

Satya

In this video, I'll explain the importance of satya, or the Sanskrit word for truthfulness. Yogis discovered that adhering to satya can be a powerful force for improving your life. In this video, we'll unpack the mechanism through which adopting truthfulness helps us with some of these goals like being more in the present and can cultivate detachment. We'll also touch on how this practice can help with the psychology and neuroscience of addiction.

Glossary

Raja Yoga

Yama

Satya

Niyama

Meditation Videos



P27 – Replace "I am" with "My mind says"