From Doing to Being: Embodying Three Sacred Teachings of the Yoga Tradition

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Session 2: Cultivating Yogic Virtues
From Doing to Being: Embodying Three Sacred Teachings of the Yoga Tradition

Svadhyaya: Self-study, the study of the Self

1. What?
2. So what?
3. How?
Cultivating Yogic Virtues
Cultivating Yogic Virtues

[Arjuna is speaking to Krishna:] My very being is overcome with a weakness of spirit that feels like sickness. My mind is confused . . . I ask you: what is better and certain? I am your student. You are my refuge. Please teach me.

Bhagavad Gita 2.7

[Krishna teaches Arjuna:] Be a yogi!

Bhagavad Gita 6.46d

All translations: Prof. William K. Mahony
Cultivating Yogic Virtues

Fearlessness, purity of heart, steadfast in the yoga of knowledge; generosity, self-control and sacrifice; study of sacred texts, austerity, honesty;

unwillingness to do harm, truthfulness, freedom from anger, renunciation, peacefulness, avoidance of slander; compassion for all beings, freedom from greed, kindness, modesty, steadiness;

vigor, patience, courage, purity, without malice, without arrogance — these are the brightly-formed virtues. . . .

Bhagavad Gita 16.1-3
Cultivating Yogic Virtues

*The bright qualities lead toward freedom; demonic attributes lead to bondage.*

_Do not worry, Arjuna:_

_you hold the promise of the bright virtues within you._

Bhagavad Gita 16.5

_Sampadan daivim: Bright virtues_
Cultivating Yogic Virtues

*Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.*

Viktor Frankl
Cultivating Yogic Virtues

Ours is not the task of fixing the entire world at once, but of stretching out to mend the part of the world that is within our reach.

Clarissa Pinkola Estés
Cultivating Yogic Virtues

*The body is a field.*  
*The Bhagavad Gita 13.1*

*Bhavana in asana*

*Bhavana*: Mindset, Felt attitude

“*using the body to sculpt the mind.*”  
B.K.S. Iyengar
Cultivating Yogic Virtues

“Outside-in”
Cultivating Yogic Virtues

“Inside-out”