

# Applicability of Sandhya Upaasana Theory

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## Preamble:

**‘Restlessness’ or ‘Time Famine’** are found in many lives and sections across the society. The range includes those who consider themselves to be overworked professionals to self-styled “job-less” home makers; politicians to students. Most of these claims cringe on the fad of advertising their sincerity and time-bounded, action oriented life style. They claim to work round the clock and have hardly any time for anything other than routine in life. Forget friends or relatives, they hardly tend to give time for the Self- Maintenance. (This term will be discussed later.)

## Malaise:

What is the result of such helter-skelter run-machine attitude?

### **Wear and Tear.**

Ayurveda, our health science mandates that we should not burn out completely and limits the exercises to 50% of the capacity of the body. Brain is also a part of the body. Its function is called the mind. Therefore, common sense explains that human brain would also get tired and worn out akin to other limbs such as knee caps, hip joints. Overworked limbs however important would ultimately stop the body functions al-together, which is nothing but death.

## Two Option Theory:

In our lives, we have too many options. But TWO OPTIONS are the most obvious.

**First Option:** Do you want spend all your resources before your fixed Span by opting for fast-forward, where by the show completes before time? This is like going to a 150 Minutes movie with Fast-Forward button in hand, obsessively pressing it to finish the program in 75 minutes.

**Second Option:** Let the movie run its full-time. There is not much, we can do during the course of the event. Therefore, relax as much as possible before we move to the next course of action.

### **This leaves us with the TWO OPTIONS:**

PREMATURE BURN OUT and NORMAL COURSE OF HAPPIER LIFE?

## Vacation:

In Indian Context, Vacations are looked upon by the bosses of our circles. Manager disregards the idea of vacation for the staff under his management. Elders such as parents to kids, In-laws to the home-makers, Children to the Parents; often deride the relaxation and vacation by making excessive demands of attention and work. This results in the **degradation of brain by 3 times**, confirm Psychologists. (Read the quoted article in the end.)

Therefore, vital function of the body and mind, that is STOP WORK; is overlooked. Hence, the malaise.

### **Vacation for Mind:**

Sleep is an important function, which re-charges both body and mind. Similarly, mind requires an additional layer during wakeful state.

- Cessation of Activity, even when you are awake.
- Telling itself that it has as much as time, as it is required.
- Warning the self to Stop Acting the as sole guardian of the world.
- Provide meaningful short recess (Breaks from routine works) Twice or Thrice a day.

### **Self- Maintenance or Rejuvenation:**

Self means the body and mind put together. In essence, it points to the life force in the body, which is the cause for the mental and body functions. This has to be maintained by the way of proper attention and attendance.

While we take care of one and all in our sphere of influence, many of us especially the home-makers and office-goers neglect the SELF. To escape from this self-made grievous injuries, plan your schedule with adequate and mandatory breaks. Experts of the field remind us the popular options for relaxation:

- Watch a Movie or Listen to Music
- Read a book or Nurture a plant
- Meditate for few minutes
- Write your feelings so that they can be exchanged with others.
- Maintain a memoire either photos or diary.
- Talk to other family members/ friends especially elders and children

Such activities could give a break from your routine. MOREOVER, tell yourself again and again that YOU HAVE TIME. This reminder would save you from Time- Famine.

### **Sandhyaa Upaasana**

- Contrary to popular narrative, Sandhyaa Upaasana is meant to give that Essential CESSATION of BRAIN & BODY ACTIVITY regularly.
- Sandhya means Juncture or Break. By coinciding your breaks with the celestial movement of uncontrollable forces of nature, such as Sun-Rise and Sun-Set as well as the Mid-Noon, you are mandating the break-time in your daily life.
- Apart from the reminders of the cleansing aspects, the essential activity is to Keep the mind focused on the Eternal Self-Effulgent Light for few minutes. This is called as Aaditya Abhidhyaanam. The Mantra **Asou – Aadiyah- Brahma**. The purport is that the **Visible Natural Light is the work and reflection of Brahman** (The Supreme Being). Consequently, you should realise philosophical aspect that the **Life-Force in you, is also another smaller reflection of the same Absolute Unitary Being**.

### **Benefits of Sandhyaa Upaasana:**

By this contemplation on the eternal power,

- You would give a break to the brain from your routine thoughts about regular work. 80% of our works are repetitive in nature. If the mind does not get time to relax, it is doomed to fail in the Creative Works.
- Acknowledge the SUPERIOR Power responsible for the life-forces of the world, which is called by any name.
- Scope for Creative Thinking could improve.
- **Ancillary benefits include:**
  - Discipline in Life-Style
  - Creating a model for youngsters of impressionable
  - Leading a pleasant and healthy life
  - Exposure to Sun-Light would give the body Vitamin D, which is observed to be deficient in our citizens, in spite of living in tropical weather.
  - Body Flexibility and Ability would improve by the postures
  - Spending time outdoors would increase Oxygen Supply to the body, rather than inhaling indoor stale air.
  - Regulated Breathing during the course of Recitation and prior exercise would give the brain more oxygen making it more efficient.

### **Myth of Limitation:**

- It is too naïve think that this practices are limited to a section of people in a particular society and geography. Logically speaking Vedas, don't mention about any territory or language, as the texts were the oldest and had nothing in precedence or purview.
- The principles and practices mentioned in the scriptures are time-tested and well-entrenched in the society, making them acceptable to majority, leaving out pessimists and lazy.
- Observance of these practices is beneficial is absolutely harmless. Therefore, wider sections of the society could adopt the Sandhya Upaasana Practice for general health improvement of Mind and Body.

### **Vandanam:**

**Vandanam** means Respect or obeisance. It is also a good practice to express our gratitude to Elders and Guru apart from the divinity regularly to keep us rooted to the ground. It is the basic nature of everyone to splash and tout even smaller achievements with swagger. This periodical obeisance to Elders and Divinity would make us humble. Therefore, Sandhya Upaasana is also referred as Sandhyaa Vandanam.

**Final Message:**

- 1) **Stop thinking – I don't have Time.**
- 2) **Give Periodical Break to your mind.**
- 3) **Stay Grounded and Be humble.**

<https://psychology.yale.edu/people/laurie-santos>

If you are feeling too busy or if you feel like you don't have time to do what you want, it can lead to "time famine," says Yale University psychology professor Laurie Santos.

Attending a conference at South by Southwest recently, Santos explained that time famine can lead to poorer work performance and burnout. And it is just as harmful to your mental health as being unemployed, *CNBC Make It* reported her as saying.

"It even makes you less productive, because it makes you less happy," Santos said. "I think we feel strapped for time because we think working ... as much as we work all the time is essential for achieving the things we want to achieve in life."

There are, however, three simple ways to beat "time famine" and build "time affluence" and improve your **brain health**, Santos told *CNBC Make It*. We should all think "about time the way we think about money," she added.

Although it might look impressive, a jam-packed calendar may make you feel like there's no time to eat lunch, chat with friends and colleagues or even take some time off for yourself, Santos said. Some tasks that belong on a to-do list don't deserve to take up space in your planner, she added. "Giving yourself time, with fewer interruptions, to work on larger projects can psychologically make you feel less busy, less stressed and as a result, more productive," the Yale University psychology professor said.

## **2.) Celebrate your free time**

Santos recommends celebrating tiny chunks of freedom. It makes you happier, she said. "Say you're in a meeting that ends early, or you finish a task ahead of schedule. Whenever you find a couple of unexpected free minutes, celebrate it. You could go for a walk, meditate even exchange pet photos with a colleague."

## **3.) If required, spend money to get time back**

"If you have to work late one day, don't feel guilty eating leftovers or ordering takeout that night," Santos said, adding that working hard is draining and it is okay to use money to rest, recover and reward yourself. "If you need a couple of extra minutes to get ready for an event, and public transit or parking is unpredictable, consider splurging on an Uber."