Concept of Yoga

Bhugati Samadhi:

A long haired half naked person was seen ready to enter a pit which measured 2 x 1 X 1 meters and had been dug specially for the demonstration. He entered into it and then the top of the pit was totally covered, so that no air could pass in. The man remained inside for several days. He emerged out of the pit after a long stay, fresh and agile, with no symptoms of fatigue. This feat is called Bhugata Samadhi.

The root of word YOGA,

The term Yoga has its verbal root as Yuj in Samskrta. Yuj means joining, Yujvate anena iti Yogah. Yoga is that which joins. What are the entities that are joined? In the traditional, it is joining of the individual self, Jivatma with the Universal SELF, Paramatma. It is an expansion of the narrow constricted egoistic personality to an all pervasive, eternal and blissful state of REALITY.

Patanjala Yoga is one among the six systems of Indian philosophy known as satdarsanas. One of the great Rsis(Seers), Patanjali, compiled the essential features and principles of Yoga in the form of ‘Sutras’ (aphorisms) and made a vital contribution in the field of Yoga, nearly 5000 years ago (as dated by some famous western historians). According to Patanjali, Yoga is a conscious process of gaining mastery over the mind.

The scope of Yoga as portrayed in Bhagavadgita and Upanishads is far more comprehensive. As Swami Vivekananda puts it ‘It is a means of compressing one’s evolution into a single life or a few months or even a few hours of one’s bodily existence.’ In general, there is growth process due to interactions with Nature in all creation. But it may take thousands and millions of years for this natural growth; that is the long, instinctive way in animals. Man, endowed with discrimination power, conscious thinking faculty, the Mind (Buddhi) and well-developed voluntary control systems, aspires to accelerate his growth. Yoga is that systematic conscious process which can compress the, process of man’s growth greatly.

Sri Aurobindo emphasizes that Yoga is a methodical conscious effort towards self-development of the potentialities latent in the individual. He emphasizes an all-round personality development at the physical, mental, intellectual, emotional and spiritual levels. It is a process by which the limitations and imperfections can be washed away resulting in a superhuman race.

Thus, Yoga is a systematic process for accelerating the growth of a human being in his entirety. With this growth, man learns to live at higher states of consciousness. Key to this all-round personality development and the growth is culturing of the mind.

