

Nonstealing is a spiritual discipline present in most sacred texts. Nonstealing is the third of the Yoga Yamas: Asteya which describes, “to one established in nonstealing, all wealth comes”. In the Christian tradition, “Thou Shalt Not Steal” is the 7th of the 10 Commandments. And it is the 2nd precept (most basic list has 5) in Buddhism.

To practice nonstealing is to mindfully attend to our lives. Paying attention, we realize that is about more than just respecting other people’s property. We can stretch our spiritual muscles of self-acceptance, gratitude and competence to embody an intention to live a life of nonstealing.

Spiritual muscles:

Self-Acceptance

Not stealing is more than just protection of property and personal rights. Non-stealing can refer to *any action we take or withhold that diminishes what we have been entrusted with through creation*. When we feel jealous of others, have selfish desire for accumulating things, or hold an outside image of our self that is self-critical, sabotages our efforts, is judgmental or demands perfection, we steal from our own vitality and growth.

Spiritual muscle: Self- Acceptance

Poses: Creation Breath

Sun Breath

Affirmation: I let go of all my insecurities and criticisms – making room for the peace that comes with being satisfied.

Gratitude

Non-stealing asks for us to be satisfied – full of gratitude for what we have – both in possessions and in our own being-ness.

Spiritual Muscle: Gratitude

Flow: Star to Mountain. Mountain to Flying Bird to Chair.

Affirmation: I treasure who I am, what I have, and what I do.

Competence

When we are engaged in the joy and challenge of building ourselves, we automatically serve the world rather than steal from it. Nonstealing demands that we become capable of stewarding what we ask for and fearless in our pursuit of becoming our best self and shaping ourselves into a gift to the world.

Spiritual Muscle: Building our Competence

Poses: Warrior Series

Affirmations: I fearlessly and boldly seek out new experiences that transform me into my best self.

Throughout the week, as you practice this moving meditation, spend some quiet time at the end of your flow to consider the questions below:

1. In what ways do I “steal “ from my own vitality?
2. What are my strengths, gifts, and talents that I can name and savor for making me uniquely me?
3. How will I demonstrate good stewardship of my gifts through my work, relationships, and self-care?