

Saucha means living purely - maintaining cleanliness in body, mind and environment so we can experience ourselves with more fullness, joy and presence. It invites us to explore “cleanliness is next to godliness” as an experience, rather than as morality. *Saucha* can be interpreted as “that and nothing else” -- like the story of carving an elephant out of stone, the carver takes away all that is not the elephant to reveal the form within.

When we take in healthy food, the body functions more smoothly. When we nourish the mind, we sense greater connection to the world. When our environment is uncluttered, we feel relaxed and peaceful (rather than distracted by yesterday’s unfinished business.)

“Practicing *saucha* involves making choices about what you *do want* and *don’t want* in your life. This practice generates [clarity and] beauty and allows us to appreciate them in their many forms.”*

Practicing yoga cultivates *saucha* by purifying breath and body, renewing the mind and cleansing the heart :)

Homework: *Make choices that bring you toward purity and cleanliness (“that and nothing else“.) Observe your experience and come back ready to share.*

Homework Recommendation: *Begin to build your niyamas paper by writing down your reflections on your practice of Saucha.*

Sources: “Yamas and Niyamas” handout from Amrita, a sanctuary for yoga, by Sarahjoy Marsch
*Yoga Mind, Body & Spirit by Donna Farhi