

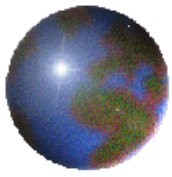
Educators' Society for Heritage of India ईशा

www.ESHAusa.org

Spiritual Dimensions of Yoga

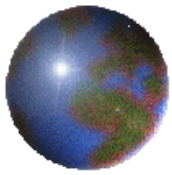
Ved P. Chaudhary, Ph.D.
President - ESHA





Spiritual Dimensions of Yoga

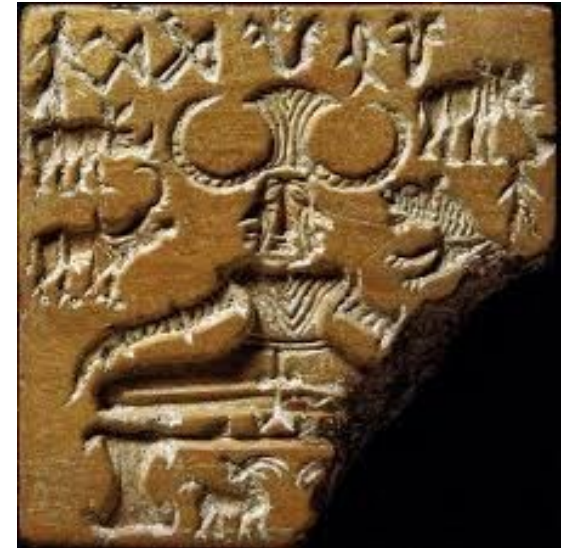
- ✚ Historical Perspective
- ✚ Patanjali's Ashtang Yoga sutras
- ✚ Dhyān Yoga from Bhagvad Geetā
- ✚ Four Yogas from Bhagvad Geetā

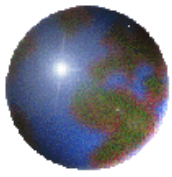


Ancient Origins of Yoga

Historical perspective:

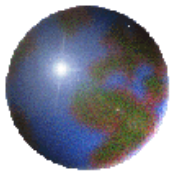
- ❖ Indus Valley Civilization 3000 BCE found a seal of (Pashupati) Shiva meditating in yogic posture.
- ❖ Geeta, Mahābhārat, Upanishads have prolific writings on Yoga.
- ❖ Mahātmā Buddha (500 BCE) adopted yoga spiritual way of life, and his followers promoted it all over the world.
- ❖ Maharshi Patanjali (200BCE) wrote Yoga Sutras, most authoritative treatise on Yoga.





Modern Perspective on Yoga

- ❁ Swami Vivekānanda came to Chicago 1893
- ❁ Paramhansa Yogānanda came to US in 1920,
 - ❑ author: Autobiography of a Yogi and
 - ❑ Founder: Self Realization Fellowship
- ❁ Maharshi Mahesh Yogi world tour 1959-1968
 - ❑ Introduced Transcendental Meditation (TM)
 - ❑ Deepak Chopra, Ravishankar and Beatles became his disciples.
- ❁ Prabhupād came in 1967, started Hare Krishna movement
- ❁ BKS Iyenger, Swami Satchidananda, ...
- ❁ Bābā Rāmdev in India ...

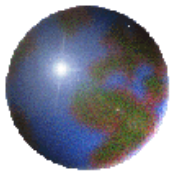


Woodstock Music festival



Photo courtesy of Elliott Landy, official Woodstock photographer. Copyright © Elliott Landy, www.landyvision.com

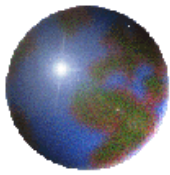
Swami Satchidananda opened the Woodstock Music Festival Aug 15, 1969
addressing a crowd of approximately 500,000.



Swami Satchidananda's message at the woodstock Music festival

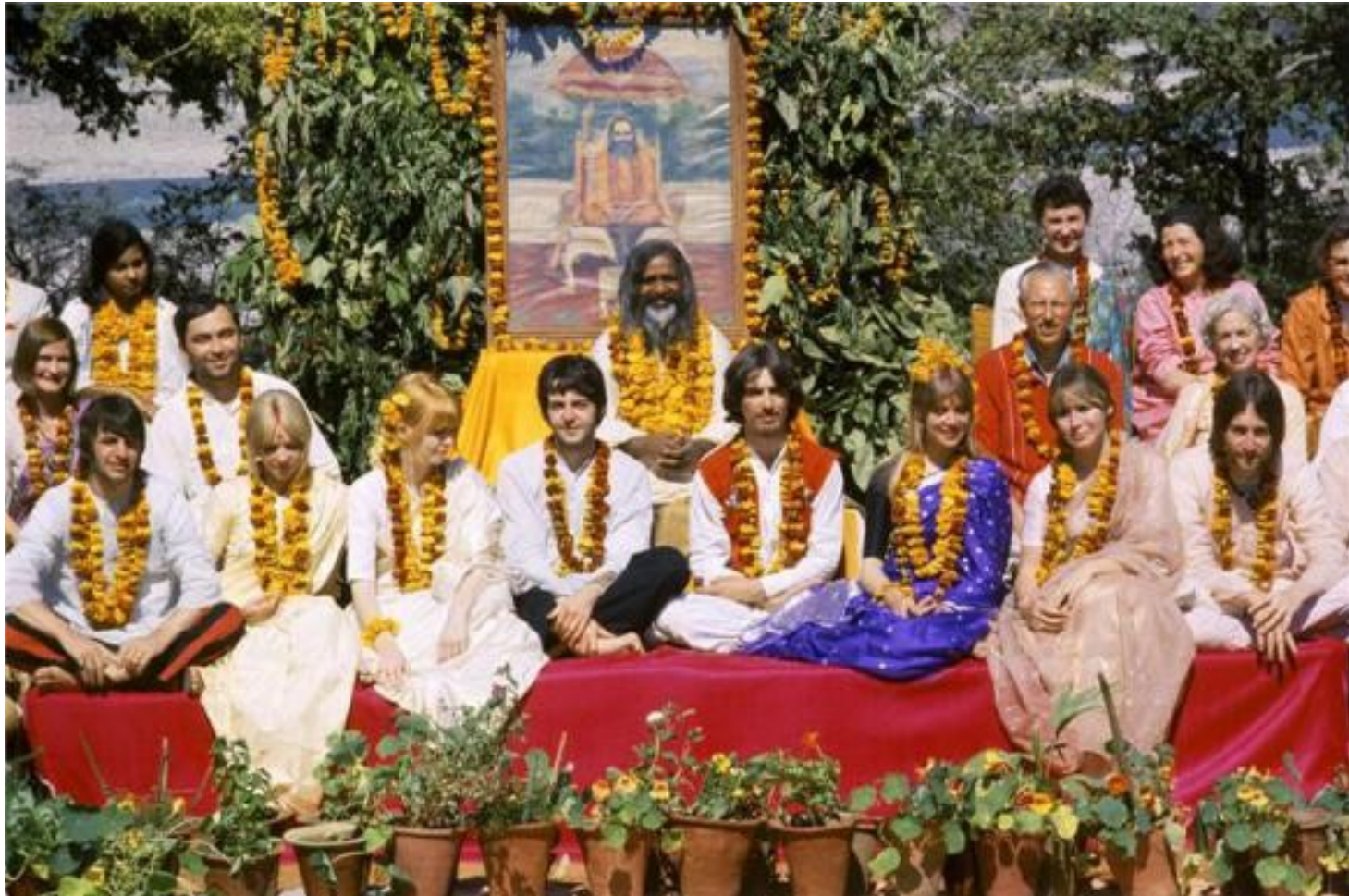
America is helping everybody in the material field, but the time has come for America to help the whole world with spirituality also. And, that's why from the length and breadth, we see people—thousands of people, yoga-minded, spiritual-minded. ...

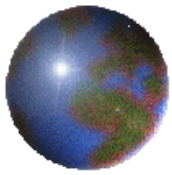
So, let all our actions, and all our arts, express Yoga. Through that sacred art of music, let us find peace that will pervade all over the globe.



Maharshi Mahesh Yogi

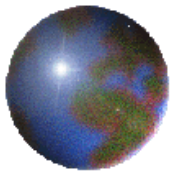
Spiritual Advisor to the Beatles





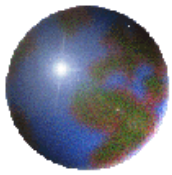
Beatles Followed Maharshi Yogi - Why ?

- ✿ Because they realized that all the wealth, admiration, and fame in the world can not give peace and happiness
- ✿ There is something that lies beyond wealth, admiration, and fame.
- ✿ The *New York Times* and *The Independent* reported that the influence of the Maharishi, and the journey to Rishikesh to meditate, weaned the Beatles from LSD and inspired them to write many new songs
- ✿ Mahesh Yogi taught TM to millions all over the world.



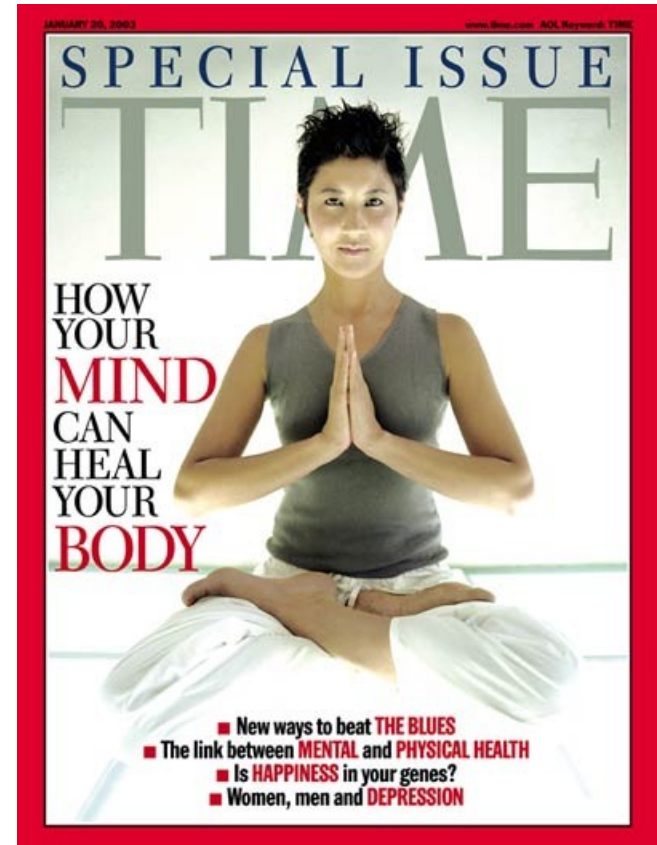
Mind body medicine

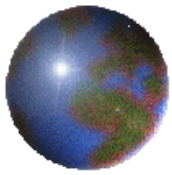
- ✿ Herbert Benson, Cardiologist, professor, Harvard Medical School. Pioneered Mind Body research: the mind and body are one system, meditation can play a significant role in reducing stress responses.
- ✿ He introduced the term **Relaxation Response** as a scientific alternative for meditation.
- ✿ Wrote a book of that title - only emphasizing that meditation was done in ancient Christian culture – no mention of India.
- ✿ Relaxation response is the ability of the body to induce decreased activity of muscle and organs. He conducted medical tests that proved that relaxation response reduced metabolism, rate of breathing, heart rate, and brain activity.



Mind Body Research

- ✿ Thousands of scientific papers have been published on Mind Body research.
- ✿ Medical profession accepted efficacy of TM; prescribed meditation and promoted 'Relaxation Response'.
- ✿ That is, Meditation devoid of spirituality !



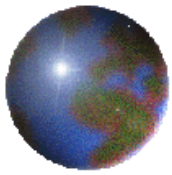


April 23, 2003

The Science of Yoga
Supermodel Christy
Turlington has been
practicing Yoga
for 15 years

Thats when the flood
gates of Yoga opened
without spirituality





International Day of Yoga

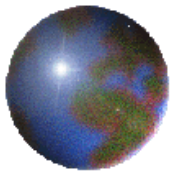
Prime Minister Narendra Modi addressed the 69th session of the United Nations General Assembly on Sept 27, 2014.

"Yoga should not be just an exercise for us, but it should be a means to get connected with the world and with nature.

It should bring a change in our lifestyle and create awareness in us, and it can help fighting against climate change."

The United Nations General Assembly passed a resolution with overwhelming support from member nations to declare June 21, the summer solstice, as the International Day of Yoga.



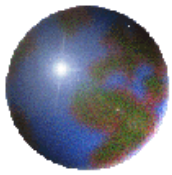


Spiritual Dimensions of Yoga

The Great Buddha (Daibutsu)
seated in a state of meditation
a 44 feet high bronze statue
of Amitäbha Buddha
in Kamakura, Japan.

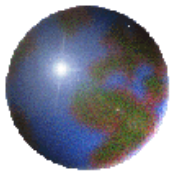
Buddha's teachings of spiritual
way of life with yoga and
meditation spread throughout
China, Japan, Korea, Southeast
Asia and USA.





Yoga sutra of Patanjali

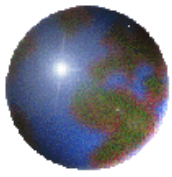
- ✿ Yoga is one of six spiritual sciences of India
Yoga, Sāṅkhya, Vedānta, Nyāya, Vaisheshikā, Mimāṃsā
- ✿ Yoga = Join (yoke) Self with the Devine
- ✿ Sutra = Threading (sew) diamonds in a necklace
- ✿ 195 sutras in 4 chapters.
Very dense, terse prose. Only 1200 words.
- ✿ Pre-requisite: basic knowledge of Sankhya:
 - ❑ body, senses <> mind ego intellect <> soul Ishvara
 - ❑ Objective of human life: uniting with Ishvara
- ✿ Yoga is a technique to achieve that objective
by sādhanā (continual practice)



Patanjali's Yoga Sutra 2.29

Ashtāṅg (eight limbs) Yoga

- ✚ Yam, Niyam: moral, spiritual foundation
 - ✚ Āsan, Prānāyām: Physical development
-
- ✚ Pratyāhār: calming the mind
 - ✚ Dhāranā: focusing the mind
 - ✚ Dhyān, Samādhi: Stages of Meditation



Patanjali's Yoga Sutras

Ashtāṅg Yoga

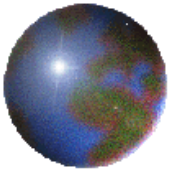
Building a moral spiritual foundation

☸ Yam (sutra 2.30)

- ☒ **Ahimsā** (non-violence), **Satya** (Truthfulness), **Asteya** (honesty),
- ☒ **Brahmacharya** (divine conduct) **Aparigraha** (No greed).

☸ Niyam (sutra 2.32)

- ☒ **Shauch** (purity); **Santosh** (contentment, affirmation), **Svadhyay** (study)
- ☒ **Tapah** (austerity) e.g. Sādā jivan, ucch vichār, and Gita vangmayam tap
- ☒ **Ishvara pranidhān**: Devotion to Ishvara



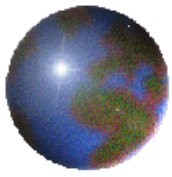
An example of Tap तप

अनुद्वेगकरं वाक्यं सत्यं प्रियहितं च यत् ।

स्वाध्यायाभ्यासनं चैव वाङ्मयं तप उच्यते (BG 17.15)

Anudvega-karam vākyaṁ satyaṁ priya-hitam cha yat
svādhyāy abhyāsanam chaiva vāṅ-mayaṁ tapa uchyate.

**Speech that causes no harmful effect (anxiety) to listener,
that is truthful, pleasant (lovingly communicated)
and helpful or beneficial to the listener,
and reciting and practicing of scriptures
is called वाङ्मयं तप - the "austerity of speech."**

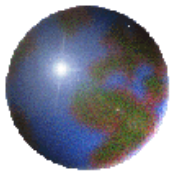


Patanjali's Yoga Sutras

Ashtāṅg Yoga

Building physical endurance to sit

- ❖ **Āsana (posture):** sutra 2.46, 2.47
स्थिर सुखम् आसनम् steady and comfortable Posture
by relaxation of effort and absorption in the infinite
- ❖ **Prānāyām:** sutra 2.46
regulating breath (to calm the mind)



Patanjali's Yoga Sutras

Ashtāṅg Yoga

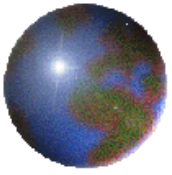
Calming the Mind

☸ Pratyāhāra sutra 2.54

Withdrawal of mind from sense objects, control of mind and senses (closed eyes, in a quiet place)

Sutra 1.2 योगः चित्त वृत्ति निरोधः *yogah chitta vritti nirodhah*

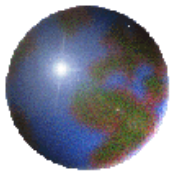
Yoga is stilling of the movement of chitta



Patanjali's Yoga Sutras

Ashtāṅg Yoga – chapter 3

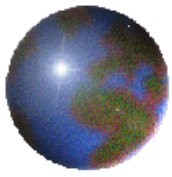
- ❖ **Dhāranā** sutra 3.1 देश बन्धः चित्तस्य धारणा
Fixing the mind in one place; concentration (on Atma)
- ❖ **Dhyān** sutra 3.2 तत्र प्रत्यय एकतानता ध्यानम्
Meditation is one-pointed focus on that object (Atma)
- ❖ **Samādhi** sutra 3.3
तद् एवार्थं मात्र निर्भासम् स्वरूप शून्यं इव समाधिः
When the same (object of meditation) shines forth,
devoid of self (as ahamkara), that is Samādhi.



Is Yoga relevant in the contemporary state of professional life?

What is Contemporary state of professional life ?

- ⊕ Long hours sitting in front of a computer /laptop /ipad or smartphone screen
 - ⊕ Daily practice of Asana will help.
- ⊕ Need to Concentrate and focus on the One thing you are working on.
 - ⊕ Pranayam, Pratyahar, Dharana
 - ⊕ Be Here Now!
- ⊕ Moral Character is as relevant today as ever.



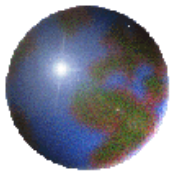
Dhyan Yoga in Bhagvad Gita

Nästi buddhih ayuktasya na chäyuktasya bhävanä
na chä bhävayatah shänti ashäntasya kutah sukham. 2.66

One who is not disciplined, who exercises no control over his mind and senses, can not reach his full potential of intellectual development, or emotional maturity.

Such a person can not hope to rise to full spiritual development.

One who is constantly buffeted by the roller coaster of emotions, pursuing sensory gratifications, can not find peace of mind. Without peace of mind, how can one find lasting happiness?

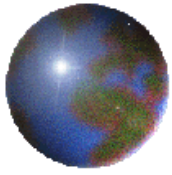


Dhyan Yoga in Bhagvad Gita

Yukta-āhāra-vihārasya yukta-cheshtasya karmasu
yukta-svapna- avabodhasya yogaù bhavati dukha-hä. 6.17

Following a disciplined life with moderate* effort (not too much, not too little) into appropriate, Sättvic productive work, appropriate and Sättvic food, Sättvic recreation, and adequate sleep, the practice of yoga gradually removes all physical, mental and emotional distress and discomfort.

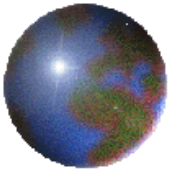
A disciplined life with moderation in food, work, sleep, recreation, etc, is a prerequisite to advancing further on the path of yoga.



Dhyan Yoga in Bhagvad Gita

Prashānta-ātmā vigata-bheeh brahmachāri-vrate sthitaù
manaù sanyamya mat-chittaù yuktaù äseeta mat-paraù. 6.14

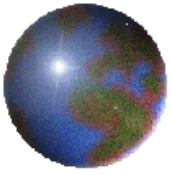
**With a deep feeling of peace in his heart,
a calm, fearless disposition,
well established in pure (divine) conduct,
Concentrating mind on Me as the Supreme Goal in life,
the disciplined yogi sits down for meditation.**



Dhyan Yoga in Bhagvad Gita

Tatra ekāgram manah kritvā yata-chittendriya-kriyah
upavishya āsane yunjyāt yogam ātma-vishuddhaye. 6.12

**Seated in a comfortable position on a suitable āsana
(a padded seat or folded blanket)
calming the mind and senses to a fully relaxed state,
focusing the mind on Me alone,
one enters the meditative state (Dhyāna Yoga)
for self purification.**

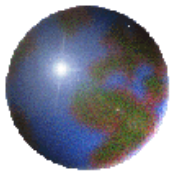


Dhyan Yoga in Bhagvad Gita

Chanchalam hi manah krishna pramäthi balavad dridham
tasyäham nigraham manye väyoriva sudushkaram. 6.34

Arjun: O' Lord Krishna, the mind is very fickle;
its always moving from one thought to another,
it is by nature quite restless, dynamic,
and also very powerful and tenacious.

**Controlling the thought streams of the mind is as
difficult as controlling a powerful gust or wind storm.**



Dhyan Yoga in Bhagvad Gita

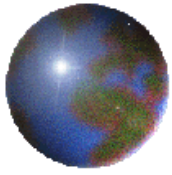
Asanshayam mahä-bäho manah durnigraham chalam
abhyäsena tu kaunteya vairägyena cha grihyate 6.35

To this, Sri Krishna replied:

O mighty-armed Prince, the mind is undoubtedly very difficult to control and it is very restless, indeed.

But, it can be restrained with continuous practice, and by developing a rational and objective view of the futility of worldly pursuits in providing a lasting source of happiness.

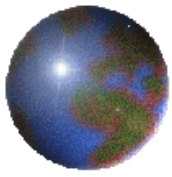
Recall why Beatles went to Rishikesh with Maharshi Mahesh Yogi.



Dhyan Yoga in Bhagvad Gita

Yato yato nischarati manah chanchalam asthiram
tatah tato niyamyā etat ātmani eva vasham nayet. 6.26

**O Prince, remember, whenever the mind wanders away,
or becomes unsteady, *the practicing yogi gently brings it back,*
and again concentrates his mind in the consciousness
of the Higher Self.**



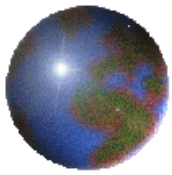
Dhyan Yoga in Bhagvad Gita

Yathä deepo niväta-stho na ingate sopamä smritä
yogino yata-chittasya yunjato yogam ätmanah.

Here is a simile describing the state of *chitta* of a yogi:

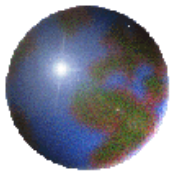
**The *chitta* of a yogi absorbed in yoga
remains as steady as the lamp that is placed
in a quiet place where there is no movement,
no wind gust. The jyoti of the lamp
in such a place does not flicker,
it is completely steady;
so is the *chitta* of the yogi. It is completely steady
it does not deviate from its one-pointed focus on the Self, not at all.**





Yoga in Bhagvad Gita

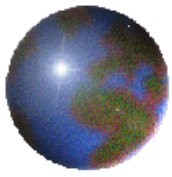
- ✚ Dhyan Yoga - Meditation
- ✚ Karm Yoga – Selfless service;
Let your work be your worship
- ✚ Gyan (Sankhya) Yoga – Know thy Self
- ✚ Bhakti Yoga – Loving surrender to Ishvar



We are Surrounded by spirituality of Nature

✿ **Buddha** seated
under a tree
in meditation
in a forest





Shanti (Peace) Mantra

☉ We are All Children of Mother Earth

☐ The whole world is One Big Family

☉ Om, May Every One be Happy

☐ May Every one be Free from Illness

☐ May Every one See with kindness

☐ May no one Suffer from misfortune



☉ Om, Let there be peace in the heavens, on the Earth,
in the atmosphere, the waters, the herbs, the vegetation,
and among all Dévas. Om, may Peace prevail in our hearts !

Peace all around us !! Peace in the whole World !!! Namaste'