

*Energy, faith, and dedication to the Kriya Yoga path
bring positive results and spiritual transformation.*

TEN COMMITMENTS OF YOGA

Restraints and Observances

Ahimsa / Harmlessness

One who is established in nonviolence is free from enmity.

Satya / Truthfulness

For one grounded in truthfulness, words acquire the power of fulfillment.

Asteya / Nonstealing

One who is grounded in nonstealing experiences the jewel of abundance.

Brahmacarya / Right Use of Vital Force

One established in purity obtains great vitality.

Aparigraha / Nonattachment

One who is grounded in nonattachment acquires knowledge of the cycles of birth and death.

Shauca / Cleanliness

One established in purity (cleanliness) achieves joy, even-mindedness, detachment, mastery over the senses, and the ability to perceive the true Self.

Samtosha / Contentment

Through contentment, unlimited joy is realized.

Tapas / Self-discipline

Self-discipline results in perfection of the body, mind, and senses.

Svadhyaya / Study of the Nature of Consciousness

Inquire within and know your Self.

Ishvara-pranidhnana / Surrender and Service

Self-realization is perfected by devotional surrender to God (the divine Reality).