

Importance of Yoga

Human beings are made up of three components – body, mind and soul corresponding these there are three needs – health, knowledge and inner peace. Health is physical need; knowledge is our psychological needs and inner peace is spiritual need when all three are present then there is harmony.

Yoga gives us relief from countless ailments at the physical level. The practice of the postures (Asans) strengthen the body and create a feeling of well-being. From the psychological view point, yoga sharpens the intellect and aid in concentration; it steadies the emotions and encourages a caring for others.

The practice of breathing techniques (pranayam) calms the mind. In the realm of the spiritual yoga brings awareness and the ability to be still. Through meditation inner peace is experience. Thus, yoga is a practical philosophy involving every aspect of a person's being. It teaches the evolution of the individual by the development of self-discipline and self-awareness. Anyone irrespective of age, health circumstances of life and religion can practice yoga. Yoga helps to discipline our sense of power with the, power of our own.

If we peep into the benefits of yoga, they are numerous. It improves physical fitness, stress, controls general well-being mental clarity and greater self-understanding. People of all ages can do yoga and it can also be adapted for people with disabilities or special needs. The *asanas* enhance muscle strength, coordination, flexibility and can help to keep our body fit control cholesterol level, reduces weight, normalizes blood pressure and improves cardiovascular performance.

Apart from these when people actively seek to reduce the stress in their lives by consoling the mind. The body often works to heal itself. In this sense yoga can be seen not only as a way to get into shape on several levels, but also as a tool for self-healing.

In today's world of information and inter planetary voyages most of the people find it difficult to devote time towards their health and fitness. This has led to drastic increase in health problems and health related stress – the number one killer in modern days. Unlike the early part of the century when infectious diseases were the leading killer, today's health problems are mostly related to life-style.

Cardiovascular, heart disease, stroke, chronic lung disease, diabetes, cirrhosis of liver, suicide and several forms of cancer are all related to unhealthy lifestyle and behavior. At one point of time or the other, a doctor comes into the scene in every

individual's life. Yoga is also self-diagnosis, healing prevention and maintenance. Although it is not replacement of one's doctor, yet it has been practiced safely and successfully by millions of people who never had doctors, for thousands of years. With the help of yoga, the doctor and the individual can both monitor the progress and the doctor will definitely learn from individual how beneficial yoga really is.

In the context of self-diagnosis yoga postures and exercise can be easily done and that too with minimal possible effort. The magic of yoga is that as we begin the basic stretches we can immediately discover where our deficiencies are. If we are really up to, then we should not be discouraged by this.

We can do yoga, as perfectly as possible with a modest amount of care and patience, yoga triggers our body's natural adaptive and rejuvenating powers. Unless we use it we will lose it and if we start using it again we can get most of it back. Some people even claim that yoga gave them more vitality than they ever had in their lives. Even those who began later in life also benefited from its practice.

As for athletes or sports persons, yoga can be a powerful enhancement in regular training exercises. Adding yoga in a routine training programme helps develop strength, flexibility, range of motion, concentration, and cardiovascular health and reduces stress, tension and tightens. The most significant benefit of adding yoga to a training programme is its effect on performance. It allows an athlete to train harder and a higher level because of motion is greater and the fear of injury lessens.

Some people think it is divine others find it positively addictive and a powerfully effective substitute for negative habits. Whether borne of inspiration or by trial and error, yoga techniques substitute for the kinds of activities early human ancestors must have done in the course of just living out in their arboreal lives. It is pretty to say that if we still hung around trees all our lives like other primates, then 70% to 90% of us would not end up suffering from chronic back, neck and head pain.

Obviously, it takes time for our body to tuck itself in here and fill out there. Tissues have to grow. Other need to shrink this is why it is important to drink lots of water and eats amount of wholesome food along with regular moderate exercise. In challenging those muscles to remodel themselves, we are literally clearing out lots of junks from our tissues.

The essence of yoga is to make the process of life as efficient and enjoyable as possible. In the beginning it is essential that we learn not only what the stretches are, but how to stretch, how to relax and how to breath etc. then we will be ready to work out safely, yoga does not bring away the qualities of genuinity , wholesomeness, compassion, but rather instills them within us. It teaches us that

loves heals the giver at least as much power of community, union, harmony, yoga and free and fair civilization. It is our birth right to have access to this information it is a sign of our wisdom if we use it, our enlightenment if we share it.

As we start practicing simple asanas, we will immediately find out what needs attention the most while giving it the attention it calls for. The effects are immediate and the results keep becoming more apparent. The longer and more often we engage in the pure self – indulgent healing art of yoga. The more it will have a healing effect on us. Yoga is no less magical than the power of life itself. It unlocks life's wonder and unleashes hidden energies.

Through this art everyone can experience the Divine and enjoy the ecstasy of freedom from pain and ignorance apart from other gracious rewards like longevity and happiness. It has taken time for us to wind ourselves up in a knot. Naturally it takes time to unravel. If we are still breathing, it is never too soon or late to start yoga.

(1100 Words)

Yoga: A way Of Life

The word Yoga comes from the Sanskrit word “Yuj” meaning to yoke, join, or unite. It implies the merging together of all the essential aspects of an individual namely- the body, the mind and the soul — to achieve a content, balanced and useful life which spiritually unites the individual with the supreme. Yoga was founded by the Sages and the Rishis (spiritual leaders) who had the courage to investigate the nature of man's inner world. It was handed down from the “Sages” or the “Rishis” to their “Sisyaa” or students in the hope that it would help in the upliftment of mankind. The ultimate aim of Yoga is to attain ultimate freedom- the breaking free from the shackles of cause and effect which tie us to continual reincarnation. Yoga helps one attain the absolute knowledge of the difference between the spiritual which is timeless, unchanging, and free of sorrows, and the material which is not. This and this alone can guarantee peace and tranquility.

Just as a government is unable to function without the support of its people similarly the body is unable to function if the controller that is the mind has lost control over the senses. Attainment of peace is possible only if the mind has absolute control on the senses. Yoga is-a spiritual pursuit. In yoga, the physical body assumes paramount importance as it serves as an instrument of education for the mind and the nervous system. All the yoga exercises and practices are not meant to show a muscular display of strength and agility. They are in reality meant to aim at control, purification, and coordination of the nervous system. Regular practice of yoga leads to the purification of the gross body. The purification of the

system itself leads to tremendous benefits related to the physical body. One gets relief from several physical ailments and more important one builds immunity which serves to prevent diseases.

Yoga is not just the practice of asana, pranayama, kriya and kundalini techniques, and shatkarma; it is imbibing a way of life, thus improving the quality of life itself. The moral restrictions- the don'ts and the encouraged daily behaviors- the dos of yoga are the aspects of yoga that can bring about miraculous changes in our lives. If one develops the quality of non-violence one will automatically emanate compassion. If one imbibes the quality of Satya one will automatically radiate love. The do's and don'ts of yoga highlight a character of the human personality. When the character is highlighted then it automatically by default becomes a part of your entire existence. It will show in your actions, in your attitude, and in the way, you conduct your life. Hence yoga is not just a technique, it is a lifestyle.

If one follows the yogic way of life there are immense possibilities; provided of course, the yardstick one is using to measure is not money and power. Yoga is not against money and power. Its only argument against money is that it serves to divert the mind. However, if the mind is strong and one has attained mental clarity one's mind will not be distracted. Yoga is principally a way of life. It is not the abandonment of action but it is the correct performance in the correct spirit. It is not about running away from civilization. It is actually the shaping of one's attitude to home and society at large with a new understanding. It is not avoiding life; it is living life to its fullest.

(588 Words)