

GURUMANTRA YOGA FOR A HAPPY LIFE

Chaitali Dipak Sonawane

T. Y. B. A., K. R. T. Arts and Commerce College, Vani.

Abstract

Yoga has been practiced since ancient times, so when you hear the word yoga. A cave in the Himalayas stand in front of your eyes and a yogi who has been doing penance there for years. Therefore, if you want to practice yoga, it is the common man's Perception that if you want to practice yoga, you should completely turn your back on the world and take refuge in the Himalayas. Common people ignore it thinking that it is beyond their reach but now the attitude towards yoga has started to change and it is not right to ignore it thinking that yoga is too difficult and too easy. It is necessary to consider the worldly pleasures of the world as happiness and if we do not get them, then being sad is not real happiness, that is, man expects and from that expectation, sadness is created. One who looks at the pleasure and pains, gains and losses arising out of consumption with equal vision is the "Stitapragya" (one with steady intellect) described in the Bhagvad Gita. Acting with equanimity in this way is the process of mixing with droplets in the ocean.

Keywords: Yoga, Health, Yogic Practice.

► *Corresponding Author: Chaitali Dipak Sonawane*

Introduction

The merging of the part of the world controlling power in the human body with that power is yoga. The Sanskrit word is formed Atmantattva is the ultimate goal of yoga. There is a big difference between exercise and yoga. Exercise only affects the outer body, but yoga affects the whole body, mind, intelligent, five great elements, and seven chakras external inner body. Sri.Patanjali Mahamuni, the first pioneer of yoga, while explaining the definition of yoga Shastra as what happens on the body said 'Yoga Chittavruttnirodha'. Yoga is the restraint of the attitudes of the mind. Moving forward by concentrating the restless mind and making the diseased body free from disease. Yoga includes prayer, meditation, asana, mudra, Pranayama, Sun salutation, Suryanamaskar is known to all as an all-round beautiful exercise. Daily practice of surya Namaskar relaxes stiff body muscles. Suryanamaskar involves the study of yogasanas and the practice of pranayama suryanarayana is worshiped and the mantra has power, hence it is called all-round beautiful exercise. Suryanamaskara is also practiced as a form of worship to Lord Sri Suryanarayana in daily religious practices. Yoga is a holistic thought for the upliftment of the human being by explaining its usefulness and importance to today's man. Also for that all the Prerequisite Preparation is also important. Example –authority, regularity, right time, place, auspicious sitting for asana, dress, diet, restriction of walking etc. Yoga Shastra considers the whole of human life. Just as it is used in the human life to keep the mind focused and the body healthy, yoga can also be used as a treatment method for physical and mental disorders. Yoga has first of all told how every person should behave in society. Ashtanga Yoga has been created for this. Ashtanga yoga is included in yoga. It consists of eight limbs namely Yama, Niyam, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. The first step of Ashtanga yoga is the Yama, in which the restrictions to be followed while acting in the society are mentioned. In it, Ahinsa, Satya, Asteya, Brahmacharya, Aparigraha are mentioned. The second step is also five rules. A sadhaka has to put some restrictions on himself so that he can progress quickly in his yoga

practice. There are five things mentioned in it: Shauch, Santhosh, Tapa, Swadhyaya, and Ishwarpranidhan. Third step the Asana seeker plans asanas to create a healthy state of his body and achieve stability in it. The fourth step pranayama is the study of pranayama to concentrate the restless mind and destroy the cover of maya on the pure mind. Only then can ultimate goal of yoga be attained. According to the Indian tradition, Yogashastra become fragmented as it spread through various sage traditions. But Sri.Patanjali Mahamuni has compiled it in a proper manner and formulated it in eight limbs i.e. Ashtanga yoga. Yoga is the union of soul and soul which can be achieved in many ways. There are many types of yoga like Bhaktiyoga, Dnyanayoga, Karmayoga, Rajayoga, Hattayoga, Premanyoga, but Hattayoga and Rajayoga are very close to Ashtangayoga. For example maintaining physical health by making spiritual progress or performing Samadhi, Getting rid of disease etc. It is also an important issue that one should study yogasanas, an important book of yoga 'Hathapradipika' says the following verse.

"Abhyasatsidhyimapnoti Sarvayogeshvatandrit." Young, old, very old, sick and weak all practice yoga, yoga will be achieved, while saying that anyone can practice this yoga, 'child' has been omitted. Scholars have stated that childhood lasts up to the age of sixteen, but this limit has been given by assuming a life of 120 years. If we consider the current life span, there is no problem in considering the body system up to twelve years, that is, there is no problem in studying yogasanas after the twelfth year, until the growth of the body and the growth of the internal organs are complete. During the bone mass process, the stress caused by yogasanas is not tolerated and it affects the growth. Therefore, the children were not told to study yoga. If you want to benefit from Yogasana Pranayama, you should incorporate this practice in to your daily routine. After two or four days, when you get time, it will not be possible to study it as a fashion. So a time has to be fixed for it. Time is important if you want to experience the desired results of yoga. If is an experience that we study for about half an hour every day to keep our mind healthy. The practice of yoga and Pranayama is with your body. So the body should be energetic. Moring is the best time for yoga. The best time is 6 to 7 in the morning. In the morning, the body and mind are energetic and happy. Also, the place of yoga practice should be ventilated, open and clean. Preferably away from public relations, after considering external things such as place, time, and clean posture for yoga practice. Consideration for body condition regimen is important. Stomach should be empty to practice yoga. Yoga should be practiced three and a half hours after meats. Also on should not take food immediately after practicing yoga. Every human being has the trigunas and the are mentioned in the diet. Therefore, non-vegetarian food is an antidote to the practice of yoga. Therefore, Tamasi guna increases. On the contrary, since vegetarianism is an enhancer of saftva qualities, it is beneficial for yoga practice. Yoga is not only a system of exercise, but a science that affects human life and develops it holistically. After starting the practice of Yogasana and Pranayama, one can gradually get rid of addictions. Yoga practice very important for every person in daily life. Practicing yoga can relieve mental stress and provide an experience of peace. Due to the practice of yoga, many diseases disappear, body health is maintained. Only if all the rules are followed, the expected results of yoga will be experienced. We are subject to various vices and bad habits. Yoga shastra tells us to get rid of it. Practicing yoga can make your life happy. Diseases and disorders in the body can be cured by practicing yoga. Along with asana, Pranayam and meditation and prayer are also important in yoga. The importance of yoga in everyone's daily life is unique. Practicing yoga can lead to a healthy, energetic body and a pure and healthy state of mind and experience ultimate peace.

Hari Om

References

1. Gupta R. K., Jasoria, A., Singh, S., & Gautam, K. (2014). Parent child relationship as predictor of locus of control in adolescents. *Indian Journal of Psychosocial Sciences*, 4(2), 34-36
2. Satchidananda S. (2005). *The Yoga Sutras of Patanjali*. Yoga ville, VA: Integral Yoga Publications
3. Brahmchari D. 1968 *Yoga for life and living*. Edited by; Brahmchari D. Central research institute for Yoga, N. Delhi.
4. Dhanraj V.H. (1975), *Yoga and Physical fitness*; collected paper on Yoga, Kaivalya dhama, Lonavla.
5. Gharote M. L. (1976) *Physical fitness in relation to the practices of selected yogic exercises*. *Yoga Mimansa*, 18:59-72.