

## Yoga - an aspect of spiritual life

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### Abstract

*Yoga is an artwork of spiritual and wholesome living. Yoga is an historical teaching which allows sedulous practitioners to attain religious enlightenment. On different hands, spirituality is the inner exploration of the very best values and deepest meanings in a human live. As a way to achieve this precious goal which includes a better kingdom of recognition, to outreach information or communion with god or creation and consequently become perfect, unique practices inclusive of prayer, meditation, and contemplation are vital. Yoga is the way of human health. With this in thoughts, we will remember the fact that yoga and spirituality are inseparable.*

**Keywords:** Yoga, Spiritual, Health

### Introduction

According to ancient Indian tradition, 'yoga' is an invaluable gift. It is a spiritual discipline that connects the mind and the body. The word 'yoga' is derived from the Sanskrit word 'yuj', which means 'to perform yoga' or 'to unite'. Yoga has four detailed divisions: 'Karmayoga' - where we take advantage of the body, 'Jnana Yoga' - where we take advantage of the mind, 'Bhakti Yoga' - where we take advantage of emotions and perceptions and 'Kriya Yoga' - where we take advantage of energy. Within the east, yoga is taken into consideration a famed set of sporting events that nurture the thoughts, frame, and spirit. On the contrary, inside the west people typically reduce it to the bodily, stretching thing. In the spiritual field, the word yoga means a way of reconciling the Supreme Soul with the living soul. This yoga Sadhana allows people to focus on the thoughts of God by getting rid of their earthly thoughts. It is a way to clear the mind by eliminating the corrupt substances of your heart. Aside from being a manner of dwelling our normal lives, yoga is an outright device, a way of questioning. This is why its components religious and bodily need to be combined. This can let you experience deeply the oneness of all existence. Changing negative questioning right into a fine one is also an amazing tip. A healthful food regimen, followed by using the removal of intake dangerous eatables that skinny down the vital strength from your body and tire it out, is every other step. Upload fasting as soon as every week or even try to recall a vegetarian food plan! Practice yogic asanas and respiration exercises on a normal basis. Meditate as a minimum two times a day for up to 20 mins and the depiction is entire.

The aim of yoga is self-awareness, to conquer all kinds of sufferings leading to 'the kingdom of liberation' (moksha) or 'freedom' (kaivalya). Yoga is largely a non secular subject based on a really subtle science, which specializes in bringing concord between thoughts and frame. The phrase 'yoga' is derived from the sanskrit root 'yuj', meaning 'to sign up for' or 'to yoke' or 'to unite'. In accordance to modern scientists, the entirety within the universe is only a manifestation of the equal quantum firmament. As in step with yogic scriptures the practice of yoga leads to the union of individual recognition with that of the regular cognizance, indicating a great concord among the mind and body, man & nature. It's far an art and science of healthy residing.

Yoga education, then again, targets at taking care of the man or woman, the 'being'. Yoga education is 'being orientated'. The fundamentals of yoga sadhana: yoga works on the extent of one's body, mind, emotion and power.

### **Explanation**

There is no alternative to connecting the mind with the body to improve the spirit and increase the capacity of the body. The word yoga means the progressive connection of body and mind. The Rishi Jangabalkya called the Yoga of the Supreme Soul (the Union of Nafs and ruhu) or the union with the wise living soul. The five thousand year old ancient science is yoga, which is the culture of the Indian subcontinent. After the benefits of yoga were newly proven in scientific research, Western society turned its attention to learning and practicing yoga. Yoga is now practiced all over the world. It is a self-contained method of spiritual improvement of body and mind as well as individual through regular practice. In ancient India, people practiced yoga for spiritual and spiritual development. Nowadays the importance of practicing yoga for fitness and keeping the body fit has increased. Yoga is a broad and comprehensive science. There are two aspects to practicing yoga. 1. Spiritual practice of yoga 2. Therapeutic practice of yoga.

### **Spiritual Practice of Yoga**

It is seen in various ancient texts that yoga was started for the spiritual advancement of human beings. A person can learn the rules of proper use of his intellect, conscience through yoga. Yoga teaches: a) non-violence, b) truth, c) not to be greedy for other people's wealth, d) restraint and e) not to stockpile excess. These values teach yoga through the practical work of daily living. Spiritual yoga practitioners can understand how these human qualities create a positive environment in the world society from individuals, families, society, and state.

The religious element of yoga can assist yogis broaden integration of the inner being as well as oneness with the excellent cognizance. And it all begins with the body and the asanas or postures. At the same time as the majority taken yoga training for its bodily advantages, the exercise of yoga can gain us in various other ways. Yoga is deeply rooted in spirituality and the various postures have deeper targets that cross beyond easy stretching and strengthening of muscle groups. The holistic effect that is attained thru yoga allows practitioners to now not most effective enhance their physical

energy and flexibility, but additionally their emotions, mentality and attention. This historic technology goes some distance beyond the mere physical aspects, by means of manner of deepening the relationship among thoughts, body and most important of all, the spirit.

### **Yoga practices assist to unify body, mind, and spirit**

Those yoga practices meet you in which you are, no matter your gadget of perception, and all people can use this gear to deepen their personal religious existence no matter their faith lifestyle. And in case you do have a religion, or religious practice of any kind, it offers you a hard and fast of sensible gear which can help to deepen your religion. Yoga isn't always a religion (although people who are unusual with it every so often misunderstand it as such).

When you examine yoga postures in seven spiritual laws of yoga lessons, the seven ideas are woven into your exercise and movements. Even as college students learn conventional yoga postures, the eye and aim they provide to those standards improves the best of all elements of their lives.

### **Psychological improvement**

The verb yoga habit keeps our head calm. The scientific method of taking oxygen and other emergency chemical elements makes our memory vigorous, increasing the force of our body. Deep attention increases brain performance. The virtue of Kriya Yoga helps people cope with mental fatigue, jealousy, nervousness, anger, fear and depression.

### **Spiritual improvement**

As a result of the practice of yoga, we can understand the three kinds of presence of God through the body. Divine sounds, divine light and divine vibrations. It is possible to awaken our Kundalini to glow in the light of the divine consciousness only by the devoted pursuit of Kriya Yoga. It is possible to get the indefatigable pleasure of meeting that supreme soul through the yoga.

### **The seven principles:**

- **Regulation of natural potentiality:** your essential nature is pure cognizance, the infinite supply of the whole thing that exists in the physical global. Because you are an inextricable a part of the sphere of recognition, you also are infinitely creative, unbounded, and everlasting.
- **Law of giving and receiving:** giving and receiving are extraordinary expressions of the same flow of power within the universe. Since the universe is in consistent and dynamic change, you want to each deliver and obtain to keep abundance, love, and whatever else you need circulating in your existence.
- **Regulation of karma (purpose and impact):** each motion generates a pressure of power that returns to you in kind. While you select moves that convey happiness and achievement to others, the fruit of your karma is happiness and achievement.
- **Regulation of least effort:** you may most without problems fulfil your desires when your movements are inspired by way of love, and whilst you use up the least effort by way of presenting no resistance.

On this way, you tap into the limitless organizing power of the universe to do much less and accomplish the whole thing.

- **Regulation of purpose and preference:** inherent in each purpose and preference are the mechanics for its fulfilment. Whilst you grow to be quiet and introduce your intentions into the sphere of natural potentiality, you harness the universe's infinite organizing energy that may manifest your desires with easy ease.
- **Law of detachment:** at the spirit level, the whole lot is always unfolding perfectly. You don't must war or force conditions to move your manner. Instead, you can intend for the entirety to exercise session because it ought to, take motion, and then permit opportunities to spontaneously emerge.
- **Law of dharma:** all of us have a dharma or cause in existence. By expressing your particular abilities and using them to serve others, you'll enjoy limitless love, abundance, and proper achievement on your lifestyles.

### **The benefits of yoga:**

The seven spiritual legal guidelines of yoga promote both physical fitness and emotional wellbeing that helps to enter in a spiritual life. Some of the blessings for the frame are:

1. Progressed flexibility and variety of movement
2. More suitable stability
3. Expanded strength and muscle tone
4. More staying power
5. Enhanced immune feature

Despite the fact that yoga simplest greater bodily fitness, the time spent in exercise could be fully profitable. Thankfully, yoga offers a lot extra than only a manner to work out the frame. The deeper meaning and present of yoga is the path it offers into the undying global of spirit. Yoga gives the gift of peaceful thoughts, even inside the midst of chaos, by using coaching you to allow cross and produce recognition to every moment.

The biggest advantages come from the deeper knowledge of yoga's essence: the union of frame, thoughts, and spirit. Mind-frame integration manner establishing a healthy communicate among your thoughts and your cells. Whilst the body appears to be material, it's in reality a discipline of strength and intelligence that's inextricably related to the mind. Your beliefs, mind, and emotions impact every cellular inside the frame and consequently play a first-rate position in your health.

Yoga is a powerful exercise that enhances your mind-frame integration. Thru conscious respiratory, motion, and attention to the bodily postures, you cultivate a nation of body-centered restful consciousness. You pay attention to the alerts your frame is sending to you inside the gift moment and also you amplify the power to your body through your interest and purpose. A body that

is listened to responds with greater power, energy, and health. It's so powerful that regular exercise assists you to obtain:

- Success and abundance
- Loving relationships
- Higher states of focus such as intuition, creativity, perception, creativeness, and thought

### **Developing space for the soul**

Something mindfulness seems like for you, this is a possibility to create that space in your soul. However usually with that divine breath that is living inside us, that may soothe our souls if we're handiest attentive enough to word it. My spirit acknowledges your spirit." we can also have cf, however we're entire people. As it manner, "the mild in me sees the mild in you. There may be a reason that we give up our yoga practice with the word namaste. We're body, we're mind, and we're spirit. We're yoga. Occasionally with flawed our bodies, worrying minds, and battered spirits. We are unified.

### **Possible ways**

So, what can you do to improve your spiritual wellbeing? It's excellent to parent out what techniques work for you. When you consider that spiritual wellbeing includes one's values, beliefs, and cause, it is able to be done in several ways—each bodily and mentally.

1. **Discover your spiritual core:** with the aid of exploring your non secular centre, you're truly asking yourself questions, who am I? What is my purpose? What do I value most? Yoga will help you to take the right path in this regard. Regular practice of Yoga is able to give the right solution to your question.

2. **Search for deeper meanings:** searching out deeper meanings to your life and studying going on patterns will help you notice which you have manipulate over your future. Being privy to this will help you gain a glad and healthy existence.

3. **Try yoga:** yoga is a bodily technique which could assist enhances your spiritual wellness by decreasing emotional and bodily traces for your thoughts and body. Yoga is taught in any respect one-of-a-kind tiers and might assist decrease pressure, improve the immune gadget, and decrease blood stress as well as reduce tension, depression, fatigue, and insomnia.

4. **Think definitely:** when you start viewing matters in your life in a fantastic way, you'll discover yourself questioning differently and refocusing your thoughts to glad, wholesome vicinity. While you remove negativity and re-frame how you suspect of sure matters and situations, you'll note yourself being extra cosy.

5. **Take time to meditate:** even as dealing with your time and day by day duties may be hard, it is important to commit time to connecting with yourself. Whether in the morning when you awaken, at some stage in your lunch smash, or earlier than you doze off, take five to 10 minutes to meditate

every day. Fitting meditation and relaxation into your life-style will free your thoughts and foster a more potent courting with your spiritual well-being.

**Final thoughts:**

Yoga is a philosophy of life, yoga is self-discipline, yoga is a way of life, and yoga is a plan of a free and Buried Life. Yoga is the best spiritual study of self-realization and self-realization. Yoga is the treatment of not only the body but also all mental diseases. Yoga is not a symptomatic treatment like allopath, but a way to cure the root cause of the disease from within.

Being physically healthy does not mean being fully fit. You can be fully fit when you are healthy mentally, spiritually, physically and socially. Emotions will be in control. Again, the absence of disease is not health, but health is a versatile expression of life. How much joy and enthusiasm you can enjoy life is proof of good health. Yoga gives you full health. Always keep you fit physically, mentally, spiritually. A very good yoga practice is one that permits its practitioners to gain peace – with themselves and the external international they inhabit. Practising yoga with this closing goal will finally lead to religious fulfilment, a country of wonderful bliss. Whilst we practice yoga with a religious outlook, we had well known that the quit reason is transformation and awakening of our true internal self. The religious component of yoga emphasizes the attainment of peace and readability of mind, even as perfecting the posture is of secondary importance. Understanding our hidden ability lets in us to explicit the fullness of our divine essence and to thereby make the greatest possible contribution to the sector.

In precis, yoga exercise might also improve various aspects of spiritual properly-being and religious intelligence. Those elements consist of non secular aspirations, a look for perception/wisdom, existential questioning, a sense of that means and peace, as well as the sensation of faith, desire, and compassion.

**Some memorable sayings that will inspire you and centre you in gratitude:**

“Yoga is the journey of the self, through the self, to the self.” -The Bhagavad Gita

“You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul.” -Swami Vivekananda

**Conclusion**

Conclusions about yoga are that yoga is the hallmark of the barrier between birth and death. That is the sign of a healthy life. The turmoil in the human mind has been present for as long as the mental development of human civilization has taken place. Human thinking has improved through evolution. And since then yoga has been in the past, in the present and in the future to calm the mind in this world. So it can be said that there is no beginning or end of yoga practice, only the end has evolved with time. Yoga is essential to control the human mind, to awaken monasticism in the mind. Yes, at

present, Hatha Yoga is being given priority to keep body and mind healthy. In a word, yoga is a logical and scientific method of improvement, physical, mental and spiritual. In this way the ideal person is created with the help of yoga. Ideal people can build an ideal society that is why yoga is the key to the welfare of the individual and collective life. The fundamental nature of yoga is to create harmony inside the bodily, crucial, mental, mental and spiritual elements of the human being.

### Resources

1. <http://stories.illinoisstate.edu/student-affairs/health-promotion-and-wellness/7-ways-improve-spiritual-wellness/>
2. <https://www.himalayanyogainstitute.com/spiritual-side-yoga-means-achieve/>
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7. [https://www.sivanandaonline.org/?cmd=displaysection&section\\_id=1469](https://www.sivanandaonline.org/?cmd=displaysection&section_id=1469)