

Patanjali's Eight Stages of Yoga

Yama - abstinences, restraint, forbearance

- The avoidance of injury of all living creatures
- Truthfulness
- Restraint from taking what belongs to another
- Sexual continence
- The bearing patiently of pleasure and pain
- Fortitude in happiness and unhappiness
- Mercy. Kindness. Simplicity
- Moderation in, and regulation of diet
- Purity of body and mind

Niyama - observances, watching, fasting, praying, penance

- Austerities for the purpose of purification
- Contentment with that which one has unasked
- Charity; gifts to the deserving
- Religious observances
- Cleanliness

The practice of **Yama** and **Niyama** leads to renunciation of, and the detachment from, the things of this world and of the next. Abandon the desire for pleasure. Those who seek the joys of any heaven can never attain the end of Yoga.

Asana - posture

Good posture. As the preliminary for controlling the physical body

Pranayama - breath regulation

Control of the breath. As the preliminary for getting control of the emotional and thought processes.

Pratyahara - withdrawal from five senses

Withdrawing the mind from the external objective world of the five senses. Freeing the mind from all distractions.

Dharana - concentration of mind

Firm concentration of the mind on an object of thought.

Dhyana - meditation

Meditation on the subject of dharana.

Samadhi - contemplation

Contemplation through Reflexive Self-consciousness.