



YOGA CULTURE FOR PERSONALITY DEVELOPMENT

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Some Yogic Posture & Yogic Way T – 10 ?

Yoga T-10 are Ten tips based on Yoga philosophy. They are some adoptable ways of thinking and practices, which will help us to take one step towards new age Yogic way of Life. They will help us to understand the essence of life and how to develop our personality by improving our emotional quotient. They will help to build positive attitude and to lead a disciplined and healthy life.

The content of this paper shows some adoptable ways of thinking and practices. These are twenty tips which can lead a person towards principles of Yogic Way of life.

Astanga Yoga Marg and personality development

In Yoga Sutra text of sage Patanjali, the eight limbs are mentioned to achieve the highest goal of life, Samadhi or Moksha or salvation. The eight limbs of Astanga Yoga are : Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Sanadhi, First two limbs, Yama (restrains) and Niyama (observances) are preparatory for making body mind complex conducive to higher yoga.

Five yamas: ahimsa (non violence), satya (truthfulness), asteya (non-stealing), brahmacharya (self control), avarigraha (non-acquisition) are codes of social conduct. As man is a social animal these restraints have great importance in cultivating congenial relationship with family and friends and society. These moral imperatives are known as 'Mahavratas' which one has to practice universally without exception.

Many spiritual leaders have thought a lot about the simplification of these ideal principles and making them applicable for the common man, In today's world the objective of having a good health while using Yoga practices as therapy is more in the forefront than the spiritual aspect of yogic philosophy.

The Ten Tips Are:

1. Have coffee with GOD
2. Go green
3. Don't be slave of microwave
4. Mirror, mirror on the wall....
5. Stretch in Breaks
6. Eat a bit, bite by bite
7. Have cough; do Japa
8. Stop criticizing; start complementing
9. Enjoy silence
10. Don't steal and let not others do the same II. Buy one, give one free

1. Have Coffee with God

In the morning when we wake up we must thank God first to keep us alive to see the day. Confess yesterday's mistakes; ask for his pardon for all ugly thoughts and wrong doings. Pray to him to give strength and balanced mind to face anything that comes in our way. Pray for your well being as well as that of others. The prayers were the integral part of daily sadhana of great souls like Gandhiji, Swami Vivekananda and Ramkrishna Parmahansa.

2. Go green

We start our day by remembering God and start exploiting what nature has given us, esp. Water, fuel etc. In Ashram life people were more close to nature. Gandiji, Vinoba Bhave, ID. Krishnamurti even Albert Einstein were nature lovers. Conscious efforts of natural living gives us satisfaction & of not contributing to environmental problems, such as global warming. As a social being and Yoga practitioner we must, as far as possible, avoid use of plastic, non-biodegradable products. We must propagate natural living and 'go green.'

3. Don't be a Slave of Microwave

Scientific advancement has made our life comfortable and is an important reason of improved standard of living, but it has started overpowering us. Let's be more self reliant. Let's not depend too much upon machines. Let's be the masters of the machines not slave.

4. Mirror, mirror on the wall....

In recent survey made by a cosmetic company they have found that 40 percent people are afraid of looking in the mirror because they feel that they are ugly or obese. This is causing very a serious self hate disorder. It is killing the self esteem and confidence of many esp. The youth . I feel yogic intervention will definitely help, if we stress upon the health benefits of

yoga and how yogic practices of Maitree, Kar una Mudita and Upekasha will certainly help to improve mental health and feel beautiful inside out.

5. Stretch in breaks

With the changing times, our working conditions are also changing dramatically. This sedentary life style is taking toll of our health. We often complain about lack of time and space to do exercises, Asanas, Pranayama. The solution is stretch in breaks.

6. Eat a bit, bite by bite

Although, Yuta, mita and Satvic ahara is very important for Yoga exponent to follow all these rules is practically impossible. Each one has to find out a middle path. Eating small quantity of food at a time, eating without asking for extra salt, sugar and pickles, fasting once in a week, not watching television while eating, not criticizing the food, avoiding fights or agitating discussions and eating light at late night dinner, could be done consciously. As the saying goes, we are what we eat. And' "Anna Hey Purna Bramha" we should concentrate more on food and eat is slowly, bite by bite. This will be very helpful for proper digestion, absorption and assimilation of food.

7. Do japa when you have cough

Air pollution is increasing day by day esp in big cities. Respiratory problems are also on rise. When we have cough i.e excess mucus secretion dur ti different triggers, we feel restless, irritated and this may lead ti asthmatic attack for the sensitive people. To keep mind calm is important in asthmatic attack. One easy and effective way is doingjapa with mala. One can also do manas chinte, omkarjapa, Gayatri mantrajapa or chant God's name, I have read that Gurudev Ranade had severe cough problem and he cured it by Japa-sadhana for many months.

8. Stop criticizing start complementing

The criticism hurts others and spoils relations. If we overlook small mistakes or irritating habits of family members there will be more peace of mind and peace in the house as well. In the office if we can tactfully point out the mistakes, say some encouraging words and occasional pat on the back will create a friendly atmosphere. Compliments for the work done and praise will make the person feel good and worthwhile. This human management is done very well by Dr. APJ kalam while he was the head of ISRO. Another example is that of Mr. V.J. Kurien who was head of 'Amul' Dalai Lama says" Roots of all goodness lies ins the soil of appreciation for goodness."

9. Enjoy Silence

Those who live in big cities are constantly exposed to high degree of sound pollution resulting in irritation and lack of concentration.

10. Don't steal and let not others do the same to you

The importance of asteya i.e non stealing is in first limb of As tang Yoga. The same principle can be applied in our daily life. we should at least mention the name of the person of person whose ideas, thoughts we went to use.

Conclusion

These ten instructions contain the very essence of all yoga sadhana, it will all come to one who/allows them wholeheartedly. They are the unfailing keys to quick and effective development and culture of the physical.