

# अष्टाङ्ग योग

aṣṭāṅga yoga (awsh-tawn-guh yo-guh)

- १ यम Yama (yum-uh) Light of My True Nature  
I live in a manner that illuminates the light of my true nature.
- अहिंसा Ahimsā (uh-him-sah) Peaceful Action  
I treat myself and others with peace, love, compassion, and gentleness.
- सत्य Satya (sut-yuh) Authentic Self  
I reside in my true, authentic self where I am whole, genuine, and steadfast.
- अस्तेय Asteya (uh-stay-uh) Generosity  
I am generous in life, love, and joy, giving where I can and taking only that which is mine.
- ब्रह्मचर्य Brahmacharya (brawh-muh-char-ee-uh) Temperance  
I find the graceful balance of moderation in all my actions.
- अपरिग्रह Aparigraha (uh-par-ee-g-ruh-huh) Satisfaction  
I know that everything I need is right here, right now.
- २ नियम Niyama (nee-yum-uh) Self-Actualization  
I live in a manner that fosters evolution toward my true nature.
- शौच Śauca (shao-chuh) Purity  
I keep my mind and body free from impurities and toxins.
- संतोष Samtoṣa (sum-tow-shuh) Contentment  
I live fully in the present, content and accepting of all that comes to me.
- तपस् Tapas (tuh-pus) Motivation  
I cultivate a burning motivation to develop into my true self and to view difficulties as teachers.
- स्वाध्याय Svādhyāya (svahd-hyaw-yuh) Study  
I understand the world, my life, and my inner self through study, contemplation, and reflection.
- ईश्वरप्रणिधान Īśvarapraṇidhāna (eesh-var-up-praw-need-dhaw-nuh) Devotion  
I am devoted to the wise, divine power that feeds and nurtures me.
- ३ आसन Āsana (ah-sun-uh) Posture  
I let go of restlessness and find the steady peace of my connection to the world.
- ४ प्राणायाम Prāṇāyāma (praw-naw-yaw-muh) Breath of Life  
I breathe in Life and reveal the light of my true nature.
- ५ प्रत्याहार Pratyāhāra (prut-yaw-har-uh) Withdrawal of the Senses  
I withdraw from my senses to focus deep within.
- ६ धारणा Dhāraṇā (dhar-duh-nah) Concentration  
I sharpen my concentration to bring clarity and mastery to my mind.
- ७ ध्यान Dhyāna (dhee-yaw-nuh) Meditation  
I expand the clarity of my mind until I am encompassed with profound tranquility.
- ८ समाधि Samādhi (suh-mawd-hee) Union  
I realize that I am connected to all beings; that together we are all divine love.