



# 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.

# APARIGRAHA

Aparigraha means "non-excess" and the reason our ancestors have us practice aparigraha is written in *Sutras*, stating: "When one is steadfast in non-possessiveness or non-grasping with the senses (aparigraha), there arises knowledge of the why and wherefore of past and future incarnations." In other words, this sets the foundation for higher truth to set into your experience.

The Gita's primary focus is on *aparigraha* and driving home the point that one's primary focus should be on the action itself and not the fruits that the action may or may not bear.