

YOG AND DEVELOPMENT

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Abstract

In this whole world based on male and female energies because God (nature) has ultimate power of reality. It is based on $E=mc^2$ (Einstein), Newton's III^d law & law of attraction, all three factors are playing everywhere in this world. Female is the largest voltage of this world. It is said that a sound mind resides in a healthy body. If your mind is sound and body is healthy, your performance can be better in all the activities you carry out in our day to day life. Yoga can play a very crucial role in maintaining healthy body and provide peace to a human being Yoga can also help all round development. This paper is an attempt to show the benefit of yoga for overall development of health and how it is helpful for all round development. Moreover, an ancient scripture of mythology is introduced and the ways in which they are helpful for maintaining health and also for all round development.

Keywords: *Yoga, Saptashati, women, meditation, wishes, and spiritual ascension, purity of thought, positive radiance etc.*



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Introduction

Yoga is a very old practice which has been in existence since ages in India. The word Yoga originated from the Sanskrit language. It denotes union of bridge that specifies the practice of yoga brings together the one's body, mind and spirit. Yoga includes several physical postures which are called Asanas. These postures combined with breathing techniques (pranayama) and meditation (Dyana), makes the goals of a sound body and a quiet, peaceful mind complete. Sri Durga Saptashati is an ancient scripture of mythology. While the tales and fables in this scripture, highlighting the heroics of Mother Goddess Durga, are known to all and widely discussed in traditional culture, the real power of the scripture lies in the mystic meditation revolving around the scripture. This secretive meditational process of Durga Saptashati laid encrypted in a spiritual code for ages. It was kept as a closely guarded secret to avoid it falling into the wrong hands. But, the merciful Healing Master Avdhoot Baba Shivanandji took it upon himself in the contemporary times to revive this supremely powerful but forgotten spiritual practice. Babaji reckoned that in the current milieu of conflict, war, rebellion, strife, epidemics, incurable diseases, natural disasters, catastrophes, pain and suffering, mankind was becoming increasingly disconnected with itself. He felt that time was

ripe to overhaul such a vitiated atmosphere with something which could not only arrest this slide but universally resurrect a congenial environment for good health, peace, happiness and an overall harmonious existence for all living beings. Thus, Babaji decoded and distilled the 13 chapters and 700 verses of the Durga Saptashati scripture. What came through was a very powerful gist of Beej Mantras or seed Syllables Each Beej Mantra is or seed syllables each Beej Mantra is a living entity and invokes the goddess in some form.

Each syllable has great sanctity and purifying capacity there are three units in the meditation, corresponding To the divine Trinity of Goddesses Mahakali (kill the vices), Mahalaxmi (Bestows infinite material and spiritual wealth) and MahaSaraswati (imparts great wisdom) and so the devoted practitioner is blessed with 11th of the soul with every passing chapter of the process.

The Demons which goddess Durga overpowers in the various story legends of the Durga Saptashati are actually all bad habits of ego, criticism sycophancy, greed and the cascade of misdeeds which have occupied our lives because of ignorance as the practitioner of these meditation follows the procedure the intimate connection with the god is that gets established kills the negativity within helping us internalize the real essence of Durga Saptashati which is renunciation of all kinds of devilish tendencies.

The defining element of these meditation is that it is known to be the giver of great bones. Moreover, with Babaji having moulded such a complex, long-drawn meditation into a succinct process it has become tailor-made for the fast paced modern Times.

The greatest asset of Durga Saptasati Sadhana is that it help us learn the real meaning of renunciation and detachment by guiding us towards the practical aspect of spirituality. So we realize that the devil of Mahishasur, Madhu-Kaitabh, Shumbh-Nishumbh and Raktabeej are not external entities but symbolic of bad qualities within us. Saptashakti is a facilitator in us becoming aware of the fact that when we kill the bad tendencies we are showered with great boons, material wishes and spiritual ascension.

Importance of Durga Saptasati Sadhana

Durga Saptshati Sadhna is the perfect example of how the power of sound and vibration when blended with the emotion of devotion can prove to be my tea beneficial turning the chant of syllables into a meditation in motion.

Regular conduct of these purifying practice prices the vibration of the region where it is done, thus its exponents talk of its great capability of restoring peaceful and normal order across the word if done in every nook and corner collectively. Saptashati syllables grants

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infinite boons of diverse variety on the devoted practitioner the benefits through uncountable are summarized below.

1. Balances the ambient energy with image positive radiance
2. Create a protective shield around the factor which helps at every juncture.
3. Triggers personality and character development
4. Cleanses the mind of doubt and ambiguity
5. Forces great love and warm along family members when done at home
6. Aspire the individual on the path of virtuousness
7. Imparts the rare combination of purity of thought prosperity and wisdom
8. Rises the vibration of the practitioner and automatically his family
9. The quotient a very smooth effect on the body mind and soul

Over and above days it is said about the Durga saptasati meditational chance that day possesses the power of England or a 180 degree turn around even for the one who finds himself totally down and out in every sphere of life or for the person who is on the verge of total breakdown

The Infinite benefit of Durga saptashati Sadhana instant near the positive while paying the individual with an appreciable amount of creative energy.

Conclusion

Thus, this type of meditation which is based on the ancient scripture of mythology 'Sri Durga Saptashati' is very helpful for developing.

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