



Deborah Adele

## Yamas & Niyamas: Exploring Yoga's Ethical Practice



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The first five guidelines are referred to as the yamas - a Sanskrit word that means "restraints" - and encompass nonviolence, truthfulness, not stealing, nonexcess, and nonpossessiveness. Foundational to all yogic believed, they are considered to be the guidelines to the yoga approach to life that free individuals to take ownership of their lives, direct them toward the fulfillment they look for, and gain the skills to select attitude, thought, and action. The first two limbs of the eight-fold path of yoga sutras - the basic text for classical yoga - are examined in this spiritual guide to the practice of yoga. The last five are known as the niyamas, or observances - purity, contentment, self-self-discipline, self-study, and surrender.



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Number one reserve 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." Plus they are ignored by a lot of today's mental medical researchers, who seem unaware that modern psychotherapeutic techniques are embedded in yoga's prescriptions for "ethical" practice of restraints and observances. The writer has provide questions for journaling and reflection after each section. I highly recommend it.! Why? I'm really enjoying slowly studying it and would recommend it to everyone, irrespective of religion! Yet they are given cursory treatment by many if not most yoga teachers in the west, who seem unaware of the subtle facets and profound qualities of the "jewels. This book explains them and inspires the reader to apply them in daily life. Somebody really needed to write a publication on this! everybody should read this publication! There are 4 every week ideas and suggestions after every Yama and Niyama which I am heading back through after reading it in full. It is a work of art in its own right, providing the wisdom and clearness one needs to liberate effective forces within oneself. In this chapter, Adele includes the sensible yet uncommon insights of Carl Jung, Yogiraj Achala, and Mahatma Gandhi, amongst others, along with her personal hands-on understanding. In the process, Adele addresses, for all those, the fear (dangerousness) associated with being totally truthful, the variations between "Nice" and "Actual," the epic partnership between truth (satya) and nonviolence (ahimsa), and the worthiness of conducting our very own Gandhi-esque "experiments" in truth. There is so a lot more to this chapter than the glimpse I've given here, but I hope I've communicated the fact that this chapter (and the publication all together) has great depth and breadth. It is evident that Adele provides immersed herself in the yamas and niyamas, emerging with lessons, teachings, and insights that may be of worth to anyone. Strongly suggested. Brilliant A sweet and comprehensive looks at the Yamas and Niyamas with suggestions on how to incorporate the concepts into everyday lifestyle. The author's website provides lots of useful supplementary materials, including some excellent video overviews, radio interviews and discussions. I enjoyed the fact that Adele SOUNDED just like a gentle, smart, effective person. I confess that I've a bias here. I believe that my own existence provides been influenced, and even changed, whenever I've aligned with the yamas and niyamas during the last 15+ years. And for that reason, I was along the way of writing my very own (first) book upon this long-neglected topic, emphasizing how it relates to improvement in psychotherapy.! Suffice it to say that I talk about the author's enthusiasm for her topic. This book is a great read with a lot of good insight This book is a good read with a lot of good insight, you don't have to be religious, a yogi, or anything like that to absorb a lot of good information from it. Anyone practicing yoga exercise or thinking about self-improvement will like this book. Very Available and Relatable to modern life I totally love this book. amazing book! I got to learn this when I was going right through a yoga instructor training program, and it had been my very favorite of all of the reserve assignments. It's a brief, easy go through, and the writer has a way of making the teachings very relatable to modern life. Fantastic. Excellent! The Yamas & In yoga exercises, the Yamas and Niyamas are considered 2/8 of the practice. impact, both/and thinking, queries & Great teachings Love this publication! Take for instance, Adele's chapter upon Satya (truthfulness, honesty). They are individually challenging in a great way. There are so many brilliant insights for every and every one of these tips. Niyamas is an excellent book that I would recommend to anyone. A whole lot of what the reserve touches on will improve anyone's lifestyle and outlook like detaching from the continuous need to accumulate more and more, it just enables you to nuts, declutter and simplify. Great for buddhists, jews, muslims, christians, satanists, humans, pets, etc. Well written, interesting, actually has exercises for those looking to deepen their practice. Because the ten

yamas and niyamas -as specified by Patanjali in the Yoga exercise Sutras- are at the core of yoga and (I really believe) essential for real personal growth. The yamas and niyamas are even more basic life practices for being a good person rather than specific religious dogma. .. I love the way the author actually relates the principles to one's own life and how to apply them. put in a review that has not currently said everything great there is to say about this book It is difficult to include a review which has not already said everything good there is to state about this book. Therefore, I add this here to keep the 5 celebrity rating for this book and say there is no better material upon this topic that I have EVER come across as effective as this. Cannot recommend highly enough. Not only for yogis! Tremendously very good book to learn - and read again.! Getting together with this book in that manner has actually helped me with my focus and capability to understand what living in the moment is. And I have to say, Deborah Adele really delivers the products.! Namaste Really great book In my opinion, this is actually the best and most important book on yoga to be released in quite a while. It is very accessible and easy to understand, you won't get lost in Sanskrit trying to understand the yamas and the niyamas with this book! Well, I still believe there's a future in that book! I like the weekly "assignments".

Appendix We West vs East thinking summary The pursuit of letting go, ethics-cause & The book focuses on being good to ourselves and others along with being present in the moment through 5 Yamas (non-violence, truthfulness, nonstealing, nonexcess, and nonpossessiveness) and 5 Niyamas (purity, contentment, self-discipline, self-research, and surrender). experiments, living. Love it I have already been using this book as a reference for getting the Yamas and Niyamas to my yoga learners in the last 10 weeks. I have recommended this book to several people and will likely pick and choose it up again often later on. The suggested actions by the end of each chapter are a really great way to invite further self study and encourage the reader to take time with the concepts. I'm happy with my publication, I'm not an Amazon Prime user however the delivery was fast. The reserve is new. If you wish to live an authentic existence with purpose and in harmony with the globe, read and keep this book close. I learned plenty. Easy reading with fantastic examples of what sort of subtle change in perspective can transform how this ancient wisdom translates to our modern times. The principles and ideas have become simple and inspiring but simultaneously not apparent in everyday life. Yoga teacher approved Great book to describe deeper yogic philosophy. Wonderful book This is the best treatment of the Yamas and Niyamas I've read.. Well crafted and very right down to earth. Strongly suggested. Moving from right & I really appreciate the plain vocabulary and accessible good examples for helping make the materials applicable to "modern" existence. Excellent book. wrong failing.



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