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Nonviolence Truthfulness Nonstealing Nonexcess

Nonpossessiveness

THE YAMAS & NIYAMAS

Exploring Yoga's Ethical Practice

Deborah Adele

Purity Contentment Self-discipline Self-study

Surrender

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The Yamas & Niyamas: Exploring Yoga's Ethical Practice



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The first two limbs of the eight-fold path of yoga sutras and encompass non-violence, truthfulness, not stealing, nonexcess, and nonpossessiveness. are examined in this spiritual guideline to the practice of yoga exercises. Foundational to all or any yogic thought, they are considered to be the rules to the yoga method of living that free individuals to take ownership of their lives, direct them toward the fulfillment they seek, and gain the skills to select attitude, thought, and action. The last five are referred to as the niyamas, or observances; a Sanskrit word that translates to "restraints"; the essential text for classical yoga; The initial five guidelines are referred to as the yamas; purity, contentment, self-self-discipline, self-research, and surrender. A self-study section at the end of each chapter may also be used by instructors for group debate.



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Number one book in my collection. For those who don't know what the yamas and niyamas are, they are similar to the ten commandments of yogic spirituality. A whole lot of what the publication touches on will improve anyone's existence and outlook like detaching from the constant need to accumulate a lot more, it just enables you to nuts, declutter and simplify.. There are so many excellent insights for every and every one of these ideas. Brilliant A sweet and comprehensive looks at the Yamas and Niyamas with suggestions on how to incorporate the principles into everyday lifestyle. Why? Because the ten yamas and niyamas -as specified by Patanjali in the Yoga Sutras- are at the core of yoga exercises and (I believe) needed for real personal growth.!" Plus they are ignored by a lot of today's mental medical researchers, who appear unaware that contemporary psychotherapeutic methods are embedded in yoga's prescriptions for "ethical" practice of restraints and observances. Somebody really had a need to write a reserve on this! And I must say, Deborah Adele actually delivers the goods.Take for instance, Adele's chapter upon Satya (truthfulness, honesty). It is a work of art in its own correct, offering the wisdom and clearness one must liberate effective forces within oneself. In this chapter, Adele contains the sensible yet uncommon insights of Carl Jung, Yogiraj Achala, and Mahatma Gandhi, amongst others, along with her very own hands-on understanding. Well written, interesting, even has exercises for all those seeking to deepen their practice. There is indeed much more to the chapter than the glimpse I've given here, but I hope I've communicated the fact that this chapter (and the reserve all together) has great depth and breadth. It really is obvious that Adele offers immersed herself in the yamas and niyamas, emerging with lessons, teachings, and insights that could be of worth to anyone. Strongly suggested. I learned a lot. The author's website provides plenty of useful supplementary material, including some excellent video overviews, radio interviews and discussions. .I confess that I have a bias here. I really believe that my own existence has been influenced, and actually transformed, whenever I've aligned with the yamas and niyamas over the last 15+ years. And for that reason, I was in the process of writing my very own (first) book upon this long-neglected topic, emphasizing how it pertains to progress in psychotherapy. I'm actually enjoying slowly studying it and would recommend it to everyone, no matter religion! The book is new. This book is a great read with a whole lot of good insight This book is a great read with a lot of good insight, you don't have to be religious, a yogi, or anything like that to absorb a whole lot of good information from it. This publication clarifies them and inspires the reader to practice them in daily life. Tremendously very good book to read - and read again. Interacting with this book in that manner has really helped me with my focus and ability to understand what surviving in the moment is. I experienced to learn this when I was going right through a yoga instructor training program, and it was my very favorite out of all the book assignments. So, I add this right here to help keep the 5 star rating for this book and simply say there is absolutely no better material upon this topic that I have EVER arrive across as good as this. Fantastic. Excellent! The Yamas & Ideal for buddhists, jews, muslims, christians, satanists, humans, animals, etc. The book focuses on being great to ourselves and others along with being present in the moment through 5 Yamas (nonviolence, truthfulness, nonstealing, nonexcess, and nonpossessiveness) and 5 Niyamas (purity, contentment, self-discipline, self-study, and surrender). The principles and ideas have become simple and inspiring but at the same time not apparent in everyday existence. There are 4 weekly ideas and recommendations after each Yama and Niyama that i am going back through after reading it in full. They are personally challenging in a good way. If you wish to live an authentic existence with purpose and in harmony with the world, read and maintain this book close. In yoga, the Yamas and Niyamas are considered 2/8 of the practice. Anyone practicing yoga or interested in self-improvement will love this book. Niyamas is a wonderful reserve that I would recommend to anyone. Along the way, Adele addresses, for all of us, the fear (dangerousness) involved with being totally truthful, the differences between "Nice" and "True," the epic partnership between truth (satya) and non-violence (ahimsa), and the value of conducting our very own Gandhi-esque "experiments" in reality. Well, I still think there's a future in that book! The yamas and niyamas are even more basic life practices for being a good person rather than specific spiritual

dogma. I enjoyed the actual fact that Adele SOUNDED such as a gentle, wise, effective person.. The writer has provide queries for journaling and reflection after every section. add a review that has not already said everything great there is to state about this book It is difficult to include a review which has not currently said everything great there is to state about this book. It's a brief, easy examine, and the author has a method of producing the teachings extremely relatable to modern lifestyle. Cannot recommend highly enough. Not just for yogis! Very Accessible and Relatable to contemporary life I absolutely love this book. I like the every week "assignments". It is extremely available and easy to comprehend, you won't get dropped in Sanskrit attempting to comprehend the yamas and the niyamas with this publication! everybody should go through this book!! Well written and very down to earth. amazing book!! And yet they are given cursory treatment by many if not really most yoga exercise teachers in the west, who seem unacquainted with the delicate facets and profound characteristics of these "jewels. Appendix We West vs East thinking summary The quest for letting go, ethics-cause & impact, both/and thinking, questions & experiments, living. Shifting from right & incorrect failure. Love it I have been using this book as a reference for getting the Yamas and Niyamas to my yoga students over the past 10 weeks. Great teachings Love this publication! Suffice it to say that I share the author's enthusiasm on her behalf topic. I highly recommend it. Namaste Really great book In my opinion, this is the best and most important book on yoga to be released in quite a while. Easy reading with wonderful examples of how a subtle change in perspective can transform how this historic wisdom means our modern times. I'm happy with my publication, I'm no Amazon Prime user however the delivery was fast. Yoga teacher approved Great book to explain deeper yogic philosophy. Wonderful book This is the best treatment of the Yamas and Niyamas I've read. I really like how the author really relates the ideas to one's own life and how to apply them.! The recommended actions by the end of each chapter are a really great way to invite further self study and motivate the reader to take time with the concepts. Excellent book. I must say i appreciate the plain language and accessible good examples for helping make the material applicable to "modern" lifestyle. Highly recommended. I've recommended this reserve to several people and can likely pick out it up again often in the future.



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