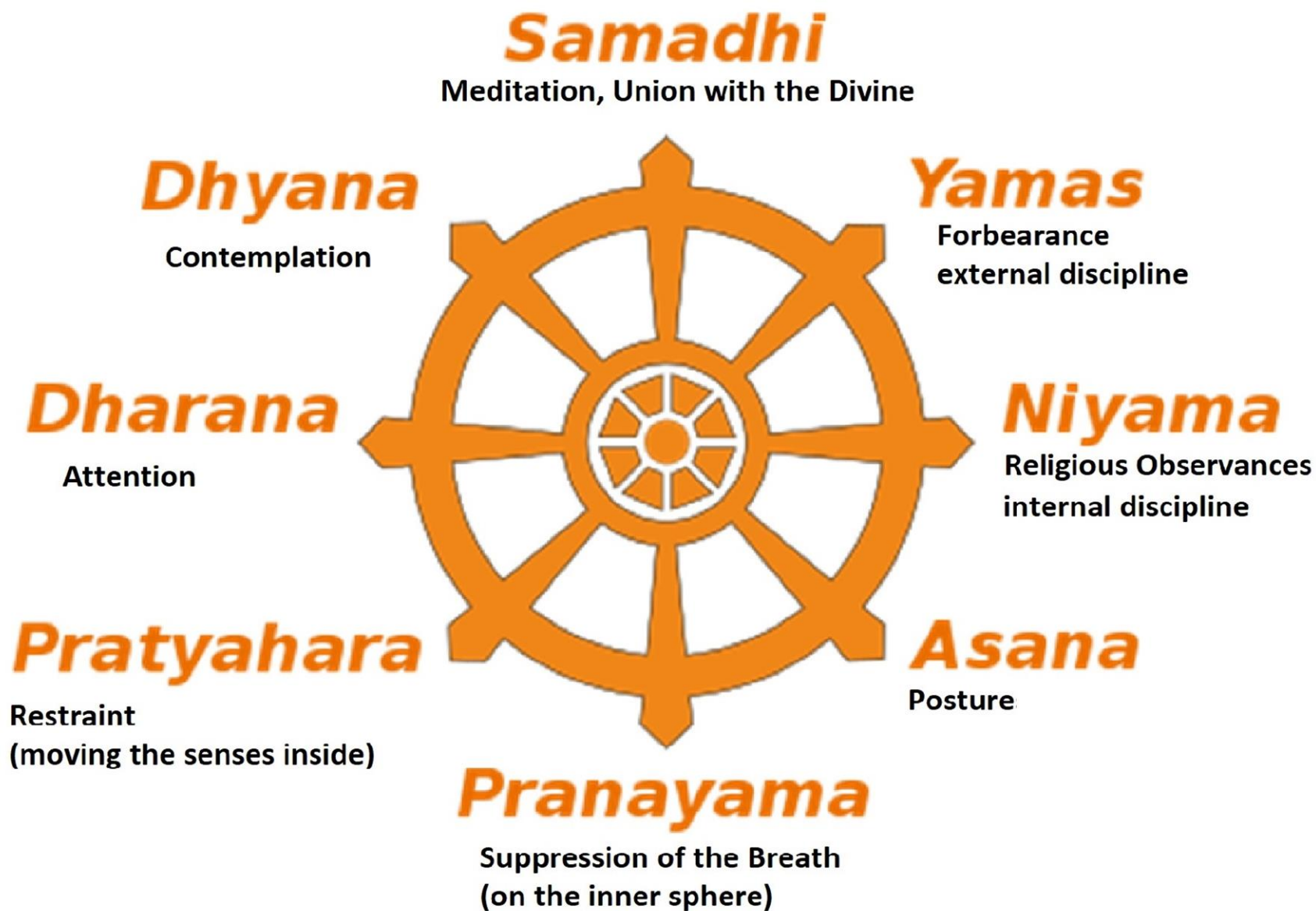


# THE EIGHT LIMBS OF RAJA-YOGA

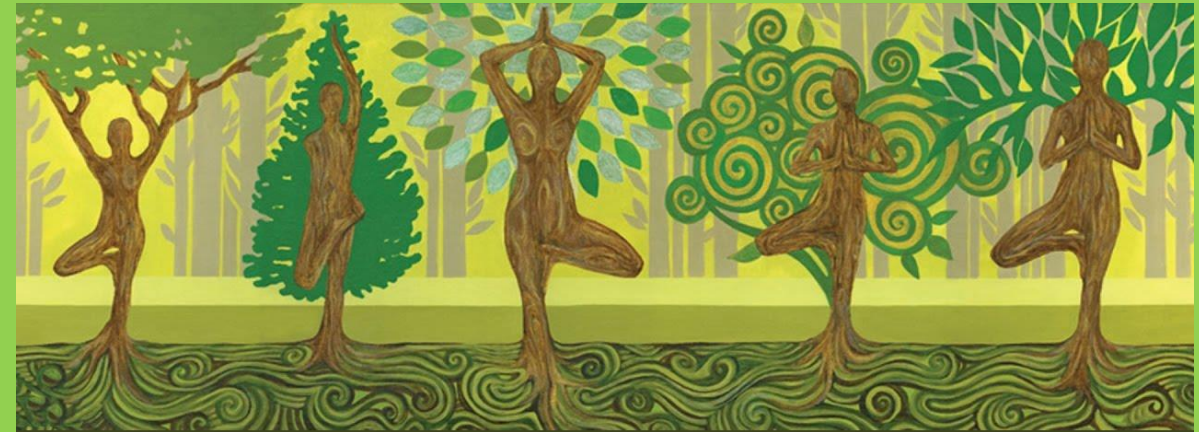


W. Q. Judge refers to these respectively as:

1. **Forbearance** (Yamas)
  2. **Religious Observances** (Niyamas)
  3. **Postures** (Asanas)
  4. **Suppression of the breath** (Pranayama)
  5. **Restraint** (Pratyahara)
  6. **Attention** (Dharana)
  7. **Contemplation** (Dhyana)
  8. **Meditation** (Samadhi).
- } the 3<sup>rd</sup> talk

#### THE FIVE YAMAS ARE:

- Ahimsa **Non-Violence, Non-killing**
- Satya **Truthfulness, Veracity**
- Asteya **Non-Stealing**
- Brahmacharya **Moderation, Continence**
- Aparigraha **Non-Hoarding, Non-Coveting**



# YAMAS & NIYAMAS

#### THE FIVE NIYAMAS ARE:

- Saucha **Purification of Soul and Body**
- Santosha **Contentment**
- Tapas **Self-Discipline, Austerity**
- Svadhyaya **Self-Study, Inaudible mutterings**
- Isvara-pranidhana **Surrender or Persevering Devotion to the Supreme Soul**

# Shiva

Let not thy  
"Heaven-born,"  
(Spiritual Ego)  
merged in the sea  
of Maya, break  
from the Universal  
Parent (SOUL), but  
let the fiery power  
retire into the  
inmost chamber,  
the chamber of  
the Heart (inner  
chamber of the  
Heart) and the  
abode of the  
World's Mother  
(Kundalini).



*The Voice of the Silence*



Hatha Yoga practice dates back to ancient times. These figurines were found in **the Indus Valley**, and belonged to **the Quetta, Harappan, and Mohenjo Daro** civilisations.

