

YAMA-PRINCIPLE 3 Asteya-Non-Stealing



What is Asteya?- To control yourself and not to take someone else's property without permission.

Additional meaning: Honesty, Non-misappropriation

Satya is the outward action of truthfulness.
Asteya is the inner knowing of the truth.

1. Asteya is non-stealing, self-restrain from stealing, refusal to do it and freedom from desire to do it.

How can you practice Asteya? Cultivate a sense of completeness, self-sufficiency, let go of cravings. If you value material goods too much, this temptation will come upon you at times. Let go of that false value. If you attain what you want through honest means, you have no fear. If you attain what you want through dishonest means, you live with fear.

2. Taking credit that really belongs to another is a form of stealing. Taking what is not ours, pretending that we either own it or have it, is same as stealing.

3. Don't steal energy from other people. Most people do this unintentionally. Just think of someone who always 'drains' you when he/she is around you. Be conscious to make sure that you are not doing the same to others.

4. Don't be too needy - excessively trying to stick to a person, place or thing thinking that is going to bring you happiness. Think of a pushy person trying to push his/her way on you when you really don't want to do something.

How can you stop being needy? Look at the positive side and appreciate what you have. When we look outside ourselves for more, we are neglecting the wealth we already have. This can be practiced by fostering a sense of abundance in our life.

5. Don't be like "you know it all", too attached to your own truth and trying to make others become like you. Being overly attached to your own ideas and not open to other's perspectives is not practicing Asteya.

6. When somebody is late they are stealing time from others. These people usually are trying to retain too much in life, trying to always get more and more. They are overly attached to the outer world forgetting their center. These people always have an excuse to inconvenience you.

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7. Asteya is not the kind of aggressive competitiveness that takes place in today's leadership or business world; which is all about competing to reach the top, beating the other guy, using any means necessary to outsmart your opponent, and winning the game at all costs.

“Desire or want is the root cause for stealing.”- Swami Sivananda

Story 1: Stealing

One day, Rosy went to a grocery shop to buy bread. When she saw that the shopkeeper was busy with the other customers, she stole some toffees from a jar. When she got back home, her mother asked her that where did she get the toffees? Rosy told her mother the truth. Her mother said, it's really very bad to steal. The shopkeeper might not be looking at you but the God is always looking at you all the time. So, one should never steal.

Rosy understood the words of her mother and went back to the shop to return the toffees to the shopkeeper. The shopkeeper felt happy on seeing her honesty and gave her some toffees as a reward.

Story 2 – Mahatma Gandhi – Honesty and non-stealing

Mohan was very shy. As soon as the school bell rang, he collected his books and hurried home. Other boys chatted and stopped on the way; some to play, others to eat, but Mohan always went straight home. He was afraid that the boys might stop him and make fun of him.

One day, the Inspector of Schools, Mr. Giles, came to Mohan's school. He read out five English words to the class and asked the boys to write them down. Mohan wrote four words correctly, but he could not spell the fifth word 'Kettle'. Seeing Mohan's hesitation, the teacher made a sign behind the Inspector's back that he should copy the word from his neighbor's slate. But Mohan ignored his signs. The other boys wrote all the five words correctly; Mohan wrote only four.

After the Inspector left, the teacher scolded him. "I told you to copy from your neighbor," he said angrily. "Couldn't you even do that correctly?" Everyone laughed. As he went home that evening, Mohan was not unhappy. He knew he had done the right thing. What made him sad was that his teacher should have asked him to cheat.

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Homework:

- What does Asteya mean?

- Copying homework from other student is called _____
- Who was watching Rosy when she steals toffees from shop? _____
- Read 1 to 7 forms of Asteya on the first page: Think of something that you have seen. Write what the situation was and how you would practice Asteya in each situation/case.

1. Stealing thing: _____

2. Taking Credit _____

3. Stealing Energy _____

4. Being Needy _____

5. Your Idea Only _____

6. Respecting Other's Time _____

7. Winning/Leadership _____

