

The second of the Yoga Yamas: Satya - Truthfulness

To one established in truthfulness, actions and their results become subservient. Yoga Sutra 2:36

Truth demands integrity to life and to our own self that is more than not telling a simple lie. When we are real rather than nice, when we choose self-expression over self-indulgence, when we choose growth over the need to belong, and when we choose fluidity over rigidity, we begin to understand the deeper dynamics of truthfulness, and we begin to taste the freedom and goodness of this teaching.

Spiritual Muscles:

**Real rather than nice**

Poses: Sun Breath, Stretch between Heaven and Earth, Heart Expansion poses

Affirmation: I live from a place where there is nothing to defend and nothing to manage.

**Fluidity (over rigidity)**

The fluidity of truth requires that we clean our lens, and periodically get new glasses with which to observe the world. To be a bold person of truth is to constantly look for what we are not seeing and to expose ourselves to different views than the ones we hold sacred.

Poses: Flowing Motion, Sun Salutations

Affirmation: I hold space to consider views outside my own.

**Self-expression over self-indulgence**

Poses: warrior series

Affirmations: I live the life that cries to be lived from the depth of my being...freeing up my energy and vitality in service to others and myself.

Acts 17:28 For 'In Him we live and move and have our being.'

**Growth:**

Poses: Tree Pose (Let go of need to belong)

Affirmations:

I grow steadily toward light when my actions grow out of truthfulness.