



Guidelines to encourage positive behaviour within all workings of DHIY in accordance with IY(UK)

Yama / Niyama	Expressions of Positive Behaviour	Expressions of Negative Behaviour
ahimsa	Friendly and polite to others – even under provocation Considers the feelings of others	Rude, discourteous Unwilling to listen Makes personal criticisms of others
satya	Willing to share ideas and opinions Differentiates between fact and opinion Keeps information that is potentially harmful to others to themselves Considers what they are going to say, and chooses their words appropriately Speaks up when appropriate, rather than letting wrong decisions be made	Refrains from putting ideas and opinions forward Refrains from putting ideas and opinions forward Presents opinions as facts, without listening to others' points of view Gossips, repeats rumours Speaks without thinking
asteya	Gives others time to express opinions Gives credit where it is due	Takes credit for the work of others Drains energy from others
brahmacharya	Demonstrates calmness and detachment at all times	Only reacts emotionally Allows heart to rule head
aparigraha	Is generous; gives of themselves, contributes Expresses gratitude	Is jealous, stingy Fails to acknowledge the contributions of others
saucha	Thinks well of others Gives complete attention to primary topic during meetings	Lacks compassion or even is cruel to others Allows themselves to be distracted or disruptive
santosha	Has contentment Has and expresses a positive attitude	Discontented Takes a negative attitude
tapas	Willing to listen rather than talk Is disciplined	Inconsistent Avoids taking on challenges
svadhyaya	Knows what impression of themselves they may give to others Understands how opinions might be received, and how to present them effectively Understands what are the fundamental/important points to them, and what can be surrendered or compromised	Refuses to work with others, compromise, or consider alternatives Presents opinions as facts without considering that others may disagree
Ishvara pranidhana	Lets go of ego	Focuses on own thoughts and feelings