

# 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



DAKSHINAM  
YOGA

# 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 yogī!*

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. . . .*

# 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.*

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”



BARRIE RISMAN  
YOGA

# Cultivating Yogic Virtues

“Inside-out”



BARRIE RISMAN  
YOGA