

Yoga and Consciousness (Sri Sri Ananda Murtiji's View Point)

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LETTER TO EDITOR

India's ancient spiritual culture has made significant contributions to the understanding of the consciousness. Ananda murtiji has followed the direct path to consciousness through yoga. This study shows the guiding light of Ananda Murtiji's spiritual life. The word Yoga is derived from the word 'yuj' which means to bind. Three levels of bindings could be identified from the practices. The first level is connecting the body and mind, the second level involves the binding of the mind and consciousness and the third level aims at unifying the manifest consciousness of the individual consciousness of the person and universal consciousness.

Patanjali's name is associated with yoga system as its founding father and his effort is itself a kind of yoga because there is a manifest binding of theory and practices, 'a unified exposition of meta psychological theory' and an 'applied psychology of the human mind', offering profound possibilities' for psychophysical transformation and growth.

According to Ananda murtiji suffering is the inescapable consequence of ignorance perpetuated by the mind driven by the sensory images and impulsivity. Ignorance clouds consciousness but it can be alleviated by removing the clouds of ignorance and realizing consciousness as a supreme being.

Yoga is conceived to be the most useful tool for this purpose of attaining a state of blissful consciousness and the perfection in the person's perception, thought and action.

Ananda murtiji also believes in eight limbs of Patanjali and its execution. Yoga consists in the cessations of all mental functions.

Limb One: Yama refers to the five major restraints from violence and injury, falsehood, stealing, lustful sensitivity and greed.

Limb Two: Niyama fosters a disciplined, orderly and harmonious life. It also implies self surrender to the Lord.

Limb Three: This limb is indicative of a steady comfortable posture which fosters relaxation and reduction of stress and tensions.

Limb Four: Pranayama refers to the restraint or of the vital airs, life force or vital energy through the regulation of respiratory processes.

Limb Five: Pratyahara implies withdrawing sensory activity from control by external objects. These sensory restriction frees the individual from external and environmental distractions.

Limb Six: In Dharna the binding of consciousness fix at one object, the attention is fixed upon it and the mind becomes steady and stable.

Limb Seven: Meditation is the unbroken flow of thought toward the object.

Limb Eight: This is the stage of Samadhi. In Samadhi both distractions and self awareness disappear. In Samadhi the distinctions between subject, object and their interrelationships vanish, one becomes the object upon which one is meditating.

Through yoga Ananda murtiji has shown that we connect ourselves to higher power and seek for a deeper and more meaningful purpose of our life. Yoga is connected with self realization, self reflection and retrospection. Yoga performed in the right way bring a number of beneficial emotional effect which enables the person to be satisfied and serene. It provides the person with optimism, hope and energy. It expands the heart to accept his disturbances and mishaps.

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Ananda murtiji has shown the progression from the empirical to the transcendental through Yoga within the realm of one's own consciousness. It is a journey from experience to inside through which spiritual and aesthetic delight is expressed. In his birth Centenary we pay our sincere homage to him and to his works.

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