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- Chief & Executive Editor



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Importance of Yoga in Daily Life

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Abstract

Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships. When you are healthy you are in touch with your inner Self, with others and your surroundings on a much deeper level, which adds to your spiritual health. The word "Yoga" originates from Sanskrit and means "to join, to unite". Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance. The main goals of "Yoga in Daily Life" are Physical Health, Mental Health, Social Health, Spiritual Health, Self-Realization or realization of the Divine within us. These goals are attained by Love and help for all living beings, Respect for life, protection of nature and the environment, A peaceful state of mind, Full vegetarian diet, Pure thoughts and positive lifestyle, Physical, mental and spiritual practices, Tolerance for all nations, cultures and religions. Yogic techniques are known to improve one's overall performance. Pranayama is an important, yet little known part of Yoga. Until recently, this art and science of yogic breathing was almost completely unknown to the common man like many other ancient Indian arts. Pranayama techniques act to purify the nadis including these three main energy channels.

Introduction

Yoga is a traditional method of meditation developed by the saints of ancient India. They practiced yoga as an effective method of controlling their mind and bodily activities. Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health.

When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships. When you are healthy you are in touch with your inner Self, with others and your surroundings on a much deeper level, which adds to your spiritual health.

Yoga increases the flexibility of the spine, improves body's physical condition and heightened awareness to the importance of relaxation. It has been emphasized that each exercise be practiced slowly, coordinating movement with the breath, pausing motionless in each position and always with full concentration.

Peace of Mind, Consciousness and Soul

To live in harmony with oneself and the environment is the wish of every human. However, in modern times greater physical and emotional demands are constantly placed upon many areas of life. The result: more and more people suffer from physical and mental tension such as stress, anxiety, insomnia, and there is an imbalance in physical activity and proper Exercise

This why of methods and techniques for the attainment and improvement of health, as well as physical, mental and spiritual harmony, is of great importance, and it is exactly in this respect that "Yoga in Daily Life" comprehensively offers an aid to help one's self

The word "Yoga" originates from Sanskrit and means "to join, to unite". Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance. In this way



Yoga assists us in coping with everyday demands, problems and worries. Yoga helps to develop a greater understanding of our self, the purpose of life and our relationship to God. On the spiritual path, Yoga leads us to supreme knowledge and eternal bliss in the union of the individual Self with the universal Self. Yoga is that supreme, cosmic principle. It is the light of life, the universal creative consciousness that is always awake and never sleeps; that always was, always is, and always will be.

The system "Yoga in Daily Life" is taught worldwide in Yoga Centres, Adult Education Centres, Health Institutions, Fitness and Sports Clubs, Rehabilitation Centres and Health Resorts. It is suitable for all age groups - it requires no "acrobatic" skills and also provides the unfit, as well as handicapped, ill and convalescent people, the possibility of practicing Yoga. The name itself indicates that Yoga can be and should be used "in Daily Life"

The main goals of "Yoga in Daily Life" are:

Physical Health

Within "Yoga in Daily Life" the classic Asanas and Pranayamas are divided into an eight-level system, beginning with "SarvaHitaAsanas" (meaning, "Exercises that are good for everyone"). Seven other parts follow this preparatory level and lead progressively through the practice of Asanas and Pranayamas. Several special programs have been developed from the basic exercises: "Yoga for Back Pain", "Yoga for Joints", "Yoga for Seniors", "Yoga for Managers" and "Yoga for Children". To maintain good health, other valuable exercises within "Yoga in Daily Life" are the purification techniques of Hatha Yoga. These involve Deep Relaxation (Yoga Nidra), Concentration Exercises (e.g. Trataka) as well as Mudras and Bandhas (special Yoga techniques).

Mental Health

"Yoga in Daily Life" offers numerous methods to attain mental wellbeing: Mantra practice, the observance of ethical principles, the keeping of good company and the study of inspiring texts to purify and free the mind. An important tool in self-investigation and selfknowledge is the technique of "Self-Inquiry Meditation", a step-by-step meditation technique of Self-Analysis. In this meditation practice we come into contact with our subconscious, the source of our desires, complexes, behavioral patterns and prejudices. The practice guides us to become acquainted with our own nature - as we are and why we are so - and then beyond self-acceptance to Self-Realization. This technique enables us to overcome negative qualities and habits and helps us to better manage life's problems.

Social Health

Social health is the ability to be happy within oneself and to be able to make others happy. It means to nurture genuine contact and communication with other people, to assume responsibility within society and to work for the community. Social health is also the ability to relax and experience life in all its beauty.

One of the growing problems of our times is drug addiction. It is a clear sign of social illness. The system of "Yoga in Daily Life" can assist in overcoming this illness and grant people a new, positive aim and purpose in life. The importance of keeping good, positive company has a great influence upon our psyche, as such companionship moulds and forms our personality and character. Positive company is of great importance in spiritual development. Living "Yoga in Daily Life" means to work for ourselves and for the benefit of others. To do valuable and constructive work for our neighbours and the community, to preserve nature and the environment



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and work for peace in the world. To practice Yoga means to be active in the most positive sense and to work for the welfare of all of

Spiritual Health

AHIMSA – PARAMO- DHARMA

This precept embraces the principle of non-violence, in thought, word, feeling and action. Prayer, meditation, Mantra, positive thinking and tolerance, lead to spiritual health. Humans should be protectors, not destroyers. Those qualities that really make us human are the ability to give, understand and forgive. To protect life and respect the individuality and independence of all forms of life is a primary practice of the Yoga teachings. By following this precept greater tolerance, understanding, mutual love, help and compassion develops - not only between individuals, but between all humans, nations, races, and religious faiths.

Self-Realization or realization of the Divine within us (Healthy Life)

Cultivate indomitable will. Practice self-control and self-mastery. Have self-confidence. Develop independent judgment. Do not argue. Strive ceaselessly for Self-realization. Kill this little ego. Develop pure love. Rise above all distinctions of caste, creed and colour. Give up the idea of 'I-ness', 'Mine-ness'. Look within for the happiness which you have sought in vain in the sensual objects

Moksha is the summum bonum of life. It is freedom from births and deaths. It is not annihilation. It is annihilation of this little 'I'. It is obtained through knowledge of the Self. You will have to know the Truth through direct intuitive experience. You will have to cut asunder the veil of ignorance by meditation on the Self. Then you will shine in your pristine purity and divine glory.

Without perfect Brahmacharya, you cannot have substantial spiritual progress. There is no half measure in the spiritual path. Control the body first. Then purify your thoughts through prayer, Japa, Kirtan, Vichara and meditation. Make a firm resolve, "I will be a perfect Brahmachari from today." Pray to the Lord to give you spiritual strength to resist the temptations of life and kill lust

Conclusions

To conclude the fundamental principle of "Yoga in Daily Life" is religious freedom. Yoga is not a religion - it is the source of spirituality and wisdom, the root of all religions. Yoga transcends religious boundaries and reveals the way to unity.

"Yoga in Daily Life" offers the spiritual aspirant guidance on life's path through the practices of Mantra Yoga and Kriya Yoga. As the most highly developed beings upon earth, humans are capable of realizing their real nature and inner Self, God. The spiritual goal of Yoga is God-Realization, the union of the individual soul with God. The realization that we are all one in our common root and connection to God is the first step. Decisions regarding your health and Wellbeing and a free, happy life, are in your hands. Practice regularly with firm determination and success will be certain.

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