



Yama-Niyama

The Yogic Moral Code

3-Part Teaching Cards

Copyright © February 2011
All rights reserved

Original Concept and Graphics: Shuddha Amundsen
Text and Production: Ac. Abhidevananda Avadhuta

Dedicated to Shrii Shrii Anandamurti, an unparalleled teacher and a timeless inspiration

Educated are those who have learned much, remembered much, and made use of their knowledge in practical life.

Shrii Prabhat Ranjan Sarkar
Chapter 3 “Social Justice”
Human Society Part 1

Table of Contents

Instructions	iv
Assembling the 3-Part Teaching Cards	iv
Using the 3-Part Teaching Cards	iv
The 3-Part Teaching Cards	1
Study Cards	1
Data Cards	7
Label Cards.....	13

INSTRUCTIONS

Assembling the 3-Part Teaching Cards

To assemble the 3-Part Teaching Cards:

1. Print all subsequent pages of this file on card stock.
2. Cut out and glue together the two sides of each card.
3. (Optional) Laminate the cards for durability.

NOTE A single set of Data and Label cards may serve multiple students. However, each student will receive her/his own set of Study cards. Therefore, you must assemble one set of Study cards for each student.



Using the 3-Part Teaching Cards

To use the 3-Part Teaching Cards:

1. Introduce the subject with information provided on the concept side of the first Study card.
NOTE There are more Study cards than Data cards. Even when there is a corresponding Data card, the Study card may have more information. So always refer to the Study cards for instruction purposes.
2. Present each Data card one at a time, picture side up. Speak the name of the concept with each card.
3. Turn over each Data card, and explain the concept behind the picture.
NOTE The amount of explanation depends on the age of the student. For younger students, you might not require all of the information on the concept side of the Data (or Study) cards.
4. Turn over all of the Data cards again to show the picture side of each card.
5. Shuffle the Label cards, and then ask the students to match the Label cards to the Data cards.
6. (If the Label cards have an alternate label on the back side) Turn over the Label cards, and repeat Step 4.
7. Turn over all of the Data cards to show only the concept side of each card.
8. Repeat Steps 4 and 5.
9. Shuffle the Data cards, and repeat Steps 3-7 as often as required.
10. Retrieve the Data and Label cards, and present a set of Study cards to each student.
NOTE Explain to the students that they should use their personal set of Study cards to deepen their knowledge of the subject through studying and self-testing.

THE 3-PART TEACHING CARDS

Study Cards

Picture Side



Concept Side

Yama-Niyama

Two Characteristics of Morality:

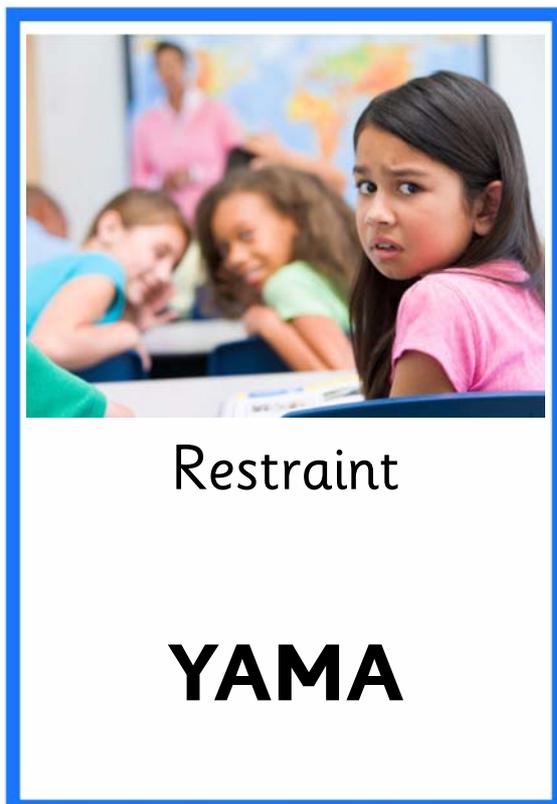
- It gives inspiration and strength to become an ideal human being.
- It makes good citizens.

Application: As a general rule, intent takes precedence over action. But as far as possible, both intent and action should comply with each principle.

Symbolism:

- The upward triangle symbolizes Yama (Restraint).
- The downward triangle symbolizes Niyama (Regulation).

Morality



Features of Yama

- The principles control personal conduct in relation to an external object.
- The principles have beneficial impact on the physical and mental worlds.

Five Principles of Yama

- Ahim'sa'
- Satya
- Asteya
- Brahmacharya
- Aparigraha

Restraint

Study Cards

Picture Side

Concept Side



Benignity

Ahim'sa'**Explanation of Ahim'sa'**

Definition: Thinking, speaking, and acting without inflicting pain or harm on another

Amplification: Struggle is the essence of life. This principle does not require non-violence. Rather, non-violence is both impractical and unnatural.

Exceptions:

- Food: Life feeds on life, but food should be chosen from creatures with minimal self-awareness.
- Self-Defense: Aggression not only may but should be resisted.

Benignity



Benevolence

Satya**Explanation of Satya**

Definition: Thinking and speaking with goodwill

Amplification:

- This principle leads to establishment in the other nine points of Yama-Niyama.
- This principle strengthens your will power, which helps you to practice morality and develops *ojas* (a mental glaze that attracts others to accept your words).

Exceptions: Usually, there is no conflict between this principle and factual truth (*rta*). Generally, bending the truth (telling a lie or misleading others) is permitted only when the welfare of someone else requires it. (This exception relates to *rta*, not *satya*.)

Benevolence

Study Cards

Picture Side

Concept Side



Honesty

Asteya

Explanation of Asteya

Definition: Not taking what belongs to others

Amplification: The four types of theft (to be avoided) are:

	<i>Physical</i>	<i>Mental</i>
<i>Direct</i>	Stealing	Thinking to steal
<i>Indirect</i>	Cheating	Thinking to cheat

Exceptions: If social policies result in an unjust distribution of wealth, the spirit of benevolence (satya) may require citizens to redistribute the wealth by whatever means necessary. The intent is not selfish. It is altruistic.

Honesty



Ideation

Brahmacarya

Explanation of Brahmacarya

Definition: Maintaining mental association with the Supreme

Amplification:

- While moving in this world, always remember that every object with which you come in contact, physically or mentally, is an expression of the Supreme.
- This is the paramount principle of Yama.
- The best way to get established in this principle is regular performance of your second lesson in the Ananda Marga system of meditation.

Exceptions: None

Ideation

Study Cards

Picture Side



Frugality

Aparigraha

Concept Side

Explanation of Aparigraha

Definition: Non-indulgence in the enjoyment of amenities and comforts superfluous to the preservation of life

Amplification:

- The minimum necessities of life vary in respect to time, place, and person. To some extent, society may help in determining a general standard. But individuals must still struggle to reduce their personal objects of enjoyment out of sympathy for those less well off.
- Before taking a loan or making an unusual expenditure, permission should be obtained from an upright authority.

Exceptions: Items required for your profession are allowed.

Frugality



Regulation

NIYAMA**Features of Niyama**

- The principles control personal conduct in relation to oneself. No external object is required.
- The principles have beneficial impact on the physical, mental, and spiritual worlds.

Five Principles of Niyama

- Shaoca
- Santos'a
- Tapah
- Sva'dhya'ya
- Ishvara Pran'idha'na

Regulation

Study Cards

Picture Side

Concept Side



Cleanliness

Shaoca

Explanation of Shaoca

Definition: All-round purity
Amplification: Purity is of four types:

	<i>External</i>	<i>Internal</i>
<i>Physical</i>	Body, clothes, and environment	Food, drink, medicine, and so on
<i>Mental</i>	Motor and sensory organs	Thoughts

Exceptions: None

Cleanliness



Contentment

Santos'a

Explanation of Santos'a

Definition: Maintaining a state of mental ease
Amplification: In practice, this principle implies not being greedy.

- You should be satisfied with a fair return for your work.
- To make that satisfaction possible, adherence to aparigraha is essential.

Exceptions: This principle does not require toleration of exploitation. If you are treated unfairly, you may certainly stand up for your rights.

Contentment

Study Cards

Picture Side

Concept Side



Sacrifice

Tapah

Explanation of Tapah

Definition: Acceptance of sufferings to reach the spiritual goal

Amplification:

- Typically, this principle is practiced by fasting on appropriate days as well as taking on hardships in service of guru, parents, ancestors, humanity, less developed creatures, and your soul.
- For students in school, this principle is mainly performed through diligent study of course material.

Exceptions: Donation to those who are better off economically than you is counterproductive. It encourages exploitation.

Sacrifice



Contemplation

Sva'dhya'ya

Explanation of Sva'dhya'ya

Definition: Clear understanding of any spiritual subject

Amplification:

- It is not enough to merely possess books and memorize passages in books.
- This principle is best accomplished by studying philosophical and scriptural treatises (in Ananda Marga, primarily *Ananda Sutram*, *Subha's'ita Sam'graha*, *Ananda Vacana'mrtam*, *Namah Shiva'ya Sha'nta'ya*, and *Nama'mi Krs'n'asundaram*).

Exceptions: For the illiterate, attending *dharmacakra* and maintaining *satsaunga* (spiritual company) are ways of practicing this principle.

Contemplation

Study Cards

Picture Side



Dedication

Iishvara Pran'idha'na

Concept Side

Explanation of Iishvara Pran'idha'na

Definition: Adopting the Cosmic Controller as the only ideal of life and moving with ever-accelerating speed toward that Desideratum

Amplification:

- Though the principle requires submission to the Divine will, this submission is active, not passive. Mentally, you run to embrace Him and to do His bidding.
- This is the paramount principle of Niyama.
- The best way to get established in this principle is regular performance of your first lesson in the Ananda Marga system of meditation.

Exceptions: None
Dedication

Data Cards

Picture Side



Concept Side

Features

- The principles control personal conduct in relation to an external object.
- The principles have beneficial impact on the physical and mental worlds.

Five Principles

- Ahim'sa
- Satya
- Asteya
- Brahmacharya
- Aparigraha

Data Cards

Picture Side



Concept Side

Definition: Thinking, speaking, and acting without inflicting pain or harm on another

Amplification: Struggle is the essence of life. This principle does not require non-violence. Rather, non-violence is both impractical and unnatural.

Exceptions:

- Food: Life feeds on life, but food should be chosen from creatures with minimal self-awareness.
- Self-Defense: Aggression not only may but should be resisted.



Definition: Thinking and speaking with goodwill

Amplification:

- This principle leads to establishment in the other nine points of Yama-Niyama.
- This principle strengthens your will power, which helps you to practice morality and develops *ojas* (a mental glaze that attracts others to accept your words).

Exceptions: Usually, there is no conflict between this principle and factual truth (*rta*). Generally, bending the truth (telling a lie or misleading others) is permitted only when the welfare of someone else requires it. (The exception relates to *rta*, not this principle.)

Data Cards

Picture Side

Concept Side



Definition: Not taking what belongs to others

Amplification: The four types of theft (to be avoided) are:

	<i>Physical</i>	<i>Mental</i>
<i>Direct</i>	Stealing	Thinking to steal
<i>Indirect</i>	Cheating	Thinking to cheat

Exceptions: If social policies result in an unjust distribution of wealth, the spirit of benevolence (satya) may require citizens to redistribute the wealth by whatever means necessary. The intent is not selfish. It is altruistic.



Definition: Maintaining mental association with the Supreme

Amplification:

- While moving in this world, always remember that every object with which you come in contact, physically or mentally, is an expression of the Supreme.
- This is the paramount principle of Yama.
- The best way to get established in this principle is regular performance of your second lesson in the Ananda Marga system of meditation.

Exceptions: None

Data Cards

Picture Side



Concept Side

Definition: Non-indulgence in the enjoyment of amenities and comforts superfluous to the preservation of life

Amplification:

- The minimum necessities of life vary in respect to time, place, and person. To some extent, society may help in determining a general standard. But individuals must still struggle to reduce their personal objects of enjoyment out of sympathy for those less well off.
- Before taking a loan or making an unusual expenditure, permission should be obtained from an upright authority.

Exceptions: Items required for your profession are allowed.

**Features**

- The principles control personal conduct in relation to oneself. No external object is required.
- The principles have beneficial impact on the physical, mental, and spiritual worlds.

Five Principles

- Shaoca
- Santos'a
- Tapah
- Sva'dhya'ya
- Iishvara Pran'idha'na

Data Cards

Picture Side

Concept Side



Definition: All-round purity
Amplification: Purity is of four types:

	<i>External</i>	<i>Internal</i>
<i>Physical</i>	Body, clothes, and environment	Food, drink, medicine, and so on
<i>Mental</i>	Motor and sensory organs	Thoughts

Exceptions: None



Definition: Maintaining a state of mental ease
Amplification: In practice, this principle implies not being greedy.

- You should be satisfied with a fair return for your work.
- To make that satisfaction possible, adherence to aparigraha is essential.

Exceptions: This principle does not require toleration of exploitation. If you are treated unfairly, you may certainly stand up for your rights.

Data Cards

Picture Side

Concept Side

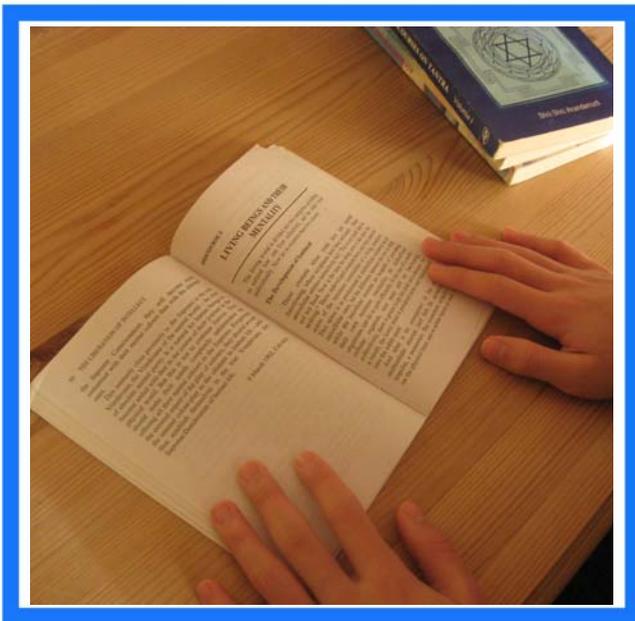


Definition: Acceptance of sufferings to reach the spiritual goal

Amplification:

- Typically, this principle is practiced by fasting on appropriate days as well as taking on hardships in service of Guru, parents, ancestors, humanity, less developed creatures, and your soul.
- For students in school, this principle is mainly performed through diligent study of course material.

Exceptions: Donation to those who are better off economically than you is counterproductive. It encourages exploitation.



Definition: Clear understanding of any spiritual subject

Amplification:

- It is not enough to merely possess books and memorize passages in books.
- This principle is best accomplished by studying philosophical and scriptural treatises.

Exceptions: For the illiterate, attending *dharmacakra* and maintaining *satsaunga* (spiritual company) are ways of practicing this principle.

Data Cards

Picture Side



Concept Side

Definition: Adopting the Cosmic Controller as the only ideal of life and moving with ever-accelerating speed toward that Desideratum

Amplification:

- Though the principle requires submission to the Divine will, this submission is active, not passive. Mentally, you run to embrace Him and to do His bidding.
- This is the paramount principle of Niyama.
- The best way to get established in this principle is regular performance of your first lesson in the Ananda Marga system of meditation.

Exceptions: None

Label Cards

Front Side

Yama

Back Side

Restraint

Ahim'sa'

Benignity

Label Cards

Front Side

Back Side

Satya

Benevolence

Asteya

Honesty

Brahmacarya

Ideation

Aparigraha

Frugality

Label Cards

Front Side

Back Side

Niyama

Regulation

Shaoca

Cleanliness

Santos'a

Contentment

Tapah

Sacrifice

Label Cards

Front Side

Back Side

Sva'dhya'ya

Contemplation

**Ishvara
Pran'idha'na**

Dedication