



## PATANJALI'S 8-LIMBED PATH (ASHTANGA)

- Yamas** – the 5 moral restraints, ethical standards and sense of integrity. Describes how to relate to others.

Ahimsa – nonviolence  
Satya – nonlying  
Asteya – nonstealing  
Brahmacharya – nonlusting – the idea is not to engage in any activity that is purely for sensual pleasure, also known as moderation. This can be any activity whether it is sex, being lazy and sitting around excessively, eating, drinking, etc., this means your bad habits that you engage in purely for pleasure of the body.  
Aparigraha – nonhoarding – if we are too attached to our “stuff” we can never be free physically, mentally, emotionally or spiritually.
- Niyamas** – the 5 observances, individual practices that have to do with self-discipline and spiritual observance. Describes how to relate to yourself.

Sauca – purity – cleanliness in mind and body, putting an end to contamination, helps to provide a clear channel for Spirit  
Santosha – contentment – being at peace with the way things are  
Tapas – zeal, austerity – discipline for the doing of our spiritual practice, discipline is really self-care. Tapas moves us toward our spiritual goals.  
Svdhyaya – self-study – Learning who we are  
Isvarapranidhana – devotion to a higher power (or purpose or ideal)
- Asana** – the yoga postures – The body is a temple of Spirit. Care of the body is important for spiritual growth. The purpose of asana is also to make sitting meditation more comfortable.
- Pranayama** – mindful breathing – control of life force/prana, rejuvenates body
- Pratyahara** – turning inward – A conscious effort to turn our attention from the external world to our own internal world.
- Dharana** – concentration – The ability to keep a one-pointed mind, to concentrate on one thing at a time.
- Dhyana** – meditation – uninterrupted concentration (dharana)
- Samadhi** – union of the Self with the object of meditation – causes a deep state of peace and knowledge of the interconnection of all living things. The object of meditation can be whatever you meditate on. (For example, God, an understanding of your spiritual path, peace, love, truth, etc.)