



Article: The Moral Restraints - Satya & Brahmacharya

Guru's teaching: Spiritual Law

Posture: Lotus/Padmasana

Workshop: Hips & Hamstring Workshop, June 3 Fri 8.00-9.30pm

Course: Weekdays Beginner Course, start June 6 Mon & Fri 8.00-9.30am

Weekend Beginner Course, start June 19 Sunday 11.30am-1.00pm

## The Moral Restraints - Satya & Brahmacharya - article

The ego tries to work out its likes and dislikes by various methods, one of them being the uttering of falsehood in order to escape opposition from others. The insinuating of falsehood in society is regarded as vice.

**Satya** or truthfulness in another virtue. Truthfulness mitigates egoism to some extent. Dishonesty is an affirmation of the ego to succeed in its ways in the world for its own good, though it may mean another's harm. Truthfulness is correspondence to fact. Yoga stresses the importance of the practice of truth in human life.

There are dilemmas in which we are placed when we find ourselves often in difficult situation.

Sometimes truthfulness may appear to lead one to trouble and one might be tempted to utter falsehood. Scriptures give many answers to our questions on the issue. Truth that harms is considered equal to untruth.

We have to see the consequence of our conduct and behavior before we can decide whether it is virtuous or not.

Scriptures hold that truthfulness should not invoke injury. Manu, in his Smriti, observes that one must speak truth, but speak sweetly, and one should not speak truth which is unpleasant; nor should one speak untruth because it is sweet. The general rule has been, however, that truth which causes hurt or injury, to another's feelings is to be regarded as untruth, though it looks like truth in its outer form. Our actions and thoughts should have a relevance to the ultimate goal of life. Only then do they become truths. there should be a harmony between the means and the end. 'Has the conduct any connection, directly or indirectly, with the goal of the universe?' If the answer to this questions is in the affirmative, the step taken may be considered as one conforming truth.

**Brahmacharya**, or continence, the other great rule is as difficult to understand as Satya or Ahimsa. In every case of moral judgment, common-sense and a comprehensive outlook are necessary. Many students of yoga think that Brahmacharya is celibacy or the living of an unmarried life. Though this may be regarded as one definition of it, which has much meaning, yoga morality calls for brahmacharya of the purest type, which has deeper significance. Yoga considers Brahmacharya from all points of view, and not merely in its sociological implication. It requires a purification of all the senses. Oversleeping and gluttony, for instance, are breaks in brahmacharya. It breaks not merely by a married life, but by overindulgence of any kind, even in an unmarried life, such as overeating, talkativeness and

above all, brooding upon sense-objects. While one conserves energy from one side, it can leak out from another side. Oversleeping is a trick played by the mind when we refuse to give it satisfaction. Overeating and overtalking are, results of a busting forth of untrained energy. Contemplation on objects of sense can continue even when they are physically far from oneself. Brahmacharya is to conserve force for the purpose of meditation. 'Do you feel strong by the conservation of energy,' is the question? Brahmacharya is tested by the strength that one recognizes within. The virtue is not for parading it outside, but for the utilization of the conserved power towards a higher purpose. Unnecessary activity of the sense wastes energy. Brahmacharya is therefore an act of all-round self-control. The brahmacharin is always cautious. And no one should have the hardihood to imagine that he is wholly pure and safe.

The practice of Brahmacharya as a vow of abstinence from all sense-indulgence, particularly in its psychological aspect, and a rigid fixity in personal purity, generates a unison in the vibratory functions of the body, nerves and mind, and the brahmacharin achieves what he may look upon as a marvel even to himself. Brahmacharya is often regarded as the king of principles, which embodies in itself all other virtues or moral values. In its observance, care has, however, to be taken to see that it comprises not merely avoiding or sense-indulgence and mental reverie but also freedom from the complexes that may follow, as well as satisfactions which one may resort to as a consequence of frustration of desire.

**The Yoga System**  
**Swami Krishnananda**

## Spiritual Law - guru's teaching

The great spiritual law of cause and effect pervades human life. If you manifest friendliness, the world becomes friendly to you. If you manifest hostility, the world responds likewise.  
The world is like a mirror. What you give comes back to you.

**Elevating Truths**  
**Swami Chidananda**

## Hips & Hamstring Workshop: June 3 Friday, 8.00-9.30pm - workshop



Tight hip muscles restrict many movements and make us more susceptible to injuries.  
Learn how to open up your hip region with targeted asanas, slowly, safely.

A print-out of the postures and the sequence will be provided as part of the course.

Workshop meeting date:  
**June 3 Friday 8.00-9.30pm**

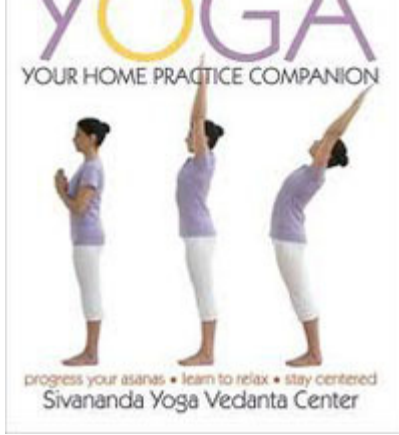
Class duration: 90 minutes.  
Fee: \$25

Pre-registration and payment is required.

Email: [info@sivananda.com.sg](mailto:info@sivananda.com.sg)  
Phone: 90679100  
98386704

## Beginner Course - from centre





A systematic introduction to the theory and practice of yoga for beginners or for anyone looking to renew their practice. This course takes a step by step approach for developing strength, flexibility, good breathing habits, concentration and relaxation through:

- Yoga postures (Asanas)
- Breathing exercises (Pranayama)
- Relaxation exercises
- Introduction to 5 points of yoga
- 12 basic asanas and their benefits

Course meeting dates for **Weekday course, every monday & friday 8.00-9.30pm:**

**June: 6, 10, 13, 17, 20, 24, 27. July: 1.**

Course meeting dates for **Weekend course, every sunday 11.30am-1.00pm:**

**June: 19, 26. July: 3, 10, 17, 24, 31. August: 7.**

Class duration: 90 minutes.

Fee: \$220 for 8 classes + 2 ongoing classes + YOGA Your Home Practice Companion Book.

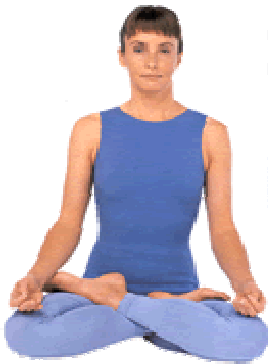
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## The Lotus (Padmasana) - posture



The Lotus symbolizes man's spiritual evolution – the roots in mud represent his lower nature, the stem rising through water his intuitive search, and the flower blossoming in sunlight self-realization.

In yoga, the Lotus or Padmasana is the classic posture for meditation and pranayama. Sitting with spine erect and legs folded into a steady base brings the body into an effortless, resting state. The longer you hold it, the more the metabolism slows and the mind clears and grows calm. With a straight spine, prana flows smoothly, increasing your powers of concentration. The posture makes ankles, knees and hips more flexible, and benefits the nerves of the legs.

From easy crossed legs position, take hold of your right foot with both hands and place it on your left thigh.

The foot will turn slightly so that sole is facing upward.

Next, take hold of the left foot and bring it up onto the right thigh.

**The Sivananda Companion to Yoga**

## Schedule - centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30 - 10.30am						Satsang	

10.00 - 11.45am							Beginner
10.45 - 12.00am						Open	
11.00am - 12.30pm	Restorative						
11.30am - 1.00pm							Course
12.30am - 1.45pm						Beginner	
6.30 - 7.45pm	Beginner	Open	Beginner	Open	Beginner		
8.00 - 9.15pm	Course	Beginner	Open	Beginner	Course		

**Satsang:**

25 mins silent meditation, followed by devotional chanting and an informal talk on the practical philosophy of Yoga and Vedanta. Kirtan (chanting) books are provided. The program is free and open to all.

**Beginner:**

Class includes Pranayama (breathing), Sun Salutation, a regular series of asanas, and relaxations. This class provides an ideal introduction for students who are new to yoga and who need to learn a better foundation. Students will learn coordination between breathing and postures, gaining more flexibility.

**Open:**

This class is open for intermediate and advanced students. The class includes Pranayama (breathing), Sun Salutation, 12 basics postures (and their variations), and relaxations. Students will practice and be assisted in their individual level of competency. Not suitable for beginner.

**Course:**

Please check the courses availability.

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**Serve, Love, Give, Purify, Meditate & Realize**