Yoga and spirituality

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Yoga is a spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation. The word “yoga” comes from the Sanskrit root *yuj* which means to join. Yoga is a practical aid, not a religion. Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with their environment. Yoga is a holistic package for happy living. It provides techniques to unite the body, mind and breath, and connect to the inner core of our being the spiritual aspect of our lives. Spirituality gives inner strength; Spirituality gives inner strength to manage difficult situations and to keep smiling. Being established in the Self, your inner peace spreads outward, and makes you a more responsible human being full of caring, sharing and love. In sleep you get rid of fatigue, but the deeper stresses remain in your body. Meditation, Yoga, and Sudarshan Kriya cleanse even the deepest layers of your consciousness, leaving you rested and refreshed.

The term yoga is defined to mean, “The yogic experience.” Yoga is often translated as “union” of mind, body and spirit. Classically, yoga is understood as the science of the mind. Yoga implies the process of purification to all aspects of human. The ecological situation in which consciousness exist itself manifested include the human being, his environment, his body and all its function, the air he breaths, and the food he eats, his relationship with others and the manner he relating himself to others, his emotional state and habits desires and thoughts, yoga is truly a spiritual science. The yogic experience is that which is gained by controlling the modifications of the mind. It claims to destroy the defects and diseases of the body and mind, to establish health and bestow happiness, to develop intelligence, and reveal true knowledge of self, and to extract the nectar of all things.”

“Yoga is a systematic discipline which includes a technique for the mastery of the bodily organism and for it healthy and various methods or techniques of mind training for the sake of gaining the final knowledge and liberation. According to the Hindu religious tradition it was revealed to humanity by The lord and even gods gained immortality and their supreme powers by its practice.

Yoga is an significant tool which not only serves as prevention and cure of physical disorders but also results in mental peace and higher psychic and spiritual attainments. The psychological effects of yoga are well known in reducing levels of anxiety, improving and success.

Psychic and spiritual attainments. The psychological effects of yoga happiness and success to others, the fruit of our karma is happiness cure of physical disorders but also results in mental peace and higher energy that returns to us in kind. When we choose actions that bring.

According to the Hindu religious universe is in constant and dynamic exchange, we need to both give and receive to keep abundance, love and anything else we want circulating in our lives.

**Law of pure potentiality:** Our essential nature is pure consciousness, the infinite source of everything that exists in the physical world. Since we are an inextricable part of the field of consciousness, we are also infinitely creative, unbounded and eternal.

**Law of giving and receiving:** Giving and receiving are different expressions of the same flow of energy in the universe. Since the universe is in constant and dynamic exchange, we need to both give and receive to keep abundance, love and anything else we want circulating in our lives.

**Law of Karma (Cause & Effect):** Every action generates a force of energy that returns to us in kind. When we choose actions that bring happiness and success to others, the fruit of our karma is happiness and success.

**Law of least effort:** We can most easily fulfill our desires when our actions are motivated by love, we expend the least effort and we offer no resistance. We tap into the infinite organizing power of the universe to do less and accomplish everything.

**Law of Intention and Desire:** Inherent in every intention and desire are the mechanics for its fulfillment. When we become quiet and introduce our intentions into the field of pure potentiality, we harness the universe's infinite organizing power, which can manifest our desires with effortless ease.

**Law of Detachment:** At the level of spirit, everything is always unfolding perfectly. We don't have to struggle or force situations to go our way. Instead, we can intend for everything to work out as it should, take action, and then allow opportunities to spontaneously emerge.

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The true essence of Yoga revolves around elevating the life force or 'Kundalini' at the base of the spine. It aims to achieve this through a series of physical and mental exercises. At the physical level, the methods comprise various yoga postures or 'asanas' that aim to keep the body healthy. The mental techniques include breathing exercises or 'pranayama' and meditation or 'dhyana'. The ultimate goal of yoga is, however, to help the individual to transcend the self and attain enlightenment. As the Bhagavad-Gita says, “A person is said to have achieved yoga, the union with the Self, when the perfectly disciplined mind gets freedom from all desires, and becomes absorbed in the Self alone.

The Seven Spiritual Laws of Yoga is a unique practice that blends the wisdom of India's 5,000-year-old yogic tradition with the principles of "The Seven Spiritual Laws of Success". These principles can be briefly summarized as follows:

1. **Law of pure potentiality:** Our essential nature is pure consciousness, the infinite source of everything that exists in the physical world. Since we are an inextricable part of the field of consciousness, we are also infinitely creative, unbounded and eternal.

2. **Law of giving and receiving:** Giving and receiving are different expressions of the same flow of energy in the universe. Since the universe is in constant and dynamic exchange, we need to both give and receive to keep abundance, love and anything else we want circulating in our lives.

3. **Law of Karma (Cause & Effect):** Every action generates a force of energy that returns to us in kind. When we choose actions that bring happiness and success to others, the fruit of our karma is happiness and success.

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6. **Law of Detachment:** At the level of spirit, everything is always unfolding perfectly. We don't have to struggle or force situations to go our way. Instead, we can intend for everything to work out as it should, take action, and then allow opportunities to spontaneously emerge.

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**Law of Dharma:** Everyone has a dharma or purpose in life. By expressing our exclusive talents and using them to serve others, we will experience unlimited love, abundance, and true fulfillment in our lives. When we teach the yoga postures in Seven Spiritual Laws of Yoga classes, we include the movements with these seven principles. We have found that even as our students are learning traditional yoga postures, the attention and intention they give to these principles improves the quality of all aspects of their lives. The mindful application of these spiritual laws promotes physical health and emotional well-being, success and abundance, loving relationships, and higher states of consciousness, including intuition, creativity, insight, imagination, and inspiration. Even if yoga only enhanced physical fitness, the time spent in practice would be fully useful. However, while the health benefits are many, yoga offers much more than just a way to exercise the body. The deeper meaning and gift of yoga is the path it offers us into the timeless world of spirit. Yoga teaches us both to let go and to have exquisite awareness in every moment. In this expanded state of consciousness, we experience freedom from suffering. We remember our essential spiritual nature and life becomes more joyful, meaningful and carefree.

**Spirituality**

Spirituality refers to the subjective experience of searching for and nourishing the relationship with divine, which may include God, higher power, or spiritual images (Wong et al., 2007). Spirituality defined as intrinsically based beliefs in which personal values. Spirituality also defined as a belief in a supernatural power operating the universe which is greater than oneself, a belief in supreme consciousness, a sense of interconnectedness with living and non-living, and an awareness of the purpose and meaning of life used for guiding the individual in day-to-day life (Mackey & Sparling, 2000).

Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than our selves, and it typically involves a search for meaning in life. As such, it is a universal human experience something that touches us all.

According to Swinton 2001 Spirituality is identified with experiencing a deep-seated sense of belongingness. It is about acceptance, integration, and wholeness in health care. Spirituality is that which give meaning to one's life and draws one to transcend oneself. Spirituality is abraded concept than religion although that is one expression of spirituality others expression include prayers meditation interactions with others or nature and relationship with God or a higher power. A higher power whether rooted in a religion nature or some kind of unknown essence.

The definitions of the various concepts included in Wheat's (1991:139) definition of spirituality are as follows:

- **Personal valuing** refers to the individual subscribing to principles, standards and qualities regarded as worthwhile or desirable, and it may be manifested in beliefs, attitudes and normative expressions.
- **Inner experience** refers to how an individual perceives and receives the events of living including thought, emotion and sensational experiences.
- **Behavioral expression** refers to the manner in which an individual may demonstrate or communicate thoughts, emotions, needs and desires (verbally or non-verbally), as well as overt behaviour.
- **Oneness or unity** refers to an individual's connection with others and with all of life, being an integral part of a universe in which all parts are sacred or significant, a personal responsibility for other living things, as well as a sense of personal wholeness and mutual fulfillment.

- **Larger context or structure** refers to an individual's perspective of life as being greater in scope than just the personal experience of daily events, which includes concepts of abiding truth, compassion, social justice, and moral relationships. It also includes awareness of, and accommodation of the reality of pain and suffering which refers to the preference for the non-material over material concerns and it may be manifested as altruism or selflessness.

Myers, Sweeney, and Witter (2000) profess spirituality to be a personal and private belief system that transcends the everyday aspects of life, offering “a deep sense of wholeness, connectedness and openness to the Infinite” by moving attention and focus inward promoting an awareness of all facets of Self (Elkins, Hedstrom, Hughes, & Leaf, 1988). Koss-Chioino and Hefner (2006) state that most religious practices and rituals have embraced spirituality and spiritual transformation as the core of healing. Spiritual transformation, a “fundamental change in the place of the sacred or the character of the sacred in the life of the individual” (Pargament, 2006, p. 18), is considered by Koss-Chioino and Hefner (2006) to be a universal component of human life and the center of the interactions of the healing process.

**Spirituality** is a broader concept than religion, religion is one expression of spirituality. According to Sharma and Sharma (2006) religiosity and spirituality are two distinct constructs, religion is viewed as “denominational, external, cognitive, behavioral, ritualistic and public” and spiritual as “universal, internal, effective, spontaneous and private”. Spirituality is identified with experiencing a deep-seated sense of belongingness. It is about acceptance, integration, and wholeness in health care. (Swinton, 2001).

**Importance of Yoga**

Yoga is an important tool which not only serves as prevention and cure of physical disorders but also results in mental peace and higher psychic and spiritual attainments. Yoga is meant to be a system of enhancing awareness and decreasing disease. Yoga is not a religion, it is a way of living whose aim is 'a healthy mind in a healthy body'. Man is a physical, mental and spiritual being yoga helps promote a balanced development of all the three. Other forms of physical exercises, like aerobics, assure only physical well-being. They have little to do with the development of the spiritual or astral body.

**Yogic exercises recharge the body with cosmic energy this facilitates**

- Attainment of perfect equilibrium and harmony
- Promotes self-healing.
- Removes negative blocks from the mind and toxins from the body
- Enhances Personal power
- Increases self-awareness
- Helps in attention focus and concentration, especially important for children
- Reduces stress and tension in the physical body by activating the parasympathetic nervous system.

**Benefits of yoga spirituality**

- The art of practicing yoga helps in controlling an individual mind, body and soul.
● It brings together physical and mental disciplines to achieve a peaceful body and mind,
● it helps to manage stress and anxiety and keep you relaxing.
● It also helps in increasing flexibility, muscle strength and body tone.
● It improved respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel, look and move.
● Yoga is also helps from ignorance to self knowledge from gross to subtle our true self our outer mental and material life to inner spiritual existence and our true spiritual nature and your energy body you are nothing but energy and eternal and ever living.

Purpose of Yoga Spirituality

Yoga is a spiritual development practices to train the body and mind to self observe and become aware of their own nature. The purposes of yoga were to develop discernment, awareness, self-regulation and higher consciousness in the individual. As the split occurring between those seeking physical development versus those seeking spiritual development has widened, the lack of awareness and attention to inner experience has disconnected the practitioner from his body. Yoga helps you to understand self even better than before. Connect the sacred spirit in all aspects of your life through Yoga, Meditation, Ceremony and Reflection. Tap into your infinite potential, your innate inner wisdom. Listen to your intuition. Bridge the gap of the mind and body, breathe. Celebrate the peace and freedom that already lies within. Cultivate spiritual independence, attain an unlimited life. Yoga can be a very pleasurable physical experience, once one is accustomed to stretching and opening the body in this way. One's sole purpose for practice. One can really enjoy yoga practice.

Conclusion

The meaning of spirituality in Yoga is defined as experiencing the spirit, the energy. Yoga is an extremely powerful medium for striking a balance between one's professional and private life. Yoga facilitates mental health, stress reduction, anger management and above all self discovery. Some people are aware of it and some are not, but there is a driving force behind our every thought, feeling, attitude and action, and it is becoming aware of that which is the spiritual aspect of Yoga. According to (Selvamurthy,1993), the psychological effects of yoga are well known in reducing levels of anxiety, improving concentration, memory, learning and psychomotor performance, in managing stress (Jangid et al.,1988), bringing positive psychological changes in terms of enhancing interaction with others, locus of control, self-worth, emotional adjustment, and well-being (Rangaswami, 1996). In practicing Yoga one is able to cultivate a number of positive, skillful qualities in the mind. Doing Yoga cultivates concentration and presence. To be successful, to execute a posture carefully, safely and precisely requires a concentrated, aware mind, one that is present and has a sense of where it is going. When committing to yoga practice on a regular basis, yogis seek to experience and become aware of the spirit, or the energy, within and without. Being aware of this energy is something spiritual. Therefore, awareness is critical to yoga as a spiritual practice. Spirituality gives inner strength to manage difficult situations and to keep smiling. Being established in the Self, your inner peace spreads outward, and makes you a more responsible human being full of caring, sharing and love.

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