# Yamas and Niyamas

Guidelines for living a fulfilling life, drawn from *Yoga Sutras of Patanjali*.

## Yamas

### Ahimsa

**Non-harming**

Do no harm. Behave with kindness, friendliness, compassion, and thoughtful consideration of all beings and things, especially yourself. Practice non-harming in feelings, thoughts, words, and actions.

### Satya

**Truthfulness**

Be true to yourself. What is truly meaningful to you? Consider how you can trust those who are honest; the connection is clear, no interference. Practice mindful awareness, being with things as they are.

### Asteya

**Non-Stealing**

Take advantage of no person or situation for personal gain. Stealing can grow from feelings of lack and scarcity; not trusting in a creative and abundant source of energy. Avoid taking more than you need. Honor your talents and commitments; nurture and care for yourself.

### Brahmacharya

**Conserving Life Force/Non-Abuse of Energy**

Use minimum energy needed to reach maximum result. Be aware of how, where, and when you expend time, energy, and resources. Honor the power of your sexuality and that of others. Create relationships that foster your understanding of the highest truths.

### Aparigraha

**Non-Greed**

Give up belief that your happiness depends on ability to hold onto what you think you own. What are you attached to in daily life? Where do you seek external sources for your happiness and fulfillment?

## Niyamas

### Saucha

**Cleanliness/Purity**

Maintain cleanliness of body, mind and surroundings, including diet, energetic awareness (uncluttered space at work or home), letting go of toxic relationships, taking in that which elevates consciousness; clarity of intention.

### Santosha

**Contentment**

Practice being comfortable with what you have and what you do not have, until conditions change. Embrace all experiences as opportunities to learn and grow. Peace is within us in all circumstances.

### Tapas

**Fiery Discipline**

Direct our energies to help align with aspirations. Increase the heat/passion that burns impurities through practices that keep your body/mind fit and healthy: proper sleep, exercise, nutrition, fulfilling work, and relaxation.

### Svadhyaya

**Self Examination**

Observe, read, study, practice, reflect, review and observe your progress so that you may see yourself more clearly, get to know yourself better. Distinguish between reactions that feel habitual or automatic and responses that sit well in the heart.

### Ishvarapranidhana

**Surrender to Something Greater**

Align with and receive the grace of being alive. Attune to the all-knowing presence within you and allow that presence to direct your actions.