

Yamas

Ahimsa (अहिंसा): Nonviolence, Abstinence from injury, harmlessness, the not causing of pain to any living creature in thought, word, or deed at any time.

Satya (सत्य): truthfulness, word and thought in conformity with the facts.

Asetya (अस्तेय): non-stealing, non-coveting, non-entering into debt.

Brahmacharya (ब्रह्मचर्य): divine conduct, continence, celibate when single, faithful when married

Kshama: patience, releasing time, functioning in the now.

Dhriti: steadfastness, overcoming non-perseverance, fear, and indecision; seeing each task through to completion.

Daya: compassion; conquering callous, cruel and insensitive feelings toward all beings.

Arjava: honesty, straightforwardness, renouncing deception and wrongdoing.

Mitahara: moderate appetite, neither eating too much nor too little; nor consuming meat, fish, shellfish, fowl or eggs.

Shaucha (शौच): purity, avoidance of impurity in body, mind and speech.

Ten Commandments

I am the Lord your God

You shall have no other gods before me; You shall not make for yourself an idol

You shall not make wrongful use of the name of your God

Remember the Sabbath and keep it holy

Honor your father and mother

You shall not kill

You shall not commit adultery

You shall not steal

You shall not bear false witness against your neighbor

You shall not covet your neighbor's wife; You shall not covet anything that belongs to your neighbor

Niyamas

Hri: remorse, being modest and showing shame for misdeeds;

Santosa: contentment; being satisfied with the resources at hand - therefore not desiring more;

Dana: giving, without thought of reward

Astikya: faith, believing firmly in the teacher, the teachings and the path to enlightenment;

Ishvarapujana: worship of the Lord, the cultivation of devotion through daily worship and meditation, the return to the source;

Siddhanta shravana: scriptural listening, studying the teachings and listening to the wise of one's lineage

Mati: cognition, developing a spiritual will and intellect with the guru's guidance;

Vrata: sacred vows, fulfilling religious vows, rules and observances faithfully;

Japa: recitation, chanting mantras daily;

Tapas: Austerity; the endurance of the opposites; hunger and thirst, heat and cold, standing and sitting etc.

