

LAW AND YOGA

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The Article will review values from the philosophy of yoga. Section II describes some characteristics of the legal system that contribute to the gap between law and justice, and this Section explains why insights from the philosophy of yoga can help to diminish this gap. Section III explains what yoga is and the essence of yoga philosophy, with particular emphasis on the new readings of the yoga sutras of Patanjali. Section IV examines how yoga philosophy's commitment to inner truth can also dictate legal and moral behavior, and how this philosophy could be used by all the legal practitioners to narrow the gap between law and justice. Section V highlights the emphasis that yoga philosophy places on exploration and examination, with its emphasis on understanding that we know much less than we do not know, and the importance of this insight to the legal world. Section VI explores the importance of being "present" in yoga mantras. Based on the importance of this value, applying yoga philosophy to legal cases cautions against analyzing current cases solely through a view of the

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past because doing so leads to a distorted view of the present, thereby reducing the present to a need to satisfy the doctrine of precedent. This insight helps narrow the gap between law and justice. Section VII shows how moral values and basic justice in the yoga sutras gain their validity from striving for inner truth. This Section also reviews two “Yamas”—precepts, recommendations or restraints—that, if followed, can also improve the implementation of justice in the legal world. The last Section concludes with a call to the legal practitioners to adopt the humility inherent in the yoga philosophy—that is, the acknowledgement that we do not know everything and that we should strive to explore things out of the usual categorizations—and thus to promote justice and narrow the gap between justice and law.