

Lesson 6

Niyamas

Saha Navavatu

Om

Sa-ha-naa va-va-tu

Sa-ha-nau bhu-nak-tu

Sa-ha vir-yam kar-a-va-va-hai

Te-jas wi-na-vba-dhi ta-mas-tu

Ma vidt- vi-sha-va-ha-i

Om shantih shantih shantih

Note:

Next Week a different meeting time!

April 3 to 10am-12pm EST

Homework Review

Beautiful!



YAMAS:

- Ahimsa (non-violence/compassion)
- Satya (truth)
- Asteya (non-stealing)
- Brahmacharya (continence/moderation)
- Aparigraha (non-avariciousness)

there are more in other traditions

Brahmacharya cont...

-What excites you?

-When do you become critical of others?

-When and where are you your best Self?

Two Monks story

There is a story about two monks on a pilgrimage in (supposedly) strict brahmacharya. When they come across a lady unable to cross a large puddle, the senior monk carries her across to safety. Shocked, the younger monk eventually remonstrates with the senior monk, who replies, “You are still carrying her in your head while I left her by the banks of the puddle!”

Aparigraha

Non-grasping. Awareness of Abundance and fulfillment.

Physical possessions

Relationships

Thoughts

Can you let go of your attachments?

Absence of greed

-absence of greed for people, things, and actions

Our Intentions

Our intentions will affect the karma.

If you meant to do something well, to the best of your means and something bad happened, the intention of love is of more importance than the result of your actions.

We still need to be aware and mindful.

According to Maharishi, the Yamas happen naturally as you attain greater awareness of the Self.

Ahimsa, non-harming

Satya, truth that never changes

Asteya, non-stealing

Brahmacharya, living alone, living Divine consciousness

Aparigraha, non-accumulation

Ahimsa

Unity is a state of non-difference and Oneness, so because there is no “other,” there can be no offense.

Satya

Speaking Truth cannot be practiced, he suggests instead practicing the development of higher consciousness, in which one naturally speaks the Truth.

Asteya

How can you steal something that is You? In Unity, everything is an expression of You.

Bramacharya

Living in the supremely elevated state of consciousness.

Aparigraha

Nothing is separate from You; To accumulate would be like amassing more of the Self, for the Self, by the Self. However, In Unity, everything is experienced as the state of one's own Self.

Yogic Learning

- Let it wash over you
- Repetition is required
- Do not use the intellect to make sense of the knowledge
- We use the heart-mind to take in the knowledge
- 3 stages of mind, unconscious, conscious & higher mind
- we are able to direct our energy to the positive

End of Lesson 5

Thank you Beloved Yogis and Yogini's!!!

Heart Meditation: Ahimsa



NIYAMAS ~ positive choices

- Saucha (purity/cleanliness)
- Santosha (contentment)
- Tapas (austerities/disciplines)
- Svadhyaya (self study)
- Ishvarapranidhana (surrender to God)

Niyamas - purifying

Kriya in Raja Yoga in Patanjali Yoga ~ purification of nadis through tapas, Svadhyaya, Ishvara Pranidhana

Modern Kriya Yoga (Yogananda) Purification through Breathing exercises

Saucha

-purity

-Self-care

-inner and outer cleanliness

-clearing the mind of greed, and desire to possess

Saucha

When we practice Saucha, we detach from “things.”

It cleanses the mind and pranic body

You can see how Aparigraha helps and overlaps with this Niyama.

How can we practice this in a physical or energetic way?

Consider the kind of shows/media that affect your mind?

How much are you bringing things into your house?

Santosh

Everyday contentment

Being engaged without being driven by a result

“Essential for spiritual life”

Release cravings

Practice *Asteya*

Santosha

Are you content?

Can you find contentment in a difficult moment?

Are you grateful for all that you have?

Stretch break!



The last 3 Niyamas: Kriya Yoga

Tapas

Svadhyaya

Ishvara Pranidhana

Tapas: Be Diligent while performing an action

Internal and external purification

Self-discipline

Right effort

Commitment, don't give up

Internal Passion

What is your discipline? Is discipline hard for you? What guna do you think makes discipline hard?

Tapas

Watching the mind, exhausts the patterns and they are purified

The main purpose of attaining tapas is to be able to meditate properly (Sivananda)

The yogis help us to not make new karmas, say things we regret

Body can become immune to hot/cold, hardships etc.. it will give you strength-internal, mental, physical

Holding your word to yourself

Svadhyaya

Study in scripture, life and teachings

Self-study

Self-reflection

Seeing all aspects of who we are

Learning from our samskaras

We naturally look at things with dispassion

Svadhyaya

Are you mindful of yourself?

Do you observe yourself?

Do you study awareness texts?

Ishvara-Pranidhana

Self-inquiry, self-surrender

Surrender the little self to the big Self

Dedication to the highest power (God/Goddess/Divinity/Nature)

Can you surrender your practice, your emotions to God or something greater than you?

What awakens your love for life?

Yamas & Niyamas

A prescription for life to for a life to be lived without conflict.It cannot be imposed as the heart will not respond to that.

Thank you!!

See you next week at 10am!