

Satya translates as truth, truthfulness, honesty, authenticity, or “commitment to the truth.’ To acknowledge our truth, own our truth, speak our truth, live in our truth. How simple and how challenging!

What is our own truth? How do we know it? There are so many external and internal pulls that affect us, it can sometimes be puzzling to even recognize what our own truth is, what our own perceptions really are. In yoga, truthfulness could be considered that which takes us closer to the union we desire, toward balance, toward unity, toward wholeness. Commitment to the truth isn’t always easy, but like anything, with practice, it becomes more natural.

Satya involves listening, inquiring, sensing, and accepting, as well as doing our best to actively let go of any judgments and criticisms we may have in order to simply be present with what is actually in front of us. (It also involves courage :)

One of the best ways we can practice this is to practice right speech, that is, what we say really rings true on the inside (as opposed to embellishing our speech with omissions or exaggerations to avoid potential discomfort.)

In *asana* practice, we practice truthfulness by doing our best, honoring our limitations, staying where we need to be rather than trying to project an image of flexibility or strength that we have not yet achieved.

Homework: Notice what it is like to recognize what is true for you and to communicate that. Observe what it feels like when you speak your truth clearly and what it feels like when you embellish or hide it. Be willing to share next class.

Recommendation: Continue to jot down notes on your practice – what exactly happened and what you noticed, did or not do, how you felt, etc., to build your two-page yama reflection paper as you go.

Sources: **“Yoga Mind, Body & Spirit”* by Donna Farhi www.yoganorthwest.com/reflections/satya.htm by Ingela Abbott
“Yamas & Niyamas” by Sarahjoy Marsh