

Yoga – A preliminary Perspective

DR. LAXMIDHAR BEHERA

DIRECTOR, IIT MANDI

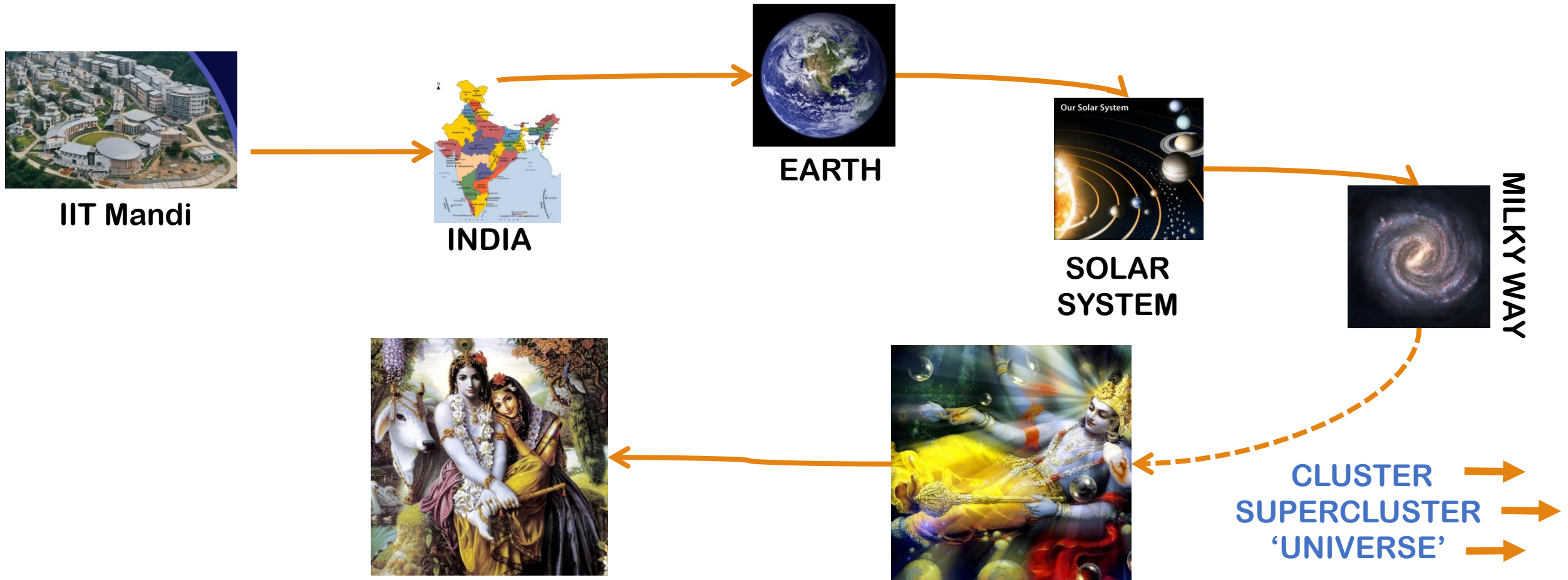
What is Yoga?

Linking individual consciousness with the Universal Consciousness

Performing the role of part for the Whole

- You are the part of the family
- The family is the part of the society/community/state
- The society is the part of the country
- The country is the part of the world
- The world is the part of the Universe
- The Universe is the part of sum total of the Material Sky
- The Material Sky must be the part of the invisible Whole
- What is that the invisible whole? Avyakta?

The whole – Ultimate resting place



References for Yoga

तां योगमिति मन्यन्ते स्थिरामिन्द्रियधारणाम् ।
अप्रमत्तस्तदा भवति योगो हि प्रभवाप्ययौ ॥ ११ ॥

That is understood to be Yoga when senses are firmly under control. One thus becomes peaceful. Yoga should be performed for the pleasure of Lord, from whom is the origin and destruction (of all things.) Katha Upanishad 2.3.11 (6.11)



One who is able to withdraw his senses from sense objects,
as the tortoise draws its limbs within the shell, is firmly
fixed in perfect consciousness.

(Bhagavad-gītā 2.58)

Sthiram Indriya – Controlled senses



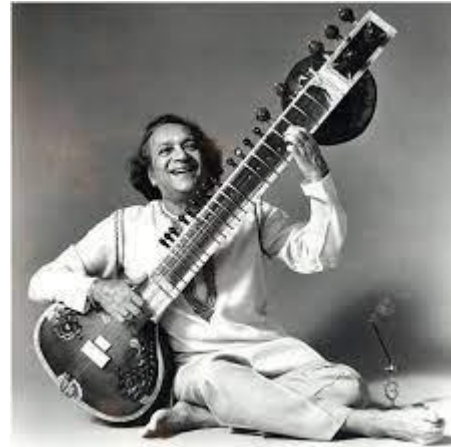
Controlled Senses



Max Planck



Mozart



Ravi Shankar



Adi Shankaracharya

References for Yoga

*yoga-sthaḥ kuru karmāṇi
saṅgaṁ tyaktvā dhanañ-jaya
siddhy-asiddhyoḥ samo bhūtvā
samatvaṁ yoga ucyate BG 2.48*

**Perform your duty equipoised, O Arjuna,
abandoning all attachment to success or
failure. Such equanimity is called yoga.**

*There was never a night that could defeat
sunrise – Bernard Williams*



Samatvaṁ yoga ucyate

Dont fall prey to bad practices when you struggle with poor grades despite hard efforts.

Be satisfied with whatever and perform your duty





samatvam yogah ucyate

- Yoga is a balanced state of the body and mind.
- Yoga is a balanced state of emotions.
- Yoga is a balanced state of thoughts and intellect.
- Yoga is a balanced state of behaviour.
- We are excited in the situation of pleasure and we become sad when it is a negative situation. This is not Yoga.
- Yoga is to maintain equilibrium of the mind in any situation. This equanimity of mind is the ultimate objective of yoga.

Yoga samatvam ucyate

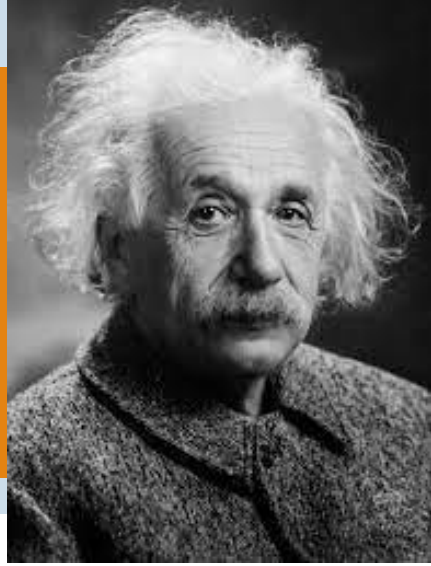


References for Yoga

*buddhi-yukto jahātīha
ubhe sukṛta-duṣkṛte
tasmād yogāya yujyasva
yogaḥ karmasu kauśalam BG2.50*



A man engaged in devotional service rids himself of both good and bad reactions even in this life. Therefore strive for yoga, which is the art of all work.



yogah karmasu kaushalam

- ❖ Yoga is perfectly skilled action or behavior.
- ❖ Perfect action is positive action for our evolution and positive life. Perfect action leads to positive health on a physical and mental level.
- ❖ All our actions should be to avoid negative experiences in life, so any behaviour causing negative experience should be avoided.
- ❖ For example, perform actions in a way to not get your anger, stress and anxiety disturb your positive state of mind.

yogah karmasu kaushalam

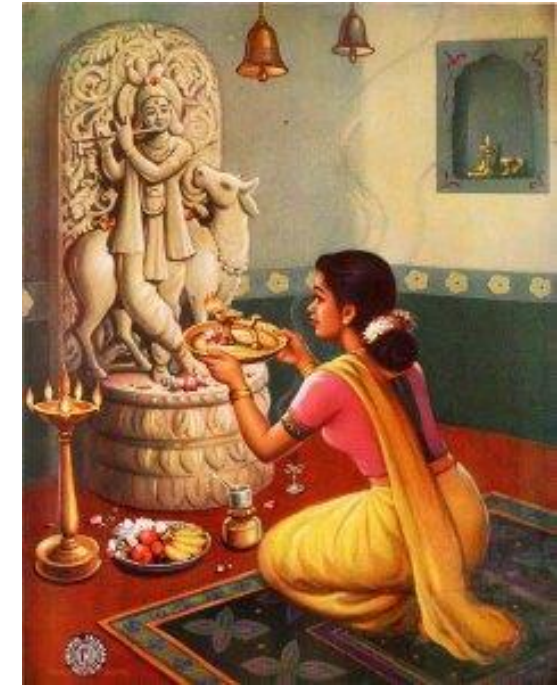
- Perfection is in pleasing by service



Goal is to get interested in understanding the subject and please your teacher rather than secure marks



Perfection is to cook with love to please your children



A devotee offers with devotion to the Lord
– 'Part wants to please the whole'

References for Yoga

*śruti-vipratipannā te
yadā sthāsyati niścalā
samādhāv acalā buddhis
tadā yogam avāpsyasi*

When your mind is no longer disturbed by the flowery language of the Vedas, and when it remains fixed in the trance of self-realization, *then you will have attained the divine consciousness.* BG 2.54

Divine Consciousness

Beyond material space and time

Indescribable using anything of this world, be it, mathematics, poetry, physics etc.

Bhagavad Gita (Ch 2):-

- Indestructible, immeasurable and eternal living entity.
- The soul can never be cut to pieces by any weapon, nor burned by fire, nor moistened by water, nor withered by the wind.
- This soul is unbreakable and insoluble, and can be neither burned nor dried. He is everlasting, unchangeable, immovable.
- The soul is invisible, inconceivable and immutable.

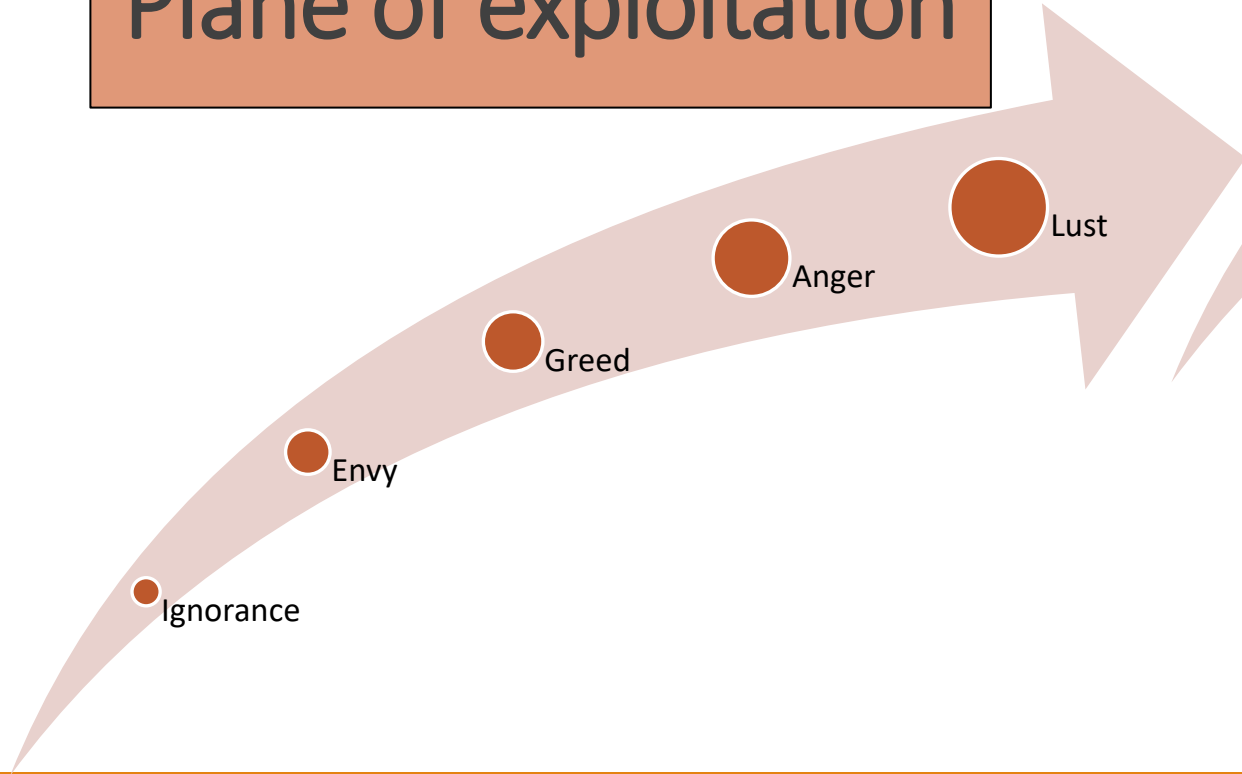


References for Yoga

*yam sannyāsam iti prāhur
yogaṁ taṁ viddhi pāṇḍava
na hy asannyasta-saṅkalpo
yogī bhavati kaścana*

What is called renunciation you should know to be the same as yoga, or linking oneself with the Supreme, O son of Pāṇḍu, for one can never become a yogī unless he renounces the desire for sense gratification. BG 6.2

Plane of exploitation



Plane of sacrifice



Yogi always remains in the plane of sacrifice

References for Yoga

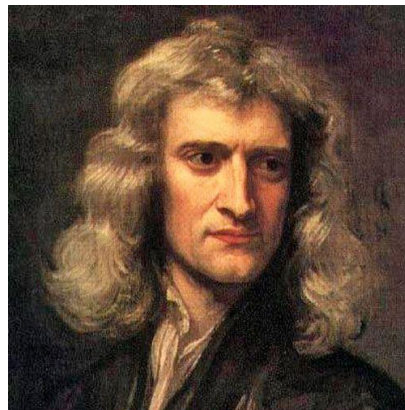
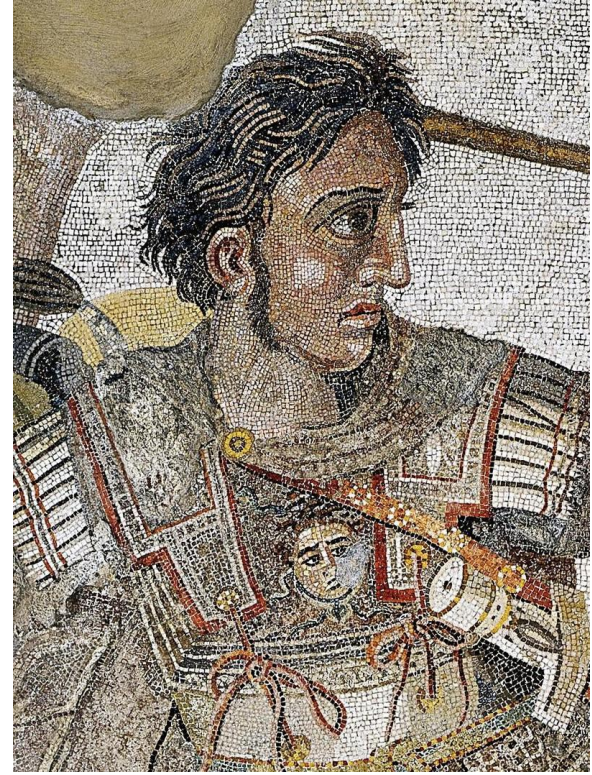
*jñāna-vijñāna-tr̥ptātmā
kūṭa-stho vijitendriyaḥ
yukta ity ucyate yogī
sama-loṣṭrāśma-kāñcanaḥ*

A person is said to be established in self-realization and is called a yogī [or mystic] when he is fully satisfied by virtue of acquired knowledge and realization. Such a person is situated in transcendence and is self-controlled. He sees everything – whether it be pebbles, stones or gold – as the same. BG 6.8

*sama-
loṣṭrāśma-
kāñcanaḥ*

A few days before his death, **Alexander** called his ministers and told them that he wanted openings on both sides of his coffin, through which his arms would hang out with the palms turned up.

In this way, everyone would come to know that the great Alexander, who had strived his whole life to possess and conquer the world, had left it totally empty-handed.



"I do not know what I may appear to the world, but to myself I seem to have been only like a boy playing on the sea-shore, and diverting myself in now and then finding a smoother pebble or a prettier shell than ordinary, whilst the great ocean of truth lay all undiscovered before me."

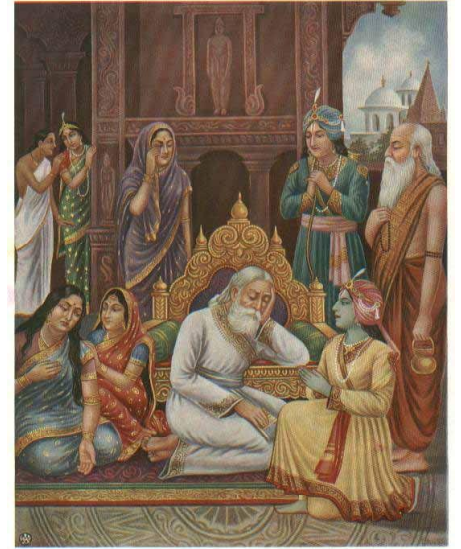
- **Issac Newton**

*sama-
loṣṭrāśma-
kāñcanaḥ*

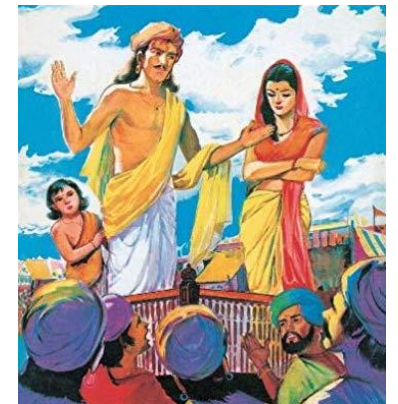
"Unwavering and resolute was Lord Ram, for when the splendor of kingdoms was laid at His feet, His heart remained untouched. In the face of exile, His spirit remained undaunted, a testament to His noble and steadfast character.



King Harishchandra, a paragon of detachment, relinquished his throne, family, and wealth, steadfast in upholding truth.



Caitanya Mahāprabhu lived for twenty-four years in Navadvīpa as a householder and enjoyed immense popularity among both scholars and ordinary persons. He embarked upon a sacred journey to illuminate the path of dharma renouncing everything



References for Yoga

*yogī yuñjīta satatam
ātmānaṁ rahasi sthitaḥ
ekākī yata-cittātmā
nirāśīr aparigrahaḥ*

A transcendentalist should always engage his body, mind and self in relationship with the Supreme; he should live alone in a secluded place and should always carefully control his mind. He should be free from desires and feelings of possessiveness. BG 6.10

Seclusion - Beyond Sensory Distractions



References for Yoga

*sarva-bhūta-stham ātmānam
sarva-bhūtāni cātmani
ikṣate yoga-yuktātmā
sarvatra sama-darśanaḥ*

A true yogī observes Me in all beings and also sees every being in Me. Indeed, the self-realized person sees Me, the same Supreme Lord, everywhere. BG 6.29



References for Yoga

*ātmaupamyena sarvatra
samaṁ paśyati yo 'rjuna
sukhaṁ vā yadi vā duḥkhaṁ
sa yogī paramo mataḥ*



Embrace Fitness Beyond Victory
and Defeat

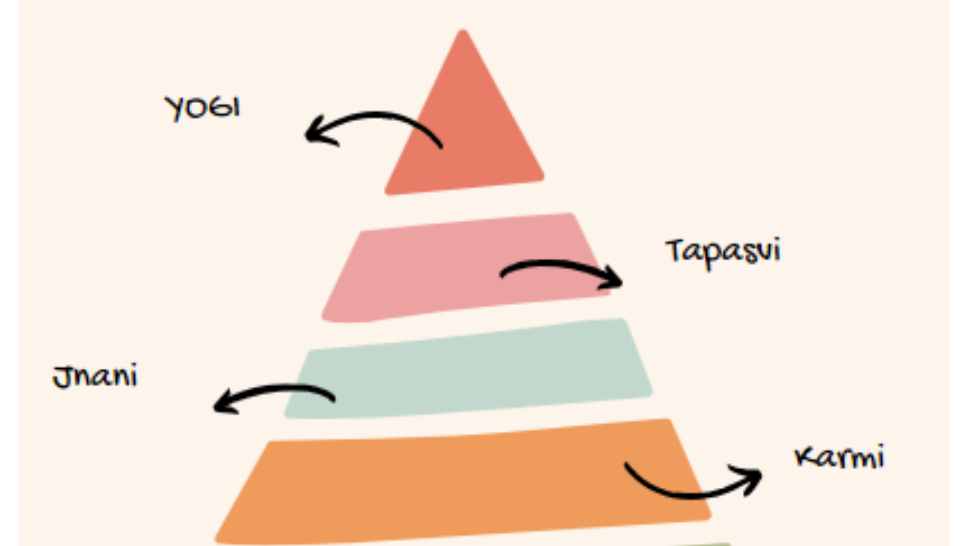


Embrace the subject Beyond
Grades

He is a perfect yogī who, by comparison to his own self, sees the true equality of all beings, in both their happiness and their distress, O Arjuna! BG 6.32

References for Yoga

*tapasvibhyo 'dhiko yogī
jñānibhyo 'pi mato 'dhikaḥ
karmibhyaś cādhiko yogī
tasmād yogī bhavārjuna*



A yogī is greater than the ascetic, greater than the empiricist and greater than the fruitive worker. Therefore, O Arjuna, in all circumstances, be a yogī. 6.46

References for Yoga – The best yogi

*yoginām api sarveṣām
mad-gatenāntar-ātmanā
śraddhāvān bhajate yo mām
sa me yukta-tamo mataḥ*



And of all yogīs, the one with great faith who always abides in Me, thinks of Me within himself and renders transcendental loving service to Me – he is the most intimately united with Me in yoga and is the highest of all. That is My opinion. 6.47

References for Yoga - Summary

yogas chitta vritti nirodha - Yoga Sutra 1.2

- **Yogas** — To yoke, to join, to unite
- **Chitta** — Mind, consciousness
- **Vritti** — Modifications, fluctuations
- **Nirodha** — Controlling, quieting of

Yoga is the stilling of the mind until it rests in a state of total and utter tranquillity. Refer BG
6.47

The situation that destroys the state of Yoga

*dhyāyato viṣayān puṁsaḥ
saṅgas teṣūpajāyate
saṅgāt sañjāyate kāmaḥ
kāmat krodho 'bhijāyate*

While contemplating the objects of the senses, a person develops attachment for them, and from such attachment lust develops, and from lust anger arises. BG 2.62

*krodhād bhavati sammohaḥ
sammohāt smṛti-vibhramaḥ
smṛti-bhramśād buddhi-nāśo
buddhi-nāśāt praṇaśyati*

From anger, complete delusion arises, and from delusion bewilderment of memory. When memory is bewildered, intelligence is lost, and when intelligence is lost one falls down again into the material pool. BG 2.63



BHAGAVAD GITA 2.63



Thank you

