



॥ भगवद् गीता ॥

... Bhagavad Gītā ...

Chapter 6

AI Summary - Class 202

By Acharya Tadany Cargnin dos Santos
Jan 13, 2026.

Summary

The Five Yamas (Restraints)

The Yamas are ethical guidelines that govern our interactions with the external world and others. They form the foundation of yogic practice and spiritual development. (Acharya Tadany)

1. Ahimsa (Non-Violence)

- Principle of non-violence in thought, word, and deed
- Applies to physical actions and mental attitudes
- Extends to all living beings, not just humans
- Includes avoiding harm through speech and thoughts
- Foundation for compassion and kindness

2. Satya (Truthfulness)

- Commitment to truth in all circumstances
- Honesty in speech and actions
- Alignment between thoughts, words, and deeds
- Avoiding deception, lies, and misrepresentation
- Building trust and integrity in relationships

3. Asteya (Non-Stealing)

- Refraining from taking what doesn't belong to you
- Extends beyond physical theft
- Includes not stealing time, ideas, or credit
- Respecting others' property and boundaries
- Cultivating contentment with what one has



4. Brahmacharya (Celibacy/Appropriate Behavior)

- Traditional interpretation: celibacy or sexual restraint
- Broader meaning: appropriate behavior in all relationships
- Conservation and proper direction of energy
- Moderation in sensory pleasures
- Maintaining self-control and discipline

5. Aparigraha (Non-Greed/Non-Possessiveness)

- Freedom from excessive possessiveness
- Not accumulating beyond one's needs
- Letting go of attachment to material things
- Avoiding hoarding and excessive consumption
- Cultivating generosity and simplicity

Yoga Philosophy: The Five Niyamas (Observances)

The Niyamas are personal practices and internal disciplines that support spiritual growth and self-development. They complement the Yamas by focusing on individual transformation.
(Acharya Tadany)

1. śaucaṁ (Purity)

- Physical cleanliness of body and environment
- Mental purity through positive thoughts
- Purity in diet and lifestyle choices
- Cleansing practices for body and mind
- Creating sacred space internally and externally

2. santoṣaḥ (Contentment)

- Cultivating satisfaction with present circumstances
- Finding peace regardless of external conditions
- Gratitude for what one has
- Freedom from constant desire for more
- Inner happiness independent of achievements

3. Tapas (Austerity/Discipline)



- Self-discipline and willpower
- Voluntary simplicity and restraint
- Burning away impurities through practice
- Commitment to spiritual practices
- Building inner strength through challenges

4. svādhyāya (Scriptural Study/Self-Study)

- Study of sacred texts and scriptures
- Self-reflection and introspection
- Understanding one's own nature and patterns
- Learning from spiritual teachings
- Continuous personal growth through knowledge

5. Īśvara praṇidhānam (Surrender to the Lord)

- Devotion and surrender to a higher power
- Letting go of ego and personal will
- Trust in divine guidance
- Offering actions and their results to God
- Cultivating humility and faith

Key Teachings and Principles

Integration of Yamas and Niyamas

Acharya Tadany emphasized that these principles apply to both physical and mental actions, creating a comprehensive framework for ethical living and spiritual development.

Importance in Daily Life

- Yamas and Niyamas maintain harmony and balance in life
- They guide both external behavior and internal development
- Practice leads to spiritual growth and personal transformation
- These principles are foundational to the yogic path
- They create the ethical foundation for deeper spiritual practices

Practical Application

- Start with awareness of current patterns
- Gradually incorporate principles into daily life



- Practice with patience and self-compassion
- Observe the positive effects on relationships and inner peace
- Use challenges as opportunities for growth

The Yamas and Niyamas are not rigid rules but living principles that evolve with practice. They work together to create a foundation for spiritual awakening and harmonious living. (Acharya Tadany)