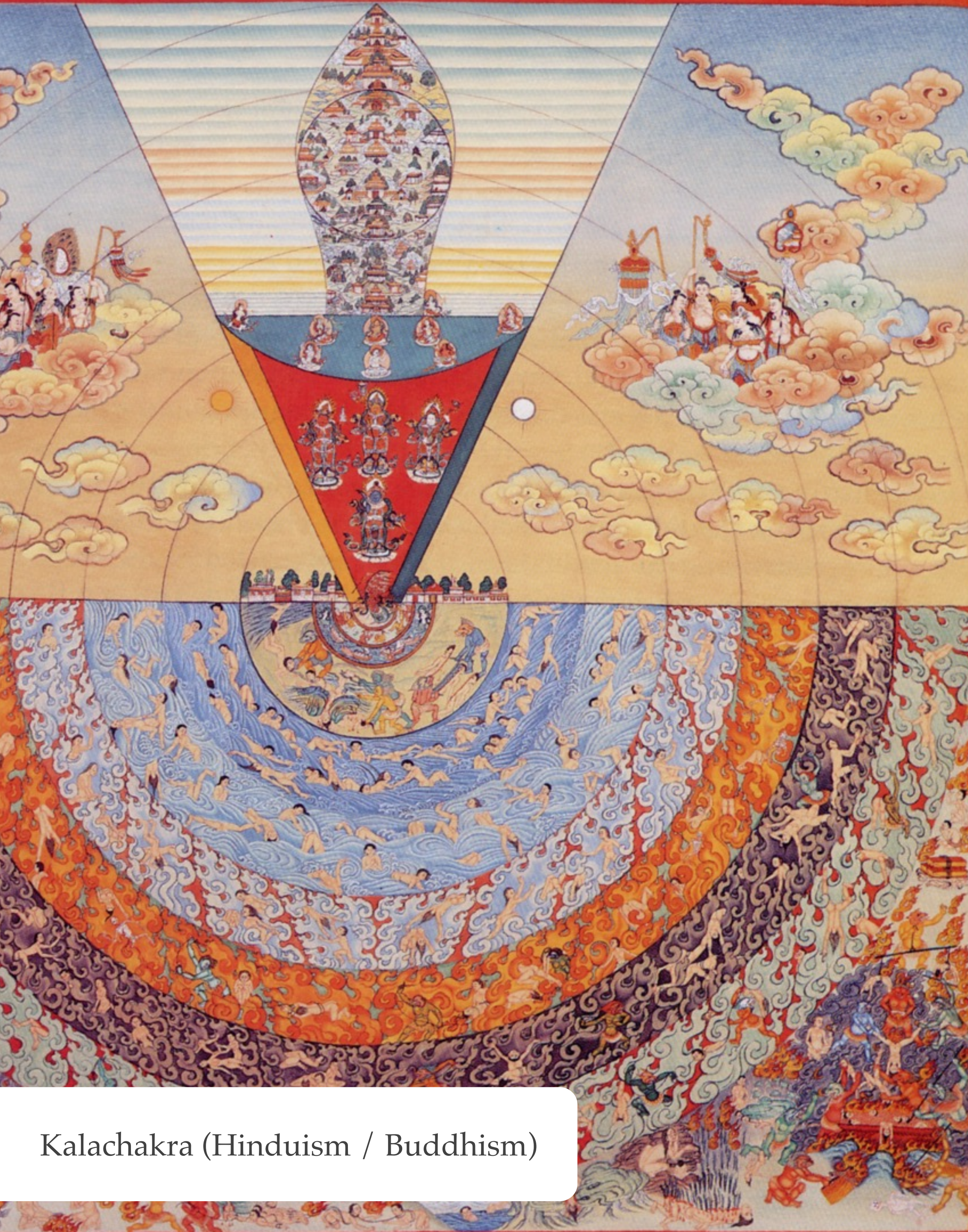


Hinduism

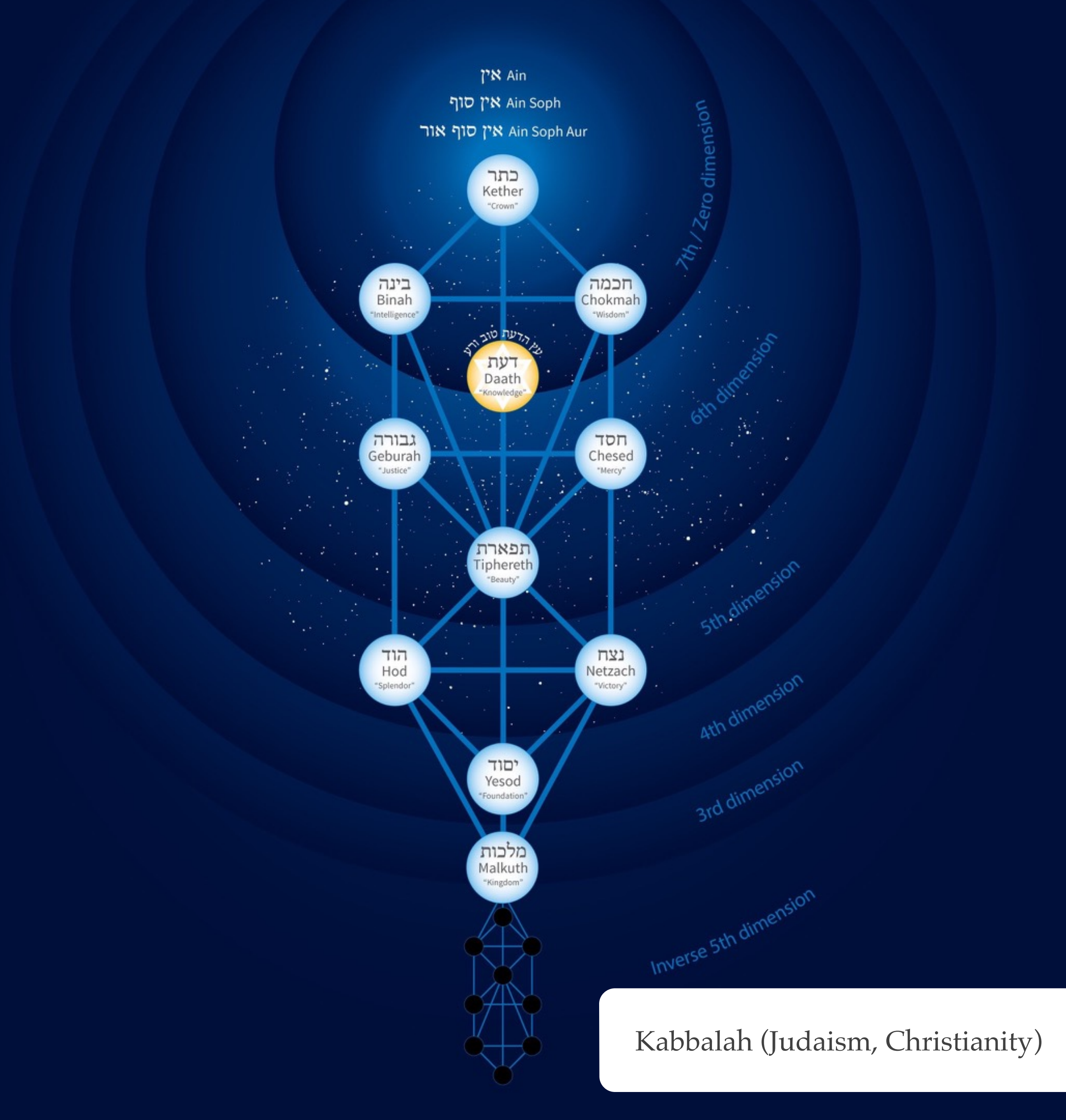


Judaism





Kalachakra (Hinduism / Buddhism)



Kabbalah (Judaism, Christianity)

Gnosis

Knowledge derived from experience.

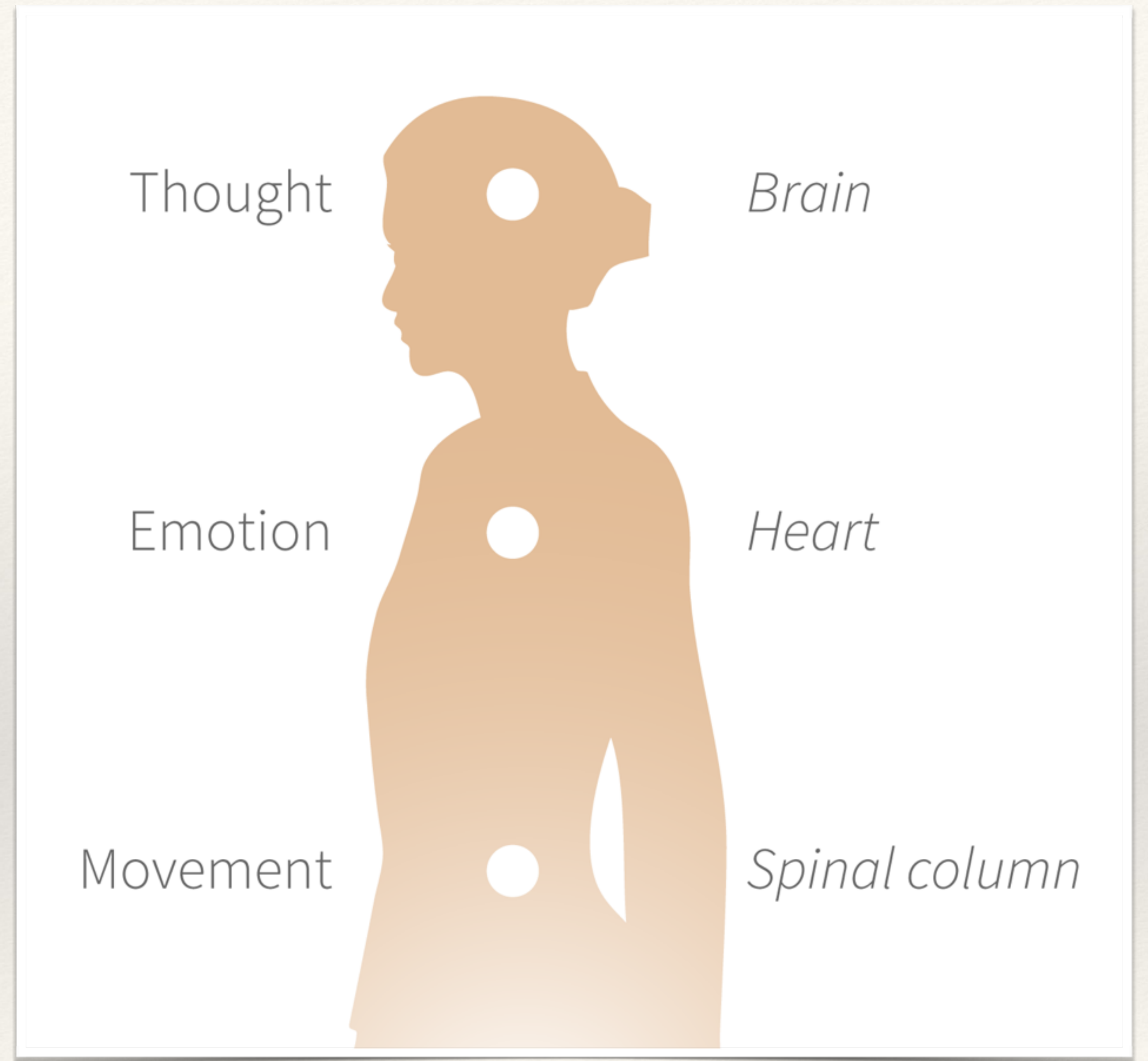
“Gnosis is lived upon **facts**,
withers away in abstractions, and
is difficult to find even in the
noblest of thoughts.”

— *Samael Aun Weor*

What is Consciousness?

What is perception, awareness?

Learn more: [What is Consciousness?](#)

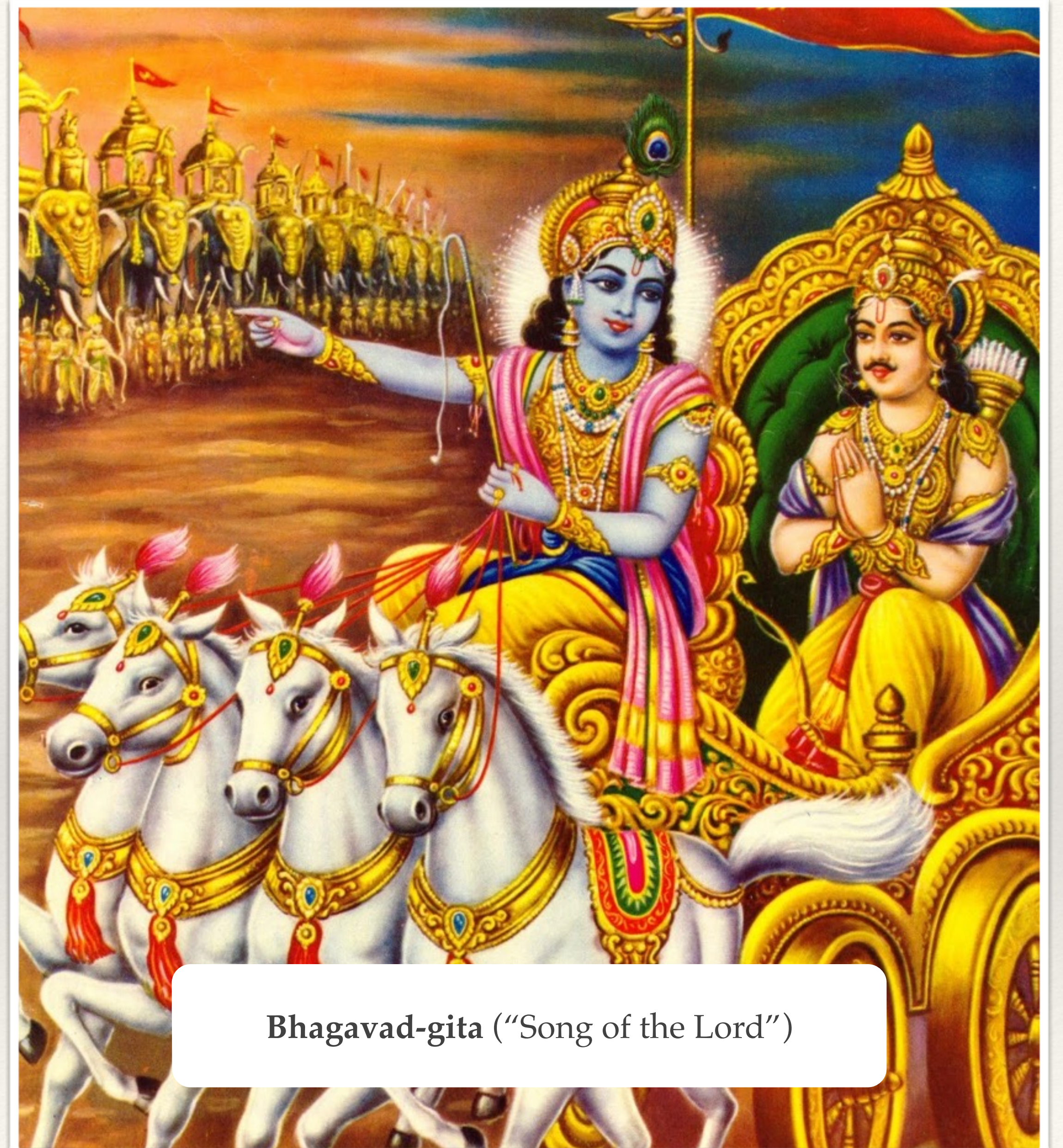


The "Three Brains"

Yoga

(Sanskrit) Union.

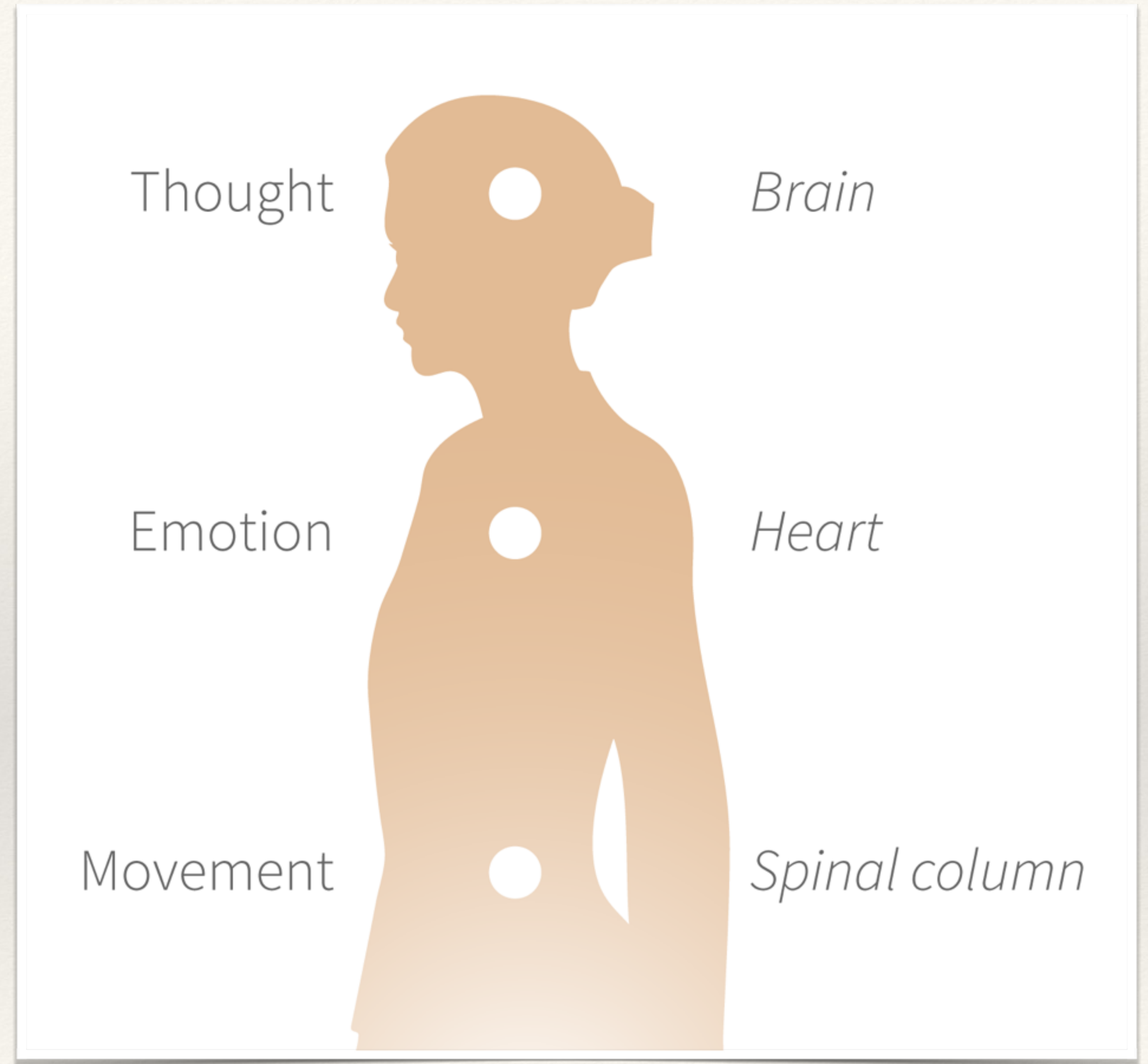
Equivalent to Latin religare, “to reunite,”
root of “religion.”



Bhagavad-gita (“Song of the Lord”)

Aspects of Yoga

1. **Karma Yoga:** the path of work
2. **Bhakti Yoga:** the path of devotion
3. **Jnana Yoga:** the path of self-analysis and knowledge
4. **Raja Yoga:** the path of psychic control



Steps of Yoga

1. **Yama:** self-restraint
2. **Niyama:** precepts
3. **Asana:** posture; relaxation
4. **Pranayama:** harnessing of life force
5. **Pratyahara:** suspension of senses
6. **Dharana:** concentration
7. **Dhyana:** meditation
8. **Samadhi:** super-conscious state, blissfulness, ecstasy

Yama: Self-restraint

- ❖ **Ahimsa:** to not harm; kindness, compassion; love for all
- ❖ **Satyam:** truthfulness
- ❖ **Asteya:** to not steal
- ❖ **Brahmacharya:** chastity; sexual purity
- ❖ **Aparigraha:** renunciation, non-avariciousness, freedom from desires

Niyama: Precepts

- ❖ **Saucha:** internal and external purity; cleanliness; integrity
- ❖ **Santosha:** contentment; satisfaction; joy
- ❖ **Tapas:** austerity; penance
- ❖ **Svadhyaaya:** study of religious books and repetition of mantras
- ❖ **Ishvara-Pranidhana:** Self-remembering; worship of Divinity and self-surrender

Step one: Learn to observe yourself impartially.

Self-observation: An exercise of attention, in which one learns to become an indifferent observer of one's own psychological process. True Self-observation is an active work of directed attention, without the interference of thought, emotion, or sensations.

"We need attention intentionally directed towards the interior of our own selves. This is not a passive attention. Indeed, dynamic attention proceeds from the side of the observer, while thoughts and emotions belong to the side which is observed." - Samael Aun Weor

Helpful resources:

Books:

The Great Rebellion

Karma is Negotiable

Treatise of Revolutionary Psychology

Courses:

Beginning Here and Now

Bhavachakra, the Wheel of Becoming

Self-knowledge