



## *Yamas and Niyamas*

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Lecture

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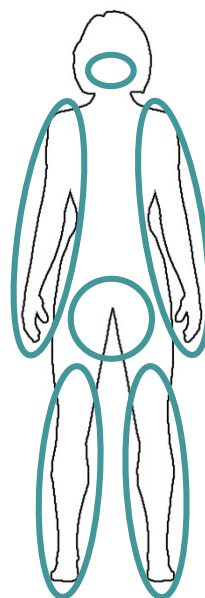
### 1. THE YAMAS

- Yama, the first limb of Patanjali's "Yoga Sutras," is a guide to how the practitioner interacts with their outer world, moral observances, or exterior ethics.
- The Yamas point out pitfalls to be avoided that help us lead more balanced lives and avoid future suffering.
- When applied in our daily lives and our yoga practice, these five tenets of living bring about a compassionate death to the ego and a richer connection to our highest wisdom.
  1. Ahimsa - Non-violence
  2. Satya - Truthfulness
  3. Asteya - Non-stealing
  4. Bhramacarya - Moderation
  5. Aparigraha - Non-grasping

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## Yamas & the Organs of Action

- The observance of Yama disciplines the five organs of action:
  - Arms
  - Legs
  - Mouth
  - Organs of regeneration
  - Organs of excretion
- As the organs of action are disciplined, the senses can more easily be brought under conscious awareness.
  - *For example, if the mind wishes to say something harmful, and the mouth refuses to cooperate, no harm can be done.*



## Ahimsa



- Non-violence in thought, words, and speech towards yourself and others.
- This can also be seen as the Golden Rule, "Do unto others as you would have them do unto you."
- PRACTICE AHIMSA:
  - Don't push into pain in Asana or force anything to happen
  - Cultivate self-awareness of your negative self-talk and judgments and notice how they are self-perpetuating and lead to turmoil and suffering; work to transform judgment into compassion.

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## Satya



- Truthfulness with yourself and others

- PRACTICE SATYA:

- When speaking your truth, temper Satya with Ahimsa.
- Don't push into pain in Asana or force anything to happen.
- Observe your negative self-talk and know these thoughts do not define you.
- Ensure your actions match your values.

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## Asteya



- Non-stealing, non-hoarding
- Not succumbing to feelings of jealousy, non-coveting
- Cultivate abundance

- PRACTICE ASTEYA:

- Be truthful with yourself about how you feel
- Examine all your relationships--are any unbalanced regarding time, energy, or financial compensation?
- Cultivate fairness and listen to your intuition.
- Transform lack and insecurity to abundance and trust that you already ARE and HAVE enough.

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## Bhramacarya



- Conservation of life force
- Right use of energy
- Moderation, abstinence

- PRACTICE BHRAMACARYA:

- Not saying 'Yes' to everything; being skillful in your choices.
- Listening to what your body needs; take breaks throughout the day to recharge your internal batteries and rest your mind.
- You need not repress your desires completely but turn away from problematic sense attachments so that you can feel more at peace with yourself.

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## Aparigraha



- Non-greed
- Non-grasping
- Non-attachment

- PRACTICE APARIGRAHA


- Release comparison with others
- Recognize your relationship with your material possessions.
- Conserving natural resources while minimizing your environmental impact locally and globally.
- Focus on your actions, not their results
- Be in the moment; don't fret over the past or be attached to an outcome

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## 2. THE NIYAMAS

- The second limb in Patanjali's 'Yoga Sutras' guides the practitioner to interact more skillfully with their inner world.
- The five principles of niyama control the organs of perception: the eyes, ears, nose, tongue, and skin.
- As the sense organs are brought under our conscious control, it will reduce attachments and help free the mind's clutter.




1. Saucha – Cleanliness
2. Samtoshā - Acceptance
3. Tapas - Determination
4. Svādhyāya – Self-study
5. Isvara Pranidhāna - Surrender

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## Saucha

- Cleanliness of the body
- Clean and organized space
- An orderly mind
- PRACTICE SAUCHA
  - Choosing the right foods for your dietary needs.
  - Being aware of your surroundings and how you impact others
  - Keep a clean, organized home makes it easier for the mind to relax.
  - Meditation and mudra to quell the busyness of the mind and limit distracting thoughts.
  - Shatkarmas:
    - Neti - Nasal irrigation
    - Dhauti – Swallow and retract cloth to cleanse digestive tract
    - Nauli - Abdominal churning
    - Bhasti - Colon cleansing
    - Kaphalabhāti - Skull shining breath
    - Tratak - Candle gazing



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## Samtoshā

- Contentment
- Acceptance of things as they are.
- PRACTICE SAMTOSHA:
  - Don't force yourself in Asana or compare yourself to others
  - Catch yourself focusing on the negative and redirect the mind toward gratitude.
  - Avoid conditional thinking by practicing non-attachment.
  - Appreciate what you already achieved and what you already have.
  - Trust that you ARE enough!



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## Tapas

- Heat, perseverance
- Self-control, austerity
- PRACTICE TAPAS:
  - Cultivate the fiery passion to practice every day and understand what kind of practice you need.
  - Self-discipline to get enough rest and eat the right foods for you.
  - Determination to face obstacles
  - Challenge yourself to grow without pushing past your limitations.
  - Burn away negative habits.
  - Not listening to your inner saboteur.



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## Svadyaya

- Self-study
- Recitation of the ancient texts.
- "Study the self, discover the divine," Yoga Sutras II.44
- PRACTICE SVADHYAYA:
  - Study yoga philosophy.
  - Observe your actions and reactions.
  - Learn from your mistakes.
  - Seek to understand your motivations non-judgmentally.
  - Know what actions bring union with the true Self and which cause separation.



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## Isvara Pranidhana

- Surrender
- Trust in the universe
- PRACTICE ISHVARA PRANIDHANA:
  - Know when you need to rest.
  - Staying present with yourself.
  - Give the illusion of control.
  - Trust that life is unfolding as it is meant to and release the struggle.
  - Yoga Nidra and creative surrender



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*Yoga Nidra for the  
Yamas and Niyamas*

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Guided Meditation Practice

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