

One that disciplines the mind & intellect, is True Yoga.

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The greatest legacy that Indian culture has given to the entire world is the science of Yoga. It is so accurate and comprehensive that a human being can make his life rich and divine in every area. But have we really understood this science correctly?

The doubt or confusion arises around this because wherever yoga training camps are organized in our country or abroad, it begins with the training of **Yogasana, Pranayama** and **Mudras** and ends up with the same. These are mainly body poses and breath work. Even the yoga training institutes or yoga centres largely do not go beyond teaching just this, in the name of yoga. Today we have limited this science of Yoga to **Yogasana, Pranayama, Mudras**, to some extent diet control and some **Stambhan Kriya** (blocking therapy).

Undoubtedly, all these practices are very useful for the fitness and health of our body. But is it appropriate to call this a **Yoga**? If we look at the true and real meaning of yoga, the word "Yoga" is derived from the Sanskrit word "**Yuj**" which literally means "to yoke" or "to unite". The opposite of yoga is **Viyoga**, that is to separate or to fall apart. **Yoga** in this context also means joining,

Even in astrology, terms such as **Vishyoga, Amiyoga, Chandalyoga** are used to refer to the relationship of two planets with each other.

In this context in our ancient science of Yoga, who meets with whom? or whose union is it? Here the union is of our consciousness with the Supreme Consciousness.



There are many definitions of Yoga given in our Indian scriptures like Vedas, Upanishads, Gita etc. A study of these definitions makes it more clear that yoga is not only a physical activity but is primarily a mental and an intellectual activity.

Let's take a look at some of these definitions:

- **Maharishi Patanjali**, the father of Yoga, in his book named '**Yogasutra**', explains with a definition:

‘योगः चित्त वृत्ति निरोधः।’

Yoga regulates the fickleness of the mind.

- **Maharishi Vashishta** in his book named '*Yoga Vashishta*' has shown the meaning of yoga as follows:

‘मनः प्रसमनोपायः योगः इति अबिधीयते’

Yoga is a ritual to please and calm the mind.

- In **Kathopanishad** the meaning of yoga is shown as:

‘ताम योग मिति मन्यते स्थिरांन्द्रियां धारणाम्’

Yoga is a discipline by which the practitioner stabilizes his senses and subdues them.

- **Srimad Bhagavad Gita** has also given many descriptions about Yoga such as:

‘योगः कर्मसु कौशलम्’

Yoga is the skill of doing action (karma) with selflessness

‘समत्वम् योगः उच्यते’

To assume composure in every situation is yoga.

‘योगः भवती दुःख निवारक’

Yoga is a meditation to relieve pain.

- **‘योगस्तु दर्शनाय न तु प्रदर्शनाय’**
Yoga is for self-realization, not for performance.

- **‘संयोगो योगो इत्युक्तो जीवात्म परमात्मानोः’**

The union of soul and supreme soul is Yoga.

- **‘योगो मनसः समाधि’**

Best Yoga is the **Samadhi** state of mind

It is noticeable that there is no mention of the body in any of these terms defining yoga. In fact, yoga is a practice or **Sadhana** to be done with the mind and intellect to create a completely healthy, happy, peaceful and divine life.

Yoga, in its true sense, is the ritual of meeting our soul with the supreme soul, connecting with it, interacting with it and thereby empowering and enriching the self. Yoga is the real solution for character building and inculcation of the values the virtues. In fact, this very ancient science of yoga is taught by God Himself and is referred to as RajYoga.

Based on spiritual knowledge, this RajYoga is a complete and comprehensive yoga, with mainly four aims:

1, Self-realization through self-reflection.



2. Establishing a relationship with the supreme soul and experiencing the



divine Virtues & powers of God.

3. Cultivating an understanding of this world drama played by man, matter and God, and practicing



Rajyog meditation leading to world realisation.

4. Understanding the importance of the current time in this world drama in the form of "Kalachakra" and experiencing the sensitivity of time.

There are very few institutes in the world today that are training this kind of complete, comprehensive and intuitive RajYoga. Among these institutes, Prajapita Brahmakumari Ishwariya Vishwa Vidyalaya has a significant contribution in this type of yoga training. If you want true happiness and peace in life, to make life joyful and fragrant, to find the right direction in life, to enjoy the fragrance of your relationships, to keep your body and mind healthy, to realize yourself as a soul and realize God, then this university is worth visiting!

----- Om Shanti -----