

CHAPTER – 8

CONCLUSION

To modern mind, in East or West, the whole yoga scheme of attaining perfection appears to be only an elaborate process of self-hypotisation. Intense and solitary meditations, accompanied by physical exercises and postures, help to make our minds run into particular moulds. Such a view gains some support from the popular confusion of the yoga system with some of the repulsive practices of the tantra – cult and latter adoptions of Patanjali's yoga by fanatical mendicants. It is however necessary to bear in mind the fact that Patanjali's yoga in its original. Form, is free from these vagaries. It formulates the methods of getting at our deeper functional levels. Yoga discipline is nothing more than the purification of the body, mind and soul and preparing them for the beatific vision.

Yoga belongs to the Indian Philosophy as one among the nine systems of it. It is regarded as very strong system of philosophy, because it defines the psychological context of mind-body relation, which no other school of Indian philosophy do. This psychological aspect given it greater value than others. However, from its birth onwards, Yoga has great influence on human life. Now-a-days also to recover disease, drug-abuse, other mental and psychological disorders ; doctors and experts prefer meditation and yoga. Thus it has great impact on us.

Yoga psychology is a comprehensive study of the mind. Truly speaking, it is the science of the psyche or the self. Its aim is to

understand the real nature of the self and Samadhi is its sadhana, as according to it, in Samadhi only the true nature of the self is realized in its fullness. The self is encaged in a mind – body complex. So realisation of the self is not possible without the systematic study of the mind and the body in their different states and processes and different modes of experiences thereby produced. So, it is rightly said that, Yoga psychology is the science of the body, mind and soul.¹

Yoga psychology is more scientific and comprehensive with its spiritualistic outlook for the realization of the true nature of the self and thereby to attain Kaivalya or liberation, the summum – bonum of life. Yoga psychology is a complete psychology, a finished product, with all the richness of content and greatness in depth and profundity, whereas Modern Western Psychology is developing and progressing and the trend of its development is leading gradually towards understanding the deeper contents of mind or consciousness with a modern scientific outlook and their approaching towards the findings of yoga psychology.

In the deeper aspect it is said that Yoga is the way to quieter the mind².

‘Manahprashamanopayah Yoga Ityabhiyate’.

(- Loghu Yoga Vashishtha 3-9-32)

We all know that a high agitated mind is today the cause of all human sufferings. The comfort level of man has gone up, but he is more dissatisfied, as he identifies himself with the material world. Thus he goes to process more and more, and in the process becomes unhappy. Though he is tired, he cannot sleep at night. Does of sleeping pills go in without any result. Yoga is the way to quieter the mind.

In fact a few minutes of yoga will help people to overcome from his unequilibrium mental state. Finally we may conclude by saying that yoga is the best medicine for the purifying all the illness of the body, mind and spirit. It is the highest comfort level for people.

References :

- 1) Dr. S. Das – A study on the Patanjala Yoga darsana, P-287.
- 2) N.R. Bhide – Yoga – the way of life based on the vision of oneness, P-18.

OBSERVATIONS MADE THROUGH THE FIELD STUDY :

Our project titled 'The Importance of Yoga' threw light on many aspects on the development of 'Yoga' in Indian Philosophy .The origin of this research problem lies in the fact that the Yoga Darsana aims at the attainment of liberation and it prescribes the means of attaining by establishing the supremacy of the psychic over the physical and the necessity of meditation and ecstasy by controlling the sense and the mind through yoga practice of disciplined activity, physical and psychical.

We have seen that in Indian philosophy Yoga Darsana usually means Patanjali's Yoga Darsana and the great sage Patanjali is generally accepted as the founder of this system. Throgh our the field study we are trying to observe the Yoga philosophy of Swami Vivekananda and Sri Aurobindo, the two great modern souls of Indian thought.

For actualising the great vision of 'Yoga Darsana', there are so many branches and centres spread over all the states of India to mark for all sections of the society, to rebuild the nation. This task can be named as a process of national regeneration.

Our participation in Yoga Workshops and programmes helps us a lot to realize the practical aspect of Yoga in our daily life. The lectures delivered by some resource persons from Vivekananda Kendra and also from the Aurobindo Society of Guwahati on Swami Vivekananda and Sri Aurobindo , threw light on the points that Swami Vivekananda proclaimed "each soul is potentially Divine, The goal is to manifest this Divinity within, by controlling nature- external and internal. Do it either by work as worship, psychic control or philosophy; by one or more, or all of these and be free." According to Sri Aurobindo, Yoga is the systematic methodology of unfoldment of the inner potential Divinity, by moving towards self- perfection."

To observe the importance of yoga in present day society our team had made an attempt to make some field trips for this endeavour. Our visits to the Vivekananda Kendra and to Aurobindo Bhavan helps to understand that for actualising the great vision of 'Yoga Darsana', these two branches have successfully spread the mission of Yoga and became an useful endeavour for present society.

The different causes on Yogic practices offered by the kendras are tailored for an all-round development of the physical, mental and vital components of man. The Asanas provide a means to develop an inner awareness thus aiding in calming down the mind. The Cleansing Techniques, 'Kriyas' help to bring about a balanced function of the body, then, by purifying the subtle 'Nadis'. These techniques prepare the individual for practicing Pranayama, Mudras and Bandhas. Through these practices one gets a preparatory training for preserving higher techniques leading to the study of increasing harmony and bliss.

Thus the study is trying to show the significance of 'Yoga Darsana' as a spiritual oriented service mission, which have attracted a fairly large number of young idealists in our present society. They have sparks of enlightened spiritual instinct in them along with youthful dynamism.

YOGA : AS A MISSION WITH YOUTHFUL DYNAMISM

Few questions in the form of a questionnaire were distributed among different persons to gauge the importance of Yoga in today's world .

It has been found that yoga is a familiar word in today's world and have come to occupy an important place among persons in the society .Few people practice yoga regularly and have been doing it since last five years or so. Others have been practicing it quite often to have general fitness of the body, to make the body flexible ,control, krodha or anger, resist temptations and curb passions.

The basic asanas and also pranayama and meditation are found to be practiced diligently and regularly by the practitioner's of yoga. Most people, though they have initially learnt the yoga techniques at yoga centres , prefer to continue yogabhyas at their own home.

One interesting point to be noted here is that almost all persons do not associate yoga with any particular religion.

With regard to the level of investment in yoga practice , a nominal percent have stated their investment in yoga practice , a nominal percent have stated their investment as minimal , while for others , yogabhyas fulfills their psychological , emotional , social and spiritual needs .Mostly basic asanas are preferred by the practitioners of yoga.

People believe that yoga, to the largest extent will help in curbing unrest among youths of the present generation. Practice of yoga will help to calm the human mind and acquire mental equipoise while interacting verbally with many people, we have come to understand that they feel that young people with destructive mindset, can be helped through yogabhyas in reducing smoking, drinking and alcohol abuse . Violent behaviour is mainly associated with neuro-hormonal modulating effect.

The practitioners of yoga believe that mind and body can be purified through yogabhyas .The mind can be cleansed of its impurities like anger, passion, greed ,desire, hatred and all other negative elements and mental impurities. Similarly yoga also helps in treating physical ailments and diseases inflicting the human body. In this way, Shaucha can be achieved through yogabhyas.