

# LIVING TRUTH and NON-HARMING

## *Observation, Reflection, Response, Surrender*

Truth and non-harming are 2 of the yamas or restraints that are described in the Yoga Sutras (sacred yogic philosophical teachings) that help us to think, act and speak with integrity and live in peace.

The perfection of truth is the ability to manifest. When you live and speak from truth then all that you say or dream has no choice but to come to fruition.

The perfection of non-harming is pure love and the absence of fear.

But what IS truth? What IS non-harming?

## TRUTH

### **Environment:**

Truth of life – birthing, flowering, surviving, changing, dying – is all around us in nature.

- How does this relate to something you may be going through right now?
  
- What have you made up your mind about the world and use this belief to inform your actions?

Look with fresh eyes and question preconceptions, explore and discover anew.

- What if you were to drop all assumptions of others and the world?
  
- How does it feel to sit in the 'I don't know'?

## **Relationships:**

Dysfunctions show up in all areas of your life, based on your attitude to yourself. When you become aware, expansive and more YOU, your relationships will go through a period of transition, then they will follow or fall away.

- When you feel reactive to someone else, ask what is it triggering in yourself?
- What virtues are there in those qualities for you and them? What is irritating in someone is also what can make them amazing.
- Are you open to others point of view to get a broader understanding?
- How can you deal with painful truths and still be non-harming?
- Do you express/present yourself truthfully to others?
- Do you ever persuade or manipulate to gain trust or get what you want?

## **In you:**

It is a continuous discovery and enquiry of whether your thoughts and behaviours, motivations and intentions reflect truth.

Mastering WombSpace Presence guides you into truth through all your practices and allows you to gradually shed all that is not real.

- Do you try and change yourself to fit – how are you not BEing you?

- What do you believe will happen if you allow yourself to BE you?
- What beliefs do you have that are based around self-protection, comfort or fear and may not be true?

**The QU IS IT TRUE? Let it permeate all of you.**

### **NON-HARMING:**

#### **Environment:**

What can create a harmful environment - Noise, busyness, aggression, music, TV, people, media, pollution.....anything else?

- How can you mitigate that in your environment?

#### **Relationships:**

- How does harmful behaviour show up in your relationships?

Power play, hostility, aggression, passive aggressive, undermining, manipulation, ignorance, avoiding, jealousy, judgement, BLAME, gossip, energy vampires

Co-dependancy = a dysfunction that supports a weakness

Defensiveness = feigning confusion, changing subject, aggressive, turning it around – but you do.... talking, volume, excuses++, making light, shut down, manipulation

Not sharing what you want, but then blaming for not getting what you want

Request v demand – A request = no expectation

- What FEAR underlies any of these behaviours that may relate to you?

How can you CHOOSE to bring non-harming awareness into action in your relationships?

- patience, **compassion**, truth, acceptance, respect, appreciation, **forgiveness**, **self-responsibility**, **LOVE....**

Is it okay to risk short term harm for long term harmony?

**In you:**

Explore self-harm through thoughts and actions, food choices, environment, energy, guilt, boundaries.....

Can you choose to forgive for your own harmony.

- How is non-harming relevant to you and how you want to BE?

**Focus on one aspect of your life where non-harming is needed and how?**

### **SAGE PATANJALIS KEYS TO HAPPINESS**

- Be friendly to those who are happy
- Compassion to those in misery
  - Happy toward the virtuous
  - Indifference to the negative