

Revered Yog Rishi Swami Ramdev Ji taught pranayam to the patients suffering from much disease and gave demonstration by organizing residential 'Yog science camps' in different places of India.

Speaking on the occasion Swami Maharaj said that Yog is not a community, sect or religion. Yog is complete life style. He said that a person is trapped in community, sect or religion created with the objective of establishing ego gets stuck with prejudice and superstitions and stays away from truth. But a person who practices Yog, which is propounded by the sages and is free from any community or sect or religion, remains free from prejudices and superstitions and moves closer to the truth. Lord Sri Krishna says in Geeta that the person who is balanced and controlled in his behaviour, thoughts and deeds, who performs divine deeds, has purity in mind and inquisitive towards goodness, is a true yogi. Yog does not mean moving away from responsibilities but is to realize and fulfill the responsibilities.

Swami Maharaj addressing his devotees said that every person wishes to be happy all the time but keeps on running behind comforts and luxuries. But it does not give him satisfaction. Fire increases when we add clarified butter or oil similarly luxuries and comforts increase the desires. Man remains unhappy due to these increasing desires and as-

pirations. He said that when man is in good company with the saints and moves away from enjoyment, practices Yog and self-control then his consciousness arouses. Yog also gives ultimate happiness and peace.

Swami Ramdev quoted examples from Upanishads and said that the life in the form of human being is very powerful and auspicious. Pranayam not only helps in overcoming diseases but also win over death. He also said that pranayam develops a divine power in a person who practices it regularly. He said that pranayam purifies vital life energy that flows through 72 lakh thousand two hundred nerves and reaches sushmana then man is re-

- ◆ **Yog is a complete life style – Swami Ramdev**
- ◆ **Peace can be attained in life through Yog – Swami Ji**
- ◆ **Vital life energy is most powerful and utmost chaste**
- ◆ **Pranayam can overcome all the disorders**

lieved from all the unhappiness and desires and is ready to take the divine nectar of the god. This is the nectar, which the devotee gets with the practice of pranayam. The vital life energy moves upwards from the Mooladhar and gives divine energy. This is known as arousal of kundalini. The devotee who practices it regularly can make his arouses his kundalini and the body starts performing the divine actions automatically. He says that a person with aroused need not give any proof because nobody can hide it. When the devotee gets this power his life becomes blissful, there is a smile on his or her face and there is a natural shine. There is sweetness in his speech, he always speaks the truth, he is empathetic, and he has love and likes to help others. All good



qualities are inculcated in him with regular practice of Yog. Passion, ignorance, desires, unhappiness and other negative thoughts are removed and soul gets the ultimate happiness, brightness and peaceful lord.

Swami Ramdev baba says that pranayam removes all the negativities from our physical body and mental body.

He said that regular practice of all the seven steps of pranayam

could prevent all the diseases relating to mind, heart and lungs without medicines. The body consists of the five sections made with- food, vital life energy, heart, science and satisfaction. Any diseases in the body initially occur in the section made with food, which are shown in the physical body after four to five years. He said that the diseases, which cannot be cured with medicines, could be cured with pranayam.

Talking about meditation Swami Ramdev says that by practicing meditation we can know our own self. He says nowadays man is unhappy and away from peace because he has forgotten himself in this materialistic atmosphere. Through meditation man recognizes his pure conscious happiness, internal brightness and his life becomes complete.