**Book 2**

2.29 There are eight limbs of yoga:

Yama ~ the laws of life

Niyama ~ the rules for living

Asana ~ the physical postures

Pranayama ~ the breathing exercises

Pratyahara ~ the retirement of the senses

Dharana ~ steadiness of the mind

Dhyana ~ meditation

Samadhi ~ the settled mind

2.30 The laws of life are five:

Nonviolence (Ahimsa)

Truthfulness (Satya)

Integrity (Asteya – non stealing)

Chastity (Brahmacharyra)

Nonattachment (Aparigraha)

2.31 These laws are universal. Unaffected by time, place, birth, or circumstance, together they constitute the “Great Law of Life.”

2.32 The rules for living are five:

Simplicity (saucha – purity)

Contentment (Santosha)

Purification (Tapas)

Refinement (Svadhahaya – study)

Surrender to the Lord (Isvarapranidhanam)

2.35 When we are firmly established in nonviolence, all beings around us cease to feel hostility.

2.36 When we are firmly established in truthfulness, action accomplishes its desired end.

2.37 When we are firmly established in integrity, all riches present themselves freely.

2.38 When we are firmly established in chastity, subtle potency is generated

2.39 When we are firmly established in nonattachment, the nature and purpose of existence is understood

2.40 Simplicity destroys identification with the body, and brings freedom from contact with other bodies.

2.41 Purity of mind, cheerfulness, mastery of the senses, onepointedness and readiness for Self-realization follow.

2.42 From contentment, unsurpassed happiness is gained.

2.43 By purification, the body and the senses are perfected.

2.44 Refinement brings communion with the desired celestial being.

2.45 From surrender to the Lord, the state of Samadhi is perfected.