

*Bihar School of Yoga, Munger, presents*

## *Yoga: A sadhana, lifestyle and culture*

On the occasion of the third International Day of Yoga, we extend our greetings to all yoga aspirants. This day is of special importance for the Satyananda Yoga tradition, as it marks the fruition of 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."

Since 2015 the International Day of Yoga has become an opportunity for people from all parts of the globe and all walks of life to come together in the spirit of yoga and reaffirm their commitment to this ancient science. The Bihar School of Yoga has wholeheartedly supported this global expression of goodwill towards yoga by promoting programs that inspire aspirants to deepen their experience of yoga and adopt it not merely as a physical practice but as a progressive sadhana, a harmonious lifestyle, and a holistic, humanitarian culture.

### **Progression of yoga**

Yoga initially begins as a practice for an aspirant, a set of techniques practised to fulfil a personal need. Once the need is met, one's association with yoga dwindles as well. This indicates a superficial connection with the vidya of yoga. However, in order to deepen one's experience of yoga and reap greater gains, one's personal whims and goals need to be set aside and one needs to strive towards the aims and aspirations set





by yoga itself, with an attitude of seriousness, sincerity and commitment. This is yoga sadhana, where one works earnestly and patiently to overcome the conditionings, limitations and negativities of one's mind and personality. Sincere and sustained sadhana leads to the expression of positive yogic attitudes and awareness in one's daily actions and interactions. One begins to live yoga moment to moment and that is when yoga become a lifestyle. Eventually such a lifestyle blossoms into a *sanskriti*, a culture where the samskaras are transformed and one becomes a beacon of inspiration and guidance to all around.

In 2013, the Bihar School of Yoga celebrated its Golden Jubilee and at that time it was announced that the first chapter of yoga propagation, which focused on yoga practice, is complete and now preparations for the second chapter will begin. The second chapter relates to developing an understanding of how to go deeper into the experience of yoga; how to connect with *Satyam, Shivam and Sundaram*, with truth, auspiciousness and beauty in life; and how to progress from practice to sadhana and lifestyle.

The quality of lifestyle is deteriorating across the globe. The stressors in life are reducing the physical and psychological capabilities of every individual. If this is not rectified, humanity will definitely face a crisis. Negativity will become rampant; violence, anger, jealousy, hatred and intolerance will become raging wildfires. This is the society we are going to live in if we don't make the effort to change our lifestyle and mindset, to rectify the imbalances in body and mind and come to a point of balance in our life.







## Aim of International Day of Yoga

As we step into the third International Day of Yoga, let balance, harmony and equanimity be the theme. It is only a balanced, equipoised and unruffled personality that has the strength and the resilience to overcome the negative and nurture the positive in life. This pursuit of positivity in every aspect of life must become the hallmark of every serious yoga sadhaka.

In yoga, the journey towards positivity is made by practising yama and niyama. They are the eternal principles that define the uplifting traits in life, representing a culmination of the human effort to experience the beauty, peace, bliss, truth and expansiveness of life.

In the program introduced last year, aspirants were inspired and guided to work on the yama of *manahprasad*, or happiness, and *namaskara*, or greeting others with bhava. Let us take a moment to reflect on the depth of our involvement in last year's program and the success derived from it, and approach this year's program with redoubled intensity and sincerity.

In this year's program, we have added the yama of *kshama*, or forgiveness, and the niyama of *maitri*, or goodwill and friendliness. These positive virtues pave the way to experiencing equanimity, peace and calmness in one's life. 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 inspiring 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 physical health, mental equilibrium and emotional wellbeing. The idea is also to come together as a family or community in the spirit of yoga.



# Your Program for the International Day of Yoga 2017

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. Kaya sthairyam with a focus on experiencing balance and harmony in body and mind
2. Shanti mantras\*:  
*Om saha naavavatu.*  
*Saha nau bhunaktu.*  
*Saha veeryam karavaavahai.*  
*Tejasvinaavadheetamastu*  
*maa vidvishaavahai.*  
*Om shantih, shantih, shantih.*
3. Eka pada pranamasana (2 rounds)
4. Tadasana (9 rounds) \*\*
5. Trikonasana, variation 1 (9 rounds)
6. Kati chakrasana (9 rounds)
7. Kashtha takshanasana (9 rounds)
8. Nauka sanchalanasana (9 rounds)
9. Shavasana\*\*\*
10. Supta pawanamuktasana, stage 2 (9 rounds)
11. Naukasana (9 rounds)
12. Ardha shalabhasana, variation 1 (9 rounds)
13. Simha garjanasana (9 rounds)
14. Shashanka bhujangasana (9 rounds)
15. Shashankasana (static, for about a minute)
16. Sheetali/sheetkari pranayama (10 rounds)
17. Nadi shodhana pranayama 1:1 (10 rounds)
18. Bhramari pranayama (10 rounds)
19. Antar mouna (stage 2) (5 mins)



20. Yama and niyama meditation (10 mins):

For five minutes each, contemplate on and develop the yama of kshama, or forgiveness, and the niyama of maitri, or having the attitude of goodwill and friendliness towards others.

*Kshama:* Bring to mind one situation from the past when you were not forgiving. To what extent are you holding on to it? Try to identify the feeling that memory generates in you, be it hurt, anger, frustration, sadness or any other. Analyze this feeling to know and understand the root cause of your lack of forgiveness. Observe your thoughts about the other person in this situation and consciously try to change your negative thoughts by focusing on their positive qualities. Now bring in the thought of forgiveness and try to genuinely forgive the person. After doing this, do you feel happy, can you smile at the thought of the person, and are you ready to meet them with an attitude of maitri, goodwill and friendliness?

*Maitri:* Be aware of your feeling towards others when you interact with them. Do you keep yourself closed or open? Do you walk with a wall around yourself or are you welcoming? Do you radiate hostility, friendliness or indifference? Try to move into the state of maitri, where you are open towards everyone, reach out to them with positivity, and wish them wellness and auspiciousness. Mentally revisit the situations during the day when you walked past or interacted with people and re-enact them from the space of maitri. Resolve to practise maitri from the next day and every day review your day to discover how successful you are.

21. Chanting of the yogic prayer:

*Asato maa sad gamaya*

*Tamaso maa jyotir gamaya*

*Mrityor maa amritam gamaya*



*Sarveshaam svastirbhavatu  
Sarveshaam shantirbhavatu  
Sarveshaam poornam bhavatu  
Sarveshaam mangalam bhavatu  
Loka samastaa sukhino bhavantu  
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.

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- \* *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.*
  - \*\* *In the dynamic practices, awareness should be directed to the physical movement in the first 3 rounds, breath awareness in the next 3 rounds and awareness of pranic flow in the last 3 rounds.*
  - \*\*\* *Shavasana may be practised as per the need of the group.*

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 the inspiration 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  
Swami Sivadhyanam  
Coordinator*

