

„The external (Yamas) and internal (Niyamas) practices, remove obstructions to the soul's inclination to be expressive and provide the foundation for effective and progressive authentic spiritual growth.“

Roy Eugene Davis, *Seven Lessons in Conscious Living*

Use this learning system and adjust it to your personal situation to cultivate and express the Yamas and Niyamas, to eventually become an authentic expression of them.

To cultivate and express the Yamas and Niyamas in your life go forward in this way:

1. Listen the whole audio to get an overview about the teachings and to familiarize with the Yamas and Niyamas.
2. Focus on one Yama/Niyama each week.
 - Listen every morning the explanations and participate in the meditation (about 10-12 Min);
 - Start with the firm expectation to have insights and to understand the meaning and the significance for your life;
 - Imagine and feel how an established person, in the particular Yama/Niyama of the week, would think, speak and act
3. Review and summarize at the end of the day for approx. 5 Min the events that occurred during that day.

Guiding questions:

 - What's happened during that day?
 - Had situations or circumstances regarding any Yama/Niyama occurred?
 - If yes, think about your thoughts and emotions you had. What reaction you choose?
 - What would a fully (in thoughts, speech and action) established person have done?
4. Act like your own professional coach!
 - Make every day notes about your observances in a journal.
 - To visualize your results and to speed up your progress use this table on the right. You can download an example on www.meditiere-einfach.info for free and share it with others.
 - Make for each positive result a slash or a point. For example on a very hot Sunday, during a heavy traffic-jam you choose to stay calm, peaceful and serene. For this draw in the row of Ahimsa and the column of Sunday a slash.
 - Stay positive, don't punish yourself or feel bad if you reacted not as constructive as you would like to.
5. After one week continue with the next Yama/Niyama and change it every week. After 10 weeks start again from the beginning.
 - You can also put your attention in the weeks 11-13 on other important topics in your life. I choose for example Meditation, Nutrition and Relationships. These focal points of attention are not fixed; you are free to change them for important topics, habits or behaviors in your life.

After 13 weeks start again with the 1st Yama Ahimsa. In this way you can go in a year 4 times through the Yamas/Niyamas and your life topics and cultivate them, to make it your natural behavior.
6. If you want to deepen your studies about the Yamas and Niyamas and the Yoga Sutras in the Kriya Yoga Tradition use the book from Roy Eugene Davis "The Science of Self-Realization, A guide to spiritual practice in the Kriya Yoga Tradition".

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The Yogi Scorecard

Yama / Niyama / My Attention/Focus	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Y Ahimsa - Harmlessness, Not To Injure: all living things become peaceful and harmless							
2. Y Satya - Truthfulness: experience quick results of actions							
3. Y Asteya - Honesty, Not Stealing: experience prosperity and good fortune							
4. Y Brahmacharya- Conscious Control and Right Use Of Vital Forces: physical, mental and spiritual strength is acquired							
5. Y Aparigraha - Nonattachment: knowledge of higher realities and cosmic processes is acquired							
1. NY Saucha - Purity, Cleanliness: contributes to good health and avoidance of disease							
2. NY Santosha - Contentment: provides supreme peace and happiness							
3. NY Tapas - Self-discipline, Purification: results in perfection of the body, mind and senses							
4. NY Svadhyaya - Self-inquiry: insightful study, analysis of higher realities and intensive spiritual practise result in God-realization							
5. NY Ishvara Pranidhana - Surrender to God: Self-realization is perfected by devotional surrender to God							
My Attention/Focus for this week:							
My Attention/Focus for this week:							
My Attention/Focus for this week:							

„I am a perfect Expression of the Yamas & Niyamas“

Sources: Seven Lessons in Conscious Living, The Science of Self-Realization (Patanjali's Yoga-Sutras)
from Roy Eugene Davis