



YOGA

Science of Eternal Joy & Fulfillment

To Achieve:

Perfect Health

Vibrant Energy

Mental Poise

Abiding Happiness

Universal Love

Compiled by Veena Gandhi, M.D.

Gnana Yoga

**Understanding of what is real and unreal (Apparent).
Above the Veil of Maya.**

Karma Yoga

**Selfless Work with Joy, Detached but Total Involvement,
leaving results to god's wish.
The whole world runs on these kinds of Yagna (or voluntary sacrifices)**

Raja Yoga

**Mastery over mind, ultimately merging with cosmic consciousness.
Patanjali's Astang Yoga..
Hath Yoga, Laya Yoga, Kundlini Yoga.**

Bhakti Yoga

**Suprem love for god with complete devotion.
Different relations with Istha Devta.
Japa Yoga, Manta Yoga.**



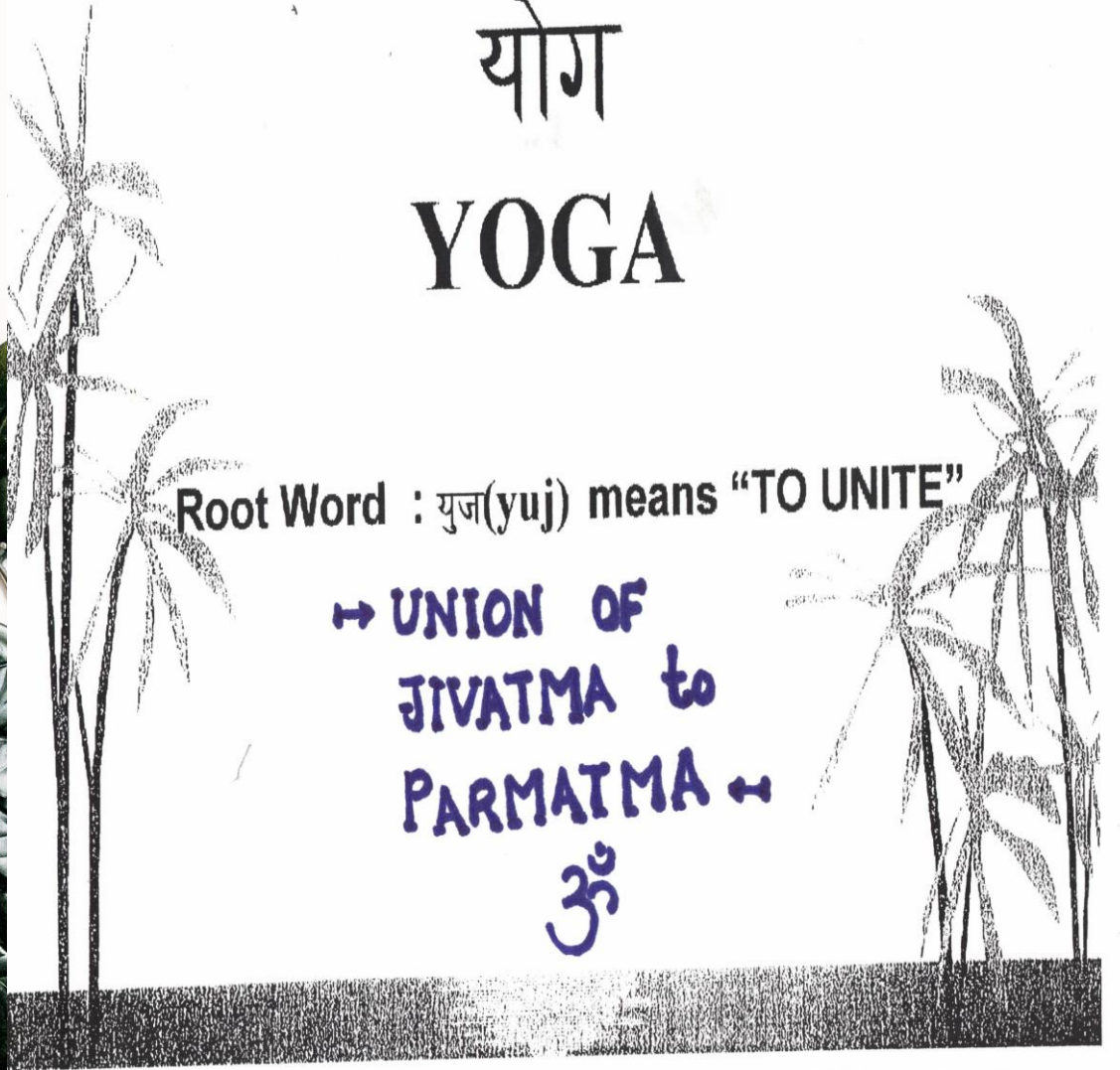


योग YOGA

Root Word : युज(yuj) means "TO UNITE"

→ UNION OF
JIVATMA to
PARMATMA →

ॐ





Definition

योगश्चित्त वृत्ति निरोधः

Yoga is the restraint of mental operations

Patanjala's Yogasutra - Chap 1.2

योगः कर्मसु कौशलम्

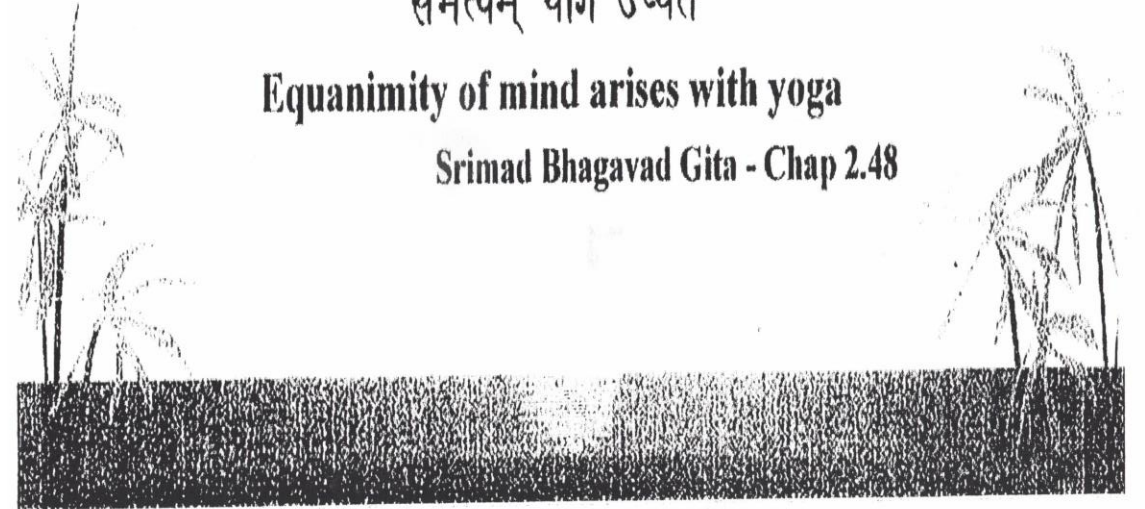
Skillful action arises with "YOGA"

Srimad Bhagavad Gita - Chap 2.50

समत्वम् योग उच्यते

Equanimity of mind arises with yoga

Srimad Bhagavad Gita - Chap 2.48



GOAL

- GOAL is to unite with cosmic consciousness, which is unchangeable, immutable - eternal - beyond body - mind - intellect - ego complex - known as

सत् - चित् - आनंद

truth - knowledge - bliss

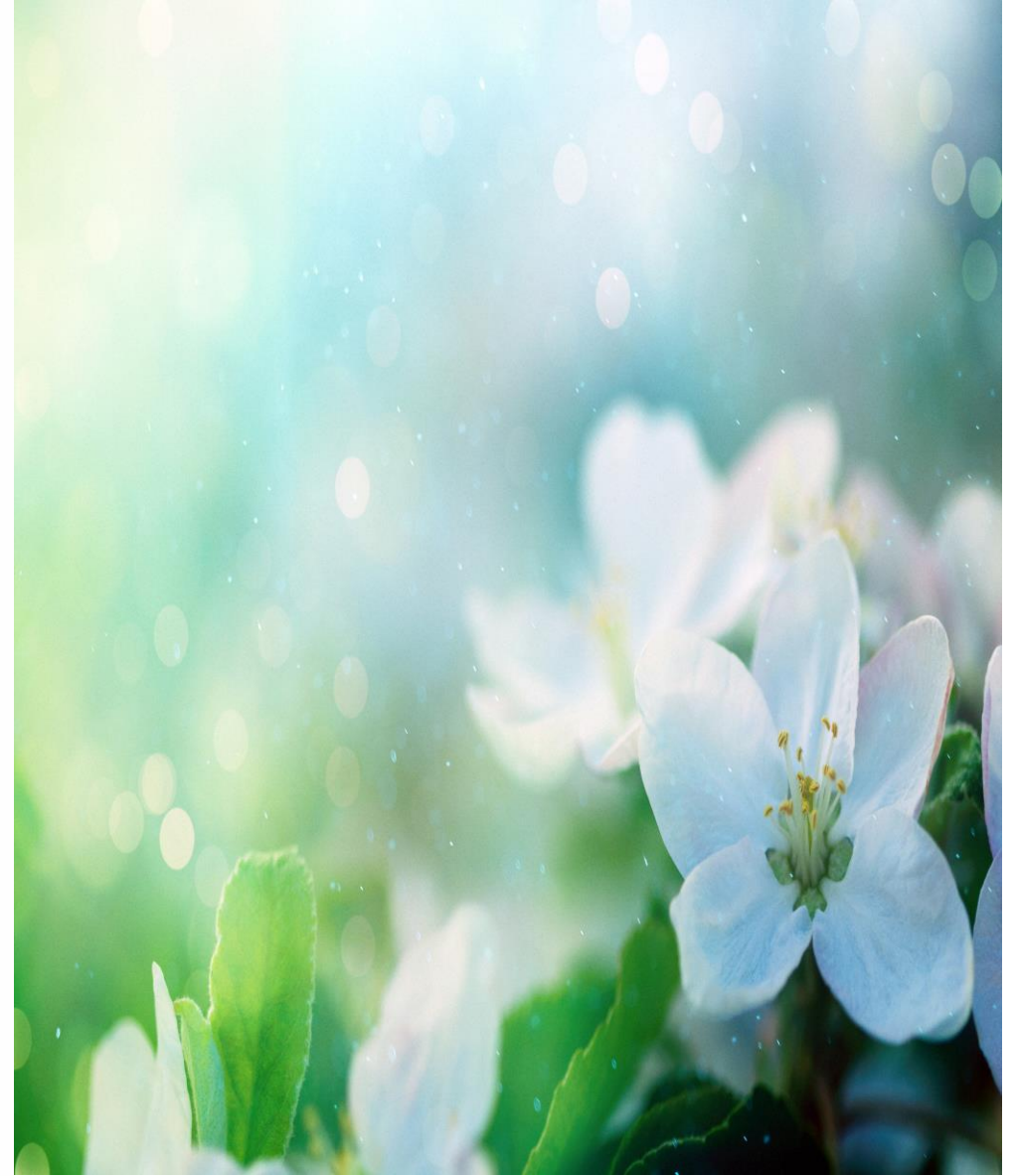


PATANJALI'S ASTHANG YOGA

(EIGHT LIMBS)

1. YAMA
2. NIYAMA
3. ASANA
4. PRANAYAMA
5. PRATYAHARA
6. DHARANA
7. DHYANA
8. SAMADHI

- FIRST FOUR ARE PHYSICALLY ORIENTED
- LAST FOUR ARE MENTALLY ORIENTED

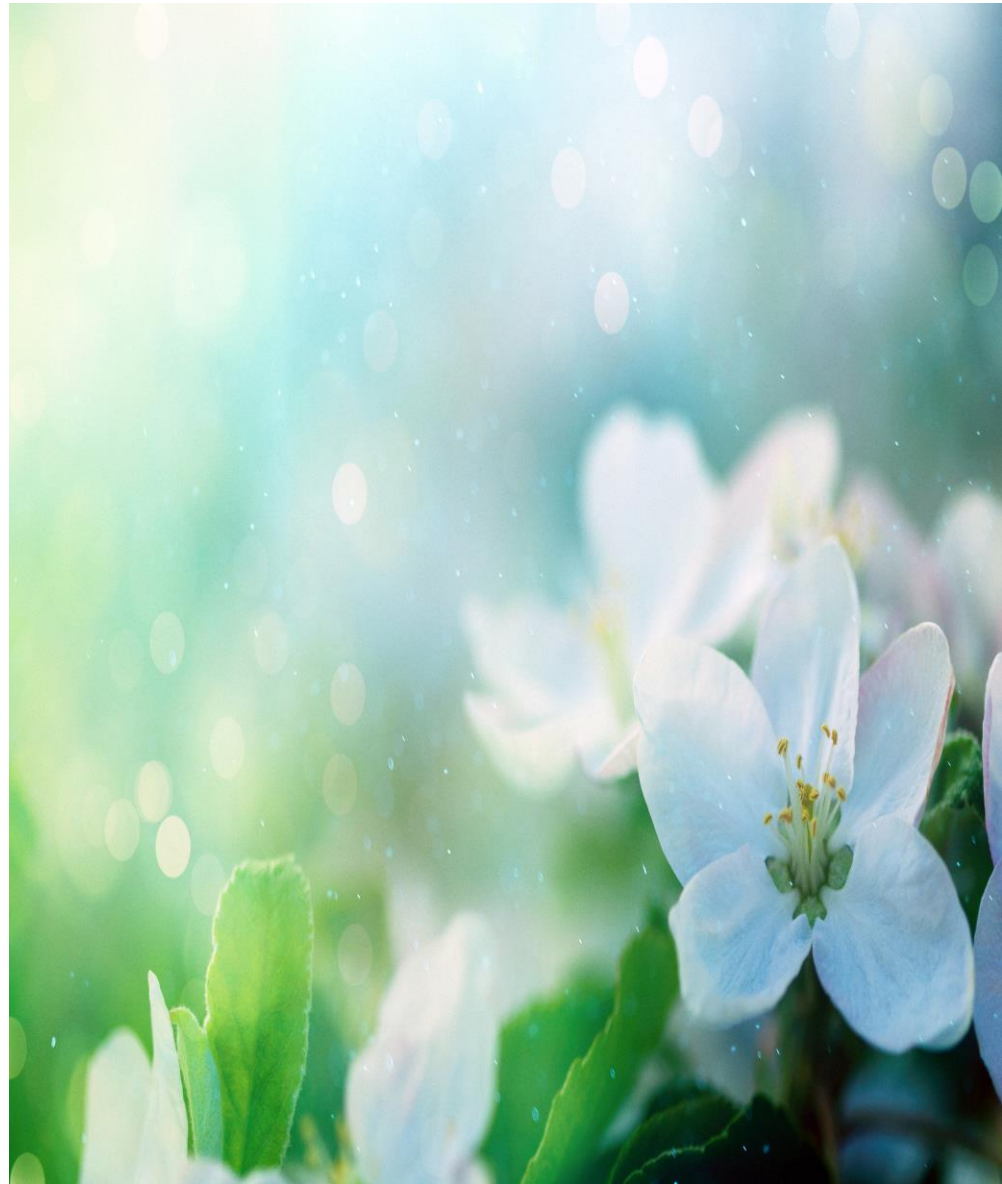


YAMA

- TRUTHFULNESS
- NON-VIOLENCE
- CONTINENCE
- NON-STEALING
- NOT COLLECTING MORE THAN YOUR NEED
- NOT RECEIVING GIFTS

NIYAMA

- CONTENTMENT
- INTERNAL & EXTERNAL CLEANLINESS
- SELF STUDY
- SELF RESTRAINT
- ADORATION OF GOD





ASANA (BODY POSTURE)

DEFINITION:

स्थिरम् सुखम् आसनम्

ASANA IS A STEADY,
COMFORTABLE POSTURE

PATANJALI YOGASUTRA II P. 46

- BODY POSTURES WITH TOTAL AWARENESS AND ABSORPTION
- MINIMAL ENERGY EXPENDITURE TO GET MAXIMUM BENEFIT

The ultimate aim of all asanas is said to prepare the body to achieve tranquility of mind, which is necessary for achieving bliss. Asanas at the physical level increase the power of endurance and resistance against diseases. Yogic asanas give particular attention to the trunk muscles which also help the involuntary organs of the body and systems such as digestion, evacuation, circulation, respiration, and the endocrine and hormonal system to work better. Asana's effect on the central and autonomic nervous system is the major benefit to achieve peace and harmony. The practice of asanas conserves energy, which in turn, is utilized to steady the mind for realizing a definite object which may be in view - be it worldly or spiritual.





PRANANYAMA

Pranayama is the technique to control the vital energy - bio-energy. All the movements or force in this universe is the result of prana, including forces such as magnetic, electrical, and gravitational forces. The functioning of all the physiological systems, including thoughts, are the finer form of prana. So when this bio-energy is controlled and channeled there is a tremendous increase in a person's vital capacity and his/her higher consciousness.

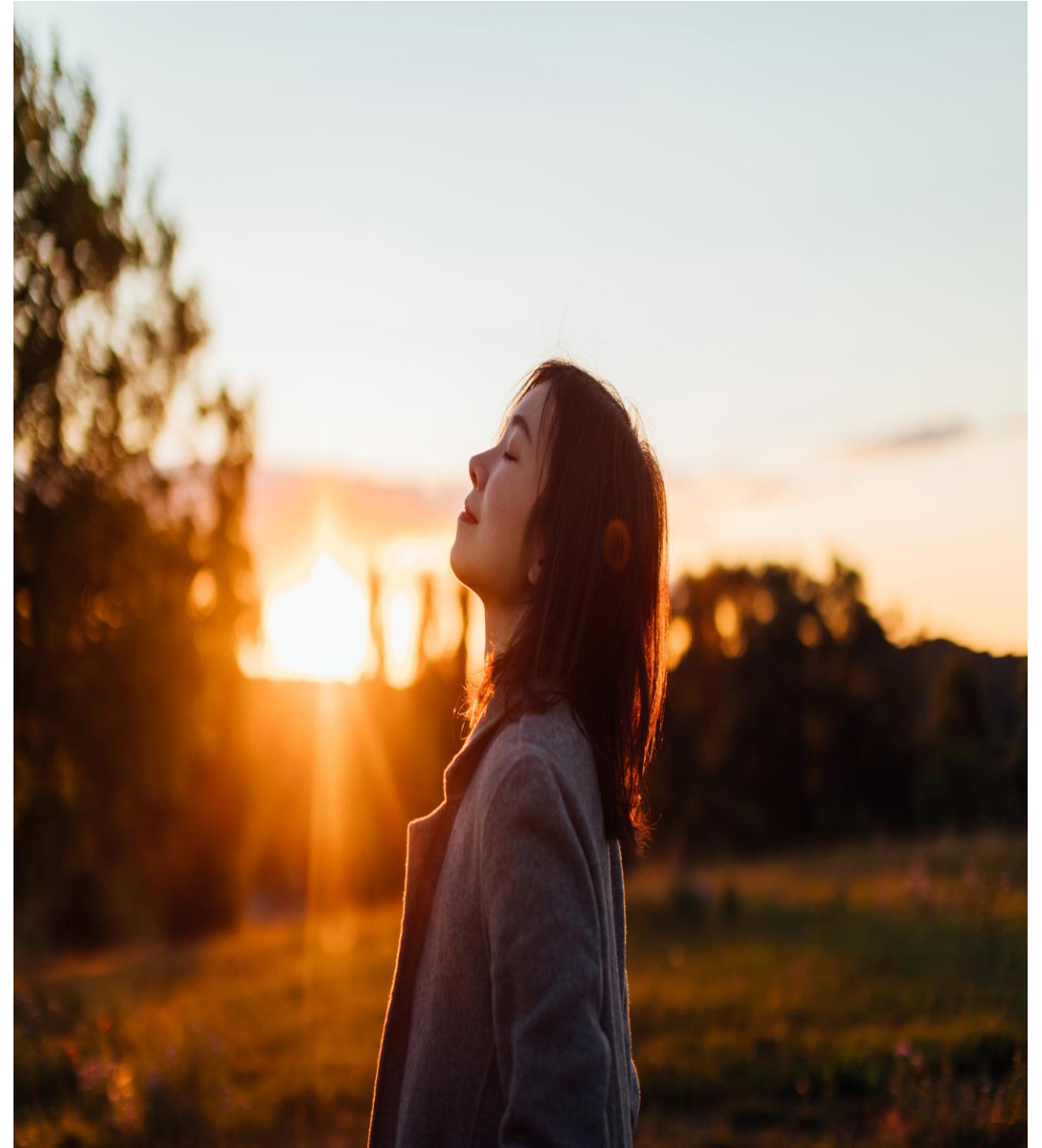
- **Prana is not only the basic life-force, it is original creative power**
- **Prana is the bridge between body and mind**

MEDITATION

Meditation is intended to bring about qualitative changes in the consciousness, inner awareness, harmony, and tranquillity. It brings sensitivity and unfolds the inner potentialities. By raising the consciousness, it removes a person's self-centeredness, decreases likes and dislikes and sharpens the sensitivity in the right direction. One overcomes the duality and unity, love and peace is perceived. Such mutational change in the large number of people who practice it can bring the collective consciousness of humanity.

- **Multiplicity – To one pointedness – to concentration – to dissolution of “I” ness**
- **Detach – dissolve from each and every psychological images (thoughts) relations, memories**
- **Unity – Harmony – Wisdom – Love**
- **State of non-duality – silence – transcendental**
- **With proper practices and knowledge one slides into meditation effortlessly**

“When the mind is brought into a silent and receptive condition, a new energy comes into being which can bring about great transformation.”



Concept of Body



- | | | |
|---------------------|---|------------------------|
| 1. Annamaya Kosa | : | Physical sheath (body) |
| 2. Pranamaya Kosa | : | Vital sheath (body) |
| 3. Manomaya Kosa | : | Astral sheath (body) |
| 4. Vijnanamaya Kosa | : | Wisdom sheath (body) |
| 5. Anandamaya Kosa | : | Bliss sheath (body) |

- **BANDHAS** -
 - SAFETY LOCKS USED DURING THE PROCESS OF BREATH HOLDING
 - KUMBHAKA

TYPES:

- UDDIYANA BANDHA
- JALANDHARA BANDHA
- MULA BANDHA

- **MUDRAS** -
(IN YOGA) GESTURES USED IN STABILIZING THE MIND

SOME OF THE TYPES ARE -

- MAHA MUDRA
- YOGA MUDRA
- ASVINI MUDRA
- SANMUKHI MUDRA
- CIN MUDRA
- CINMAYA MUDRA
- ADI MUDRA

- **KRIYAS** - VARIOUS TYPES OF CLEANSING PROCESSES



HOLISTIC APPROACH

- PHYSICAL CULTURE—
(HEALTH HABITS - WORK HABITS - FOOD,
EXERCISE, ETC.)
- EMOTIONAL CULTURE—
(PRAYER - JAPA - MEDITATION)
- INTELLECTUAL CULTURE—
(READING GOOD BOOKS - SAT SANG -
COMPANY OF GOOD PEOPLE)
- SPIRITUAL CULTURE—

TOTAL POTENTIALITY

INFINITE POSSIBILITIES



DISCUSSION

In the present feverish world with the tremendous emphasis on external observation and perfection, one needs to stop and learn the art of living and the process of the journey inward - the science of the holistic approach of "Yoga" which can really give a new and expansive dimension to life. With the dimension of yoga, one can easily progress toward the unity with the self-consciousness and self-satisfaction through concentration and meditation. Compare to cardiovascular exercises which cater to mostly body and to some extent major to mind, yoga fulfills the complete need of the body-mind-spirit entity. One can soar high with love, contentment, and peace.

Unlike the replacement medication - be it allopathic or herbal - it does not have any side effects whatsoever. It being slow, non-competitive and subject referral, it is customized to each individual as per ones desire, accumulated experiences and dedication. The science of yoga then will be useful throughout life.

Yoga is a science expounded in India thousands of years ago by the seers and sages during their contemplative practices to find the highest fulfillment that life can offer. There are many techniques of yoga to reach the same goal. They are all complimentary and not contradictory. All the techniques lead to the same end. Moreover in its finest and perfected form, all the different techniques of yoga merge into one another, be it Raja yoga (controlling mind), Ghana yoga (yoga of logic), Bhakti yoga (yoga of devotion) or Karma yoga (yoga of action). Thus we see that any man or woman can be at his or her best by following this simple but very lofty technique of yoga.

PRAYERS

AUM SAHANAU AVATU. SAHANAU BHUNAKTU
SAHAVEERYAM KARAVAVAHAI
TEJASVI NAU ADHEETA MASTU MA VIDVISHAVAHAI
AUM SHANTI SSHANTI SSHANTIHI.

May He protect us both. May He nourish us both.
May we both work together with great energy
May our study be enlightening and fruitful.
May we never hate each other.
Aum Peace Peace Peace

* * * * *

AUM SARVE BHAVANTHU SUKHINAH. SARVE SANTHU NIRAMAYAHA
SARVE BHADRANI PASHYANTHU MA KASCHIT DUKHA BHAGHAVET
AUM SHANTHI SSHANTHI SSHANTHIHI

May all be happy. May all be free from disease.
May all realize what is good. May none be subject to misery.

* * * * *

AUM ASATOMA SAD GAMAYA, TAMASO MAJYOTIR GAMAYA
MRITYORMA AMRITANGAMAYA
AUM SHANTHI SSHANTHI SSANTHIHI

From the unreal lead me to real. From darkness (ignorance)
lead me to light (knowledge).
From death lead me to immortality.



YOGASANA MANTRA

YOGENA CHITTASYA, PADENA VACHAM,
MALAM SAREERASYACHA, VAIDYAKENA,
YOPA KAROTTAM, PRAVARAM MUNEEENAM,
PATANJALIM, PRANJALI RANATOSMI

I offer my salutations with folded hands to Patanjali,
the renowned amongst the sages.
who removed the impurities of mind through YOGA
of speech by GRAMMAR, and of body by AYURVEDA.

PRANAYAMA MANTRA


PRANASYEDAM VASE SARVAM,
TRIDIVE YAT PRATISTITHAM
MAATEVA PUTRAN RAKSHASVA,
SREESCHA PRAGNAMCHA VIDEHINA ITI

What ever exists in three worlds,
is all under the control of Prana.
O Prana, Protect us as a mother protects her sons;
give us affluence and intelligence.

BHOJANA MANTRA

AUM BRAMHARPANAM, BRAMHA HAVIHI,
BRAMHAGNAU, BRAMHANAHUTAM;
BRAMHAIVASTENA GANTAVYAM,
BRAMHA KARMA SAMADHINAA,
AUM SHANTHI SHANTHI SHANTHIHI

The oblation is Brahman, the clarified butter is Brahman,
offered by Brahman in the fire of Brahman,
unto Brahman verify be goes who cognises
Brahman alone is his action,
Aum Peace Peace Peace.



HE WHOSE PASSIONS ARE QUIETED AND MIND PERFECTLY
TRANQUIL, WHO HAS BECOME ONE WITH BRAHMAN, BEING
FREED FROM ALL IMPURITIES, TO SUCH A YOGI COMES
SUPREME BLISS. THUS CONSTATLY HOLDING THE MIND
STEADFAST, THE YOGI, WHOSE SINS ARE SHAKEN OFF, EASILY
ATTAINS THE INFINITE BLISS, BORN OF CONTACT WITH
BRAHMAN.

BHAGAVAD-GITA (HINDU SCRIPTURE)

PERFECTION IN MEDITATION COMES FROM PERSEVERING
DEVOTION TO THE SUPREME.

PATANJALI'S YOGA SUTRA



CONCENTRATION IS THE SECRET OF STRENGTH IN WAR, IN
TRADE; IN SHORT, IN ALL THE MANAGEMENT OF HUMAN
AFFAIRS.

EMERSON

HE WHO REIGNS WITHIN HIMSELF AND RULES PASSIONS,
DESIRES, AND FEARS IS MORE THAN KING.

MILTON





IF, THEREFORE, THINE EYE BE SINGLE, THY WHOLE
BODY SHALL BE FULL OF LIGHT.

JESUS CHRIST. P. 136.

IF A MAN'S FAITH IS UNSTEADY, IF HE DOES NOT KNOW
THE TRUE LAW, IF HIS PEACE OF MIND IS TROUBLED,
HIS KNOWLEDGE WILL NEVER BE PERFECT. WISE
PEOPLE, MEDITATIVE, STEADY,...ATTAIN TO NIRVANA,
THE HIGHEST HAPPINESS.

GAUTAMA BUDDHA. P. 103.

BY CONCENTRATION ONE OBTAINS STABILITY OF THE
MIND.

JAIN TEACHING. P. 27.

THOUGHT IS BEST WHEN THE MIND IS GATHERED INTO
ITSELF AND IS ASPIRING AFTER TRUE BEING.

SOCRATES. P. 136.

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