

“Bhagavad Gita” and “Yoga”

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Abstract:

It is generally understood by many that Yoga means performing meditation and physical postures. But it is described in Bhagavad Gita beyond that, describing on various procedures including with the significance of spirituality for eternal peace. From the scripture of Bhagavad Gita, few aspects are explored to define Yoga and its process to perform, with relevant verses of Bhagavad Gita with elaborations. The procedural path ways are derived from Bhagavad Gita and explained herein this article. They are classified, describing Yoga as 1) the devotion to “Work”; 2) self-controls, 3) focus and concentration; and 4) the devotional pathway to spirituality. Found that these are essential to have the peace and happiness in life. These are helpful to maintain both physical health and also mental health.

Introduction:

In “Mahabharata”, Krishna explained to Arjuna on many aspects in the battle field when Arjuna was in disturbed mind. Arjuna was unable to take decision and lost his mental stability. With the influence of teachings of Lord Krishna, at the end, Arjuna regained the wisdom and followed the instructions of Krishna. Bhagavad Gita is the essence of all Vedas and is the text of teachings explained by lord Krishna to Arjuna in the battle field when Arjuna was unable to take the decision. In Bhagavad Gita, there is lot about Yoga. Bhagavad Gita explains about Yoga beyond the postures and exercises. As per Bhagavad Gita, Yoga is to purify our actions, Yoga is to control the mind and senses and Yoga is to link oneself to Supreme with devotion. Yoga is the path of selfless actions without expecting the consequences or end results. The spiritual seeker act according to Dharma (righteousness). Lord Krishna is the protector of righteousness and is called as “Yogeshwar” as it is said in bellow Verse of Bhagavad Gita.

यत्रयोगेश्वरःकृष्णोयत्रपार्थोद्धनुर्धरः।
तत्रश्रीर्विजयोभूतिर्ध्रुवानीतिर्मतिर्ममा।
(18.78)

Wherever, there is Lord Krishna, master of all mystics, wherever, there is Arjuna, the supreme archer, there will be opulence,

victory, extraordinary power and morality. The inner meaning of this is the need of the qualities of a Yogi like Lord Krishna and the need of the purity of actions like of Arjuna to have the fruitful results at everywhere. The definition of Yoga is very broad. The definition of Yoga is not restricted to the bodily postures but rather, it encompassed a wide range of ways to connect with one’s potential for many benefits. Yoga cannot be practiced without renouncing selfish motive. Yoga, on practicing, it helps to have peace, happiness and enlightenment in life. There are many health benefits as described by many by performing Yoga in our lives.

In Bhagavad Gita, there are basically 3 types of Yoga such as Karma Yoga, Jnana Yoga and Bhakti Yoga. When explored the text of Bhagavad Gita, it is understood that, Yoga can be defined in number of ways. However, following are found to be most important to improve our lives and to attain peace and happiness in life. While describing on each of them herein, reference of few Verses is quoted as “Chapter. Verse” of Bhagavad Gita.

YOGA- is the devotion to “Work”

YOGA- is the control on mind and senses.

YOGA- is a procedure to attain concentration towards the destiny.

YOGA- is a devotional pathway to Spirituality

Yoga is the devotion to Work:

In Bhagavad Gita, Lord Krishna said, Karma Yoga or selfless service is superior and is the path to realizing the divine. Once one is followed Karma yoga, then one can proceed with the deeper practice of meditation. In Bhagavad Gita, Krishna elaborated, how to perform Karma Yoga emphasizing the methodologies and practices. The renunciation of work to focus on knowledge; and devotion to work with no attachment to end results – both lead to highest happiness and perfection. But, of the two, devotion to work is superior. A person, who controls the senses by his mind and remaining unattached without expectation of end results- undertakes the activity of the work – is far superior. It is better to perform your prescribed duty than to remain without doing anything. Because, action is superior to inaction. You cannot even maintain your body without work. Also explained that, one, who does his duty without expecting the fruits of actions is a True Yogi and is a true renunciant. These are explained in the verses of 5.21; 3.7; 3.8; 6.1.

Devotion to work, means, is the purity of our actions without thinking of end results. To focus on work, there is need of self-control. Self-control means, the control on our senses without deviation in our efforts and without side tracks by other attractions. In Bhagavad Gita, explained the importance of the “work” which is useful to maintain our body. Without doing any work, even our body does not get the mobility needed, which we all talk about exercises in these days for our health to control our blood pressure, sugar levels and to maintain the weight and flexibility of the body. These all, possible only, when we work as explained in Bhagavad Gita. Yoga can be defined as not being attached to one’s actions, senses and having no

selfish motives but only for the purification of self.

YOGA- is the control on mind and senses:

It is well explained in Bhagavad Gita, how the mind and senses are uncontrollable and unstable and at the same time, explained, how one can get the power of control on the senses and mind. It is told in Bhagavad Gita that, controlling our mind and senses is difficult and it needs practice and detachment. The senses, the mind and the intellect are the sitting places of the lust. Through them, lust covers the knowledge and deludes the embodied soul (3.40). The senses are so strong and impetuous that they forcibly carry away the mind of even a wise man, who is practicing, controlling them (2.60). The person, who has conquered his mind, the mind is the best friend for him. But for one, who has not conquered, his mind, will become the greatest enemy for him (6.6). Undoubtedly, the mind is restless. Very difficult to curb the restless mind. But, it is possible to control by practice and detachment (6.35). Perform your duties, renouncing attachment and with even-minded in success and failure. Such equanimity is called as “YOGA” (2.48). One, who is not disturbed in mind with amid of sorrows or elevated with excitement of pleasures or happiness and who is free from attachment, fear and anger – is called as a “Sage of steady mind” (2.56). The “Yogi” is the person-who has controlled his mind and body and is free from desires and feelings of possessiveness. He is the One, who devotes for the work, who does his duty without expecting the fruits of actions, he is the person, who conquered his mind and senses, he is the one, who has even-minded in success and failure and he is the one, who is not disturbed with sorrows or pleasures and who is free from attachment, fear and anger. The Yogi is the one, who reaches the stage with “Steady mind” and he is the one, who keeps the purity of mind

and purity in actions. These all are the characteristics of a Yogi.

YOGA- is a procedure to attain concentration towards the destiny:

For a Yogi, the surroundings and the stability of mind are important. Also, the concentration of mind towards the destiny without any diversion and desire is essential. The “Yogi” is the person- who- should live alone in a secluded place and should constantly engage his mind in meditation. The Yogi does not have any desire other than Krishna. For him everything is Lord Krishna only all the time. One should hold the body, head and neck straight and steady, remaining firm and fixing the gaze on the tip of his nose, without looking in other directions (6.10 & 6.13). As a lamp does not waver in a windless place, similarly – for the person, whose mind is controlled, remains always steady in his meditation (6.19). The food habits and the sleeping norms also described in Bhagavad Gita. It is told (6.16) that, there is no possibility of becoming “Yogi”- who eats lot or who eats too little and who sleeps too much or who does not sleep enough.

Yoga is important for our physical health and for our mental health. If we practice as said in Bhagavad Gita, it will be very useful in our lives. Also, it leads towards spirituality and improves the quality of our actions and life. The procedures described as said above are important to follow to attain concentration and to focus on the destiny without any disturbance. For all this a controlled mind is needed and that is only possible through practice as described. This is the way of meditation to attain the peace, happiness and enlightenment in life. One who follows meditation, can be free from many health-related issues as he/she acquire mental stability and health through mediation.

YOGA- is a devotional pathway to Spirituality:

The ultimate destination of spiritual Yoga is the reaching or uniting to Lord Krishna.

Anything we do with Krishna Consciousness is Yoga. One should have belief in the Supreme and pray with devotion in all respects. The word Yoga is the same as renunciation that refers the process of detaching oneself from the desires for sense gratification. Yoga is essentially to aim at linking oneself to the Supreme. It is told in Bhagavad Gita in the verse (6.2). In the another verse (6.47) of Bhagavad Gita, Lord Krishna told that, “the Yogi, who always thinks of me with great faith and worship with devotion, he is the greatest Yogi and intimately united with me”. In the shloka (7.16), Krishna explained that, there are four types of people worship God and are: those who are distressed with their problems; those who desires the happiness and wealth; those who are seeking the knowledge; and those who has the wisdom of God and surrender themselves to God. Out of all those devotees, Lord Krishna said “the one, who takes several births and surrenders to me with knowledge that I am the cause for everything for existence. Such a great soul is very rare and happens with doing pious activities on every birth (7.19)”. In the verses (5.25 & 5.26), it is clearly explained the ways to reach the God. It is described that, whose sins are purged, whose doubts are dispelled by knowledge, whose mind is firmly engaged in God and who are devoted for the welfare of all living beings – achieve liberation in the Supreme. Also described that, those, who are free from anger and desires, self-realized, self-disciplined and have realized God – they feel presence of God and eternal peace all around. In Bhagavad Gita, it is said by Lord Krishna that, “by whom- no one is put into difficulty and who himself is not disturbed by any one and who is free from happiness, envy, fear and anxiety – he is very dear to me”. Lord Krishna told that- those, whose minds are fixed on me and worship with faith and with good qualities are the great of all and the best in all

Yogis. Yoga is the discipline to follow with pure actions with pure mind for spiritual pathway to attain the Supreme. The Yogi, who detach from all kind of desires, and who himself is not disturbed or does not disturb any one and who is free from happiness, envy, fear and anxiety and who worship with mind firmly engaged in God and with complete devotion for the welfare of all, can feel the presence of God and can achieve eternal happiness and peace all around.

Conclusions:

Based on the teachings, from the scripture of Bhagavad Gita, the above aspects are described with classification of Yoga as - the devotion to work; the control on mind and senses; a procedure to attain

concentration towards the destiny and is a devotional pathway to Spirituality with few of all relevant verses of Bhagavad Gita. It is important to understand that without devotion to work, no one can follow the process of becoming a Yogi. Without the firmness of mind and self-control on senses to follow pure actions and without discipline and devotion to worship for eternal peace, no one can become a Yogi. However, if followed them as described herein above, Yoga is the ultimate way of achieving the destiny to attain peace and happiness all around in life. In all, the Yoga is to connect with self for our health, to connect to society and to connect with supreme Lord for happiness, peace and enlightenment in life.

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