

The Five Yamas of Pathanjali

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Ahimsa (Non-violence)

Satya (Truthfulness)

Asteya (Non-stealing)

Brahmacharya (Centeredness)

Aparigraha (Non-possessiveness)

Ahimsa (Non-violence)



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Ahimsa (Non-violence)

- **Ahimsa or Non-violence** means to completely eradicate violence from our inner-self. The very thought of inflicting harm upon others is to be removed from the mind. Nothing can be achieved by harming others or ourselves, and to harm others is to also harm ourselves. There is no need for this once we understand our true nature and essence. The positive side of nonviolence is love. When our hearts are filled with love, no thoughts of violence arise in us and such state of mind is congenial for yoga Sadhana.

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Ahimsa (Non-violence)

Stop all kinds of violence

Violence is of many forms and hues and it need not be limited to physical violence.

In fact physical violence is the mildest one and that will get healed in a few days.

Mental harassment is most cruel kind of violence and has many hues, such as:



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Ahimsa (Non-violence)

Office violence: Giving an employee certain work load which is beyond his /her capacity is nothing but inflicting violence. It results in

- Increase in stress levels
- This stress transforms to physical illness, such as increase in Hypertension, loss of memory, diabetes etc.
- Increases impatience and as a result the family life gets disturbed.
- and many more

Let employers understand this and try to assess the capabilities of employees and assign duties accordingly.



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Ahimsa (Non-violence)

Violence by word of mouth:

Our words are always melodious to us, but they may not be so to others. If we go on uttering something nonsense without taking into consideration of the listener's state of mind, interest etc., it hurts the listener more than physical abuse. Those words need not be in the nature of scolding and rebuke.

Using words that hurt the feelings and sentiments of others is also violence.

Using words that creates fear, dismay and shock are also considered as violence.

Creating high pitched sounds using megaphones etc, creates mental distress so those are to be avoided.

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Ahimsa (Non-violence)

Self Inflicted violence:

Violence is not only caused by outsiders, at times we ourselves are cause of violence on us.

Brooding over misgivings, non-performance, self pity are some of the things that affect our brains and inflict un-repairable damage to us.

Taking/accepting responsibility which is beyond our capacity is also self inflicted violence.

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Ahimsa (Non-violence)

Create an atmosphere of Peace , Harmony, Mutual Co-operation, Togetherness and Love in Home, Office, Community and Society at large.

Love yourself, Your fellow being, Society, Nature and Everything on Earth. That is the complete expression of Ahimsa (Non-violence).



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