INTRODUCTION TO YOGA.

* Yoga- discipline
* Life style
* Integration of mind, body and spirit
* Experiential science
* Practice of self enquiry
* Not just a form of physical exercises
* Not a religion

ETYMOLOGY-

Origin of the word yoga-

From sanskrit root *yuj.*

Yuj has three meanings-

*Yujir yoge-* union

*Yuj samadhau- ­*concentration/ contemplation

*Yuj samyamane-* restrain/ discipline.

Yoga is both the goal and the path. Thus, from the three meanings of yoga, we can have six combinations-

Yoga is union, yoga is practices leading to union.

Yoga is concentration, and practices leading to concentration.

Same for restrain.

Purpose of yoga is to attain spiritual perfection through the control of mind, body and senses.

DEFINITIONS OF YOGA IN VARIOUS TEXTS-

→Patanjali yoga sutras-

Yogah chitta vritti nirodhah. Yoga is stoppage or cessation of the fluctutions of the mind.

→Vyasa- yogah samadhi. Samadhi= sam+aa+dhi. Which means to keep the mind (dhi) balanced from all sides.

→Mahabharat- jeevatma parmatmayoh samyoga yogah. Yoga is union of individual soul and cosmic consciousness.

→Bhagwat Geeta. Two important definitions of yoga from Bhagwad geeta.

1. Yogastha kuru karmani sangam tyaktva Dhananjaya.

Siddhi asiddhi samo bhutva, SAMATWAM YOGA UCHYATE.

1. Buddhi yukto jahatiha ubhe sukrat dushkrite.

Tasmad yogay yujyasva YOGAH KARMASU KAUSHALAM.

→Samkhya- Dukha sanyoga viyoga yogah.

Swami kuvalyanandji’s definition.

HISTORY AND DEVELOPMENT OF YOGA.

Origin of yoga-

Mention of yoga found in the earliest texts- the Vedas and the Upanishads.

Shiva is said to be the adi yogi.

Seals annd fossils with yogic figures found by archeologists are traced back to Indus valley civilization.

Gurukul parampara in ancient India-

Gu=darkness, ru=destroy. Guru=estroyer of darkness (of ignorance).

In ancient India education was imparted in the gurukul or the ashram of the guru. Thestudent lived in the ashram for a fixed tenure to gain knowledge of various subjects.

Brahmacharya ashram- the first 25 years of life.

History of yoga-

Hiranyagarbha is said to be the pioneer of yoga.

The beginning of yoga cannot be traced accurately. May be 5000 yrs. Sexperts say, he yoga tradition may be 10,000 yrs old.

The traceable history can be broadly divided into 4 periods-

1. The Vedic period
2. Pre casssical period
3. Classical yoga
4. Post classical yoga.
5. The Vedic period-

The 4 vedas. Intense spiritual and meditative practices by yogis.

* More of sprituality.
* No mention of Gods.
* Worship of forces of nature.

1. Pre classical yoga- the Upanishads or Vedanta formed the main texts.

Upanishad/ vedanta- the essence or the end portion of the vedas.

* Upanishads prescribe the method of attaining enlightenment by studying under a guru, and dedicating oneself to yoga practices.
* Karma marg and Jnana marg to enlightenment.

1. Classical yoga- period of Maharishi patanjali.

* Compilation of yoga knowledge.
* Yoga sutras by Patanjali dated between 3rd and 6th century B.C.
* Ashtanga yoga- yoga of eight limbs.

1. Post classical yoga- yoga after the classical period till present time.

* Tantra yoga
* Hatha yoga.
* Yoga upanishads introduced in the 10th century.

EVOLUTION OF YOGA-

* Swami vivekananda took yoga to the western countries. 1893-parliament of religions at Chicago.
* Swami sivananda saraswati was amongst the first ones to travel outside India and spread the knowledge of yoga.
* T. Krishnamacharya is the father of yoga practice with which the western world is familiar today. Ashtanga Viniyasssa or Mysore yoga.

His students- Pattabhi Jois, BKS Iyengar, Indra devi.

* Pattabhi Jois- Ashtanga yoga
* BKS Iyengar- focus on alignment and use of props.
* Indra devi- considered first yogini.
* Desichakar- son of krishnamacharya developed therapeutic yoga, whih is less intense.
* 21st century- many styles- power yoga, kundalini yoga, etc.
* Swami Sivananda- Sivananda yoga- ashramm at Rishikesh.
* Swami Satyananda- Bihar school of Yoga.
* Swami Kuvalyananda- Kaivalyadhama health and research institute
* Shri yogendraji-The Yoga institute.
* Sri Sri ravi Shankar- Art of Living
* Swami Rama
* Maharishi Mahesh yogi
* Swami Ramdev- patanjali yogapeetha, Haridwar.
* Dr. H. R. Nagendra-SVYASA
* Jaggi Vasudevji- Isha yoga centre.

AIMS AND OBJECTIVES IF YOGA-

For yogis, yoga was meant only as a means for self realisation.

For modern day practitioners, yoga has a lot of benefits.

* Asanas- offer physical benefits. Improve flexibiliy, help to tone the muscles, helps one overcome limitationsof the body.
* Pranayama- breath awareness, willful regulation of breath. Leads to control over the mind.
* Yogic practices help to restore strength and stamina.
* Therapeutic benefits- physical, physiological and psychological disorders.

MYTHS AND MISCONCEPTIONS-

* Yoga is only physical exercises.
* Yoga is a regimen for the hindus.
* Yoga is only for the elderly people.
* Yogic asanas are not challenging and intense.
* Yoga is only for flexibility, and not for strength.
* Yoga is not meant for householders.
* Yoga practice is only for renunciates.

TEACHINGS OF THE VEDAS

Veda- from rootword *VID-*

* To know (knowledge)
* To be (one with God)
* To obtain (salvation)

4 vedas- Rig, Yajur, Sama and Atharva.

Each Veda has 4 parts-

* Samhita
* Brahmanas
* Aryanaka
* Upanishads or Vedanta

INTRODUCTION TO SHAD DARSHANAS.

Indian philosophy- referred to as Darshana or vision or insight.

* Insight into Reality.
* Philosophies born in India

Two branches of Indian philosophies-

*AASTIKA-* or orthodox- believe in the authority of Vedas.

*NASTIKA* or heterodox- do not believe in the Vedas.

The Astika Darshanas comprise of six phiosophies (SHAD DARSHANAS)

1. Nyaya
2. Vaiseshika
3. Samkhya
4. Yoga
5. Purva Mimamsa
6. Uttar Mimamsa or Vedanta.

The Nastika Darshanas are-

1. Buddhism
2. Jainism
3. Charvaka.

Shad Darshanas or the orthodox philosophies

NYAYA-

* Founder- Gautama Rishi
* Philosophy of logic.
* Nyaya- right/correct reasoning.
* God creates the Universe from the eterneally existing atoms.

VAISESHIKA

* Founded by Kanada Rishi- 300 BC.
* Derives its name from Visesa or particular- distinct nature of eternal substances.
* Atomic theory of evolution
* God is the force that causes consciousness in these atoms.
* This system divides the Universe into seven categories or padarthas. (dravya, guna, karma, samanya, visesa, samnvaya, abhava)

SAMKHYA-

* Founded by kapil Muni.
* Samkhya means- right knowledge. It also means numbers.
* Hence, Samkhya philosophy is said tobe philosophy ofrigh knowledge or philosophy of numbers.
* Dualistic philosophy- two realities or principles- PURUSA &PRAKRITI.
* Atheistic- does not believe in God.
* Plularity of Purusha or spirits.
* Purusa- principle of Cosciousness.
* Prakriti- principle of matter.
* Both purusa and prakriti are etermaland independent of each other.
* Creation of the universe is the result of union of Purusa and prakriti- there is no role of God in the creation.

Prakriti-

* Composed of three gunas- sattwa, rajas, tamas.
* Sattwa- associated with pleasure, lightnesss, good and noble qualities. It is the associated with Knowledge. It is said to be illluminating, bouyant. Responsible for upward movement- eg- fire.
* Rajas or rajoguna is associated with qualities like pain, impulsiveness, frenzy, hyperactivity.
* Tamoguna is associated with lethargy, inactivity, indolence. Tamas means darkness- ignorance. Tamoguna is associated with negative qualities like cheating, destruction.
* Pramanas- or source of valid knowledge. Samkhya school accepts that there are three sources of valid knowledge-

→Pratyaksha- direct perception

→Anumana- inference→→

→Shabda- verbal testimony (of the Rishsis).

* Liberation from the cycles of birth and deaths is the goal of human life. This is Kaivalyaor freedom from all miseries and sufferings.
* Threes ources of pain-

→adhyatmika- from ones own body or mind. You yurself are the cause of your pains.eg- imbalances in the doshas-i.e vatta, pitta, kapha. Or mental causes such as anger, jealousy, etc.

→adhibhautik- the pain is due to cause in external world. eg- scorpion bites, snake bites, abusive words, injuries, etc

→adidaivik- cause of pain is from supernatural world. Eg- floods, lightning, abnormal disasters.

* Samkhya says that right knowlwdge alone is the way to permanent liberation from all these pains.
* Right Knowledge is the knowledge that Purusa and Prakriti are different- i.e. “I am not this body, but, just a pue consciousness.”

YOGA DARSHAN

Founder- Mahrishi Patanjali.

* Basic text- yoga sutras.
* Structure of the text- 4 chapters or padas-
* Samadhi pada- 51 sutras
* Sadhana pada-55 sutras
* Vibhooti pada-55 sutras
* Kiavalya pada-34 sutras
* Total 196 sutras.
* Ashtanga yoga propounded by patanjali.
* The eight limbs are- yamas, niyamas, asana, pranayama, pratyahaar, dharana, dhyana, samadhi.

PURVA MIMAMSA

* Founder- Maharishi Jaimini
* Mimamsa- the word means to investigate.
* Purva- as it deals with the earlier parts of the Vedas.
* Vedas are the highest authority, considered even higher than Gods.
* Mimamsa darshan is a book of rituals.
* The highest goal of man is to attain heaven.
* The main goal of Mimamsa darshan is insistence on life of rituals as justified by the vedas.

UTTAR MIMAMSA OR VEDANTA DARSHAN

* No secfic fouder for this philosophical system.
* Conglomeratio of different school of thoughts.
* Three main schools of thoughts are- 1. Advaita. 2. Dwaita. 3. Vishishta advaita.
* Advaita- adi Shankaracharya
* Vishishta advaita-Ramanujacharya
* Dwaita- Madhavacharya.