



THE YAMAS

The first two limbs of yoga training your actions, speech, and thoughts in ways that create harmony. The first limb - the yamas, or ethical restraints - train you in relation to the external world, particularly how you are with other people.

To practice the yamas, we learn in the first chapter of the sutras that we must dedicate unwavering effort to noticing its results. To activate the mental dimension of our lives, we *must* close down the physical dimension. This means that it's not something to step into with the mentality "I'll just try it on" nor something you do socially. Rather, you're meant to step onto the path confidently giving it a "college try."

In college nothing is done for less than a semester and all of your efforts are individual. This is the way these meditations should be approached: with genuine, dedicated effort.

ASTEYA

Asteya means "non-taking" and the reason our ancestors have us practice asteya is written in *Sutras*, stating: "When non-stealing (asteya) is established, all jewels, or treasures present themselves, or are available to the Yogi." In other words, this sutra dictates the manifestation abilities of a pure heart. Furthermore, that those embarking on the practice with any impurities of heart may only expect benefits from sincerely practicing *asteya* as a more natural, harmonious flow of benefits will to come to him or her.

Though it is not mentioned specifically in the *Gita*, it is mentioned in several other Vedic scriptures from the time that the *Gita* was originally a subsection of.