

10 SPIRITUAL QUALITIES **of HIGHLY SUCCESSFUL PEOPLE**

RAJA YOGA SUTRAS 2.30-32

YAMAS - Abstentions

1) Ahimsa – Non-violence

“Ahimsa Parama Dharmo” – “Non-violence is the highest moral duty.”

“The principle of non-violence encompasses all other moral principles. The abstention of meat-eating is one of the pillars of non-violence...When a person abstains from harming other living beings, especially by giving up meat-eating, then he in turn is never put into danger by other creatures, even if he is in the densest jungle. The word (in Sanskrit) for meat is ‘mamsa.’ ‘Mam’ means ‘me’ and ‘sa’ means ‘he.’ Therefore ‘mamsa’ means ‘me, he will eat.’ In other words, those who eat the flesh of animals will themselves be eaten later on by the same animals.

Abstention from intentionally injuring all living beings is the highest form of spirituality, the highest practice of self-control. and the most valuable gift which can be given to others. Indeed the glory of living a life of non-violence could not be fully expounded, even if a person were to go on speaking on the subject for a thousand years.”

- Mahajan Bhisma Deva, Mahabharata, Anusasana Parva

2) Satya – Truthfulness

“Truth is the highest moral principle because all other good qualities rest upon it. Once, Truthfulness was placed on one side of a scale and all other spiritual and moral practices were placed on the other. Truth was seen to be heavier.”

**- A brahmana speaking to Maharaja Ikshvaku
(story told by Mahajan Bhisma Deva, Mahabharata, Shanti Parva)**

“Hear from me about the higher principles of spirituality and morality...Even Truth should not be uttered when it will produce an adverse result...According to scripture, it is highly virtuous to tell a lie in order to save one’s own life, or the life of another, especially a king or brahmana, or to save one’s wealth ...In all cases, the highest virtue lies in not harming other creatures...Untruth which protects an innocent person from harm should be considered truth...Any act free from the motive to injure others is true morality. The moral precepts exist for this purpose.”

- Lord Krishna speaking to Arjuna, Mahabharata, Karna Parva

3) Asteya – Non-stealing; Non-Covetousness

“A person who is not disturbed by the incessant flow of desires—that enter like rivers into the ocean which is ever being filled but is always still—can alone achieve peace, and not the man who strives to satisfy such desires.”

- Bhagavad-Gita 2.70

4) Brahmacharya – Celibacy; Sexual Discipline

‘Spiritual Conduct’

‘The conduct which leads one to Brahman (The Supreme Absolute Truth; Spirit)’

5) Aparigraha - Non acceptance of bribes; non-acquisitiveness related to Asteya

NIYAMAS – Observances

1) Saucha – Cleanliness (Internal and External Purity)

- Bathing (Cleansing Power of Water), Eating
- See No Evil, Hear No Evil, Speak No Evil

2) Santosha – Peacefulness; Contentment

As related to Asteya and Aparigraha

“True happiness is contentment.”

- Maharaja Yuddisthira, Mahabharata, Vana Parva
- Lord Krishna, Srimad Bhagavatam, Canto 11

Teachings on Desire - Bhagavad Gita 3.36-43

“Thus, the wisdom of the wise is covered by his eternal enemy in the form of desire, which is never satisfied and which burns like fire.”

3) Tapas – Austerity

Sanskrit: “heat” “to make hot”

Self –Discipline: “The acceptance or performance of some difficulty in order to achieve a higher purpose.”

“Anything desirable can be achieved through austerity.”

- Maharaja Yuddisthira, Mahabharata, Vana Parva

Story of the Creation of the Universe

“Austerity is considered the root cause of all existence.”

- Mahajan Bhishtmadeva, Mahabharata, Shanti Parva

Bible - Malachi 3:3

“He will sit as a refiner and purifier of silver.”

4) Swadhaya – Study of Sacred Scripture

“He never sinks under misfortune whose understanding is guided by scriptures.”

- Sanjaya, Mahabharata

5) Iswara-pranidhana – Surrender to God

“My dear Uddhava, I am personally the ultimate shelter and way of life for all sincerely spiritually minded people, and if one has no devotion for Me, which is possible only by associating with My devotees, then for all practical purposes one has no effective means for escaping material existence.”

- Lord Krishna, Srimad Bhagavatam 11.11.48

4 Principles of Freedom and the Pillars of Morality which are Related to Them

1) Vegetarianism - Mercy; Compassion; Non-violence

2) No Gambling - Truthfulness

3) No Intoxication - Austerity; Self-Discipline

4) Celibacy - Cleanliness