











The Yogi Scorecard

I am a perfect expression of the Yamas & Niyamas



Observe the Yamas & Niyamas in daily life	Week: 1 2 3 4 5 6 7 8 9 10						
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>1. Y Ahimsa - Harmlessness, Not To Injure: all living things become peaceful and harmless</p>							
 <p>2. Y Satya - Truthfulness: experience quick results of actions</p>							
 <p>3. Y Asteya - Honesty, Not Stealing: experience prosperity and good fortune</p>							
 <p>4. Y Brahmacharya- Conscious Control and Right Use Of Vital Forces: physical, mental and spiritual strength is acquired</p>							
 <p>5. Y Aparigraha - Nonattachment: knowledge of higher realities and cosmic processes is acquired</p>							
 <p>1. NY Saucha - Purity, Cleanliness: contributes to good health and avoidance of disease</p>							
 <p>2. NY Santosha - Contentment: provides supreme peace and happiness</p>							
 <p>3. NY Tapas - Self-discipline, Purification: results in perfection of the body, mind and senses</p>							
 <p>4. NY Svadhyaya - Self-inquiry: insightful study, analysis of higher realities and intensive spiritual practise result in God-realization</p>							
 <p>5. NY Ishvara Pranidhana - Surrender to God: Self-realization is perfected by devotional surrender to God</p>							

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