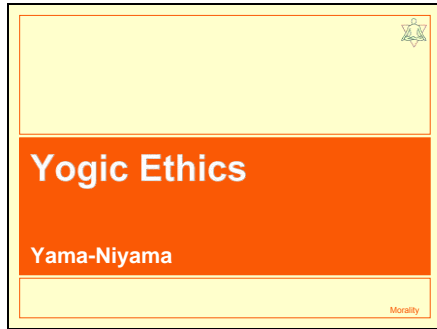
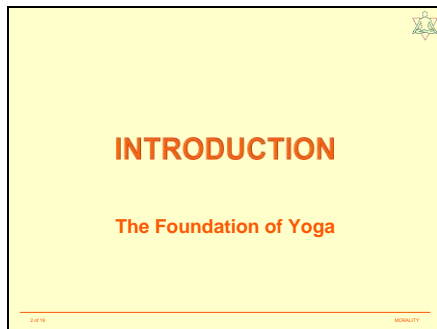


Yogic Ethics

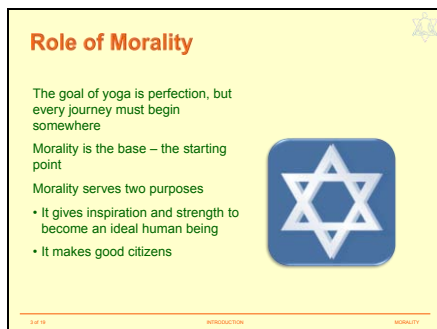
Slide 1



Slide 2



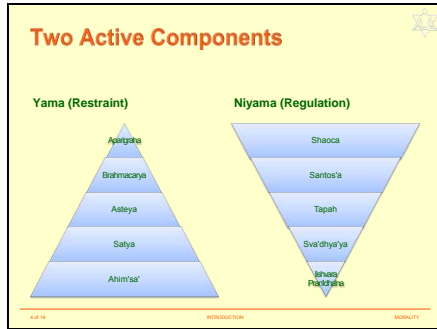
Slide 3



In tantra, this 7,000-year old symbol represents morality and is known as Bhaeravii Cakra.
Shiva (5000BC), Abraham (2000BC), Moses (1200BC).
Paleontology – Gondwanaland and Laurasia.
Jerusalem (Shriishailama – 6000BC).

Yogic Ethics

Slide 4



Everything in the universe is a machine. Human body is a biological machine. When a machine leads toward liberation, it is called “yantra” (control to liberate).

Human body is a divine yantra.

Yogic Ethics is the combination of two yantras: yama and niyama.

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

Slide 5



Slide 6

The slide is titled 'Overview' in red. It contains two paragraphs of text: 'The principles of yama control personal conduct in relation to an external object' and 'The principles have beneficial impact on the physical and mental worlds'. To the right of the text is a small image of three children sitting at a table, looking at a book. The slide number '6 of 18' and the word 'INTRODUCTION' are at the bottom left, and 'MORALITY' is at the bottom right.

Slide 7


Ahim'sa' (Benignity)

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

Amplification: Ahim'sa' does not require nonviolence, which 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



1 of 15 YAMA BHAKTI

Some other applications of ahim'sa' to food are not killing fish that are 1/4 or less their normal adult size, in infancy, or when pregnant; and not killing female mammals (even domestic fowl).

Three classifications of creatures: ja'ta mitra (born friend), ja'ta shatru (born enemy), and nirapeks'a (neutral).

Anyone who, by the use of brute force, wants to take possession of your property, abducts your wife, comes with a weapon to murder you, wants to snatch away your wealth, sets fire to your house, or wants to take life by administering poison is an a'tata'yii (aggressor).

Slide 8


Satya (Benevolence)

Definition: Thinking and speaking with goodwill

Amplification:

- Satya leads to establishment in the other nine points of Yama-Niyama
- Satya strengthens your will power, which helps you to practice morality and develops ojas
- Bending the truth is permitted only when the welfare of someone else requires it

Exceptions: None



1 of 15 YAMA BHAKTI

Ojas is a mental glaze that attracts others to accept your words.

Bending the truth means telling a lie or misleading others.

Generally, there is no conflict between satya and rta.

So the only exception applies to rta (fact) and not satya.

Slide 9


Asteya (Honesty)

Definition: Not taking what belongs to others

Amplification: There are four types of theft

| | Physical | Mental |
|----------|----------|-------------------|
| Direct | Stealing | Thinking to Steal |
| Indirect | 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 any means necessary



1 of 15 YAMA BHAKTI

The literal meaning of asteya is non-theft.

It is said that a successful thief cannot have two things: a cold or the habit of honesty.

The intent of revolutionary redistribution is not selfish – it is altruistic.

Yogic Ethics

Slide 10


Brahmacarya (Ideation)

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

Exceptions: None



10 of 18YAMAethics

Brahmacarya is often misinterpreted as meaning celibacy (naes't'hika brahmacarya).

The best way to get established in this principle is regular performance of your second lesson in the Ananda Marga system of meditation.

Slide 11

Aparigraha (Frugality)

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

Amplification:

- The minimum necessities of life vary, but society can help by determining a general standard
- Before taking a loan or making a large and unusual expenditure, get approval from an upright authority

Exceptions: All items needed to conduct your profession are allowed



11 of 18YAMAethics

Despite society's help, individuals must still struggle to reduce their personal objects of enjoyment out of sympathy for those less well off.

People often consult with no one when spending money, but seek help from everyone when in debt.

Slide 12

NIYAMA

Regulation

12 of 18ethics


Yogic Ethics

Slide 13

Overview

The principles of niyama control personal conduct in relation to oneself – there may or may not be any external object

The principles have beneficial impact on the physical, mental, and spiritual worlds



13 of 18 Niyama Moksha


Slide 14

Shaoca (Cleanliness)

Definition: All-round purity

Amplification: There are four types of purity

| | External | Internal |
|----------|--------------------------------|----------------------------------|
| Physical | Body, clothes, and environment | Food, drink, medicine, and so on |
| Mental | Motor and sensory organs | Thoughts |



Exceptions: None

14 of 18 Shaoca Moksha

Mental cleanliness – do not come in contact but take an opposite stance
Maetree-karun'a'-mudito'peks'a'n'a'm'
Sukha'duhkha-
pun'ya'pun'yavis'aya'na'm'
Bha'vana'tashcittaprasa'danam.
Friendliness, Compassion,
Encouragement, Overlooking in
Happiness, Unhappiness, Virtue, and
Vice.

Slide 15

Santos'a (Contentment)

Definition: Maintaining a state of mental ease

Amplification:

- Santos'a 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: If you are being exploited, you may certainly stand up for your rights

15 of 18 Santos'a Moksha

See the bright side of everything.

Slide 16

Tapah (Sacrifice)

Definition: Acceptance of sufferings to reach the spiritual goal

Amplification:

- Typically, tapah is practiced by fasting on appropriate days and taking on hardships to do service
- For students in school, tapah is mainly practiced by diligent study of course material

Exceptions: Donation to the rich is counterproductive, because it encourages exploitation



In spiritual and in social life, the garland of victory goes to those who take on sufferings knowingly.

Service may be to guru, parents, ancestors, humanity, less developed creatures, or your soul.

Do not “carry coals to Newcastle”.

Slide 17


Sva'dhya'ya (Contemplation)

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: The illiterate practice sva'dhya'ya by maintaining good company (satsaunga)



Here, ‘good company’ means spiritual company.

Slide 18


Iishvara Pran'idha'na (Dedication)

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

Amplification:

- Though this principle requires submission to the Divine will, the submission is active, not passive
- This is the paramount principle of niyama

Exceptions: None



The spirit of the submission (surrender) is that mentally you are running to embrace Him and to do His bidding (the cosmic will).

The best way to get established in this principle is regular performance of your first lesson in the Ananda Marga system of meditation.

Slide 19

