

Aparigraha (Non-possessiveness)



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Aparigraha (Non-possessiveness)

- **Aparigraha (Non-possessiveness)** is the last of the five yamas. The desire to own things is possessiveness. It is a part of kama (desire), our first foe. Once we have decided to fight this enemy, we can easily overcome it.

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Aparigraha (Non-possessiveness)

- One may wish to possess the entire world, nay, universe. But is it possible ? Desire and greed are the root causes to the idea of possessiveness. If one is infested with the idea of possessiveness, he/she spends the entire life for that purpose and cannot enjoy life.
- You can enjoy the nature as much as you want, but you cannot keep it only for yourself. It is the gift of God / creation , not only for human beings but also for all living beings. Learn to share with all. This is Aparigraha.

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Aparigraha (Non-possessiveness)

• Our life in this world is impermanent and the worldly possessions are just like foot steps on a sandy path. Even if there is another life, as some believe, one cannot carry or transfer his/her possessions to that life. Instead of having material possessions, possess love, happiness and joy.

• If one's desire goes beyond the minimum needs to live, it becomes greed. A greedy person, who wanted to possess everything under his sight, cannot enjoy his possessions in his life time. Be contented with what you are having and what is needed to survive.

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Aparigraha (Non-possessiveness)

- The green fields, the ocean waves, the blue sky, the rainbow , the star studded night sky with full moon; there are many such things that can keep us in good cheer. But , we cannot possess them only for ourselves and keep in our Iron Lockers.

- Aparigraha gives us Joy and Liberate our souls from mere earthly existence into our Divine Self.

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