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**Definition of Yoga**

1) Patanjali Yoga Sutra...PYS 1/2

Yoga is the control of mind impression.

2) Bhagavad-Gita...BG 2/50

“Skill in action” is called yoga.

3) Bhagavad-Gita...BG 2/48

Equanimity (equilibrium) of consciousness (mind) is called yoga.

4) Bhagavad-Gita ...BG 6/23

The disconnection from assumed union of pain should be known by the name of yoga.

5) MahoPanishad...5/42

Transformation towards the union with God is called yoga.

#### 6) Linga Puran

Sublimation of mind impression and control of mind impression is called yoga by many saints.

### **The meaning and definition of Yoga**

“Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow.” Swami Satyananda Saraswati

The word Yoga has been derived from the Sanskrit root word, ‘yuj’ which means to unite or to join. So, Yoga means the union of individual consciousness (Jivatma) with the universal consciousness( Paramatma). On a more practical level, yoga is a means to balance and harmonize the body, mind, and emotions.

This union can be achieved through many different methods. This method to attain union with God through devotion is called Bhakti Yoga, through discrimination is called Jnana Yoga, through selfless service and detachment with the fruit of action is called Karma Yoga, through controlling mind is called Raja Yoga. And there are many others.

In **Paniniya Vyakarana Shastra**, the root word yuj has been used in three contexts.

1. to unite ( c/p)
2. to contemplate ( c)

### 3. to restrain/control (p)

So, the process or methods to unite the limited self with the Supreme and also the consequence, i.e. the state of being one with God, both can be called Yoga.

There are different interpretations of yoga. Some of the definitions of Yoga are given below.

#### 1) BG 2/48

Fixed in yoga. Do your actions abandoning attachment, meeting success and failure alike. Equanimity is called Yoga.

#### 2) BG 2/50

Strive to be in Yoga. Yoga is skill in action.

#### 3) BG 6/23

The disconnection from assumed union with pain should be known by the name of yoga.

Pain exists in relation to the body. If one is progressing towards yoga, he becomes attached to the Lord. When he is established in the Supreme, he is no longer affected by separation of sense objects.

#### 4) Patanjali Yoga Sutra 1/2

Yoga is the control of the mind impression.

#### 5) Mahopanishad 5/42

Transformation towards the union with God is called yoga.

Thus the aim of all yoga practice is to achieve truth, wherein the individual soul identifies itself with the Supreme Spirit. Beyond the ever-changing consciousness of mind and intellect, there is a changeless, formless Spirit which is unaffected by anything, and which is veiled in the individual

according to his stage of evolution. So it is through yoga that one tries to wash away the dirt covering the pure consciousness within us and reveal the soul that had always been a part of the Supreme and feel oneness with Him.