

Yoga, Spirituality Meditation & Employability

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Introduction

Yoga is a group of physical mental and spiritual practices or disciplines which originated in ancient India there is a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. Among are Hatha yoga and Raja yoga.

Hinduism

Classical Yoga

Yoga is considered as a philosophical school in Hinduism. Yoga, in this Context is one of the six astika school of Hinduism.

Ashtanga Yoga

Yoga as described in the yoga sutras of Patanjali refers to ashtanga yoga. The yoga sutras of patanjali is considered as a central text of the yoga school of hindu philosophy. It is often called 'Raja Yoga' "Kings of The Yoga" a term which originally referred to the ultimate royal goal of yoga, which usually Samadhi, but was popularized by Vivekananda as the common name for ashtanga yoga.

Hatha Yoga.

A sculpture of Gorakshanath, a celebrated 11th century yoga of nath tradition and a major proponent of Hatha yoga.

Hatha yoga, also called hatha vidya, is a kind of yoga focusing on physical and mental strength building exercise and postures described primarily in three texts of Hinduism.

1. Hatha yoga pradipika, svat marama (15th Centure)
2. Shiva samhita, auther unknown (1500 or late 17th century)
3. Gheranda samhita by Gheranda. (late 17th century)

Buddhism.

16th century Buddhism art work in yoga posture.

Buddhist meditation encompasses a variety of meditation techniques that aim to develop mind fullness, concentration, supramundane powers, tranquility and insight.

Jainism.

Jain meditation has been the central practice of spirituality in Jainism along with the three jewels. Meditation in Jainism aims at realizing the self, attain salvation, take the soul to complete freedom. It aims to reach and to remain in the pure state of soul which is believed to be pure conscious, beyond any attachment or aversion, The practitioner strives to be just a knower-seer (Gyata Drashra), Jain meditation can be broadly categorized to the auspicious dharma dhyana and shukla dhyana and in auspicious artha and raudra dhyana.

Tantra.

Samuel states that tantrism is a contested concept. Tantra yoga may be described according to Samuel, as practices in 9th to 10th century Buddhist and Hindu texts, which included yogic practices with elaborate deity visualizations using geometrical arrays and drawings, fierce male and particularly female deities, transgressive life stage related rituals, extensive use of chakras and mantras, All aimed to help one's health, long life and liberation.

History.

The origins of yoga are a matter of debate, There is no consensus on it's Chronology or specific origin other then that yoga developed in ancient India. Suggested origins are the Indus valley civilization (3300-1900 BCE) and pre vedic eastern states of India.

Pre-vedic India

Yoga may have pre-vedic elements, some state yoga originated in the Indus valley civilization this interpretation is considered speculative and uncertain by more recent analysis of srinivasan and may be a cause of projecting "Later practices into archeological fivelings".

Vedic Period (1700-500 BCE)

According to crangle, some researchers have favoured a linear theory, which attempts "To interpret the origin and early development of Indian contemplative practices as a sequential growth from an Aryan genesis. Just like traditional Hinduism regards the Vedas to be the ultimate source of all spiritual knowledge.

Pre Classical Era (500-200 BCE)

Yoga Concepts begin to emerge in the texts of (500-200 BCE) such as the Pali Canon, the middle Upanishads, the Bhagavad Githa and Shant Parva of the Mahabharata.

Upanishads.

The first known appearance of the word "Yoga", With the same meaning as the modern term, is in the katha Upanishad, probably composed between the fifth and third century BCE, where it is fined as the steady control of the senses, which along with cessation of mental activity, leading to a supreme state.

Bhagavad Gita.

The bhagavad gita, uses the term "yoga" extensively in a variety of ways. In addition to an entire chapter. Dedicated to traditional yoga practice, including meditation, it introduces three prominent types of yoga.

- Karma Yoga: The Yoga Action
- Bhakti Yoga: The Yoga of Devotion
- Jnana Yoga: The Yoga of Knowledge

Mahabharata.

Description of an early form of yoga called nirodha yoga is contained in the moksha dharma section of the 12th chapter of the Mahabharata

Conclusion.

This article mainly focuses on meditation in the broad sense of a type of discipline, found in various forms in many cultures, by which the practitioner attempts to get beyond the reflexive Thinking mind into a deeper, more devout, or more relaxed state.