



"With discipline and modest fare.
Stay lean and keep the fire going in your belly.
Think of God and repeat his words – silently and out loud.

If you want to be happy take up Yoga.
If you don't; don't.
Follow your Dharma.
Stay where you belong.
Sing songs and thank the sun every day.

Look sharp, a vagrant mind will lead you astray.
Practice, pay attention and be amazed.

Doubt burns up everything, including the doubter.
To banish it bow down to the Lord."

- [T Krishnamacharya's commentary to Yoga Sūtra C1 v5](#)