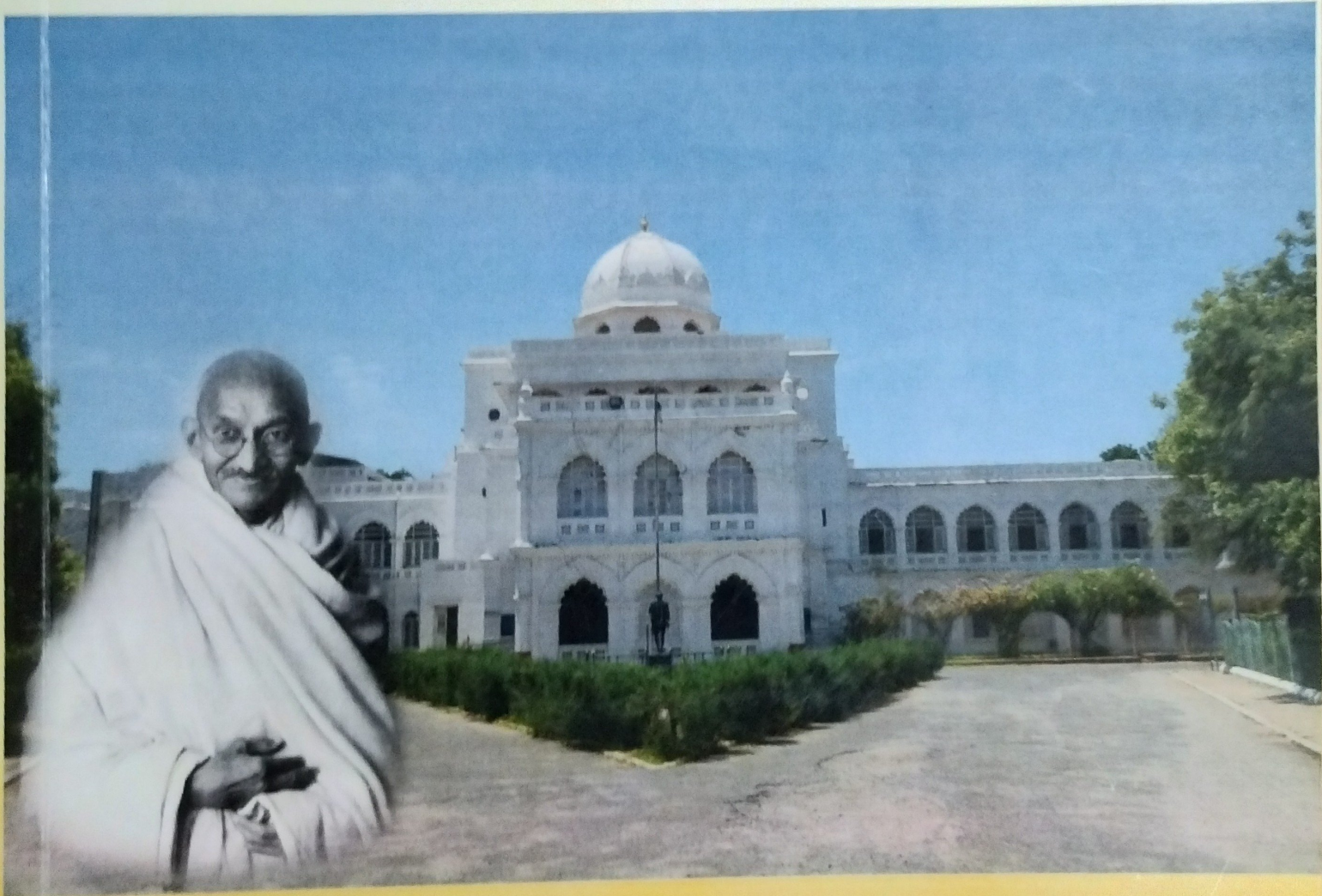


# YOGA AND ALTERNATIVE MEDECINE

**Dr.R.DEVADOSS**  
Editor



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# YOGA AND SPIRITUALITY: ENVISIONING THE VISION

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Yoga is a very perfected human art. It inculcates everything directly and indirectly for human development. It is not only a form of physical development but also a spiritual development. It does strengthen the physical body as well as emotional, mental and spiritual bodies. Yoga incorporates a lot of physical challenging poses, or asanas in a way to promote ideally for physical and spiritual development with the physical status of chanting, meditations and deep breathing exercises. In general, yoga practice and spirituality are interrelated with much of mental health outcomes, however spirituality is still a widely neglected area. Hence, this paper aims to present the hidden relationship between yoga and spirituality in order to stress more of our needs to be viably strengthened.

## BENEVELONCE OF YOGA

Many quantitative and qualitative attempts made on yoga practice reflect various aspects of spiritual aspirants and a search for insight, a sense of meaning and peace, faith, hope, compassion and happiness within. To get the potential spiritual benefits of yoga, the rigorous practice of both physical and spiritual are essential. Such kind of practice includes the holistic forms of Eastern and Western approaches to yoga.

Spirituality is a broad and vague construct, which can be approached from psychological, philosophical, transcendental religious and phenomenological perspectives. It is considered a universal human specific phenomenon, characterized by a search for and a belief in something sacred beyond the material world.(Hill and Paragament 2003)

To understand the power of spiritual yoga, it helps to unite body, mind and spirit. For which the seven spiritual laws of yoga and the laws are based on ancient knowledge in practice and insight into manifestations of various emotions in a person.

- 1.**Law of Pure potentiality**- it teaches one's self acceptance and leads to build life constructively.
- 2.**Law of offering and Accepting**- One should practice gratitude and love for every creature to maintain harmony.
- 3.**Law of cause and Effect** - Every action generates the result and it will also depend on that action. This law is told by Bhagavad Gita says Karma will decide and what one will get in return.
- 4.**Law of Least Effort** -Just keep walking the path of righteousness, you can achieve anything with lesser effects.
- 5.**Intention and Aspiration** – Aspirations and Intentions are crucial parts of human nature..

**6.Law of Detachment-** It says that detaching ourselves and embracing uncertainties, you can skip into the world of new possibilities.

**7.Law of Dharma-** Nothing in this world is without motive. You must find that purpose and put your talents to serve others to feel bliss and self satisfaction.

Let us see the best five yoga stages that can choose for beginners to start for spiritual attainment.

1.Hatha Yoga

2.Kundalin Yoga

3.Yin Yoga

4. Jivamukti Yoga

5.Vini yoga

### **BENEFITS OF YOGA**

Yoga has its legs spread across the world not only as a system of achieving wellness but also a method of exploring our spirituality. Yoga and the practice of it leads to an incredible avenue for self discovery of spiritual growth.why not,it has become a powerful tool for self improvement and even community transformation.

But there is a question,Why do we call a “Science” and how it exactly make it as more spiritual ? It answers one how he or she becoming consciously makes yoga science (not religion)and tries to help spiritually. Here what it means it does not belong to the physical ,emotional and mental realms. Spiritual means that how it transcends all these dimensions of our existence.

1. First it tells us the physical improvements brings the greater strength and flexibility and health in the body
2. The mental clarity and emotional stability as one experiences.
3. The real substance of yoga is that it is a practice that can take you beyond the regular dimensions of human life.

Even further we can understand that the science of yoga created by the ancient sages of India is a path towards spiritual dimension. That is what it is designed to do. In such a process that allows us to experience a part of life that it would have otherwise remained unknown within us.

### **BENEFITS OF SPIRITUAL YOGA**

To conclude, “Do not seek to follow in the footsteps of the wise; seek what they sought”- Matsuo Basho. The real effort of Yoga is in every area of practice which are in principles of commitment in all round effort, then the results will come to us.

The great promise of Yoga and spirituality stands in all one should climb to the heights of the great spiritual masters who have gone before as by following closely in their footsteps.

Every person can achieve the same experience, complete liberation and enlightenment by following the experience of the sages or prophets. However, all that is required is dedication to the ancient wisdom and perseverance in one's personal practice. Let us all follow those principles which are inbuilt in experience to achieve and enjoy the real fruit of yoga's benefits in this world forever.

Yoga is our ancient thought. It's very helpful to experience stillness in mind. Further it mainly keeps human mind away from negative thought.

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The most crucial component of peaceful co-existence is health in its holistic perspective that includes physical, psychological, spiritual and rational aspects. The fact yoga ensures such holistic health has been evidenced in the civilisational growth of Indian Tradition.

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