

8 Limbs

Mental practice of
yoga

1. Yamas
restraints, moral
disciplines and vows

2. Niyamas
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3. Asana
poses

4. Pranayama
breathing techniques

5. Pratyahara
sense withdrawal

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7. Dhyana
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8. Samadhi
enlightenment

YAMAS

restraints, moral disciplines, vows

- **Ahimsa - non-violence** - in all aspects of life. This means not physically harming others, ourselves, and nature; not thinking negative thoughts about others or ourselves; and making sure that what we do and how we do it is done in harmony, rather than harm.
- **Satya - truthfulness** - not telling lies and being honest with others, but also complete honesty with ourselves. This requires the slowing-down of the mind. When we react instantly to situations on a purely primitive and emotional level, we're often not seeing the truth and are acting from a place of fear and conditioning.
- **Asteya - non-stealing** - beyond the physical act of stealing; most importantly, mankind's greed and craving for artificial needs are also stealing.
- **Brahmacharya - right use of energy** - behavior which leads us towards a higher power. Helps us to consider how we actually use and direct our energy, directing our energy away from external desires and towards finding peace and happiness within ourselves.
- **Aparigraha - non-greed, non-hoarding, non-possessiveness, and non-attachment** - let your concern be with action alone, and never with the fruits of action. Do not let the results of action be your motive, and do not be attached to inaction.

NIYAMAS

personal observances

- **Saucha - cleanliness, purity** - cleanliness of body, mind, spirit and surroundings, all helping to direct us towards a pure and positive life. Everything we do aids us towards being happier, healthier and more awake and aware in life.
- **Santosha - contentment, satisfaction** - accepting and appreciating what we have and what we are already.
- **Tapas - fiery discipline** - cultivating a sense of self-discipline, passion, and courage.
- **Svadyaya - study of the self** - paying attention to the self; we become more aware of the things we do that harm us, and also those which serve us and bring us closer to that process.
- **Ishvara Pranidhana - surrender to higher power** - cultivating a deep and trusting relationship with the universe, and making each action an offering to something bigger than us.

PRATYAHARA

sense withdrawal

It isn't about losing senses, but the practice changes our state of mind so that we become so absorbed in what it is we're focusing on, that the things outside of ourselves no longer bother us. It is about being concentrated and present to the moment at hand, that things like sensations and sounds don't easily distract the mind.

DHARANA

focused concentration

In order to focus on something, the senses must withdraw so that all attention is put on that point of concentration, and in order to draw our senses in, we must focus and concentrate intently; like candle gazing, the breath, and visualization.

DHYANA

meditative absorption

This is when we're really meditating.

SAMADHI

Enlightenment

This is not about escapism, floating away, or being abundantly joyful. It's without disturbance from the mind; it's without our experience being conditioned by our thoughts, emotions, likes, dislikes, pleasure, and pain governing it. Samadhi isn't a permanent state; it's a practice and a lifestyle.

Steady attention
&
Rooted in
awareness

Deliberate intention
&
Inhabit the present

Equanimity
&
Non-self

MINDFULNESS

Sensory Mode
&
Aware of senses

Non-judging
&
Compassionate

Connection
&
Chosen

Scattered attention
&
Automatic

Reactivity
&
Microaggressions

Isolation
&
Self

MINDLESSNESS

Escape the present
&
Lack of awareness

Harsh judgments
&
Criticism

Thinking mode
&
Habitual