

Philosophy, Practice and Process of Yoga in modern scenario

Dr. Sudhanshu Verma*

*Assistant professor, Department of Yogic Sciences. School of Humanities and Social Sciences, Sharda University, Goutam buddha Nagar, Noida, UP. India.

Mr. Shivom**

**Assistant Professor, Department of Yogic Sciences. School of Humanities and Social Sciences, Sharda University, Goutam buddha Nagar, Noida, UP. India.

Abstract

In this review article author tried to clarify the concept of Raja Yoga which is described from Maharishi Patanjali, he is a well-known and great author of Patanjali Yoga Sutra, telling us about the raja yoga which is all about mental wellness or simply we can say its all about the deepening the stage of chitta. Maharishi Patanjali also talked about the Grieffs, desire, action and the law of action.

In the present scenario of the modern world everyone is caring about his/ her physical health, we can found a lot of men talking about physical health, but we cannot found a men who cares about his mental health, Maharishi Patanjali tell us about mental health and also he tells us about how to enhance the mental wellness in the form of Chitta Prasadnam, The term chitta Prasadnam tells us how to pacify the chitta, only after pacification of chitta one can able to meet his true self. So herewith I am reviewing about the mental wellness and also trying to elaborate, how maharishi Patanjali helps us to cope up with Modern scenario by what he said about the mental wellness.

Keyword: Modern scenario, Mental wellness, Mental health, Maharishi Patanjali, Yoga Sutra.

Article Received: 27-06-2019, Published: 22-08-2019

Conflict of interest: None declared

Corresponding Author: Dr. Sudhanshu Verma

Assistant professor, Department of Yogic Sciences. School of Humanities and Social Sciences, Sharda University, Goutam buddha Nagar, Noida, UP. India.

International Journal of Science and Consciousness (IJSC): A Bio-Psycho-Spiritual approach

Published by the Research Foundation for Science & Consciousness, Uttarakhand, India

PHILOSOPHY, PRACTICE AND PROCESS OF YOGA IN MODERN SCENARIO

I would like to share with you the transformation of Three P in three S

Philosophy - Sensitivity
Practice - Self-control
Process - Selflessness

Yoga is an incredible science, that helps us transform our physical fitness, which is what it is largely known for today, but beyond even physical fitness, it is that science which can help us enhance our mental wellness, but I think even beyond mental wellness, yoga is a science that facilitates the deepening of our spiritual awakening, but to be honest more than the physical fitness more than the mental wellness, more than a spiritual awakening, Yoga is a tradition, a culture, a set of values, a set of belief, that can truly help us deal with the much larger issues in the world than fitness.

May it be climate change, may it be issue that are being taught by the sustainable development goal of the United Nation, poverty, hunger, gender equality, education, life on the land, life under the water, whatever these suitable goals may be,

Yoga has a solution, a proposed solution to deal with these problem and challenges that the entire world confronts today. I know that as soon as we hear the word yoga as a solution for the global issues, we are skeptical, how can a system of exercise, how can a system for breathing, be a solution to the global issues and problems.

Which is why I very strongly and firmly believe that we have to start thinking about yoga as

dimension which have a Tenets to offer us solution to our global problems.

I would love to present to you the three dimensions of yoga that can truly help us deal with the climate change, poverty, Hunger

The first dimension is the philosophy of Yoga:

The philosophy of Yoga amongst many other principles talks about the sensitivity, being extremely sensitive to the needs, the interest, the concern the feeling, not simply of the human being but of the trees and plants, animals and birds of the air, and the world under the water of the mother earth at large,

The philosophy of yoga teaches us the very fundamental premise, that can help us change the global problems, sensitivity and empathy. I grew up always listening to my mom telling me, oh we should go and bathe in the mother Ganges, I wondered, I had a mother already- my mom,

Then why bathe in the mother Ganges?

I constantly kept hearing my mom refers to the earth as mother, I said I have already a mom, so here we have mother Ganges and now we have which is a river and then I have mother earth and then I constantly kept hearing my mom telling me you should respect and care for mother cow.

I said- God,

I think I have many moms here, apart from the mother the biological mother that gave me birth, here is mother Ganges, here is mother earth, and the mother cow,

And what's mother Ganges a body of water, a river, what's mother earth a planet,

Imagine a culture, a culture of Yoga, a Tradition of Yoga where even taught to deal with inanimate objects, like water bodies and just a planet as people as personality, call it myth or call it reality, not problem, But here is an attitude that we are trying to treat even inanimate things as people with dignity, with respect, with honor.

If we can treat stuff with respect and dignity, what to speak of where there is a life.

We are talking about a philosophy that teaches sensitivity. I Mean, you know they say that things are meant to be used and people are meant to be loved, in the world today, things are loved and people are used to get those things.

Not just people, trees are used to get those things, not just tress animals are used to get those things,

We live in the world where constantly exploiting the resources that nature has provided us, simply so we can have those things for mass consumerism, and we talk about climate change, don't we?

And which is why the philosophy of yoga is a philosophy that influences the thought,

Don't they say

Watch Your thoughts they turn into words

Watch your word they turn into action

Watch your action they turn into habit,

Watch your habit they turn into character

Watch your character it turns into destiny,

We are at a situation, are we meant to be destined with about 8 million tons of plastic in the ocean?

Are we meant to be destined with so many species that are suffering from extinction?

Who meant to change it? Unless we change thinking we can't change speaking, if we can't change speaking, we can't change acting, if we can't change acting, we can't change conditioning, if we can't change conditioning, we can't change character and if we can't change the character, we can't change the modern scenario. Which is precisely why?

It all begins with a thought there, so apart from physical exercise and pranayama, Yoga is a philosophy that teaches us the fundamental premise of sensitivity, and imagine if we can spread this awareness, imagine if we can incorporate the philosophy of yoga which teaches us the sensitivity beyond any religion or region, beyond any sect or faith, beyond any caste or culture or creed.

Imagine if it is a part of a curriculum all over the world where we actually teach people how to deal with every aspect of life including inanimate thing sensitively. We probably are then looking at reversing, if not reversing improve the current scenario that we face.

The second aspect of Yoga is Practice:

The second dimension of yoga, that I wanted to present to you, was about the **practice of Yoga**, the practice of Yoga is not just some physical Posture called asanas and the practice of yoga is not just some breathing practice called Pranayama. Which is what it is largely known for, one of the practices of Yoga that is very crucial in dealing with the global social issues that we are confronted with, is self-control, there is no question of dealing with the challenges unless we learn the art of self-control,

How many of us love to eat something when mind wanted it?

Almost everyone

How many of us said something when your mind just wanted it?

Almost everyone

How many of us have walked into a shopping mall or a branded store to buy something when our mind said it?

Almost all

I think we live in a world , where we all become servants and slaves of our mind, what if we learn to reverse the situation, and rather than being slaves and servant of our mind learn to be the master of the mind, where rather than the mind being in our control, we are in control of our mind.

The pathetic state of the world that we are in today, however is became that mahatma Gandhi said there is enough to every one's need, and not enough for anyone's greed.

Its lack of self-control that makes people greedy, its lack of self-control that makes us consumer, consuming-4 at the cost of all those resources that mother nature gives us,

So that we can sustainably live and create a legacy of sustainability for the future generation, unfortunately for us, forever we don't look at it that way,

Consumption is not the problem, we need to live in the world we need to consume, but should the consumption be at the cost of everything, that provides us and everything gives us, and which is why, I do believe that when we are slaves and servants of mind we are consumers, and when we are the master of the mind we are contributors, one of the sustainable goal of the India is responsible production and consumption,

Be responsible in consuming and be responsible in producing, how are we going to be responsible in consuming and responsible in producing,

The Third aspect of Yoga is Process:

The practice of Yoga teaches us the art of self-control and which is why I always said that look at your mind carefully before we find external solution, we need to look at our internal solution of being in control.

And the last dimension of Yoga that I wanted to mention about the process,

Yoga is a process that goes beyond the mind to connect to your very essence, to your very self and to connect to the divine and divinity, and the spiritual aspect of Yoga can lead to a very powerful contribution that called self-less ness

How many of you love ice cream? Thank you

It's fantastic to taste ice cream, the issue with the ice cream is the ideology behind it,

The ideology behind the ice cream is: enjoy it before it melts, and the thing is life is such as well it melts away, and people who believe in the ideology of ice cream say enjoy your life before it melts,

A very selfish ideology, narcissistic and self-absorbed

Contrast with that candle, what is the ideology of candle; give light to other before it melts.

And ice cream melts and a candle melts, but an ice cream is about a narcissistic and self-absorption and a candle about selfless contribution,

Ladies and gentlemen, it is time now that we need to help ourselves and people slowly make that shift, from being an ice cream to a candle, the more we stop living as an ice cream and the

more we have living as a candle, we will, think about the ocean, we will think about the polar bear, we will think about the humanity, because we are not self-absorbed. We are trying to be a candle, to look at how we can offer the solution to these issues,

You know something the first letter of the word illness is I, and the first two letter if wellness is W and E, which is we,

And it is quite fantastic when we move from I do we, the illness turns into wellness,

Ladies and gentlemen, it's easy to make a buck but it's difficult to make a difference, but together we can all indeed make a difference in our way, our tiny bits step by step and contribute towards dealing with the issue of climate change and all the other issues like rape that are world confronts today, and Yoga can be such a massive step towards it, the **philosophy of yoga** teaches sensitivity, the **practice of Yoga** teaches self-control and the **process of yoga** bringing us to selflessness,

Here is how the three-p leading to three s and when we connect them all, that's Yoga for all.

References:

1. Swami Satyanand Saraswati on May 24,1984
<http://www.yogamag.net/archives/1991/sep91/modman.shtml#top>
2. Kumar K. et.al. (2011), Laghoo Śankha Prakshālana : Is It an Influential Factor in General Health Status, Yoga Mimansa, Vol.XLII No. 4, 242-247.
3. Verma S. et.al. (march 2016), A Study on the Effect of Collective Yogic Practices on Social Adjustment of Collage Students in Urban Area, International Journal of Science and Consciousness (IJSC), Vol. 2, No. 1, Pages 36-40.
4. Kumar K. et.al. (2009), Study on the effect of Pranakarshan pranayama and Yoga nidra on alpha EEG & GSR, Indian Journal of Traditional Knowledge, Vol. 8 (3), July 2009, pp. 453-454.
5. Sharma, Dr. Sanjay (April 2015), Role of Allopathy in tackling stress, Global journal for research analysis, Volume-4, Issue-4, ISSN No 2277 – 8160.
6. <http://www.artofliving.org/in-en/yoga/health-and-wellness/yoga-for-anxiety-disorder>
7. Verma, S. and Gurvendra, A. (2016). A Study on the Effect of Collective Yogic Practices on Social Adjustment of Collage Students in Urban Area. International Journal of Science and Consciousness; 2(1): 36-40.
8. Verma, S., Kashyap, G. K., Kumar, K. (2016). Can Pranakarshan Pranayam helps to cope up the stress? International Journal of Science and Consciousness; 2(2): 38- 45.
9. Verma, S. & Kumar, K. (2016). Evidence based study on super brain yoga and its application on alpha E.E.G. in adolescence. International Journal of Science and Consciousness; 2(4): 40-46.
10. Verma Dr. Sudhanshu, Kumar Dr. Kamakhya, (2018). Formulation of Yoga and Ayurveda. International Journal of Science and Consciousness; 4(3): 65-73.

Cite this paper as: Verma. Dr. Sudhanshu, & Shivom (2019). Philosophy, practice and process of yoga in modern scenario. International Journal of Science and Consciousness; 5(3): 21-25.