The Yogi Scorecard

I am a perfect expression of the Yamas & Niyamas

Week: 1 2 3 4 5 6 7 8 9 10

Observe the **Yamas & Niyamas** in daily life	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-realizaton is perfected by devotional surrender to God							

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

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