

Dynamics of Yoga

by H. H. Ma Yoga Shakti Saraswati

योग:चित्तवृत्ति निरोधः

"Yogah Citta Vritti Nirodhah"

~ Maharshi Patanjali

Yoga, according to Maharshi Patanjali is control over mind and its modification. Here the term mind connotes consciousness or citta.

The Human Mind—the Human Consciousness is a living entity and not gross physical entity like biological mechanism only.

One of the peculiar features of human mind is that it is always changing. One may call this a vagrant mind.

Consciousness is changing.

Wealth is undergoing change.

Likewise is life!

As a matter of fact, with the emergence of atomic energy and blasts, technology has changed the socio-economic, political and religious life of man. In this electronic jet age, palaces of Maharajas have given way to skyscrapers and cows and buffaloes to helicopters and automobiles.

Change is Law of Life

Look within. The physiological and biological changes in the cells--the process of anabolism, and catabolism is the very basis of physical existence.

"There is rhythm in the systolic and diastolic movements of the heart



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during contraction and dilation... There is rhythm in the vibration or movement of the lungs. So man is hale and hearty... If there is a disturbance of the rhythm in the motion of either the heart or the lungs, then man gets incurable diseases of the heart and lungs."

(Swami Sivanand Saraswati
PRACTICAL LESSONS IN YOGA)

What happens in the world outside? There is constant change.

*Life is like living waters
of a flowing river.*

Is there anything in a state of absolute rest? Mountains of the world move. Rivers flow. Earth rotates and takes revolutions around the sun. Mans' change of environment from agricultural economy to complex industrial economy bears witness to this great truth of Dynamic Reality.

Change is Scientific

Now let us view this phenomem of 'change' from the facts of science.

Matter is composed of elements. Each element has its own molecular vibration and the rate of vibration.

For example: Water, ice and steam or vapour—all the three stages reflect three different names and forms. One is liquid, the last one is gaseous form of the same substance which is the chemical combination of Hydrogen and Oxygen (H₂O).

Like the waves on the sea-shore, all names are broken up and created anew in the sea of Consciousness. This is the Dynamics of Living.

Yoga is the science of such a universal cosmic consciousness, which awakens the human mind from the sleep of its self-created conditioned webs of self-ignorance. It has been observed by yogis that the human mind is the most orthodox and conservative entity so far as change within itself or psychological change is concerned.

Even in the simple thing of diet the human mind finds difficult to change. To go without sugar or salt when such situations arise because of diseased conditions of organism, is great austerity for mind.

Mind is not only slow to change, but often resists all such changes on account of fear of insecurity.



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Yoga Static or Dynamic?

Now comes the fundamental issue. Is Yoga static or dynamic?

If one would visualise the fundamental substance or energy behind ice, water or vapor, one would feel the dynamics of Energy.

If this indestructible energy were to be the object of realization of yoga, yoga as a science has to be as dynamic as the science of electricity, magnetism or heat.

The concept of Man then undergoes transformation from Darwin's theory of evolution to psycho-biological total entity with individual consciousness.

Yoga in relation to body, mind and consciousness accepts the theory of Vibrations or motions or Dynamics of Nature and bestows a nice blend of Work, Worship and Wisdom for blossoming of the total personality of the individual human being.

Yoga has descended now from the lofty peaks of the Himalayas to the Hospital of Lonavla and from Karla Caves (of Lord Buddha) to the colleges and schools of Maharashtra. This is the Dynamics of Yoga.

Life is like living waters of a flowing river.


Living human beings have problems of everyday life. How does man meet these daily problems of living with all the vitality and freshness of living water? For that, man needs that living energy which is behind all names and all forms. That alone refreshes, relaxes and rejuvenates!

Yoga – Dynamic Yoga paves the way to this Eternal Indestructible Energy!


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