

5x5 Yoga Challenge: November 2023

Reflection Prompts

CULTIVATING ASTEYA IN YOUR DAILY LIFE

In yoga sutra 2.37 Patanjali says, “asteya-pratiṣṭhāyām sarvaratn-opasthānam,” which translates to “**When you are firmly established in non-stealing, permanent prosperity occurs.**”

Start by setting aside any distractions for the next 5 minutes.

Take a slow, comfortably full breath.

Sense the contours of your physical presence.

Choose one of the following prompts to focus on today. There are no wrong choices- you can even do the same prompt twice during the course of this challenge. It doesn't matter whether you scribe with a pen and paper or a screen with a keyboard. The important part is to sit in focused reflection. So don't worry too much, just pick one and go!

REFLECTION PROMPTS

The Art of Active Listening: Write about a recent conversation where you practiced active listening without interrupting or trying to steal the spotlight. How did this affect the quality of the conversation and your connection with the other person?

Patience and Non-Stealing: Think about a recent situation where you practiced patience instead of rushing to take what you wanted. How did patience affect the outcome, and what did you learn from the experience?

Gratitude for What You Have: Make a list of the things you already possess, whether they are material possessions, skills, or personal qualities. Reflect on how appreciating what you have can prevent feelings of lacking or stealing from others.

Recognizing Negative Thoughts: Explore any recurring negative thoughts or judgments you have about others. How can you reframe these thoughts to focus on empathy and understanding rather than stealing their dignity or self-worth?

Boundaries and Respect: Explore the role of boundaries in practicing non-stealing. How can setting and respecting personal boundaries enhance your relationships and protect the boundaries of others?