

Bihar School of Yoga, Munger, presents

Yoga: Our Heritage

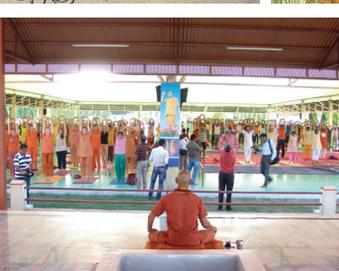
On the occasion of the second International Day of Yoga we offer our good wishes to all those who have been inspired by the tradition and the teachings of yoga. It is a day to honour the ancient science of yoga, a science of transformation and spiritual evolution perfected and handed down by the ancient sages and seers of humanity over the ages – our real spiritual heritage.

A vision realized

The International Day of Yoga represents the international recognition that yoga has gained as a holistic approach to physical wellbeing, mental peace and emotional balance. Across the globe, millions of people have embraced yoga to attain health and harmony, and to explore their inner potential. The acceptance of the International Day of Yoga, with a record consensus vote at the United Nations General Assembly, was a historic moment for India. The openness and enthusiasm with which the world community has embraced yoga and the collective goodwill that yoga has inspired, is a matter of great happiness and joy which all can share.

This day is of special importance for the Satyananda Yoga tradition, as it marks the fruition of the *vakya*, the vision and the prophecy of Swami Satyananda Saraswati, when in 1963 he proclaimed: “Yoga will emerge as a mighty world culture and change the course of world events.”





First IDY in Munger, the 'City of Yoga'

On the first International Day of Yoga celebrated on 21st June 2015, thousands stepped out of their homes enthusiastically and gathered at prominent locations all over the whole world to express their solidarity towards yoga. Simultaneously, in the small town of Munger declared as 'City of Yoga' by former President of India, Dr APJ Abdul Kalam, the yogic tree was in full bloom – within homes.

People were encouraged to come together as families and communities in groups of fives, tens, or more, or less, and participate in a set of practices at a specified time within the environment they lived in – their own home, rooftop, courtyard, even harvest fields and other open spaces, apart from community centres.

Almost 20,000 people participated in this initiative. At 108 designated locations and more than 2,000 other homes as well as the BSY campus, the yoga program delineated by the Bihar School of Yoga was followed on this day. The unusual aspect of these programs was that the yoga teachers included ten to fifteen year old children, the proud members of Bal Yoga Mitra Mandal, as well as the sixteen to twenty-five year old youths of the Yuva Yoga Mitra Mandal, besides members of other Yoga Mitra Mandal.

Through this initiative, the practitioners were inspired to appreciate the simplicity and applicability of yoga and to maintain the practices regularly. It was an initiative to make every day of one's life a yoga day and to see one's day-to-day environment from the yogic perspective.



Aim of International Day of Yoga

As we step into the second International Day of Yoga, we must ask what should be our focus to truly honour and benefit from the heritage of yoga.

To connect with the true intention of this ancient spiritual science, the aim should be to inspire people to adopt yoga not as a physical culture but as a lifestyle. Only when yoga becomes a lifestyle, there is enhancement of physical health and stamina, development of mental clarity and inner creativity, and an experience of peace and fulfilment from life.

The yogic lifestyle is based upon the teachings and the wisdom of yoga. Its foundation consists of the precepts of practice, awareness, attitude, action and discrimination. Awareness is the ability to observe and understand the environment, conditions, situations and events that influence us. Attitude involves developing a positive and creative outlook on life, and the ability to convert the negative influences into positive inspirations to improve and encourage others to improve also. Action involves an understanding of how we act, think and interact in the world, which should be assisted by *viveka*, discrimination: knowing just from unjust, right from wrong, appropriate from inappropriate, and universal from limited.

Therefore, on the International Day of Yoga, every yoga practitioner and sadhaka should make a *sankalpa*, a resolve, to incorporate the yogic components into their daily routine and live the yogic principles so that a healthier, brighter and more peaceful future for humankind is ushered in.



Your Program for the International Day of Yoga 2016

Living yoga

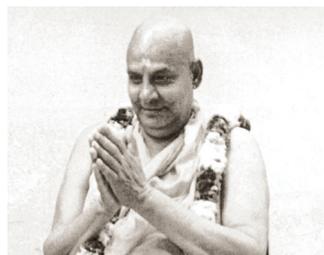
For yoga to become a lifestyle, it is not enough to do the yogic practices. One has to make a conscious effort to connect with positive qualities every moment and also radiate this positivity outwards. This is possible when one follows the statement of the yogis and sages: begin your yogic journey by cultivating *yama* and *niyama*, the positive attributes of life.

The scope of *yama* and *niyama* is vast and the yogic literatures enlist a wide number of these qualities, based on the requirements of time and place. For this International Day of Yoga, BSY has chosen one *yama* and one *niyama* each, given in *Hatha Ratnavali*. These are:

- *Yama*: *Manahprasad*, or happiness
- *Niyama*: *Namaskara*, or greeting others with bhava.

A conscious and sincere effort to practise these will transform the state of one's own mind as well as the environment around oneself.

In support of the International Day of Yoga and the effort being made by national and international communities to promote yoga, the Bihar School of Yoga is directing children, youth, women and other associated Yoga Mitra Mandals to conduct a yoga session of specific practices at a specified time on 21st June. These practices have been specially selected as they promote and enhance all-round health and wellbeing. The idea is also to come together as a family or community in the spirit of yoga.



From 6 am to 7.30 am, people will gather on the rooftops, verandahs, courtyards and other open spaces of their homes and community centres and do the following practices:

1. Shavasana*
2. Kaya sthairyam
3. Shanti mantras**:
Om saha naavavatu.
Saha nau bhunaktu.
Saha veeryam karavaavahai.
Tejasvinaavadheetamastu
maa vidvishaavahai.
Om shantih, shantih, shantih.
4. Tadasana (10 rounds)
5. Tiryak tadasana (10 rounds)
6. Kati chakrasana (10 rounds)
7. Shavasana*
8. Surya namaskara (5 rounds)
9. Shavasana*
10. Nadi shodhana pranayama (10 rounds)
11. Bhramari pranayama (10 times)
12. Shavasana*
13. Antar trataka (with eyes closed, inwardly gazing at the image of a flame at the eyebrow centre) (5 mins)
14. Yama and niyama meditation (10 mins):

For five minutes each, contemplate on and develop the yama of manahprasad, or happiness, and the niyama of namaskara, or greeting others with bhava.

Manahprasad: Review the activities of the last week to identify a situation when you were unhappy. Watch the reaction it caused within you. Identify the negative quality in yourself that it reflects. Next, focus on the opposite positive and uplifting quality and strengthen it. Then, use your *sankalpa shakti*, will power, to convert the negative experience into a joyous, happy and fulfilling one. (For example, if you were unhappy due to the experience of resentment, then focus on and strengthen the opposite quality of contentment,



and revisit the situation from the space of deep contentment to overcome the unhappiness.)

Namaskara: Review the week to identify how often you greet people and when you don't. Also identify when you do it as a mere social greeting and when with feeling, *bhava*. Make a resolve to greet everyone with the *bhava* of greeting the goodness within them.

15. Chanting of the yogic prayer**:

Asatoma sad gamaya. Tamasomaajyotirgamaya.

Mriyormaaamritamgamaya.

Sarveshaamsvastirbhavatu. Sarveshaamshantirbhavatu.

Sarveshaampoornambhavatu. Sarveshaammangalambhavatu.

Lokasamastaasukhinobhavantu.

Om shantih, shantih, shantih.

Lead me from unreal to real, from darkness to light, from mortality, destruction and transformation to stability, continuity and eternity. May there be abundance of goodness, peace, wholeness, and an auspicious environment everywhere. May all beings be content and happy.

This final prayer is a resolution and contains the essence of yogic teachings. It represents the personal aim of attaining harmony, equilibrium and balance in one's own life and the social aim to reach out to everyone with a wish for their wellbeing.

* *Shavasana may be practised as per the need of the group.*

** *Those who feel uncomfortable with the chanting of mantras need not do so. They may sit quietly and focus on the aim of overall wellbeing through yoga.*

All yoga aspirants are advised to follow the above practices for one year, and on the next Yoga Day reflect on their success and the changes experienced in the quality of life. We hope and pray that inspiration and the spirit of yoga remains with you and in turn, you are able to assist others on the path of yoga and yogic living.

Hari Om Tat Sat

