



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (RJIF): 5.38
IJPESH 2023; 10(1): 315-316
© 2023 IJPESH
www.kheljournal.com
Received: 05-11-2022
Accepted: 12-12-2022

Jayabarathi
Research Scholar, Annamalai
University, New Delhi, India

Dr. Muralikrishna
Department of Physical
Education, Annamalai
University, New Delhi, India

Dr. K Venkatachalapathy
Director, Centre for Yoga
Studies, Annamalai University,
New Delhi, India

Corresponding Author:
Jayabarathi
Research Scholar, Annamalai
University, New Delhi, India

International Journal of Physical Education, Sports and Health

Self transformation through yoga

Jayabarathi, Dr. Muralikrishna and Dr. K Venkatachalapathy

Abstract

Yoga the process of self exam and self understanding, it is not a path of information it's a path of transformation. Over all changes of our physical, mental and intellectual faculties. As well as identifying process of inner self expansion of our consciousness. It is evident, from all our experiences when we go to in the deeper level of consciousness through the question of "who am I". I begin to understand the finding of my soul we learn to identify the soul focus of self exploring the inner consciousness. It leads to experience of inner self and all our energy connected with supreme through inner self. There is no separation between the knower, knowing and known. We begin to start the transformation, this transformation leads to the understanding of the true nature of our inner self due to the changeless consciousness.

Keywords: Meditation, self, intelligence, mind, inner self, spiritual being, purusha, consciousness, self awareness, microcosm, realization

Introduction

Yoga is the process of self assessment/awareness and self understanding, it is not a path of information it's a path of transformation. Over all changes of our physical, mental and intelligence and also identifying process of inner self expansion of our conscious. It is evident, for all our experiences when we go to deeper level of consciousness through the question of who am I. I begin to understand the finding of our soul we learn to identically of soul focus to self exploring the inner consciousness, it leads to experience of inner self and all our energy connected with supreme through inner self, there is no separation between the knower-knowing and known. We begin to start the transformation this transformation leads to understand the true nature of our inner self due to the changeless consciousness identify the inner stuff this which proves inner being. The consciousness of the unchangeable is Purusha. When the mind starts to see the seer and the seen as the same then mind stuff becomes consciousness of the self. When the distractions disappear the duality of the mind and self disappear. It can act in union with the inner. Once we obtained true knowledge of self all thoughts disappear there is only one thought, the thought of mind as the Atman. Ceases forever the distracting impure thoughts are removed because of the identity of the knowledge of self. What remains to be known is almost nothing it expand the inner space that state is Sunyatha or Chit Akash this suaveness means of interrupted succession of transformation. This the supreme state of independence manifests is the power of pure consciousness and settle down on its own pure nature called as Samadhi it is the reality of things unifying with nature of universe without subject object split. In This state all the impurities of bodily senses are destroyed and one gains occult power of nature there after one is undisturbed by the dualities. These special truth experiences are gained only through yoga, it is totally different from knowledge gained by hearing, or study of scripture of inference.

By the practice of yoga the human impurities dwindle away and there dawns the light of wisdom leading to the discriminative discernment once all the impurities are removed purification arises, for one's own body gains the purifying power of self transformation. This modification of life to pure consciousness selflessness is its own pure nature therefore yoga opens the depth of our inner being. Yoga identified invisible energy of the subtle bodies. Transcending physical body to divine body with the help of yoga the analogy of transformation the opening key is self awareness. The real concept of yoga is only knowing self ability to see the inner truth of spiritual being.

Through self enquiry finding the true nature of self is the navigation of reality, it is the way to understanding the purpose of life. Through the map of humans, human body is a source of all experience finally to exploring the mystery of self. Therefore, yogic way of life is a journey into self awareness to reach to higher consciousness, love, compassion, equanimity, truth goodness finally attain Sat, Chit, Ananda, which means the truth of higher consciousness leads to bliss. The Yogi attains transcendental consciousness of Turiya state and experience then core of ones being. From this state the yogi moves into cosmic consciousness it is non local aspect literally to see the Cosmos in every space time event next step Devine consciousness is where you see that the observer within you is the same other through the unity of consciousness or Enlightenment there is no differentiation, I see the observer within self as the same as the observer with merge as an experience.

The concept of supramental consciousness or mind of light was known to saint Thiruvalluvar said thousand years ago. He had named it as vaalarivu, vaal in tamil means light Arivu means knowledge of wisdom. The wisdom is the key to the house of moksha. The way of expansion of consciousness focused on self consciousness. The self consciousness is an essential stage in the evolution of consciousness from herd instinct, through self consciousness to cosmic consciousness this is the right from of conscious evolution. The total awakening of pure consciousness is the absolute consciousness as manifested in the discovery of self as a way of life of Ramana. Therefore the real science is the self realization.

Self enquiry to pursue the clue till realization is Vichara is the process of enquiry to find self. Self enquiry is the one, infallible means, the only direct one to realize the unconditional, absolute being that you really are. The self enquiry called Atma Vichara through this Atma Vichara The yogi one to realize the pure, undifferentiated being of the self or the absolute Having realized the self, nothing remains to be known, because it is perfect bliss. In Self enquiry Attention to one's ownself which is ever shining as I the one undivided and pure reality is the only raft with which the individual, who is deluded by thinking I am the body, can cross the ocean of unending births, through the self enquiring the yogi attain the reality is simply the loss of ego saint Ramana advised to put your attention in the inner feeling of I and to hold that feeling as long as possible. When we aware. I identified who am I where does this I come from? When self enquiring reaches level of effortless awareness of being through individual effort will lead in the end to the discovery of some thing within you which is behind your mind that is self the self is pure consciousness and non dual.

Conclusion

When a Yogi becomes free from the Identity of the senses and the mind body. And the great reality of I am pure consciousness and unchangeable down upon therefore, the whole universe is within into soul. The ultimate goal of all goals is enlightenment

References

1. Man's search for meaning – Viktor E. Frankl.
2. The Art of transformation by Arneson Kirksey.
3. Yoga lessons for consciousness research – Hans C. Lou *et al.*
4. Human Consciousness and yogic science by Kamakhya kumar publisher DK print world Delhi; c2016.

5. The science of consciousness in the sight I Vedanta and yoga. 1983 January;1(1).
6. Super science of yoga Dr. Kamakhya Kumar.
7. The science of yoga by IK Taimm published by the theosophical Publishing House.
8. Consciousness – Prem Saran Satsangi New age books New Delhi.
9. Ashby WR. An introduction to cybernetics. London: Chapman & Hall; c1956.
10. Bohm D. Quantum theory New York: Dover; c1989.