

Mini Essay #1

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Yoga, consisting of both the physical and mental state is a complex tradition dating back five thousand years. Many individuals can be overwhelmed with the philosophy, practice, and literature of Yoga, but can find resolution with the understanding of underlying principles.

Popular conceptions of what Yoga is can help one to better understand the nature and intentions of the art. A significant concept in Yoga is liberation, which consists of delving into the notion of who individuals are. An individual is more than possessions and relationships. Yoga focuses on the superconscious Being that is unlimited and free from the binds of the body.

Yoga can be broken into seven branches which deeply focus on different routes to achieve liberation. All branches must have a sound moral ground to achieve the ultimate goal of liberation. For example, Hata yoga aims to achieve liberation through physical transformation. These branches all work to unveil the mysterious portals to the conscious.

Individuals must practice Yoga thoughtfully and mindfully to overcome the limitations of the mental mind and discover consciousness. Study of Yoga is viewed as a significant because it complements the steady application of the practical disciplines. Through thoughtful and mindful practice, one must be willing to change and allow for transformation.

Through grace, accepting to be content as an individual, and a gradual process of behaving in a new way, an individual can experience the true essence of Yoga.

Those who study and practice Yoga will have different experiences and beliefs on its foundation. Having evolved throughout time, Yoga can be viewed and understood through different perspectives, but the underlying principles on which Yoga was created, allow for various understandings of it to be accepted and there is no one correct conception.