



The Yoga Sutras of Patanjali

Sri Sri Ravi Shankar

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Let us look into the rules of yoga. Not exactly rules, the discipline, of yoga. It is nobody's imposition, it is self-imposed. Look at everything you have imposed on yourself. In the morning you wake up, brush your teeth and before going to bed, you brush your teeth. This is your discipline, self-imposed from childhood. Maybe when you were a child, your mother had to impose it on you, but once it became a habit, you understood it was good for you and then it was no longer mother's rule, it was now your rule. Isn't it? Like that, keeping yourself clean (hygiene), exercising, meditating, being kind, considerate, not being rude... All these rules you've imposed on yourself are disciplines. Isn't it? What does discipline do? Discipline unites yourself and all the loose ends of your existence.

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