



Yamas and Niyamas

What do we do when we find we are going in the wrong direction in our actions, speech, or thoughts?

We may intend to be going in this direction		But sometimes we may be going in this direction
	Yamas	
Ahimsa / Non-harming	↔	Harming / Hurting
Satya / Truthfulness	↔	Lying / Misrepresenting
Asteya / Non-stealing	↔	Stealing / Taking
Brahmacharya / Remembering	↔	Forgetting / Dropping
Aparigraha / Non-possessiveness	↔	Immoderate / Excessive
	Niyamas	
Saucha / Purity	↔	Impurity / Unclean
Santosha / Contentment	↔	Discontent / Anxiousness
Tapas / Sense Training	↔	Unrestrained / Excessive
Svadyaya / Self-study	↔	Ignoring / Blinding
Ishwara Pranidhana / Surrender	↔	Clinging / Holding

Train your mind gently and lovingly, as you would train a small child who simply does not yet know how to behave properly. When mind is going in the wrong direction, train it by literally talking to it, training it in the truth that it is going in the wrong direction, and that this will only bring continued suffering.

Say to your mind, "Mind, going in this direction is not useful. This will bring nothing but unending pain and greater ignorance of truth. Mind, you need to let go of this, and go in the other direction." (See Yoga Sutras 2.33-2.34)