

YOGA FOR A HALE AND HEARTY BODY: THE EIGHT FOLD PATH TO DELIVERANCE

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ABSTRACT

Yoga is an antique system of exercise from India. Yoga is a vital part of our existence. It eliminates the crusts from the level of mind and unites everything with the soul. Derivative from the Sanskrit word yuj, Yoga means union of the individual consciousness or soul with the Universal Consciousness or Spirit. Yoga is a 5000 year old Indian body of knowledge. The Art of Living Yoga is an all-inclusive way of life that assimilates all fundamentals of antique knowledge of Yoga, to make a prayerful discipline uniting the body, mind and soul. Along with the series of simple, yet operative yoga postures and breathing techniques, a greater importance is placed on the inner knowledge of meditation, for the well-being of mind and other hidden elements of human life.

Keywords: Yoga, Healthy Body, Deliverance, Eight Fold.

INTRODUCTION:

Yoga is basically a divine discipline, which focuses on bringing synchronization between mind and body. It is an art and science of healthy living. The word Yoga comes from the Sanskrit root Yuj, which literally means to unite, bind or join. Join the physical with the mental part, leading to restoration and rebalancing of being. The final goalmouth of Yoga run-through, reintegrate the individual as a whole for the experience and attainment of this component is possible. The objective is Moksha deconditioning of man, or Samadhi area of knowledge that encompasses varying steps of hyperconsciousness. According to contemporary researchers, everything in the cosmos is just an index of the same significant ether. One who experiences this coherence of presence is said to be in yoga, and is termed as a yogi, having attained to a state of freedom referred to as mukti, nirvana or moksha. Thus the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya). Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice. "Yoga" also refers to an inner science comprising of a variety of methods through

which human beings can realize this union and achieve mastery over their destiny.

Over two thousand year ago, Patanjali, a great Indian sage, set out the principles and practices of yoga which he called the eight fold path to Deliverance (Figure-1).

- Yama: Universal morality
- Niyama: Personal observances
- Asanas: Body postures
- Pranayama: Breathing exercises, and control of prana
- Pratyahara: Control of the senses
- Dharana: Concentration and cultivating inner perceptual awareness
- Dhyana: Devotion, Meditation on the Divine
- Samadhi: Union with the Divine

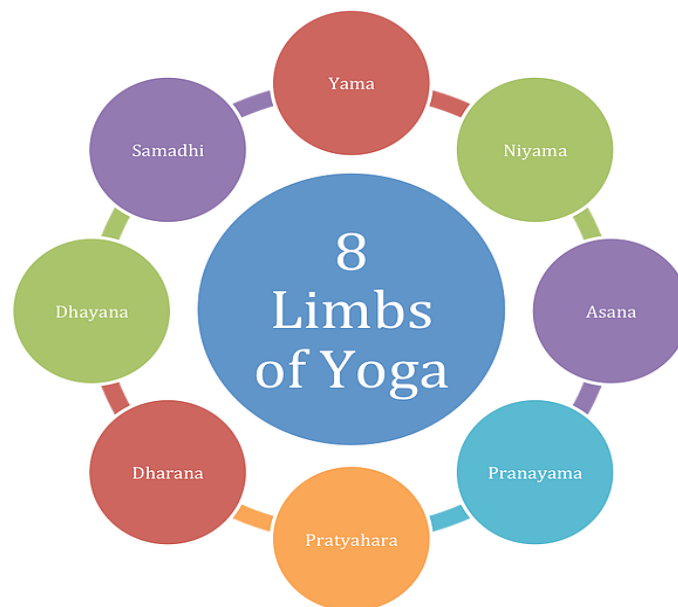


Figure-1: The Eight Fold Path to Deliverance.

Yoga: Its Origin, History & Development

The antiquity of yoga is alienated into four comprehensive categories(Figure-2):

- Vedic

- Pre-Classical
- Classical
- Post-Classical

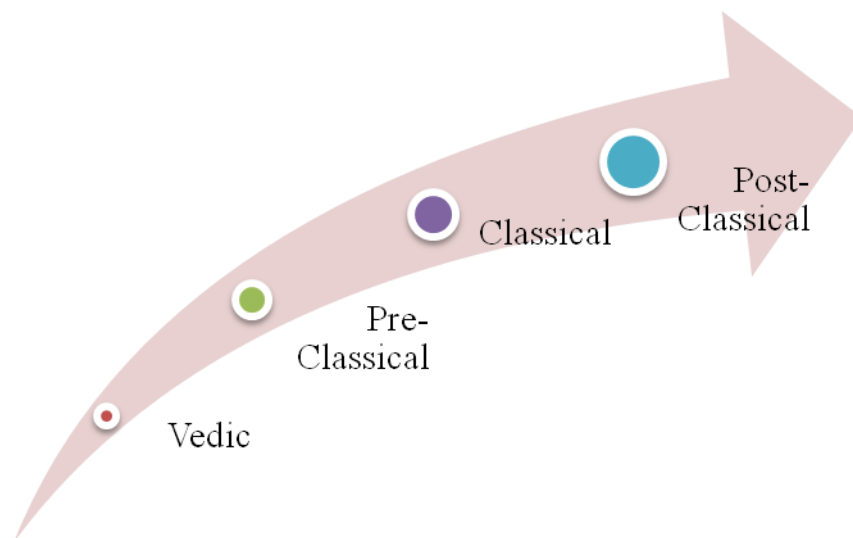


Figure-2: The antiquity of yoga is alienated into four comprehensive categories.

- Vedic Yoga: (ca. 3000 – 4000 BCE) This period dates back to ancient India when Yoga was intimately connected to the ritual life of ancient Indians. It revolved around the idea of sacrifice (Yajna) as a means of joining the material world with the invisible world of the spirit.
- Preclassical Yoga: (ca. 2500 – 100 BCE) The most important literature to emerge during this time are the Upanishads, a collection of texts that describe the inner vision of reality resulting from devotion to Brahman, the Absolute. One of the most important texts to emerge from this time is the famous „Bhagavad Gita“ (The Lord’s Song), which provides the most comprehensive description of yoga at that time.
- Classical Yoga: (ca. 100 BCE – 500 AD) This period marked the emergence of one of the most important texts on Yoga, Patanjali’s Yoga Sutras.
- Postclassical Yoga: This period was very rich in producing various schools and practices of Yoga, such as Vedanta, Hatha and Tantra Yoga. Several reliable texts on Hatha Yoga such as

the, Hatha Yoga Pradipika, The Goraksha Samhita“ and the Gherand Samhita emerged during this time.

The Chakra System

There are 7 chakras, or energy centers, in the body that developedchoked by extended held tension and low self-esteem. But practicing poses that agree to each chakra can release these blocks and clear the path to higher consciousness.

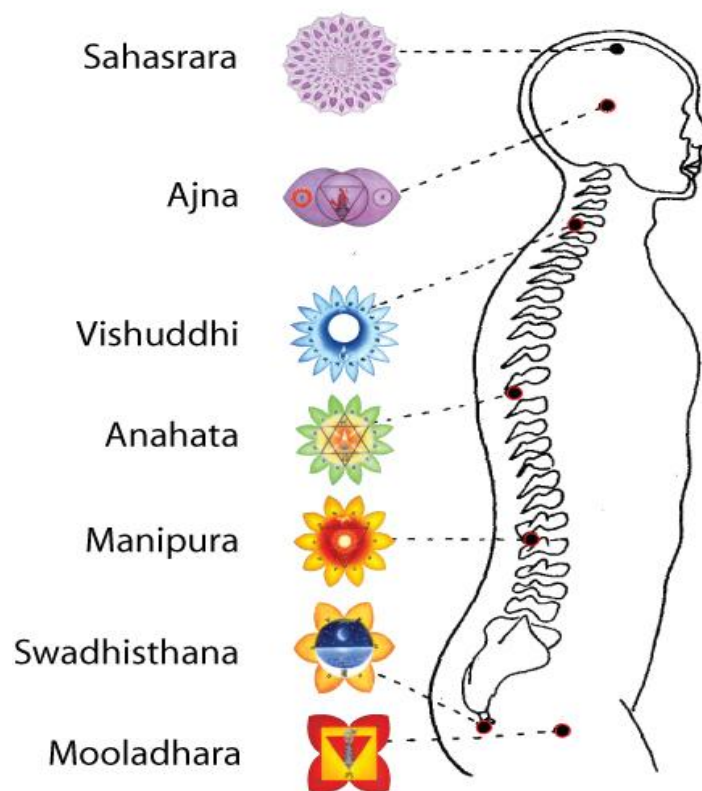


Figure-3: The Chakra System.

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