



Ramification Of Yoga Movements With Imaginal Drawing

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ABSTRACT

Yoga is an old tradition and is a part of life that is performed to gain Spiritual connectivity, enhance the metabolism of the body, attaining self-realization, and gaining human consciences. Yogic Practices are a form of discipline through which a connection between human consciences and universal consciences is achieved. Yoga movements help in developing coordination but to gain performance efficiency and have its therapeutic effect the yoga postures should be imagined while performing it. Imagining the posture of yoga helps in catechizing the basic principles of yoga movements thereto, assisting in gaining the meditative consciousness of the human mind, and helping in enhancing the performance.

In the present article, the author shall examine the relation between yoga movements and imaginal drawing. The article focuses majorly on (1) yoga movements and their imaginal drawing in enhancing the performance of yoga (2) imaginal wisdom of hatha yoga a path for subjective energy and meditative consciousness (3) the history of yoga traditions as an art of contemplative practices. The author shall research with the help of doctrinal methodology and has opted for Bluebook 20th Citation format.

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Inrtoduaction:

Yoga being an age-old tradition has been no recognized and regarded globally in maintaining physical and mental health and has been proven as a cure for many diseases. It was classified and “complementary and alternate medicine by the National Institutes of Health.”ⁱ Initially yoga was practiced for attaining self-realization and was used to build up human consciences but lately the medicinal effects of yoga also came into existence and were proven by various organizations. Yoga was considered as a part of life and was not only an alternative to medicine in India as accepted by Maharishi Patanjali. Yoga is an art of

contemplative practices that assists in rights livings and helps in maintaining physical, emotional, social, mental, and spiritual well-being. Yoga is derived from the Sanskrit word “YUJ”ⁱⁱ which means the connection between human and universal consciences. The inbuilt of yogic practices in our daily life helps in mind and body fitness and also has therapeutic effects on the body.

Therapeutic Yoga is the application of yoga posture or movements in our daily life to cure diseases and improve our health condition by enhancing the physiological, emotional, and spiritual

pain, or any sufferingⁱⁱⁱ. The imaginal wisdom of yoga movements enhances the integrity of its performance and forms a 'synergistic view'^{iv} which aids in defining ourselves with an indefinite set of posture while practicing yoga and increases the subjective energy of the body by developing the meditative consciousness of the human body.

Yoga is an art of contemplative practice specifically Hatha Yoga which is performed for mind therapy and spiritual connectivity by the means of imaginal drawing which implies. Yogapostures while performing should be imagined to have its therapeutic effect and physical strength. The present article shall be dealing with yoga movements and imaginal drawing of yoga postures and yoga as an art of contemplative practice and also imaginal wisdom.

SCOPE OF STUDY

The research study is a wide array circumscribing various sub-topics within it. The author in the present research article shall be limiting her research to a theme of yoga and its practise with reference to imaginal drawing which is stated herein-

1.2.1 General Purpose of Study

The article shall study the nature of yoga movements/asanas/mudras/poses and its practise with special reference to yoga as art of contemplative practices. Further, the study also shall depict the importance of imaginal drawing in yoga accounting with the performance or enhancement of movements of yoga while performing.

1.2.2 Limits of Study

The study shall limit itself to an area of yoga as an art of contemplative practices combining with imaginal postures of yoga. Also, the study shall focus briefly on physical strength, spirituality,

professionalism, life, human consciences with respect to yoga.

The article is not gender biased but limited to those people who have interest in yoga and is not limited to geographical area or population.

1.2.3 The duration of the study

The study has been planned to be undertaken for around two and half months.

1.2.4 The topics or theories that you will discuss

The topics mentioned herein shall be discussed in the article-

Contemplative practise in yoga

Imaginal Drawing and yoga postures

Mind therapy and spirituality connection with yoga

Physical exercise and subjective energy of yoga practice

RESEARCH METHODOLOGY

The author in order to scrutinize the key objectives and research questions in the research article has opted for qualitative methods with the collaboration of secondary sources as it was extremely difficult for the author to be straight on the objectivity and scrutinizing the scope of the research topic . The secondary sources data are supported doctrinal method of research. The study area, data sources and sampling techniques are discussed herein-

1.5.1 The study area

According to the authors' study, the study area was defined within a particular limit wherein ideas of set of individuals were collected from internet having interest in Yoga and its practices. The study portrays the ideas of individual's w.r.t to imaginal drawing of yoga and methods of practise.

1.5.2 Data Sources

Researchers collected data from secondary sources. Related books, articles, journals etc. are included in secondary

sources. We also have collected from online data and took information from Michael A Franklin's dissertation on Yoga^v, Yoga Anatomy by Leslie Kaminoff^{vi}, Yoga Practices by Yogacharya Dr. Ananda BalayogiBhavanani^{vii} etc. which helped me to finish the work. Through this kind of research technique vast information about any issue can be gathered. The data also was collected from working documents various other research statistical data like YESS design (Yoga Empowers Seniors Study)^{viii}.

1.5.3 Methods of Data Analysis

The method employed in analysing the study is the normative method and theoretical in nature wherein the qualitative data was analysed incorporated with empirical and conceptual study of doctrine, working documents, reports etc. and all the information was re-collected and compiled in a systematic order.

1.5.4 Reliability and Validity of data

The data collected for the research article has been authenticated and checked by the author as the data, articles, reports used are published and has been authorised by other authorities and also have ISSN and ISBN authorisation.

1.5.5 Dissemination and utilisation of result

The result of this research article will be presented to a constituent of Symbiosis International (deemed) University, Pune. The result of the article if permitted will be presented to the authorities of the aforesaid University. To the end, the research article will be published with the mentors of the university^{ix} and disseminated to the whole world.

RESEARCH QUESTIONS

In the present research study, the author undertakes to trace and find out the answers to the following research

questions conceptually and empirically as follows:

Whether 'yoga movements' or 'yoga mudras' inflate the performance of a person in his/her profession?

Whether imaginal drawing of yoga poses connects to the meditative conscious of the human mind in enhancing the yoga movements of a person?

Whether 'Hatha Yoga' is an art of contemplative practice of humans' or is imaginal wisdom of human consciences?

Whether performing yoga movements are a path to 'spiritual connectivity' or 'mind therapy' or for 'subjective energy'?

Whether imagining the drawing/virtual image of yoga posture in mind helps a person in practicing yoga efficiently?

LITERATURE REVIEW

2.1 Michael A Franklin: Aesthetic Mind-Meditative Mind: Reflections on Art as Yoga And Contemplative Practice^x

In article studies the perspectives of performing yoga in a specific disease and views that yoga as an art helps in calming the mind and the disease thus this art i.e. helps to contemplate our body by investigating the core principles of yoga practises with the help of art based research i.e imagining the drawing of yoga. Thus, the article helps the author in studying its specific objective 1.3.2.5^{xi}.

2.2 Leslie Kaminoff: Yoga Anatomy^{xii}

The book analyses the anatomy of yoga movements on human body and working of its parts. It also portrays the images of all the yoga poses and explaining the effect of each pose on our body part. Thus, the article helps the author in studying its specific objective 1.3.2.1^{xiii} and 1.3.2.3^{xiv}.

2.3 "Yogacharya Dr. Ananda BalayogiBhavanani: Principles and Methods of Yoga Practise^{xv}

The book portrays the methods of performing each asana and yoga. It also

depicts the drawing of every asana and yoga poses in order to explain the principles and methods of performing yoga. Thus, the article helps the author in studying its specific objective 1.3.2.3^{xxvi}.

2.4 Gail A. Greendale, Leslie Kazadi, RYT, Sheila Mazdyasni BS, Emmanuel Ramirez BA1, Man-Ying Wang, Sean S-Y Yu, and George Salem: The Yoga Empowers Seniors Study (YESS): Design and Asana Series^{xxvii}

The study analyses practise of yoga movements in enhancing the physical function of the body. It also portrays a quantitative data that depicts how yoga helps in developing physical strength and helps in the development of muscles in men and women. Thus, the article helps the author in studying its specific objective 1.3.2.2^{xxviii}.

2.5 Christopher Hutton: Benefits of Yoga Pranayama, Asana, and Meditation Techniques^{xxix}

The article studies Hatha yoga^{xx} and its practices in gaining mantras mudras and spirituality. The article analyses that performing hath yoga asana help musicians and singers in concentrating and developing strong mental health while singing. Thus, the article helps the author in studying its specific objective 1.3.2.2^{xxxi} and 1.3.2.4^{xxxii}.

2.6 Cowen Virginia and Troy B Adams: Physical and perceptual benefits of yoga asana practice^{xxxiii}

A quantitative study was conducted in the article wherein it was shown that performing help in perceiving stress, maintaining endurance, physical growth and is a therapy to human body. The study suggested the physical benefits of yoga movements. Thus, the article helps the author in studying its specific objective 1.3.2.1^{xxxiv}.

2.7 Michael A. Franklin: Art as Contemplative Practise^{xxxv}

The article studies yoga as traditional practise and mediation with the importance in maintaining stress and physical posture.

It also analyses how yoga is a relationship between art and imaginal wisdom in connecting to spirituality. Thus, the article helps the author in studying it's all specific objective importantly, 1.3.2.4^{xxxvi}.

2.8 Agnieszka Golec de Zavala, Dorottya Lantos, and Deborah Bowden: Yoga Poses Increase Subjective Energy and State Self-Esteem in Comparison to 'Power Poses'^{xxxvii}

The study analysis the psychological effects of practising yoga and performing yoga movements which helps in gaining subjective energy and self-esteem. Thus, the article helps the author in studying it's all specific objective importantly, 1.3.2.2^{xxxviii}.

2.9 Hata yogis (British Library): Saptas Chakra, Asanas, and Mudras^{xxxix}

This book is a collection of yoga mudras or yoga poses containing 84 different asanas and 24 mudras which were practised by hatha yogis in 19th Century. The book helps the author in studying imaginal drawing of yoga poses referring to specific objective 1.3.2.3^{xxx}.

YOGIC PRACTICES AND ITS BENEFITS

MEANING OF YOGA MOVEMENTS AND YOGIC PRACTICES

MEANING OF YOGA MOVEMENTS

In yoga, the yoga postures/movements are derived from Hatha Yoga practices performed by the Hatha Yogis in the ancient time. This ancient form of exercise aids in developing a nexus between mind, body, and soul and speculates different meanings for different poses/movements which co-link with strengthening and lengthening of muscles and body^{xxx1}. Yoga poses or postures can be typically defined as a position or physical shape which is formed by the body in accord to perform yoga movements. These yoga postures/movements are also called 'asanas'. These are inspired by the structures of animals, earth, and trees like Mayur asana, tree pose, etc.

MEANING OF YOGIC PRACTICES

“AthaYoganusasanam” the first sutra given by Maharishi Patanjali which means that Yoga is a discipline^{xxxii} and by the way of practicing the yogic practice humans can gain this discipline and gain control over ‘different modifications of our body’,^{xxxiii}.

Yogic Practices are forms of ancient exercise provided by ancient gurus, sanyasis through which the human body develops skill in action and inhibits balance between organs, and through the concept of the disciple in yogic practices the human develops the aspect of oneness and oneself through self-attainments and spiritual connectivity.

CONCEPT OF YOGIC PRACTICES

The yogic practice involves the mechanism of psycho-physiological therapy of the body which accentuates the control over the mental process and is directly connected to the psychological mechanism of our body. Some exercises are provided by Hatha Yogis and are the related physical mechanism that is not considered as yogic practices but is hygienic exercises. The concept of yogic practices is the ideology of the physiological and psychological mechanism of the human body. Further, the yogic practice considers a principal concept of ‘Yukti’ which means divinity or achievements of goals indirectly if it cannot be achieved directly^{xxxiv}. Thus, the concept of yogic practices can be inculcated employing a different process of training.

CATEGORIES OF YOGA POSTURES

The yogic practices are of different types which include-

Yama and Niyama: These types of yogic practices train the attitude and behavior of a person through moral conduct. There are five Yamas including, Ahimsa, Satya, Asteya (non-stealing), Brahmacharya, Aparigraha (non-attachment). There eight

Niyamas include Saucha, Santosha, Tapas (purity), Svadhyaya, Ishvarapranidhana.

Asanas and Pranayama: These are physical exercises or postures performed control energy within the body and maintain physical balance.

Mudras and Bandhas: These are certain poses made by the body to lock and seal the energy of the body.

Shat Kriyas: There are six kriya or actions performed by humans for purification of the body which is, Kapalbhata (Cleansing Breath), Trataka (Eye Exercises), JalaNeti (Upper Nasal Cleansing), Dhouti (Cleansing the intestine), and Nauli (Abdominal muscle and Viscera)

Dhyana: Dhyana means meditation

Samadhi: Samadhi is a state of salvation or divinity performed to gain enlightenment.

Further, there are various categories of yoga postures in different types of yogic practices which includes-

Seated Yoga Pose: This type of pose helps in grounding and balancing the body and the physical effect of this pose helps in increasing the flexibility in the body.

Standing Yoga Pose: It helps in opening and uplifting the body and in maintaining the strength of the body.

Supine Yoga Pose: This type of pose helps in nurturing and integrating the body and increases the flexibility of the body.

Prone Yoga Pose: It helps in energizing the body and increases back and core strength.

BENEFITS OF YOGIC PRACTICES

IMPORTANCE OF YOGA POSTURES

Yoga movements or Yogic practices help in strengthening and toning the muscles, tissues, ligaments, joints, and nerves.^{xxxv} It also helps in maintaining the metabolism of the body and cures various diseases and promotes the functioning of the body’s systems. Yogic practices aids in improving

the metabolism, lymphatic, circulation, and hormonal secretions^{xxxvi} and assists in rejuvenating the chemical balance within the body system. It supports the posture and physical upliftment of the body and releases fatigue and stress from the body.

TYPES OF BENEFITS OF YOGIC PRACTICES

There are various types of benefits of Yoga practices as-

Physical Benefits:It aids in creating a defined, muscular, strong, and flexible body and assists in remediating the problems of respiration, energy, and vitality and fosters cardio and circulatory health, and develops athletic performance.

Mental Benefits:Yoga movements relax our mind and help in maneuvering stressful situations easily as it encourages positive thoughts in one's mind.

Spiritual Benefits:It develops an awareness of oneness and feelings within our body and with the world by promoting interdependence between mind, body, and spirit.

QUALITY OF LIFE- THERAPEUTIC EFFECTS OF YOGA

Yoga movements initiate the mind-body fitness which appertains to the "combination of muscular activity and an internally directed mindful focus on awareness of the self, the breath, and energy"^{xxxvii}. It helps in obtaining arcadian to the mind and develops a feeling of relaxation and attentiveness and self-confidence within ourselves. The therapeutic effects of yogic practices assist in the management of aggressiveness, anxiety, blood pressure, etc. majorly in depression as it heals our minds, thus yoga acts as a therapy in depressive disorders.

The therapeutic approach of yoga is in the form of 'relaxation techniques' i.e. by relaxing of muscles, soul thereby providing therapy to all body systems. Thus, the therapeutic effect of yoga has a

positive effect on decreasing stress and improving the immune system and relieving the body from diseases, and helps to lead a quality life^{xxxviii}.

MEDITATIVE MIND AS A REFLECTION OF YOGIC PRACTICES

YOGA MOVEMENTS AND PRACTICE OF IMAGINATION

In the ancient time, according to Hindu traditions which practiced imaginative techniques who empower upon the world as the belief that world is created by divine deities and divine imagination^{xxxix}, thereby yoga movements which have been evolved during the ancient period has a mystical connection with imagination and images in a sequel to co-link with the divinity. Hindu Yogis believe yoga as a contemplative imagination in contemplative solitude which means "alone with alone"^{xl} i.e. the practice of imagination in yogic practices is significant as it explores the elements of various mysteries of divinity.

The practice of imagination in yoga is phenomenal as it fosters a relationship with human consciences and spirituality thereby assisting us in differentiating between 'one-self by personifying ourselves'^{xli}.

MEDITATION AND ART OF IMAGINATION OF YOGIC PRACTICES

MEDITATIVE CONSCIOUS OF HUMAN MIND

The practise of imagination in yoga and regulates the meditative power in our body as it proliferated the nexus between the mind and body because it helps the body in focussing upon self-regulation practices and aid in gaining attention and awareness which up brings the mental and psychological well-being as imagination in yogic practices provide clarity and concentration^{xlii}; thus, building meditative consciousness of human mind.

THE IMAGINATION OF YOGA POSTURES

The word imagination complies with Vikalpa means a fantasy, Kalpana means

mental creation, Pratibha means a visionary, and Bhavana is contemplation. The ancient yogis used to practice visionary imagination which was encouraged by Kalpana for self-creation. It was believed that yoga is practiced from spiritual growth and imagination leads to its highest possibilities and harnessing its power^{xliii} and helps in enlightenment.

IMAGINAL DRAWING AND PERFORMANCE OF YOGA

IMPORTANCE OF IMAGINAL DRAWING IN YOGA

In practicing yoga to stimulate the attention of our body system the practice of visual imagery and imaginal activity is required as it helps in the reduction of external disturbance and guards the attention of the body towards yogic exercise which in return helps in increasing the efficiency of humans in performing yoga.

Yoga movements require the reduction of external senses, distractions, etc. in order to concentrate on the yoga postures and in acquiring psychological well-being; thus, imagining the posture of yoga aids in visualizing the images/art of the posture to perform in an efficient manner.

IMAGINAL DRAWING OF YOGA AS AN ART OF CONTEMPLATIVE PRACTICE

YOGA TRADITIONS AND CONTEMPLATIVE PRACTICES

In ancient times yoga was related to as an art of contemplative practices as it involved the theory of mantra and yantra. Yogic practices established itself on the goal which pertains to the transcendence of egotistic personality of oneself and professing contemplative practices by evolving compassion; thus, achieving the state of compassion within will helps in developing sat-chit-ananda i.e. “being consciousness bliss”^{xliiv}. According to Hindu traditions, Yoga is a professed belief to acquire unity and “timeless

plenitude of being”^{xlv} which is an essence of universal certainty and “manifold universe”^{xlvi} as practiced in old traditions being an art of contemplative practice.

YOGA AS AN ART OF IMAGINAL WISDOM

The transcendental wholeness of humans and the development of consciousness of mind to gain spiritual wellbeing which is a core principle of human existence can be acquired through the means of yogic practices and imaginal wisdom. Yoga is an art of contemplative practice which means an art of spiritual or religious connection that is acquired by imaginal wisdom of yoga postures or movements. This imaginal wisdom eradicates the path of ego while performing yoga as it helps our body concentrating on the yoga postures which in turn rationalizes spiritual development through ‘defensive measures’^{xlvii}.

The imaginal wisdom helps in stimulating the art of yoga movements and thus, contemplates the forms of yoga movements through formed images that are based on nature life, etc. Thereto the art of yogic movements highlights the psychology of oneness by activating imaginal wisdom and thus, acquiring meditative techniques^{xlviii}. As defined by Ayto^{xlix}, states that the portrayal of the image formed on performing yoga movements is the ‘breath’ and ‘soul’ of the human body which is accumulated through the art of imaginal wisdom.

HATHA YOGA – A PRACTICE OF ‘SUBJECTIVE ENERGY’ OR ‘SPIRITUAL CONNECTIVITY’

DYNAMICS OF HATHA YOGA

The term Hatha Yoga means forceful yoga or physical yoga and includes the flow of infinite energy within the channels of our body known as ‘Prana’^{li}. Hatha Yoga was derived from practice by Hath Yogis to speculate force, energy, therapies, and connectivity which were developed

through years by unblocking the channels of our body by performing pranayama, asanas for the physical development of the body.

HATHA YOGA AS A PRACTICE OF SUBJECTIVE ENERGY

Yogic practice improves health and increases the subjective, energy, and positivity in our body. The power poses and hatha yoga posture contribute to “psychological well-being and happiness, positive self-esteem and the subjective sense of energy to accomplish goals”^{lii} Performing hatha yoga or forceful yoga postures boosts up subjective energy and positivity in our bod as it develops ‘interpersonal dominance’ and ‘active metabolism’.

Hath Yoga movements are better than ‘power poses’ as they create an interpersonal dominance in our body system which affects the metabolism and thereby increasing the feeling of subjective energy as Hatha Yoga is a forceful form of exercise so it decreases psychological effects and reduces negative affect and develops positive energy^{liii}.

HATHA YOGA AS AN ART FOR MIND THERAPY

The direct connection between yoga and meditation is the cornerstone of mind therapy for the human body and it evolves a sense of consciousness within the body. The image of attuned on performing hath yoga as it is an art to acquire the process of meditation which thereby helps in the physiological process and calms the mind and relieves anxiety from the body.

In ancient times, the religious tradition states that meditation through yogic practice aids in congregating the meditative consciousness which assists in gaining self-awareness and self-understanding which was further proclaimed in Jewish texts^{liv}.

HATHA YOGA AND SPIRITUAL CONNECTIVITY

Yoga is an art that requires skill in action and this art is performed to attain calmness and building up of meditative consciences to reach and ultimate point of divinity through the nexus between unconscious and conscious realms^{lv}. In ancient times Hatha yogis used to perform Hatha yoga which is a form of art therapy to reach divinity and maintain the spiritual connection. The therapy provided by Hatha yoga results in engaging body, breath, and voice and uniting it with mind and spirit for spiritual connectivity^{lvi}.

SUMMARY OF FINDINGS

Firstly, the author inferred that yogic practices are an ancient form of exercise that helps in the overall development and maintenance of the human body as it helps in soothing the mind, body, and soul and maintains psychological, physical, physiological balance in our body. The performance of yoga in daily life increases our quality of performance at work and enhances our body as it strengthens the muscles, increases flexibility, and energizes the body.

Secondly, it was inferred that the imaginal drawing of yoga postures aids in acquiring meditative consciousness and helps in performing yoga movements efficiently because the practice of imagination in yoga assists in avoiding external disturbance and ascertains the proper concentration while performing yoga movements.

Thirdly, the author’s inference from the research is that during the ancient time yogic movements were derived from imaginal wisdom and human consciences which was professed as an art of contemplative practices through which humans attain the concept of self-being. Further, the imaginal wisdom of yoga has been derived from the image portrayal of nature and was connected with the

positivity and spirituality of religious traditions.

Fourthly, it was inferred that Hatha yoga is an ancient form of yoga that was forceful and is therapeutic. The Hath yoga helps the human body in acquiring subjective energy through interpersonal dominance of our body in the body system also, it locks the meditative consciences in our body which results in spiritual connectivity of the body with the positive energy and provides therapy to our mind.

CONCLUSION AND SUGGESTION SUGGESTIONS

The perspectives of performing yoga as an art which helps in calming the mind and also helps in curing various diseases. Thus, yoga being an art helps to contemplate our body by investigating the core principles of yoga movements with the help of art-based research i.e. imagining the drawing of yoga postures.

Imagining the picture of the yoga posture while performing yoga movement helps the person in performing yoga in a better manner. Thus, the imaginal drawing to yoga posture is helping in better performance of yogic exercise by a person. Like, imagine that on performing mayurasana, forming an imaginal posture of Mayur i.e. peacock in one's mind will help in better performance of mayurasana because the image/posture of the peacock formed in mind will help in securing the same posture while performing mayurasana. Thus, performing yoga movements by the demonstration of the yoga postures may be useful but

forming an overall general picture of the yoga posture while performing is necessary for good yogic practice and improving the quality of life.

CONCLUSION

Yogic movements and exercise develops subjective energy in our and provides therapy to our mind by the inclusion of imaginal wisdom while performing it as it aids in better performance of yoga postures, thereby helping in increasing the metabolism of our body and inculcating the sense of aesthetic mind of yoga being an art of contemplative practices. The yoga poses are subjected as 'power poses' to improve self-confidence, quality of life, and state self-esteem as by the practice of imagination of yoga movements which increase the spiritual wellbeing and efficiency of yoga. Imagining the postures of Yoga as derived by Hatha Yogis from nature assists in the physical, psychological, physiological development of the body.

The practice of yogic exercises by the imaginal is an art of contemplative practice gained by practicing in daily life which motivates the person to obtain the ideology of oneness and also in overcoming anxieties. Thus, yogic practices can be gained through nature by imagining the visual art of an animal, tree, etc. like snake pose, etc. in the sequel, the imaginal wisdom in yoga movements is an art developed through practice. Hence, "Perfection in Yogic Practice is achieved when the effort to perform Yoga Postures becomes effortless and the infinite being within is reached^{lvii}."

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