

# The Five Niyamas of Pathanjali

*Saucha* (Purity)

*Santosha* (Contentment)

*Tapas* (Spiritual Quest)

*Svadhyaya* (Self-study and Mastery)

*Ishvara Pranidhana* (Surrender to God)

# Saucha (Purity)

- **Saucha** means purity of thoughts and actions, which can be accomplished by avoiding unclean thoughts and behaviour such as harbouring ill thoughts or feelings towards others, participating in verbal gossip, telling lies, etc.



# Saucha (Purity)

The path we choose should not hurt others either physically or mentally.

It should be based on truthfulness and transparent, should not be deceptive.

It should not allow us to steal others' wealth, either money, assets or intellectual property.

It should not make us possessive of material wealth or mortal things.

It should lead us to a balanced life style without extremes.

Then the path is called, path of purity.

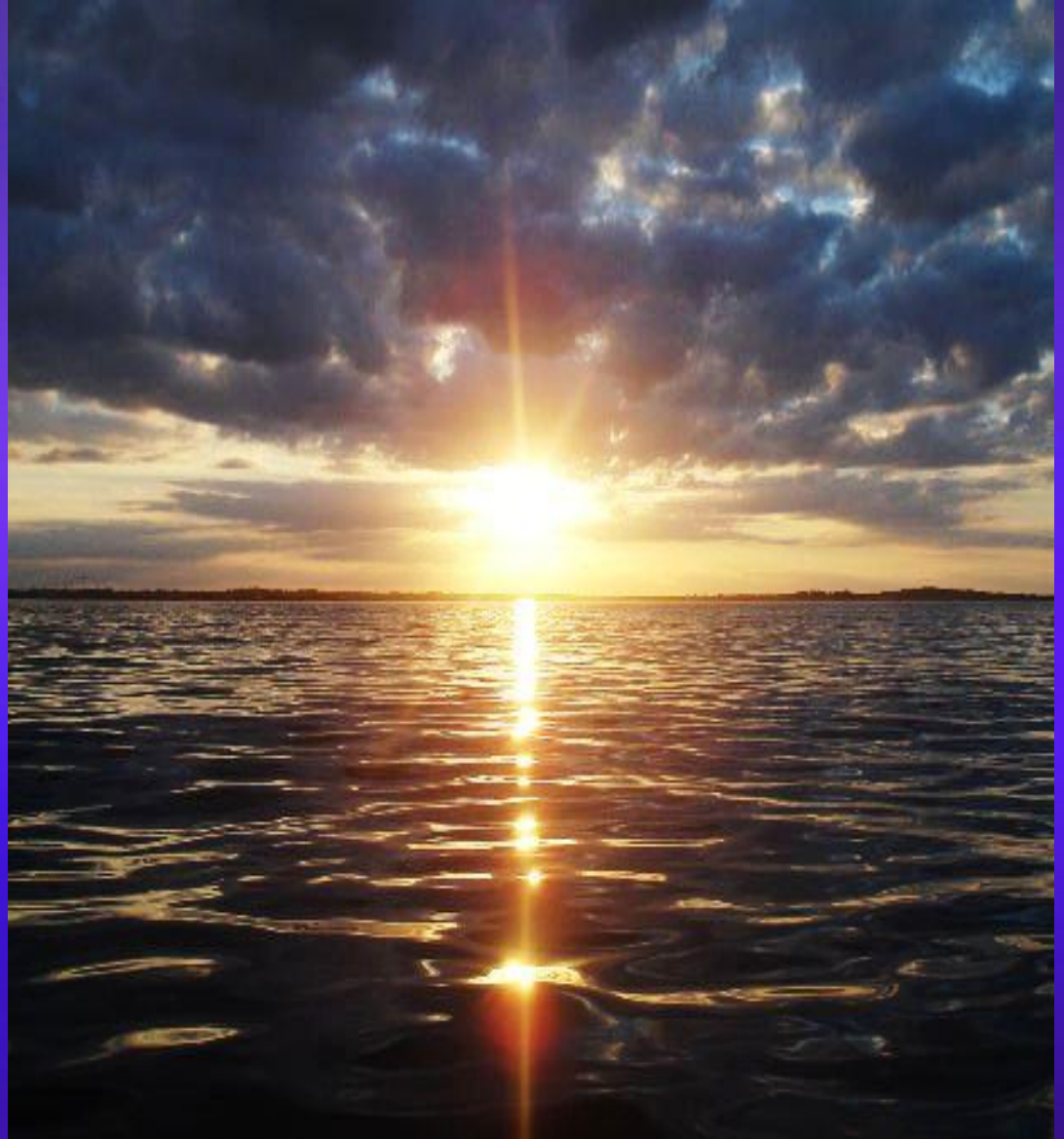


# Saucha (Purity)

Pure intentions and thoughts makes one to shine like a Sun.

It enlightens others and show them the path of righteousness.

A pure heart kindles many hearts and like a chain reaction it transforms the entire society into pure.

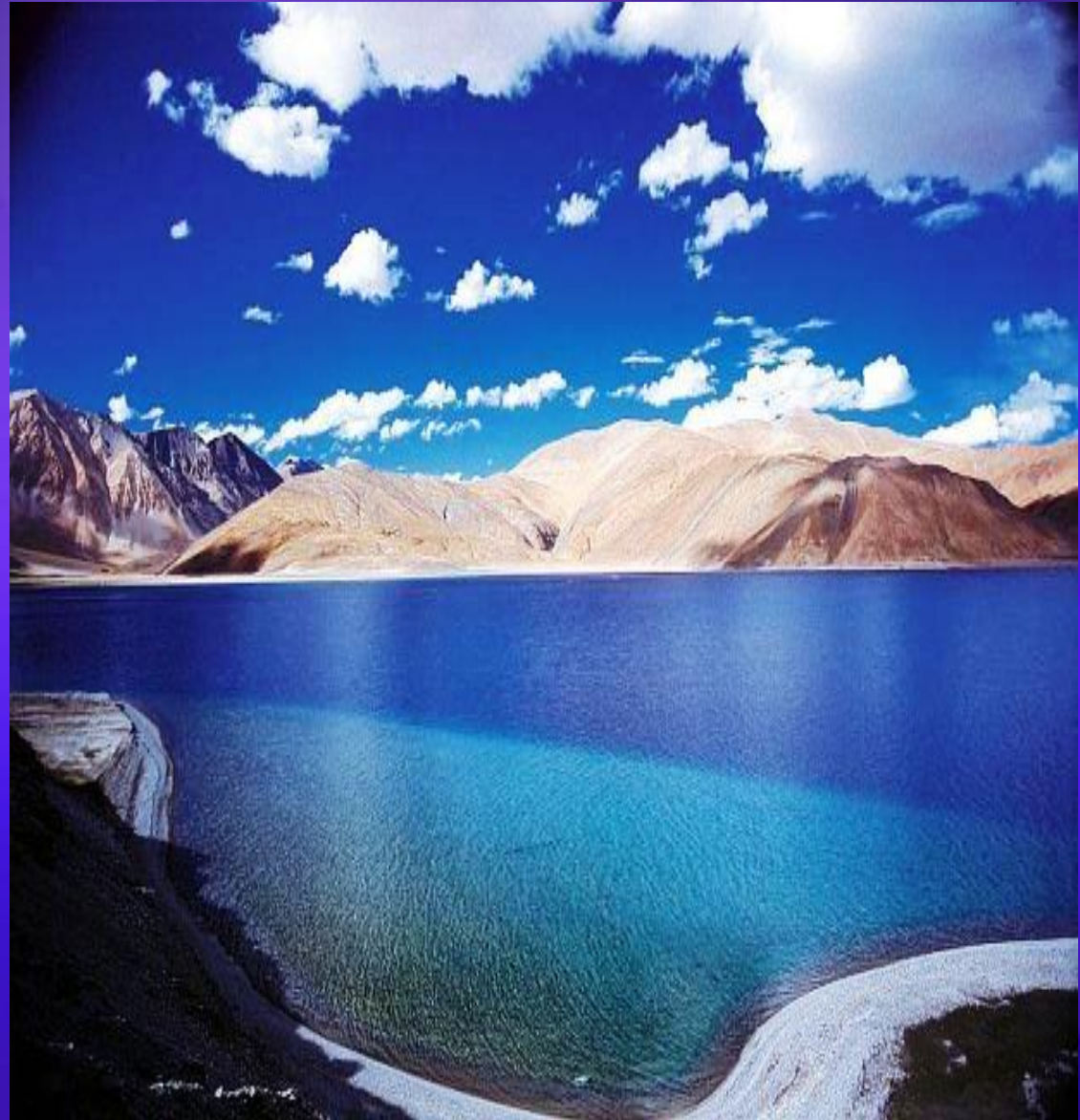


# Saucha (Purity)

The purity of nature can inspire and encourage you to become pure.

The blue sky, the serene waters, fresh and unpolluted air can lift your spirits up and instill in you a sense of serenity.

They harbor in you great feelings like love, joy and blissfulness.



# Saucha (Purity)



**Moonbeam caresses  
In the stillness of the night  
Pure love of Cosmos**

# *Santosh*a (Contentment )

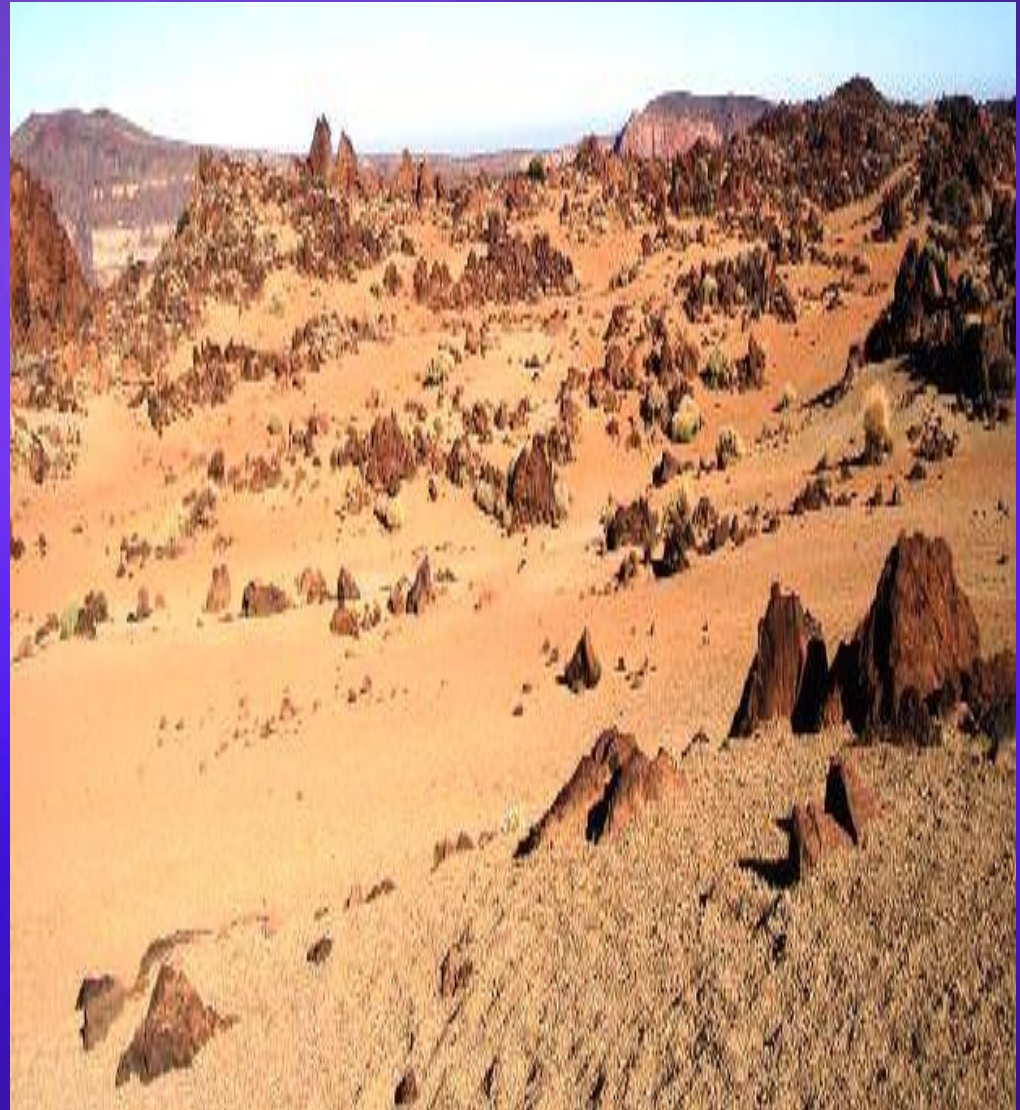
**Santosh**a means peacefulness and happiness by contentment. We can learn contentment if we observe the less privileged who may not have so much as a loaf of bread. Be content with what you have and if you feel you should have more, earn it by hard and honest work. The real happiness lies within you, not in external things.



# Santhosha (contentment)

One cannot get contentment in material possessions and pleasures, as it is futile to search for vegetation in a desert land.

It is a mirage , we cannot find happiness somewhere outside of us . It is our contentment, which is internal, that gives us real happiness and that is called Santhosha.





# Santhosha (contentment)

The little you get by your own efforts and with pure heart without deceiving others will give you the happiness which is lasting.

Once you enjoy this kind of happiness, you never go to the so called happiness you derive from the material possessions and earnings by way of deceitful means.



# Santhosha (contentment)

The butterfly is content with the little honey it draws and it do so without hurting the flower.

The Dolphins are Happy , by playing in the water without hurting others.

It is a feast to our eyes, observing both of them, and we get pleasure out of it.



# Santhosha (contentment)

Be contented like a little baby, enjoy life with unpolluted mind and purity of heart. The radiance from your heart should keep others contented.

The little flowers, though they live only for a few days, keeps everybody pleasant, just by their sight and fragrance.



# *Tapas* (Spiritual Quest )

**Tapas** means the continuous and constant quest for knowing the truth. This is a heated focus of attention, a one-mindedness that we cannot be distracted from. It drives us to inexhaustibly seek the truth.



# *Tapas*

## (Spiritual Quest )

The eagle soars very high in the sky, but could see a smallest creature on the ground below. Its powerful vision, very keen observation and concentration makes it possible. Tapas is nothing but utmost concentration on the subject of our study. With unwavering concentration ,one can achieve anything he desires.

Improving our vision, power of observation and achieving unwavering concentration are the prime requisites for doing Tapas.



# Tapas

## (Spiritual Quest )

Don't run around the things, concentrate on the core, untiringly. Till you achieve don't allow your mind to waver, that is the only way to achieve things.

Tapas is not for getting worldly things, it is for knowing your inner self, the essence of your being. To understand the purpose of your life and meaning of your existence. It is a spiritual quest for knowing the truth.



# *Tapas* (Spiritual Quest )

See the light within by turning your vision inward. It will show you the path of salvation, all your doubts dissipate. The true realization of self can be attained.



# *Tapas* (Spiritual Quest )

Find a quiet and serene place, in woods or near a beautiful stream, where the air is fresh without pollution and calm without the noise of concrete jungle.

Even you can create this environ by sitting in your drawing room , turning your vision inward and visualizing the serene atmosphere.

Start your Spiritual quest, it will lead you to the life of harmony and peace.





# Svadhyaya (Self-study and Mastery )

**Svadhyaya** means the study and acquisition of knowledge, which can be useful to understand human nature. Traditionally this has applied to study of scriptures; however, it can apply to any form of study that increases understanding of one's self and his or her place in the Cosmos. One should know what he or she is, which is possible only by self-analysis and introspection.

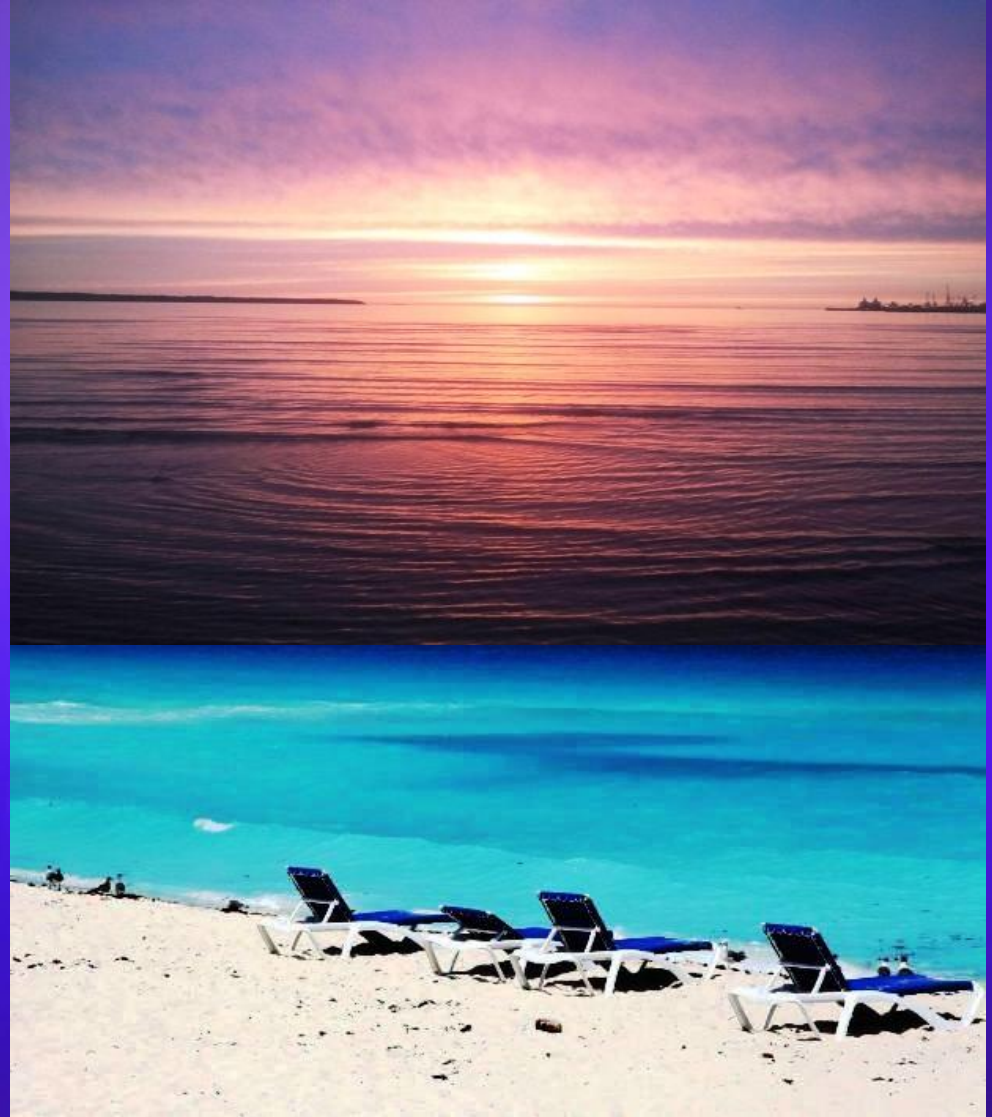


# Svadhyaya

## (Self-study and Mastery )

Knowledge and Wisdom are carried from generation to generation through various means. In human beings this has been carried out through language, since ancient times.

In every civilization, there are treatises of knowledge passed onto successive generations, called scriptures. By learning the scriptures one can have the knowledge of various things which are useful not only in day to day life, but also about the cosmos and our place there in.



# Svadhyaaya

(Self-study and Mastery )

Even in animals Knowledge and Wisdom are carried from generation to generation through DNA.

The knowledge thus carried out gets improved by learning new things in new environments.

We don't know the thinking process of the animals, but most of the mammals, whether domesticated or otherwise, quickly adopt themselves to the new environ. By this we understand that even the animals have rational way of thinking and knowing their capabilities . Hence, we can assume that even the animals have self assessment and self analysis and know their strengths and weaknesses.



# Svadhyaya

(Self-study and Mastery)

We, human beings supposed to be more intelligent and more evolved and to evolve further what we need to do?

We should understand our own nature, our purpose of life and for that we should have introspection. We should study ourselves and become masters of ourselves. This is called Svadhyaya.



# Svadhyaaya

(Self-study and Mastery)

By studying Scriptures, by listening to the wise, by introspection and by Tapas one can able to master himself and understand the intricacies of life.

One can learn many things with humility, respecting others' views and by being silent.



# Ishvara Pranidhana (Surrender to God)

- **Ishvara Pranidhana** means surrender to the Universal Great Integrity of Being. In other words, surrender to God, by whichever name you call it. This also means dedication of all actions to God. It can also be thought of as surrender of our individual ego to our own higher-self.



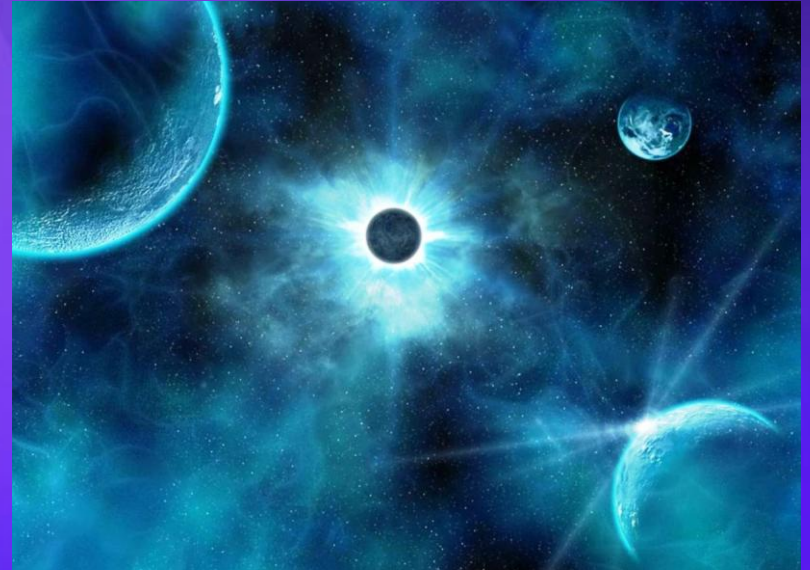
# Ishvara Pranidhana (Surrender to God)

The cosmos, what we know, is trillions of trillion times bigger than our own galaxy.

Our earth is of the size of a drop of water in the ocean when compared to our galaxy.

On this earth, human beings are one of the millions of species that live on.

How tiny we are !



# Ishvara Pranidhana (Surrender to God)

As per the Vedas, the manifested Universe is only one fourth of God (Purusha).

The Human beings think that they can control and dictate the universe with their ego centric nature. One should understand that our power is nothing before the nature, even we could not stop Tsunami's that occur on earth.

With humility, we should bow before the Omni potent Universe that is the reflection of God. We should harness the natural forces in a positive perspective and use it for the common good of all living and non-living things. In other words, we should surrender our ego to the Universal Ego (GOD) and by this way we can know our purpose of life and get guidance.





# Ishvara Pranidhana (Surrender to God)

When you surrender yourself to the Omni potent and seek guidance, you can see your path even in the darkest of places.

When you overcome the ego, there is no duality and you are one with the God.

“Blood shaking my heart with an awful daring of a moment's Surrender, which an age of prudence can never retract.”

- T S ELIOT

(Nobel laureate in Literature)



# Ishvara Pranidhana (Surrender to God)

When you shine your inner self with the light of Devine Will by surrendering to it, every thing become vibrant with dazzling colours.

Your heart becomes a fully blown lotus, even in its earthly existence.

Hence, pray and surrender by saying

“Lead me  
from ignorance to knowledge  
from darkness to light  
From death to immortality”

