

Yoga

An inner journey and inner Engineering

Presentation by
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INTRODUCTION

- Yoga is the word derived from “**YUG**” a Sanskrit root meaning to **bind**.
- Yoga means binding of **BODY, MIND** and **SOUL**.

ORIGIN



- *Saint Pathanjali, one among 18 siddhas is the **father of Yoga** sutras belongs to the year B.C Seventh century*
- *Saint Pathanjali, extracts this formulas while Lord Shiva taught Yoga to His wife Goddess Parvathy*
- *Saint Pathanjali has written **196 sutras (formulas).***
- *Saint Pathanjali, has divided his Yoga into Eight Limbs. That Eight limbed yoga is Called as Pathanjali's ashtangaYoga.*
- ***Ashtanga = eight parts***

Pathanjali's ashtanga Yoga

I – PANCHAYAMA (SELF RESTRAINT)

- *Ahimsa* - (*Vegetarianism*)
- *Sathya* - (*Truthfulness*)
- *Brahmmacharya* - (*Celibacy*)
- *Asteya* - (*Non – stealing*)
- *Aparigraha* - (*Non acceptance of gifts*)

II – PANCHANIYAMA (FIXED OBSERVANCE)

- *Santhosha* - (*Cleanliness*)
- *Shaujjya* - (*Contentment*)
- *Svadhya* - (*Self study or Self introspection*)
- *Thapas* - (*Spiritual Behavior*)
- *Ishvarapranidhana* - (*Total surrender*)

Pathanjali's ashtanga Yoga

III – ASANA – (POSTURES)

- For the regulation of blood, air, heat and life force circulation

IV – PRANAYAMA - (BREATHE REGULATION)

- To increase the capacity of lungs for the intake of oxygen.

V – PRATYAKAR - (ABSTRACTION)

- Withdrawal of senses
- Source of energy –Food, Water Air and astronomical Radiations

VI – DHARANA - (CONCENTRATION)

- Focusing attention on one thing at one will.
- A hyper acute conscious stage
- A supreme absorptive concentration

1. sthuladharana – (object concentration)
2. sukshumadharana – (subject concentration)

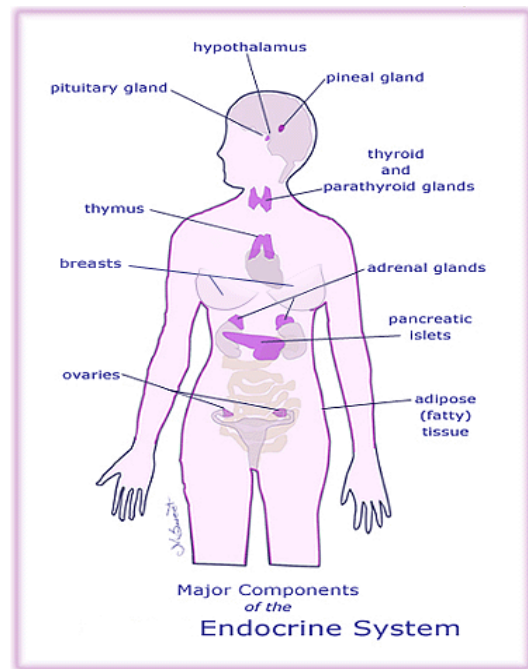
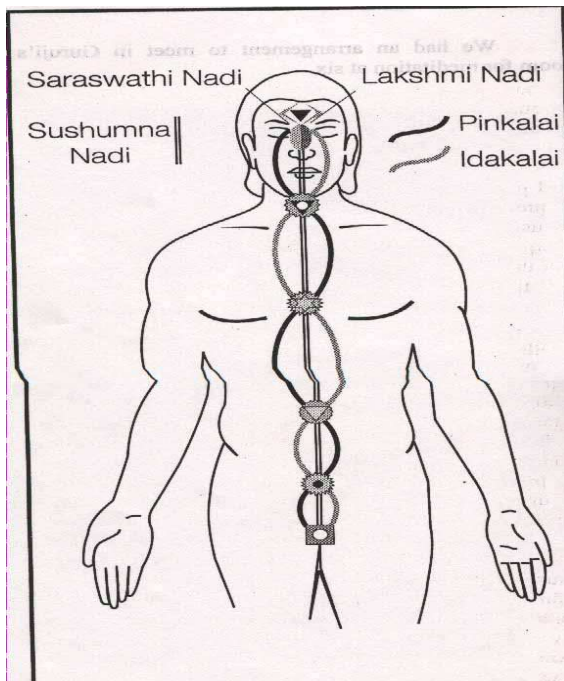
VII - DHYANA - (CONTEMPLATION) (MEDITATION)

- Saturation of mind in an object or Subject
- Dissolving the mind in an object or Subject

VIII – SAMADHI- (TRANCE)

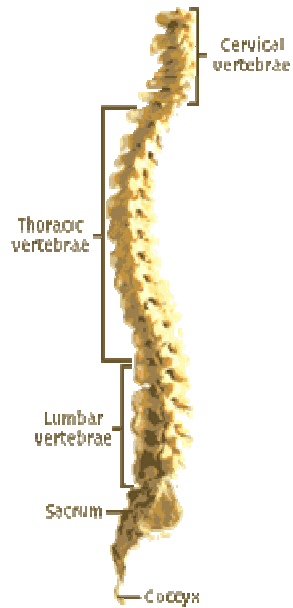
- No difference between object, observer and observing.
- No difference between seen, seer and seeing.

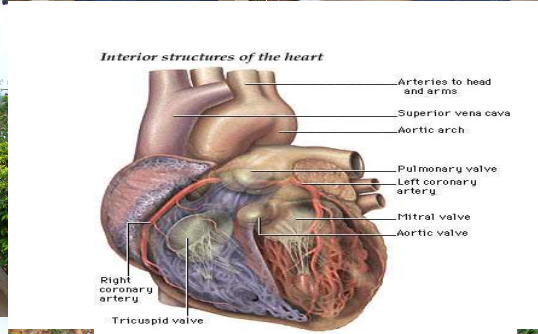
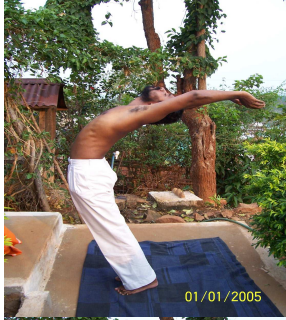
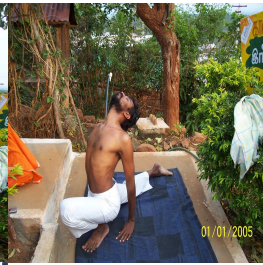
HUMAN ANATOMY

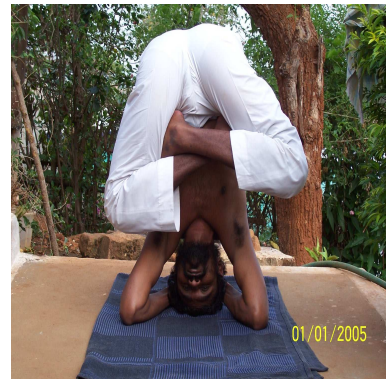
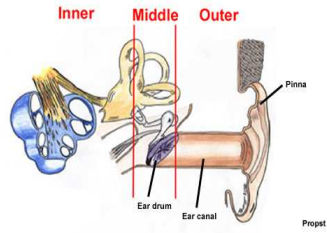
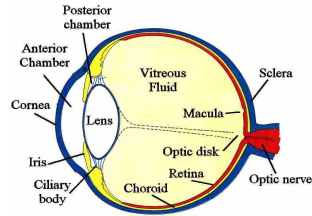
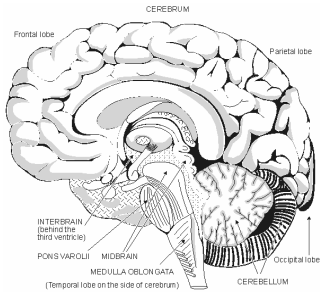


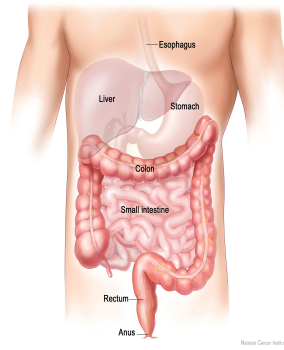
Asanas and Disease Cure

For the Tenderness of the Spinal Column

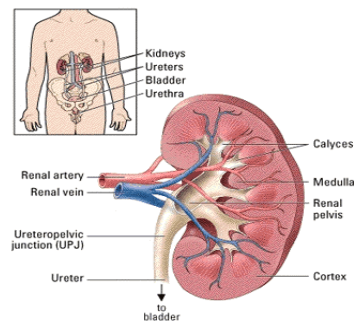




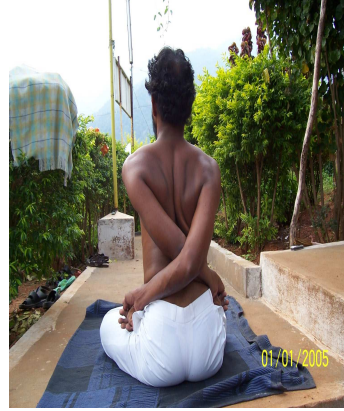




The Kidneys

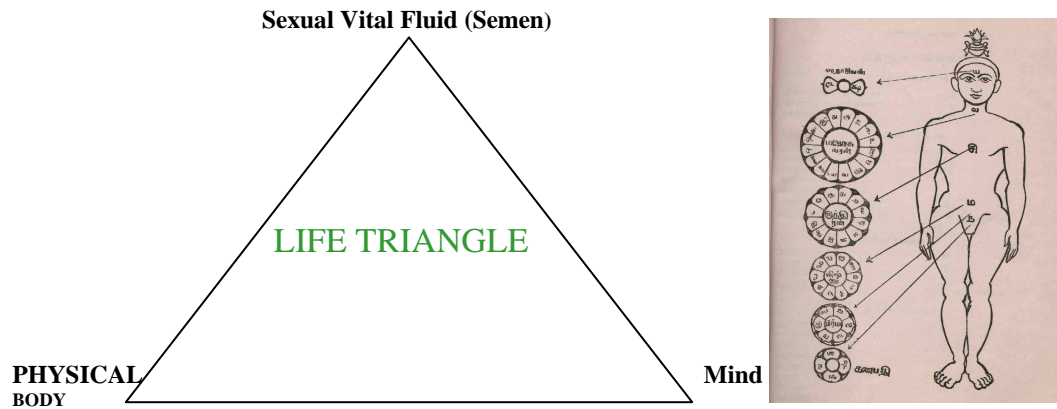


Some Asanas





IMPORTANCE OF SEX ENERGY

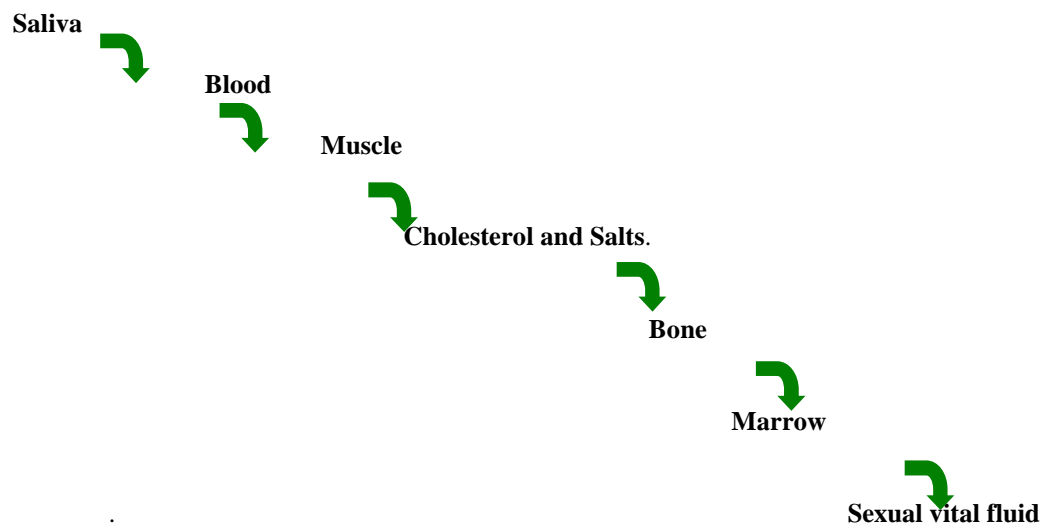


1. Seven Chakras
2. Seven Ragas
3. Seven Dhatus
4. Seven Goddess

The sex energy cannot be produced in laboratories.

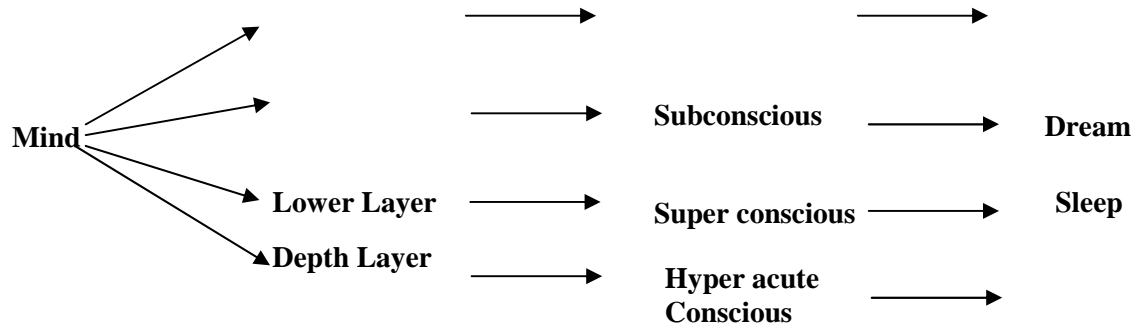
The Quality and Quantity of sex energy is Quality and Quantity of life force.

FORMATION OF SEX ENERGY



Mind:

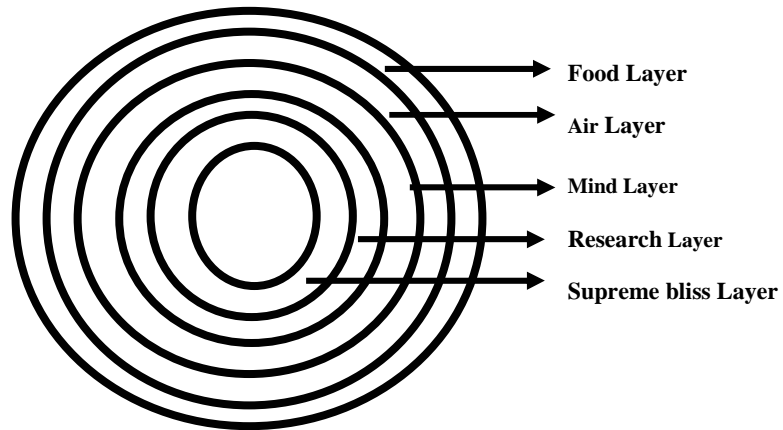
Mass of waves. Functioning in wavy action depending upon the No. of oscillations the frequency differs.



Mind - Beta wave – Alpha Wave – Theta wave – Delta wave

Soul:

- Emission of Sex energy is emission of soul. - (Tantra)
- Soul is purified energy from sex energy.
- Preservation of Sex energy is preservation of soul.
- Living closer to soul is living closer to the God.



God:

- G** - Power that **G**enerates.
O - Power that **O**perates
D - Power that **D**eletes

There is no God apart from living beings.

Feel the God in all living beings – **Saint Vallalar**

1. Plants - One sense - Pressure
2. Earth worms - Two senses - Pressure and taste
3. Ants - Three Senses - Pressure, Taste and smell
4. Snakes - Four senses - Pressure, taste, smell and vision
5. Animals - Five senses - Pressure taste, smell, vision and Sound
6. Human - Six senses - Pressure taste, smell, vision, Sound and mind

KKARMAS – (IMPRINTS OF THE BIRTH)

Karmas imprinted through Hereditary . (Sanjithakarma)

Karmas collected through self-actions. (Praraptha Karmas)

Karmas collected from the Both. (Akamya karma)

Karmas can be eradicated by the eyebrow center meditation.

GODLY LIVING:

Man minus impurities is God. The God covered with impurities is man.

IMPURITIES:

Greed, Anger, Miserliness, Immoral sexual passion, Vanity ,Vengeance , Ego , Self Boasting, Sadism.

ENERGY:

Neither Energy can be produced nor destroyed.
Energy can be transformed into one form to another.

Einstein's Law of energy -

$$E = mc^2$$

E	-	Energy
m	-	Mass
c	-	Velocity

CONSERVATION OF ENERGY THROUGH YOGA:

- Yogasanas, pranayama and meditation keeps human in higher energy level
- Ø Helps to transform sex energy into physical and mental energy
- Ø Helps to work extraordinarily
- Ø Helps to live holy, spiritually and blissfully.
- H Helps to develop self-confidence decision-making skills.

CONCLUSION:

Quality and Quantity of sex energy is
Quality and Quantity of life force.
Pathanjali's Ashtanga Yoga is an air way to the
attainment.

Vishraanthiyoga
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