

Questions for Contemplation on The Path of Yoga

- **Yamas** (universal morality)
 - **Ahimsa** (non-harming or non-violence in thought, word and deed)
 - **Satya** (truthfulness)
 - **Asteya** (non-stealing)
 - **Brahmacharya** (celibacy or 'right use of energy')
 - **Aparigraha** (non-greed or non-hoarding)
- Questions for Contemplation: *What is kind? What is true? What is generous? What is enough? What is being offered freely in this moment? What can I give in this moment? What does abundance feel like in my body and look like in action?*

- **Niyamas** (personal behavior)
 - **Saucha** (cleanliness)
 - **Santosha** (contentment)
 - **Tapas** (discipline, austerity or 'burning enthusiasm')
 - **Svadhyaya** (study of the self and of the texts)
 - **Isvara Pranidhana** (surrender to a higher being, or contemplation of a higher power)
- Questions for Contemplation: *What if I cleaned this up? What am I grateful for? What would it feel like and look like if I committed myself fully to this? What if how I do anything is how I do everything? What would it look like and feel like to start to release my grip on life?*

- **Asana** (body postures)
 - Questions for Contemplation: *What does my body feel like in this moment? Do I have a balance of steadiness and comfort, of effort and ease?*
- **Pranayama** (control of vital energy and breath)
 - Questions for Contemplation: How can I support my vitality in this moment? How is my breath?
- **Pratyahara** (withdrawal of the senses)
 - Questions for Contemplation: How can I draw my attention inwards, away from my 5 senses?
- **Dharana** (concentration)
 - Questions for Contemplation: What is the object of attention and focus in meditation?
- **Dhyana** (meditation)
- **Samadhi** (union, absorption, oneness)