

Yama e Niyama
descritti e commentati da Śrīguru Yogācārya Ananda Balayogi Bhavanani

*Ogni volta che c'è un declino della giustizia,
O Arjuna, e sorge l'ingiustizia, allora Mi manifesto!*
(Bhagavadgītā Capitolo IV.7: 'Lo Yoga della Sapienza Trascendentale')

Yoga Sūtra di Patañjali Capitolo secondo: sādhana-pādaḥ

Sūtra 28:

योगाङ्गानुष्ठानादशुद्धिक्षये ज्ञानदीप्तिराविवेकख्याते: ॥२८॥

yoga-aṅga-anuṣṭhānāt aśuddhi-kṣaye jñāna-dīptiḥ āviveka-khyāteḥ ||28||

Con la pratica degli strumenti dello Yoga diminuiscono le impurità e la conoscenza illumina il discernimento
[consapevolezza della realtà].

Sūtra 29:

यम नियमासन प्राणायाम प्रत्याहार धारणा ध्यान समाधयोऽष्टावङ्गानि ॥२९॥

yama-niyama-āsana-prāṇāyāma-pratyāhāra-dhāraṇā-dhyāna-samādhayaḥ aṣṭau-aṅgāni ||29||

Restrizioni, osservanze, postura, estensione del respiro [dell'energia vitale, il prāṇā], ritiro dai sensi, concentrazione,
meditazione e integrazione sono gli otto ausili della disciplina dello Yoga.

Sūtra 30:

अहिंसासत्यास्तेय ब्रह्मचर्यापिरग्रहाः यमाः ॥३०॥

ahiṁsā-satya-asteya-brahmacarya-aparigrahāḥ yamāḥ ||30||

Non-nocività, veridicità, non appropriazione, continenza e assenza di avidità sono le restrizioni

Sūtra 31:

जातिदेशकालसमयानवच्छिन्नाः सार्वभौमामहाव्रतम् ॥३१॥

jāti-deśa-kāla-samaya-anavacchinnāḥ sārva-bhaumāḥ mahā-vratam ||31||

[Questi] non condizionati dalla classe, dal luogo, dal tempo o dalle circostanze, estesi a tutti [gli stadi dello Yoga],
costituiscono il Grande Voto.

Sūtra 32:

शौच संतोष तपः स्वाध्यायेश्वरप्रणिधानानि नियमाः ॥३२॥

śauca-saṁtoṣa-tapaḥ svādhyāya-īśvara-praṇidhānāni niyamāḥ ||32||

Le osservanze sono: purezza, l'accontentarsi, l'aspirazione ardente, lo studio e l'abbandono all'Essere **Supremo**.

Sūtra 33:

वितर्कबाधने प्रतिपक्षभावनम् ॥३३॥

vitarka-bādhane pratipakṣa-bhāvanam ||33||

[Quando si è turbati da pensieri nocivi, [il rimedio è] coltivare i pensieri opposti.

Sūtra 34:

वितर्का हिंसादयः कृतकारितानुमोदिता लोभक्रोधमोहापूर्वका मृदुमध्य अधिमात्रा दुःखाज्ञानानन्तफला इति प्रतिपक्षभावनम् ॥३४॥

vitarkāḥ hiṁsā-ādayaḥ kṛta-kārita-anumoditāḥ lobha-krodha-moha-pūrvakāḥ mṛdu-madhya-adhimātrāḥ duḥkha-ajñāna-
ananta-phalāḥ iti pratipakṣa-bhāvanam ||34||

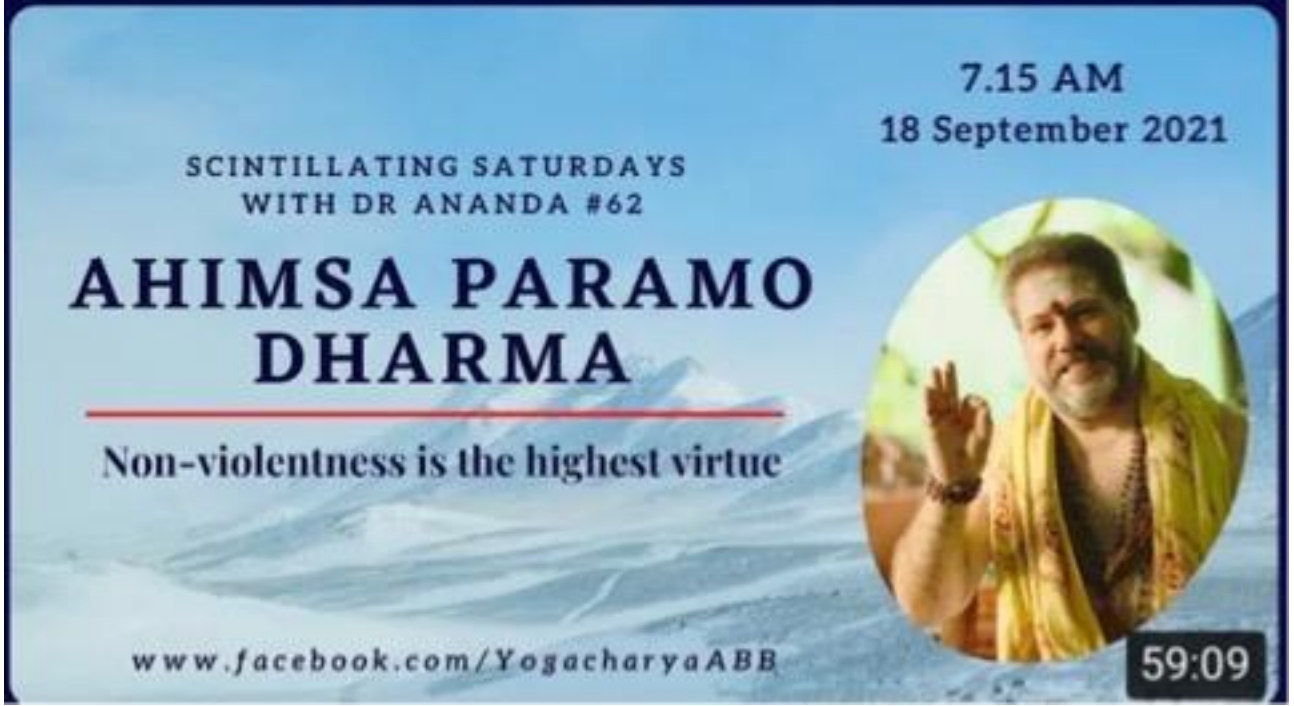
Avidità, rabbia e confusione generano pensieri negativi come la violenza [compiuta personalmente, fatta compiere da
altri o approvata]. I pensieri negativi possono essere lievi, medi o intensi e causano dolore senza fine. Per questo si
devono coltivare i loro opposti [le Virtù]

Sūtra 35:

अहिंसाप्रतिष्ठायां तत्सन्निधौ वैरत्यागः ॥३५॥

ahimsā-pratiṣṭhāyām tat-sannidhau vaira-tyāgaḥ ||35||

Quando [lo Yogī è] fermamente stabilito nella non violenza, in sua presenza si verifica l'abbandono di ogni forma di ostilità.



Ahimsa

"Ahimsa paramo dharma: Non-violentness is the highest virtue" - Scintillating Saturdays # 62 with Yogacharya Dr Ananda Balayogi Bhavanani Yogacharya Dr Ananda Balayogi Bhavanani takes us on a cosmic journey facilitating a deeper and more comprehensive understanding of concepts related to "Ahimsa paramo dharma" non-violentness is the highest virtue, in Session #62 of his Scintillating Saturdays. This enlivening session is embellished with yogic, tantric, mythological, historical, musical, physiological, cultural and spiritual examples. This was relayed Live on FB from ICYER at Ananda Ashram, Pondicherry, India on Saturday the 18th September 2021. #ahimsa #mahatmagandhi #ashtangayoga #panchayama #mandela #buddha #tamilculture #yogasutras #sanskrit #sacred #symbols #culture #yoga #cosmos #culture #misappropriation #appropriation #respect #balance #integration #holistic #patanjali #yoga #sadhana #powerofchoice #discernment #India #yogasutra #Bhagavadgita #health #indianyoga #icyer #bhavanani #gitanandayoga #choice #hathayoga #modernyoga

<https://www.youtube.com/watch?v=5MCGUSzJJ98&t=574s>

Sūtra 36:

सत्यप्रतिष्ठायां क्रियाफलाश्रयत्वम् ॥३६॥

Satya pratiṣṭhāyāṃ kriyā-phala-āśrayatvam ||36||

Essendo stabilito nella veridicità, le azioni producono risultati ad essa corrispondenti.

Scintillating Saturdays # 64
7.15am (IST)
2 October 2021
सत्यमेव जयते
**SATYAMEVA
JAYATE**
May Truthfulness Prevail!
Live on www.facebook.com/Yogac 1:01:32
2 Oct 1869- 30 Jan 1948

Satya

Satyamevajayate: Scintillating Saturdays # 64 with Yogacharya Dr Ananda Balayogi Bhavanani on the delight of truthfulness that will ultimately prevail Yogacharya Dr Ananda Balayogi Bhavanani takes us on a cosmic journey facilitating a deeper and more comprehensive understanding of concepts related to "Satyamevajayate" on the delight of truthfulness that will ultimately prevail , in Session #64 of his Scintillating Saturdays. This enlivening session is embellished with yogic, tantric, mythological, historical, musical, physiological, cultural and spiritual examples. This was relayed Live on FB from ICYER at Ananda Ashram, Pondicherry, India on Saturday the 2nd October 2021. #mahatmagandhi #satyam #ritam #upanishad #veda #ahimsa #ashtangayoga #panchayama #tamilculture #yogasutras #sanskrit #sacred #symbols #culture #yoga #cosmos #culture #misappropriation #appropriation #respect #balance #integration #holistic #patanjali #yoga #sadhana #powerofchoice #discernment #India #yogasutra #Bhagavadgita #health #indianyoga #icyer #bhavanani #gitanandayoga #choice #hathayoga #modernyoga

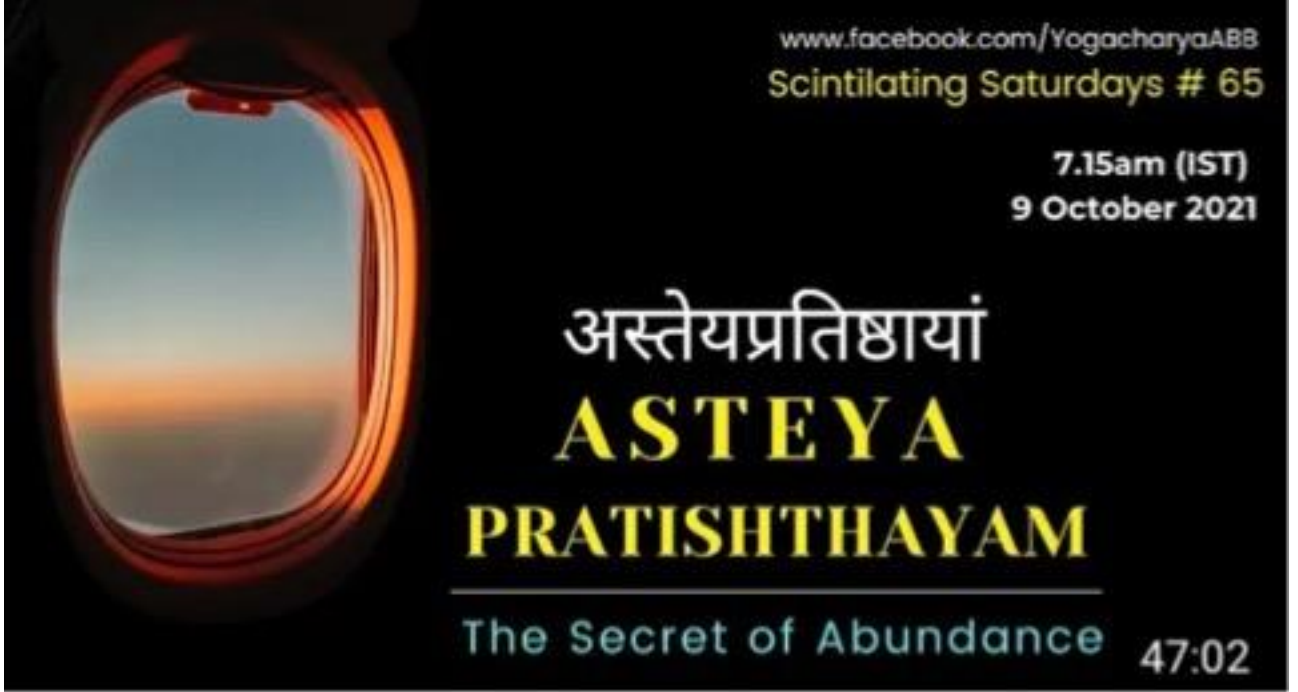
<https://www.youtube.com/watch?v=vfDEpewjexY&t=1738s>

Sūtra 37:

अस्तेयप्रतिष्ठायां सर्वरत्नोपस्थानम् ॥३७॥

asteya-pratiṣṭhāyām sarva-ratna-upasthānam ||37||

Essendo fermamente stabilito nell'onestà, tutte le cose preziose si avvicinano [allo Yogī].



Asteya

"Asteya pratishtayam, the secret of abundance" shared by Dr Ananda in Scintillating Saturdays #65 Yogacharya Dr Ananda Balayogi Bhavanani takes us on a cosmic journey facilitating a deeper and more comprehensive understanding of concepts related to "Asteya pratishtayam, the secret of abundance" in Session #65 of his Scintillating Saturdays. This enlivening session is embellished with yogic, tantric, mythological, historical, musical, physiological, cultural and spiritual examples. This was relayed Live on FB from ICYER at Ananda Ashram, Pondicherry, India on Saturday the 9th October 2021. #nonstealing #maharishipatanjali #abundance #ritam #gratitude #veda #acamedia #ashtangayoga #panchayama #tamilculture #yogasutras #sanskrit #sacred #symbols #culture #yoga #cosmos #culture #misappropriation #appropriation #respect #balance #integration #holistic #yoga #sadhana #powerofchoice #discernment #India #yogasutra #Bhagavadgita #health #indianyoga #icyer #bhavanani #gitanandayoga #choice #hathayoga #modernyoga

<https://www.youtube.com/watch?v=D2kWaqv6rFQ&t=15s>

Sūtra 38:

ब्रह्मचर्य प्रतिष्ठायां वीर्यलाभः ॥३८॥

brahmacharya-pratiṣṭhāyāṃ vīrya-lābhaḥ ||38||

Quando fermamente stabilito nella continenza, si acquisisce energia.



Brahmacharya

Brahmacharya-living in tune with the creative principle: Scintillating Saturdays # 65 by Dr Ananda Yogacharya Dr Ananda Balayogi Bhavanani takes us on a cosmic journey facilitating a deeper and more comprehensive understanding of concepts related to "Brahmacharya-living in tune with the creative principle" in Session #65 of his Scintillating Saturdays. This enlivening session is embellished with yogic, tantric, mythological, historical, musical, physiological, cultural and spiritual examples. This was relayed Live on FB from ICYER at Ananda Ashram, Pondicherry, India on Saturday the 16th October 2021. #brahmacharya #yamaniyama #maharishipatanjali #ritam #upanishad #veda #satyam #kleshas #abhinivesha #ashtangayoga #panchayama #tamilculture #yogasutras #sanskrit #sacred #symbols #culture #yoga #cosmos #culture #misappropriation #appropriation #respect #balance #integration #holistic #patanjali #yoga #sadhana #powerofchoice #discernment #India #yogasutra #Bhagavadgita #health #indianyoga #icyer #bhavanani #gitanandayoga #choice #hathayoga #modernyoga

https://www.youtube.com/watch?v=fxQHf_ON9fk&t=886s

Sūtra 39:

अपरिग्रहस्थैर्ये जन्मकथंता संबोधः ॥३९॥

Aparigraha-sthairye janma-kathaṁtā-sambodhaḥ ||39||

Quando la non-possessività viene consolidata, scaturisce la conoscenza del 'come' e del 'perché' dell'esistenza.



Aparigraha

Aparigraha-Winning the trust of the cosmos: Scintillating Saturdays # 67 by Dr Ananda Yogacharya Dr Ananda Balayogi Bhavanani takes us on a cosmic journey facilitating a deeper and more comprehensive understanding of concepts related to "Aparigraha-Winning the trust of the cosmos" in Session #67 of his Scintillating Saturdays. This enlivening session is embellished with yogic, tantric, mythological, historical, musical, physiological, cultural and spiritual examples. This was relayed Live on FB from ICYER at Ananda Ashram, Pondicherry, India on Saturday the 23rd October 2021. #aparigraha #yamaniyama #maharishipatanjali #ritam #upanishad #veda #trust #kleshas #abhinivesha #ashtangayoga #panchayama #tamilculture #yogasutras #sanskrit #sacred #symbols #culture #yoga #cosmos #culture #misappropriation #appropriation #respect #balance #integration #holistic #patanjali #yoga #sadhana #powerofchoice #discernment #India #yogasutra #Bhagavadgita #health #indianyoga #icyer #bhavanani #gitanandayoga #choice #hathayoga #modernyoga

<https://www.youtube.com/watch?v=jUQVhY64SGs>

Sūtra 40:

शौचात् स्वाङ्गजुगप्सा परैरसंसर्गः ॥४०॥

śaucāt-sva-aṅga-jugupsā paraiḥ asaṃsargaḥ ॥40॥

Dalla purificazione deriva l'indifferenza per il proprio corpo e l'assenza di desiderio di unirsi con altri

Sūtra 41:

सत्त्वशुद्धिः सौमनस्यैकाग्र्येन्द्रियजयात्मदर्शन योग्यत्वानि च ॥४१॥

sattva-śuddhi-saumanasya-eka-agrya-indriya-jaya-ātma-darśana-yogyatvāni ca ॥41॥

La purificazione del Sé ha come esito la benevolenza, la capacità di attenzione focalizzata, la conquista dell'energia sensoriale, la visione del Sé.

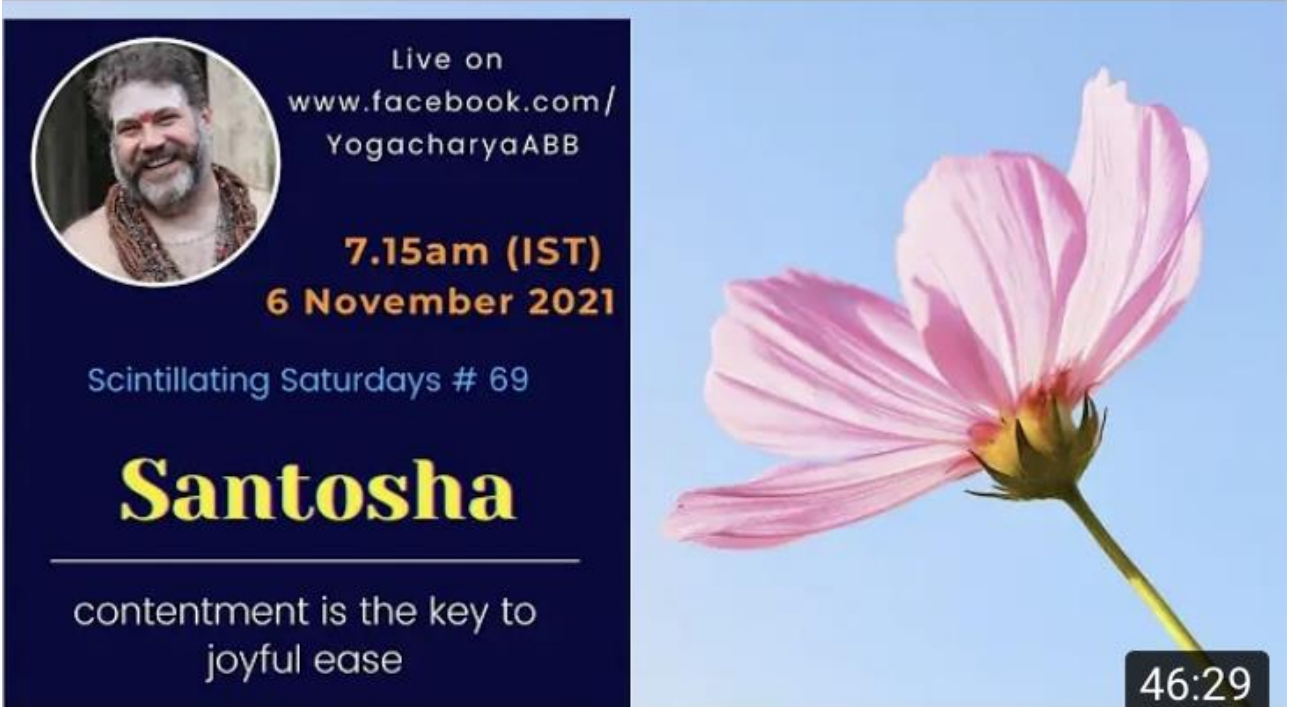


Sauca

Yogacharya Dr Ananda Balayogi Bhavanani takes us on a cosmic journey facilitating a deeper and more comprehensive understanding of concepts related to "Saucha-Manifesting the Pristine Purity of Spirit" in Session #68 of his Scintillating Saturdays. This enlivening session is embellished with yogic, tantric, mythological, historical, musical, physiological, cultural and spiritual examples. This was relayed Live on FB from ICYER at Ananda Ashram, Pondicherry, India on Saturday the 30th October 2021. #saucha #yamaniyama #maharishipatanjali #ritam #upanishad #veda #trust #kleshas #abhinivesha #ashtangayoga #panchayama #tamilculture #yogasutras #sanskrit #sacred #symbols #culture #yoga #cosmos #culture #misappropriation #appropriation #respect #balance #integration #holistic #patanjali #yoga #sadhana #powerofchoice #discernment #India #yogasutra #Bhagavadgita #health #indianyoga #icyer #bhavanani #gitanandayoga #choice #hathayoga #modernyoga

<https://www.youtube.com/watch?v=iISZd3dMOp0>

Sūtra 42:
संतोषातनुत्तमस्सुखलाभः ॥४२॥
saṁtoṣāt-anuttamaḥ sukha-lābhaḥ ||42||
Dall'accontentarsi scaturisce la felicità assoluta.



Live on
www.facebook.com/
YogacharyaABB

7.15am (IST)
6 November 2021

Scintillating Saturdays # 69

Santosha

contentment is the key to
joyful ease

46:29

Saṁtoṣa

Yogacharya Dr Ananda Balayogi Bhavanani takes us on a cosmic journey facilitating a deeper and more comprehensive understanding of concepts related to "Santosha-Contentment is the key to joyful ease" in Session #69 of his Scintillating Saturdays. This enlivening session is embellished with yogic, tantric, mythological, historical, musical, physiological, cultural and spiritual examples. This was relayed Live on FB from ICYER at Ananda Ashram, Pondicherry, India on Saturday the 6th November 2021.

#santosha #yamaniyama #maharishipatanjali #sukha #ritam #upanishad #veda #trust #kleshas #abhinivesha #ashtangayoga #panchayama #tamilculture #yogasutras #sanskrit #sacred #symbols #culture #yoga #cosmos #culture #misappropriation #appropriation #respect #balance #integration #holistic #patanjali #yoga #sadhana #powerofchoice #discernment #India #yogasutra #Bhagavadgita #health #indianyoga #icyer #bhavanani #gitanandayoga #choice #hathayoga #modernyoga

<https://www.youtube.com/watch?v=vtDaYlKpDJA&t=685s>

Sūtra 43:

कार्येन्द्रियसिद्धिरशुद्धिक्षयात् तपसः ॥४३॥

kāya-indriya-siddhiḥ aśuddhi-kṣayāt-tapasah ||43||

Mediante la disciplina ardente [‘il fuoco che non brucia’] e la purificazione, i poteri dei sensi e del corpo.



Tapas

Yogacharya Dr Ananda Balayogi Bhavanani takes us on a cosmic journey facilitating a deeper and more comprehensive understanding of concepts related to "Tapah-Burning up the impurities" in Session #70 of his Scintillating Saturdays. This enlivening session is embellished with yogic, tantric, mythological, historical, musical, physiological, cultural and spiritual examples. This was relayed Live on FB from ICYER at Ananda Ashram, Pondicherry, India on Saturday the 13th November 2021. Pariṇāma.

#tapah #yamaniyama #maharishipatanjali #parinaama #sukham #ritam #upanishad #veda #trust #kleshas #abhinivesha #ashtangayoga #panchayama #tamilculture #yogasutras #sanskrit #sacred #symbols #culture #yoga #cosmos #culture #misappropriation #appropriation #respect #balance #integration #holistic #patanjali #yoga #sadhana #powerofchoice #discernment #India #yogasutra #Bhagavadgita #health #indianyoga #icyer #bhavanani #gitanandayoga #choice #hathayoga #modernyoga

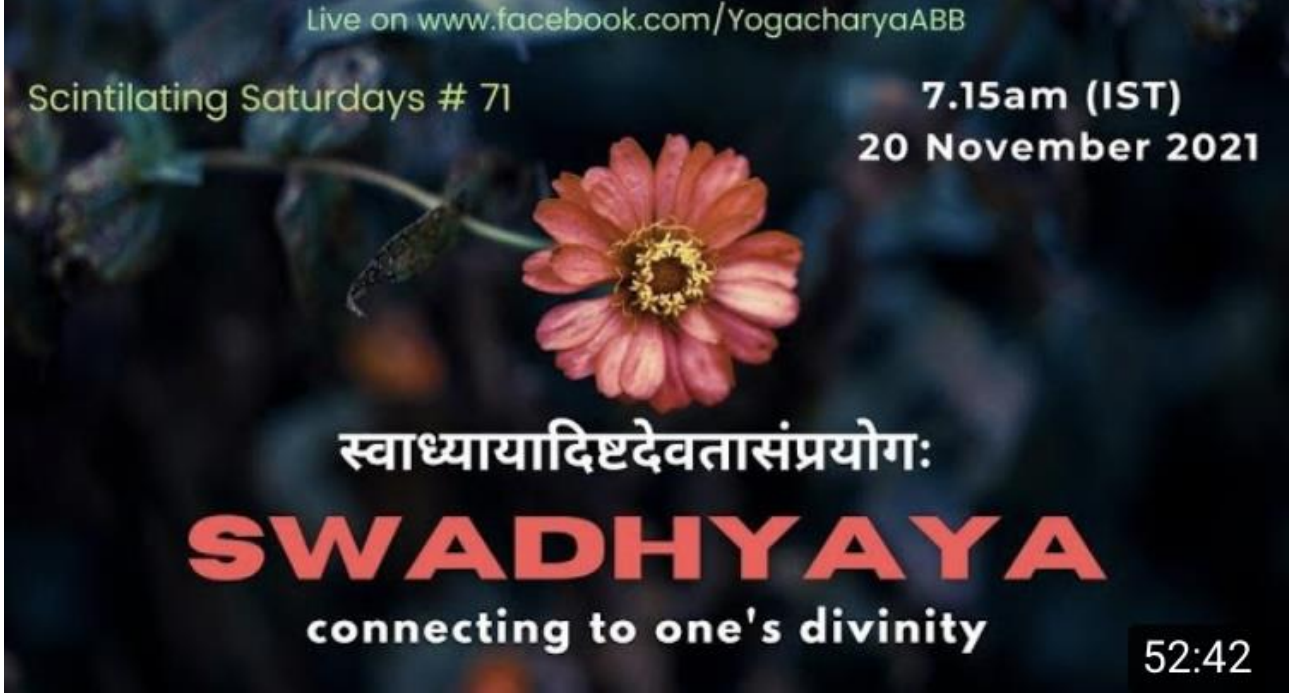
<https://www.youtube.com/watch?v=1g3gzmIlq7U&t=13s>

Sūtra 44:

स्वाध्यायादिष्टदेवता संप्रयोगः ॥४४॥

svādhyāyāt-iṣṭa-devatā-saṁprayogaḥ ॥44॥

Dallo studio [e recitazione dei testi sacri e] del Sé ['conosci te stesso'], totale unione con la divinità prescelta.



Svādhyāya

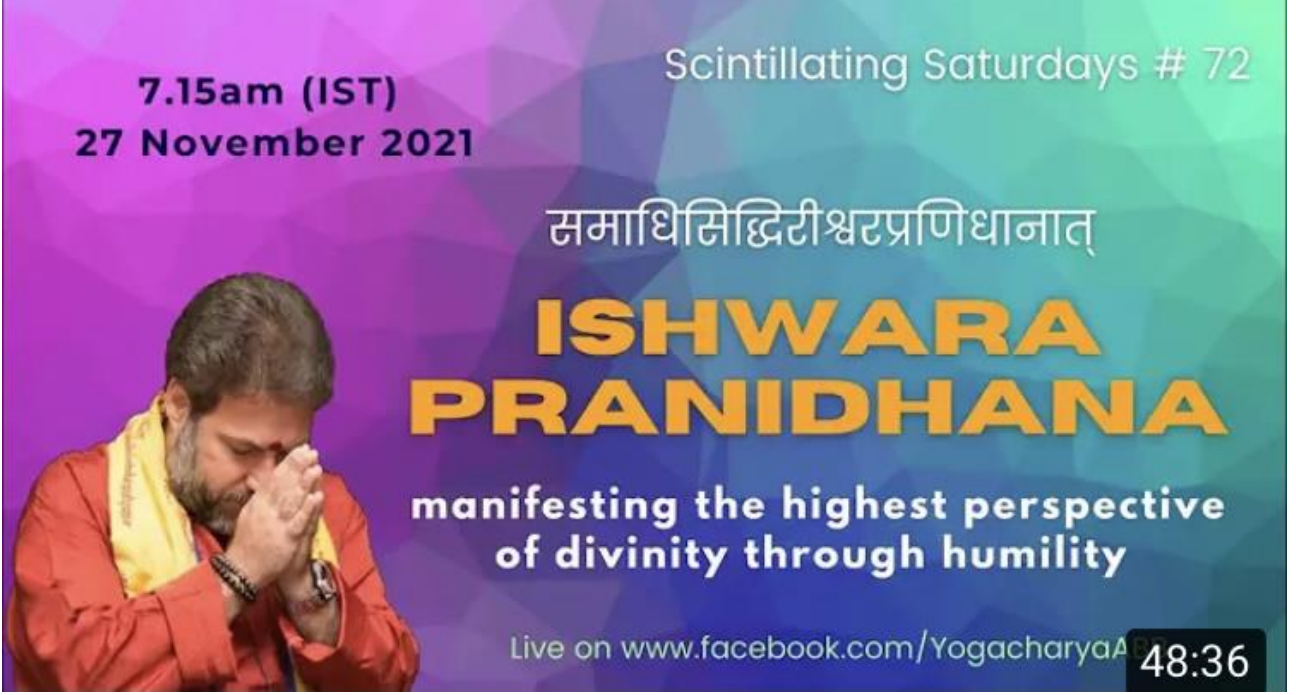
Yogacharya Dr Ananda Balayogi Bhavanani takes us on a cosmic journey facilitating a deeper and more comprehensive understanding of concepts related to "Swadhyaya, connecting to one's divinity" in Session #71 of his Scintillating Saturdays. This enlivening session is embellished with yogic, tantric, mythological, historical, musical, physiological, cultural and spiritual examples. This was relayed Live on FB from ICYER at Ananda Ashram, Pondicherry, India on Saturday the 20th November 2021. #swadhyaya #yamaniyama #maharishipatanjali #parinaama #sukham #ritam #upanishad #veda #trust #kleshas #abhinivesha #ashtangayoga #panchayama #tamilculture #yogasutras #sanskrit #sacred #symbols #culture #yoga #cosmos #culture #misappropriation #appropriation #respect #balance #integration #holistic #patanjali #yoga #sadhana #powerofchoice #discernment #India #yogasutra #Bhagavadgita #health #indianyoga #icyer #bhavanani #gitanandayoga #choice #hathayoga #modernyoga

<https://www.youtube.com/watch?v=tMkoh5G1HDo&t=121s>

समाधि सिद्धिः ीश्वरप्रणिधानात् ॥४५॥

samādhī-siddhiḥ īśvara-praṇidhānāt ॥45॥

Dal completo abbandono all'Essere Supremo, l'enstasi [il samādhī].



The graphic features a man in a red shirt and yellow shawl in a prayerful pose on the left. The background is a colorful geometric pattern. Text on the right includes: 'Scintillating Saturdays # 72', '7.15am (IST) 27 November 2021', 'समाधिसिद्धिरीश्वरप्रणिधानात्', 'ISHWARA PRANIDHANA' in large orange letters, 'manifesting the highest perspective of divinity through humility', and 'Live on www.facebook.com/YogacharyaA 48:36'.

Īśvarapraṇidhāna

Yogacharya Dr Ananda Balayogi Bhavanani takes us on a cosmic journey facilitating a deeper and more comprehensive understanding of concepts related to "Ishwara Pranidhana, manifesting divinity through humility" in Session #72 of his Scintillating Saturdays. This enlivening session is embellished with yogic, tantric, mythological, historical, musical, physiological, cultural and spiritual examples. This was relayed Live on FB from ICYER at Ananda Ashram, Pondicherry, India on Saturday the 27th November 2021. #ishwarapranidhana #yamaniyama #maharishipatanjali #parinaama #sukham #ritam #upanishad #veda #trust #kleshas #abhinivesha #ashtangayoga #panchayama #tamilculture #yogasutras #sanskrit #sacred #symbols #culture #yoga #cosmos #culture #misappropriation #appropriation #respect #balance #integration #holistic #patanjali #yoga #sadhana #powerofchoice #discernment #India #yogasutra #Bhagavadgita #health #indianyoga #icyer #bhavanani #gitanandayoga #choice #hathayoga #modernyoga

<https://www.youtube.com/watch?v=OAXnDtymX5Q&t=147s>