

# OBJECTIVE OF YOG

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**T**here are four main objectives of Yog – treatment of diseases, maintaining good health, development of consciousness and accomplishment. Yog is mainly the experience of elements, which are focused on the internal development. One can achieve control over speech, collection, lust, sensory organs, behaviour, character, and tongue with regular practice of Yog. Restraining sensory organs is the main objective of overcoming mental conditions; it in turn is the objective of overcoming conditions present in the mind. The devotee experiences ultimate happiness when he destroys lust. Therefore a Yog practitioner should always try to overcome mental conditions. Attainment of peace and happiness is the main objective of Yog by synchronizing speech with mind, mind with mind-stuff, mind-stuff with soul and soul with super soul.

Lust is present till ignorance is present, and till lust is present the man has to go through the cycle of life and death. The world cycle ends with the union of soul with super soul. The objective of all yogis is the experience of this union, not only at mental level but also through self-realization. The practitioner will find ultimate truth, and it is possible to experience spiritual and highest happiness. The soul synchronizes with mind, sensory organs and ego due to human ignorance. When the soul disconnects itself from all these then it unites with supreme soul. The dutifulness teaches us to unite the results in the desire to achieve god. Meditation or Rajayog tries to fill all the accomplishments with devotion and unconsciousness. It also strengthens the power of attaining god with meditation, devotion and worship. Devotion circulates the feeling of love and serving the god. The objective of knowledge is to make the human experience the service to soul and supreme soul with the help of wisdom of understanding soul and supreme soul. Devotion is the basis among all the yogis, out of which devotion of body, mind and speech is extremely important. Cleanliness, celibacy and chastity are physical devotions. Truth, speaking for welfare of people and study of classics is devotion of speech. Politeness, happiness, silence, controlling sensory organs and cleanliness of mind are devotion of mind. Regular and dedicated practice of all these is Yog. All these devotions take birth from love, which help in experiencing the union of all mankind with supreme soul. The isolated con-

sciousness of the practitioner merges with the collective consciousness of the universe just like the waves that submerge into the ocean.

**Classifications of devotion:** Four types of devotion are mentioned in Yograj Upanishad and Dattareya Yog classic. They are devotion through chanting of mantras, concentration, austerity and enjoyment.

**मंत्रयोगो लयश्चैव हठयोगस्तथैव च।**

**राजयोगश्चतुर्थः स्याद योगानामुत्तमस्तु सः।**

The above verse explains these types:

**Devotion through chanting of mantras:** According to Yog Beej and Yog Upanishad all the creatures chant 21600 Hansa mantras. Inhaling with Ha and exhaling with So. But the practitioner knows that reverse of this becomes So and Ham, i.e., Soham. This is devotion through chanting of mantras. According to Hansopanishad the practitioner experiences ten types of sounds with the help of this devotion. These sounds provide him with theological knowledge and he attains liberation.

**Devotion through concentration:** Focusing on mind with the help of Shambhavi Mudra is devotion through concentration. In this Yog, the practitioner tries to focus on the tip of the nose or any point of anything through closed internal eyes. He tries to concentrate his mind on it. This is known as Tratak. The practitioner is able to gather his fragmented thoughts and mental strength. When all the strengths are collected then the practitioner gets the knowledge of present, past and future and he gets the knowledge of actions, worship and knowledge. Practitioner can astonish everybody with concentration of mind. The practitioner can see the soul and supreme soul with concentrated mind and attain liberation.

**Hathyog:** According to Shruti Smriti the united form of Ida (Moon) and Pingla (Sun) nerves is Hathyog. There are 72,72, 10, 210 nerves in the human body but out of these Ida, Pingla and Sushmana are considered to be very useful. Sushmana nerve is the actual path of liberation. It is posited in the center of the body (slightly above the groin and lower than navel). It passes through all the chakras and reaches the Vishudh or throat chakra and is divided into two paths. The western path passes from backside of the neck through spine and reaches the suture on the top of the head. The second path is

the eastern path that passes through the Agya chakra and reaches the suture on top of the head. Sushmana can select any one path out of these two but western path is supposed to be suitable. Pranayam helps in the flow of Sushmana through union of Ida and Pingla. This energy flows in upward direction from root chakra to the suture on top of the head. This is known as Hathyog. Nadi shodhan, practice of various mudras, arousal of kundalini, and other chakras is Hathyog.

**Rajyog:** Patanjali has mentioned in Yog Darshan that overcoming five types of mental conditions is Rajyog 'योगश्चितवृत्ति निरोधः' in other words, regular practice of Rajyog helps in self-realization and overcoming the mental conditions. Patanjali has mentioned eight branches of yoga: restraining passion, observances, posture, controlling breath or pranayam, restraining sensory organs, contemplation, meditation and deep meditation. Truth, non-violence, not stealing other things, not collecting unwanted things and celibacy are restraining passion. Cleanliness, satisfaction, study of good literature, devotion and deep devotion towards god are the

five observances. Sitting in one position comfortably is posture. Practice of rhythmic and regulated breathing through inhaling and exhaling is pranayam. Pranayam or regulation of breath is considered to be the most important devotion. Restraining sensory organs mean surrendering the sensory organs to the mind. When the practitioner reaches this stage then the external conditions of the practitioner become inactive and he gets knowledge. Focusing the mind on the chakras is contemplation. This leads to meditation and deep meditation. Concentration of mind towards our goal is meditation and the final stage of meditation is deep meditation or Samadhi. When the practitioner is able to achieve this stage through meditation and concentration on goal he attains meditation with contemplation of idol and without contemplation of idol and finally attains liberation.

Rajyog is considered to be the best among all the four devotions mentioned above. However the practitioner can adopt any one depending upon his condition and practice it regularly with determination and dedication to attain liberation.

## IMPROVE MEMORY WITH YOG

*Prabhudayal Malhotra*

**T**he person who performs mental work in excess of his capacity suffers from poor memory. Besides the person also complains of mental weariness, indigestion, physical weakness, poor memory, fever, brain related diseases at the time of birth, long sickness etc. Poor memory could also be due to anemia.

**Symptoms:** The person starts forgetting things very quickly. He fails to remember the said thing in spite of efforts. He forgets what he has written or read. Sometimes he also fails to recognize familiar persons.

**Yogic treatment:** Yogic actions strengthen the brain and improve the memory power and helps in relieving this condition through natural ways.

**Padmasana** should be practiced regularly. This is the best asana for concentration. It helps in the concentration of mind and brain and increases digestive fire. It is beneficial to relieve vata related diseases.

**Vajrasana** should be practiced regularly in order to overcome playfulness of mind. It is a meditative pose.

**Shashakasana** should also be practiced regularly

in order to overcome brain related problems, mental diseases, stress, anger, irritability, anger and improves memory power.

**Shavasana** should be practiced for five to ten minutes daily in order to improve health. it gives complete rest to body, mind, brain and soul. it helps in gaining strength, happiness and the person remains cheerful.

The patient depending on his or her physical condition should practice **Surya Namaskar**. Surya Namaskar helps in maintaining overall health.

**Shirshasana** or Sarvangasana should also be practiced regularly to provide pure blood to the body, which prevents diseases related to eyes, nose, ear etc. it increases memory power, intelligence and grasping power.

Regular practice of Bhastrika, Kapalbhathi, and Anulom-Vilom overcome brain related problems and improve memory power.

Chanting Om removes all types of brain related problems. Brahmari pranayam overcomes playfulness of mind, controls mental stress and improves memory power.