

# Infinite Life

Guidelines to Complete  
Well-Being and Spiritual  
Fulfillment

A Center for Spiritual Awareness Publication



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Roy Eugene Davis has taught for six decades in North and South America, Europe, West Africa, and India. He was ordained by Paramahansa Yogananda in 1951.

*Front cover photo: Bay of Bengal, South India*

Meditation Hall at CSA Headquarters



## INTRODUCTION

Nurturing spiritual growth, living effectively, and having harmonious relationships can be natural and enjoyable when we know how to allow our innate qualities and Self-knowledge to spontaneously emerge.

A primary obstacle to spiritual growth is the habit of identifying with modified mental states and personality characteristics. When that error in perception is corrected, illusions vanish and our consciousness is restored to its original, pure wholeness.

The practices described in the following pages can enable you to have insights and experiences that improve your circumstances and quicken your spiritual growth. As your innate qualities and Self-knowledge emerge, you will have extraordinary mental and intuitive powers and live more effectively.

To realize (experience and fully know) our true nature and eternal relationship with the Infinite is to be freely expressive during our current incarnation. Aspire and sincerely and rightly endeavor to be spiritually enlightened in your current incarnation rather than only hope that it might be possible—sometime in

the far distant future in another time or place when conditions may be more favorable.

Simplify your life by concentrating on doing what enables you to live harmoniously with others, nature, and the environment.

Do your best to live effectively and nurture spiritual growth while being receptive to the assistance, support, and provision of nature and the influences of grace that emerge from within you and express around you.

Intend to quickly awaken through stages of superconsciousness, Self- and God-realization, cosmic consciousness, and complete liberation of consciousness.

Read this booklet several times.

Adopt the guidelines and practices.

Speak the recommended affirmations with conviction and realization.

Meditate daily in the deep silence.

With warm best wishes  
and constant blessings,

Roy Eugene Davis



# ONE

## Always Be Conscious of Your Immortal Essence of Being and Eternal Relationship With the Infinite

Do not think that you have to do something to be an immortal, spiritual being or to have an eternal relationship with the Infinite.

You *are* an immortal, spiritual being with an eternal relationship with the Infinite because you are a flawless unit of one ultimate Reality commonly referred to as God.

If you are not yet fully conscious of what you are and of ultimate Reality, as you learn to calm your mind and clarify your awareness, the truth will be revealed from within you.

When you awaken from sleep, during the day when you are active, when interacting with others, and during regular occasions of quiet reflection, remember:

### *Affirm*

I am an immortal, spiritual being,  
eternally one with the Infinite.

## TWO

### **Nurture Your Spiritual Growth With a Positive Mental Attitude and Daily Meditation**

Authentic spiritual growth occurs when our innate qualities, capacities to know and to express, and Self- and higher-knowledge begin to effortlessly emerge.

Nurture your spiritual growth by fervently aspiring to be fully conscious, believing that you can and will be, and adhering to an effective regimen of daily meditation practice.

Contemplate (look at with alert expectation of discovery) your pure essence of being. With practice, you will have changes of viewpoint: from contemplating your pure essence of being to actually experiencing that you are it.

#### *Acknowledge With Realization*

I am one with ultimate Reality.  
What is true of it, is true of me.  
Its radiance illumines my mind.  
Its omniscience enlightens my consciousness.  
Its omnipresence provides for me.  
Its omnipotence empowers me.

## THREE

### Be Kind, Honest, and Truthful

Moral mental attitudes and behaviors provide a firm foundation for holistic living and for gracefully growing to emotional and spiritual maturity—which is why they are emphasized by all spiritual traditions.

Moral thinking and behaving contribute to peace of mind and to harmonious, supportive relationships with others and environmental conditions. If it is not always easy for you to be kind, honest, and truthful, train yourself to think, feel, and behave correctly until it is natural to be like that. You will have peace of mind, soul-satisfaction, and the full support of the processes of nature and of grace: unplanned, freely provided good fortune.

Do what is correct or proper because it is the right thing to do, without any desire for recognition or reward.

#### *Affirm With Conviction*

I always think and act in accord with what I know to be correct and proper.

## FOUR

### **Allow Others to Grow to Emotional and Spiritual Maturity According to Their Capacity to Do It**

People have different psychological characteristics, intellectual capacities, and functional abilities. Knowing this, without judgment or endeavors to interfere, allow others to learn, grow, and creatively express in ways that are best for them. Assist them in practical ways when you can, if your help is wanted.

After meditation, acknowledge life in our universe, then focus attention on our planet with its more than seven billion people and millions of forms of life. Radiate the purity of your essence of being and your good will to everyone and all forms of life.

#### *Declare With Understanding*

I selflessly wish for the highest good of all forms of life and for everyone who is influenced by my states of consciousness, mental states, and actions.

## FIVE

### Honor Everyone Who Provided You With Knowledge and Opportunities to Learn and Grow

Include your ancestors, parents and extended family, friends, associates, and people you do not know or may never meet who have made your life better because of their words, deeds, or other positive influences on your life.

Be thankful for all of the good fortune you have had and will continue to have—and for the sometimes difficult situations and times that aroused your innate powers and helped you learn and grow.

All souls are units of one Source of life. See beyond outer appearances to the core essence of every person—and respectfully honor it.

#### *Compassionately Acknowledge*

I easily see beyond outer appearances, personality characteristics, words, and behaviors to the core essence of every person—and respectfully honor it.

## SIX

### Improve Your Mental and Intellectual Abilities

Our mind retains impressions (memories) of perceptions and enables us to think. It is a unit of cosmic mind that is responsive to our thoughts, desires, imaginings, expectations, and intentions. Improve your abilities to remember, think rationally, imagine creatively, and produce and attract ideal circumstances and experiences.

Our discriminative intelligence enables us to discern the truth of what is examined. Use it to solve problems, acquire knowledge, and to discern the difference between thoughts, moods, a mistaken sense of self-identity, and your true nature as an observer and knower.

Mental and intellectual powers and capacities of the brain to process them improve when they are used.

#### *Affirm With Intention*

I think rationally and constructively and accurately know the truth of what I observe.

## SEVEN

### Nurture Your Total Well-Being

- Exercise regularly to maintain muscle tone and strength; healthy functioning of heart, vascular, and respiratory systems; normal bone density; and high energy levels.
- Obtain sufficient sleep. Sleep deprivation can result in mental confusion, impaired concentration, blurred awareness, reduced ability to function effectively, and being more likely to have accidents.
- Choose wholesome, natural foods that are best suited to your physical constitution.
- Cheerfulness and optimism will strengthen the body's immune system and inspire you to be higher-purpose directed.
- Enhanced spiritual awareness will refine your nervous system, vitalize your body, and clarify and expand your consciousness.

#### *Declare With Conviction*

I do what I need to do to be spiritually conscious, mentally alert, and physically healthy and energetic.

## EIGHT

### Use Knowledge and Skills Wisely and Effectively

Knowledge is useless until it is skillfully and effectively used. When you know what to do for your highest good, do it.

Your highest good includes all conditions, relationships, actions, and experiences that enable you to accomplish purposes that are of real value to you and others, and to arouse and bring forth your innate, divine qualities, capacities, and knowledge.

Be curious. Wisely experiment. Learn, and apply yourself to discover how to easily have life-enhancing desires fulfilled and real needs satisfied, and to nurture spiritual growth until you are Self- and God-realized.

*Realization* is actual experience along with comprehensive knowledge.

#### *Decisively Affirm*

I wisely and effectively use the knowledge and skills that I have while I acquire more useful knowledge and abilities.

## NINE

### **Freely Share Your Enlightened Consciousness and Some of Your Material Resources, Knowledge, and Skills With Others**

The greatest gift you can give to others is to be so constantly established in Self- and God-knowing that the radiance of your essence of being pervades the collective consciousness of all life in the universe and benefits everyone.

Do practical, helpful things when you can. Give money to well-organized endeavors that provide services and support people who need help. Support cultural events and activities.

If your knowledge and skills can be offered to individuals or groups, reach out to them to see if they will be responsive.

Support spiritual education activities that provide people with opportunities to learn the facts of life and be more spiritually conscious.

#### *Declare With Conviction*

I constantly radiate good will to all life  
and do practical things to uplift others.

## TEN

### Inspire Others to Also Experience and Express Excellence in All Aspects of Their Lives

States of consciousness, intellectual abilities, mental attitudes, physical conditions, behaviors, circumstances, and experiences that are of the highest quality and personal value are some characteristics of *excellence*.

Mental attitudes and emotional states are contagious: often easily, quickly transmitted from one person to another.

Inspire and constructively motivate others with cheerful, self-confident mental attitudes and wisely chosen decisive actions that they will be inclined to emulate.

#### *Declare With Confidence*

Knowing that I am an immortal spiritual being, I always think and act in ways that empower me to constantly experience and creatively express my infinite life. The freedom, mental and emotional peace, and spiritual awareness that I constantly have, I wish for everyone.

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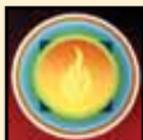
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*Declare With Conviction*

**The radiant purity of my Essence  
of Being continuously illumines  
my mind and consciousness.  
The limitless, joyous freedom  
that I always have, I wish for  
everyone, everywhere.**



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