

संयमः । विषयाणामर्जनरक्षणक्षयसङ्गहिंसादोषदर्शनादस्वीकरणमपरिग्रह इत्येते
यमाः ॥ ३० ॥

Of these—

**Ahimsā (Harmlessness), Satya (Truth), Asteya (Abstention
From Stealing), Brahmacharya (Continence) And
Aparigraha (Non-Grasping, Abstinence From
Avariciousness) Are The Five Yamas
(Forms Of Restraint). 30.**

Of these Ahimsā (1) is non-injuring all beings, always and in all manners. Truth and other forms of restraints and observances are based on the spirit of harmlessness. As they are the means of fulfilment of harmlessness, they have been recommended in the Śāstras for establishing Ahimsā. They are also the best means of making Ahimsā pure. That is why it has been stated in the Śāstras, 'Whatever acts of discipline are practised by the knower of Brahman, he, thereby abstaining from acts of violence due to misapprehension, makes Ahimsā pure, *i.e.* all his virtuous deeds result in purification of Ahimsā.'

Satya (truthfulness) (2) is correspondence of speech and mind to fact, *i.e.* saying and thinking of what has been seen, heard or inferred. Words spoken to others for communicating one's own thoughts when not deluding or mistaken or meaningless to the hearer, are true. They should, however, be used not for inflicting harm to creatures but for their benefit; because if words spoken hurt others, they do not produce piety as truth would, but only sin. By application of such pious looking (true) words one gets into painful darkness or infernal region. Therefore, truthful words beneficial to every creature should be uttered after careful consideration.