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Yoga Is an Essential Tool for Life

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Abstract

Yoga is the science of life and the art of living. It is India's oldest scientific, perfect spiritual discipline. Yoga is a method of training the mind and body for discovering spiritual truths. Yoga is science of life; it offers us simple, easy remedies, techniques and methods of health and hygiene to assure physical and mental fitness with a minimum of time, effort and expense. Yoga is neither a sect nor an ideology but a practical training of mind and body. Yoga is also a technique for achieving purest form of self-awareness, devoid of all thoughts.

Health is precisely, that condition in which human being has full sensitivity and in which all his faculties are operating fully. According to prominent Jainacharya Mahaprajna inventor of Preksha Dhyana Yoga—total health consists of physical, mental, emotional and spiritual health. Sound health and peaceful mind are a must for man to enjoy the material world and develop the consciousness to its perfection. By realizing consciousness man can live with satisfaction, harmony and peace. Realization of consciousness is the only one perfect and higher knowledge by which one can know everything in the universe.

Yoga blends the two states of tension and relaxation. Yoga enables everyone to move towards that state of developed consciousness which is oneness with the sacred. The main purpose of practice of Preksha Dhyana Yoga (to see inside with deep concentration) is to purify the mental state. A regular practice of yoga 30 to 50 minutes daily with faith in "self", proves a blessing in the form of spiritual illumination which slowly develops into awareness of reality. If a human being can live strictly according to nature he will have total health and happiness, because such a way of life is balanced. One side training makes people unbalanced and neurotic. The blessing of total health comes to those who find their own individual lifestyle and adhere to it. It does not come to those who merely accept this or that readymade system.

Keywords: Yoga, realization, spiritual, neurotic and Preksha.

Introduction

Yoga is the science of life and the art of living. It is the common sense answer to overall physical and mental fitness. Basically yoga is a system of physical and mental self-improvement and final liberation that people have been using for thousands of years. Yoga arose in the age of the Vedas and Upanishads. It is India's oldest scientific, perfect spiritual discipline. Yoga is a method of training the mind and developing its power of subtle perceptions so that man may discover for himself the spiritual truths on which religion, beliefs and moral values finally rest. It is realization of our hidden powers. Swami Shivananda said, "He who radiates good, divine thoughts does immense good unto himself and to the world also". Yoga is science of life, it offers us simple, easy remedies and techniques and methods of health and hygiene to assure physical and mental fitness with a minimum of time, effort and expense.

Yoga, in other term Preksha Dhyana invented by prominent Jainacharya Mahaprajna is such an uncomplicated, easy to learn technique of meditation.

It comprised of the following—

- (i) Kayotsarga (Total relaxation)
- (ii) Antaryatra (Internal trip)
- (iii) Svash Preksha (Perception of breath)
- (iv) Sharir Preksha (Perception of body)
- (v) Chaitnya-kendra Preksha (Perception of psychic centers)
- (vi) Leshya Dhyana (Perception of psychic spectrum)
- (vii) Perception of the present moment

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- (viii) Perception of thoughts
- (ix) Self-discipline
- (x) Bhavna (counter-vibrations)
- (xi) Anupreksha (contemplation)
- (xii) Concentration.

Broadly speaking, it has three main outcomes: it makes us more aware of our natural wisdom, it strengthens the body's ability to recover from illness or injury; it teaches us how to co-operate with others. Yoga teaches us truth through mind and body rather than theory, it brings about deep change of attitude. The entire thrust of our life is to devote total attention to every action and, at the same time, to trust in the power of sacred.

Eight stages of Patanjali yoga are

- (i) Yama: The universal moral laws.
- (ii) Niyama: Personal moral roots of conduct.
- (iii) Asan: Yogic postures.
- (iv) Pranayama: Acquiring and controlling prana or energy, by means of the breath.
- (v) Pratyahara: The withdrawal of the senses from the outer environment.
- (vi) Dharana: Concentration.
- (vii) Dhyana: Meditation.
- (viii) Samadhi: Enlightenment.

Yoga is also a technique for achieving purest form of self-awareness, devoid of all thoughts and sensations. Today some kind of reconstruction of thought is necessary to understand clearly what the great yoga teachers of the past have taught. Patanjali, the systematizer of Yoga, has explained the thoughts through Yoga sutra. In the Gita and Upanishads we find a broader and positive expression of yoga. Our ancient masters through yoga teach us an art of living a life for eternally blissful experiences of even flow of happiness by removal of miseries and sufferings of our limited life. The term yoga means a systematic practice and implementation of mind and body in the living process of man to keep harmony with in self, within the society and with nature.

Health is precisely, that condition in which human being has full sensitivity and in which all his faculties are operating fully. To actively work towards this condition is to cure illness and to develop maximum health. Yoga is both a philosophy and a living religion, believes that the body is so important and trains it so strictly. Without health we can neither practice meditation nor attain enlightenment. For total health one should seek the truth by skepticism. The body mind system possesses the innate power of recovering health and the yogic method of curing human ills aims at stimulating it. Prominent health specialist Ben Jonson said, "O, health! Health! The blessing of rich! The riches of the poor! Who can buy thee at too dear a rate, since there is no enjoying the world without thee! Preksha (means to see inside with full concentration) may appear to mean different things to different people because it contributes to increase physical, nervous as well as spiritual energies. As per prominent Jain acharya, Acharya Mahaprajna inventor of Preksha Dhyana Yoga total health consists of physical, mental, emotional and spiritual health.

- (i) On physical level, it helps each bodily cell to revitalize itself; it facilitates digestion, it makes inspiration more efficient and improves circulation and quality of blood.
- (ii) On mental level it proves to be an applied method to train the mind to concentrate; it offers way to treat serious psychosomatic illness without drugs; it is an efficient tool for ending addictions and other bad habits; it reveals to one the mysteries of his mind by the realization and real experience of the inner consciousness which includes the

subconscious and the unconscious.

- (iii) On the emotional level, the strengthening of conscious reasoning controls reactions to environmental conditions, situations and behavior of others; harmonization of the functioning of nervous and endocrine system results in control and ultimate eradication of psychological distortions.
- (iv) On spiritual level, regulation and transformation of blood chemistry through proper synthesization of neuroendocrine secretions, dispassionate internal vibrations leads one to attain the power to control the mind and to become free from the effect of external forces compelling one to lose to equanimity.

Conclusion

Yoga is the science of life and the art of living. It is India's oldest scientific, perfect spiritual discipline. Yoga is a method of training the mind and body for discovering spiritual truths. Yoga is science of life; it offers us simple, easy remedies, techniques and methods of health and hygiene to assure physical and mental fitness with a minimum of time, effort and expense. Yoga is neither a sect nor an ideology but a practical training of mind and body. Yoga is also a technique for achieving purest form of self-awareness, devoid of all thoughts.

Health is precisely, that condition in which human being has full sensitivity and in which all his faculties are operating fully. According to prominent Jainacharya Mahaprajna inventor of Preksha Dhyana Yoga—total health consists of physical, mental, emotional and spiritual health. Sound health and peaceful mind are a must for man to enjoy the material world and develop the consciousness to its perfection. By realizing consciousness man can live with satisfaction, harmony and peace. Realization of consciousness is the only one perfect and higher knowledge by which one can know everything in the universe. Yoga blends the two states of tension and relaxation. Yoga enables everyone to move towards that state of developed consciousness which is oneness with the sacred. The main purpose of practice of Preksha Dhyana Yoga (to see inside with deep concentration) is to purify the mental state. A regular practice of yoga 30 to 50 minutes daily with faith in "self", proves a blessing in the form of spiritual illumination which slowly develops in to awareness of reality. If a human being can live strictly according to nature he will have total health and happiness, because such a way of life is balanced. One side training makes people unbalanced and neurotic. The blessing of total health comes to those who find their own individual life style and adhere to it. It does not come to those who merely accept this or that readymade system.

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