



Yoga for Harmony & Peace

योग: कर्मसु कौशलम्

# योग सन्देश

तृतीय अन्तरराष्ट्रीय योग दिवस के उपलक्ष्य में प्रकाशित



प्रकाशक  
भारतीय राजदूतावास  
काठमाण्डू, नेपाल



## प्रकाशक

भारतीय राजदूतावास, काठमाण्डू, नेपाल

## प्रकाशन

योगसन्देश (योग सम्बन्धी अनुसन्धानात्मक लेख)



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नेपाल  
Nepal



Message

राष्ट्रपति  
The President

I am pleased to learn that the Embassy of India in Kathmandu is bringing out a souvenir on the occasion of the 3rd International Day of Yoga.

The Vedic science of Yoga is a discipline, a way of life and an integral part of our culture. It helps relieve physical pain, purifies mind, leads us to the path of spiritual happiness, and hence enables us to live a healthy life.

Originating in our own region, Yoga remains a cultural identity of this sacred place. Nepal proudly shares this tradition which has immensely contributed to further strengthening the cordial relations between Nepal and India marked as they are by similar civilizational roots and common culture.

The practice of Yoga has become institutionalised as a unifying force among the comity of nations through the unanimous proclamation of June 21 as the International Day of Yoga by the United Nations General Assembly with the active initiative of India. Nepal is proud to be a leading co-sponsor of the resolution to that effect. Today the people around the world enjoy Yoga as a symbol of spiritual unity and harmony.

I take this opportunity to convey my best wishes to all as we celebrate the 3rd International Day of Yoga. I wish this souvenir all success.

Bidya Devi Bhandari



सत्यमेव जयते



वीडियो सन्देश का प्रतिलेख

## अंतर्राष्ट्रीय योग दिवस पर विश्व भर के योग प्रेमियों को अनेक-अनेक शुभकामनायें ।

इस शताब्दी में हम अनुभव कर रहे हैं कि योग ने पूरे विश्व को जोड़ दिया है जैसे योग शरीर, मन, बुद्धि, आत्मा को जोड़ता है वैसे आज योग विश्व को भी जोड़ रहा है ।

हर कोई चाहता है तनाव मुक्त जीवन हो, पीडा मुक्त जीवन हो, बीमारी से मुक्त जीवन हो, प्रसन्न जीवन हो इन सब को अगर किसी एक मार्ग से पाया जा सकता है तो वह मार्ग है योग का ।

एक संपूर्ण जीवन को संतुलित रूप में कैसे जिया जा सकता है तन से, मन से, शरीर से, विचारों से, आचारों से स्वस्थता की अंतर यात्रा कैसे चले वो अगर अनुभव करना है तो योग के माध्यम से अनुभव हो सकता है

आज विश्व का हर नागरिक जीवन शैली के कारण, कार्य की शैली के कारण, आपाधापी के कारण, बढ़ती हुई जिम्मेदारियों के कारण, तनाव से मुक्त जीवन जीना मुश्किल होता जा रहा है तब हमें हमारी दिनचर्या में, हमारे जीवन में, हमारे कार्यकलाप में उन चीजों को लाना बहुत आवश्यक है जो हमें तनाव भरी अवस्था में भी तनाव से मुक्त रहने का रास्ता दिखायें, ताकत दें और वो संभव है योग के नित्य अभ्यास से ।

मैं सभी योग प्रेमियों से आग्रह करूंगा कि हर वर्ष हम संकल्प करें कि कितने नए योग अभ्यासियों को हम साल भर में जोड़ेंगे, योग को आंदोलन बनाने में हम स्वयं क्या भूमिका निभाएंगे और आप देखेंगे कि दुनियाँ की सुख शांति में हम योग के द्वारा अहम योगदान दे सकते हैं ।

मैं आपको निमंत्रित करता हूँ सिर्फ अंतर्राष्ट्रीय योग दिवस नहीं लेकिन योग जन चेतना जगाने के लिए जन मन को स्वस्थ बनाने के लिए एक आंदोलन बने और आप उस आंदोलन के योगी बनें यही मेरी आप सब को बहुत-बहुत शुभकामनायें हैं ।

नरेंद्र मोदी

नरेंद्र मोदी





*The Prime Minister*



KATHMANDU  
NEPAL

**Message**

It gives me immense pleasure to know that the Embassy of India in Kathmandu is publishing a souvenir on the occasion of the 3<sup>rd</sup> International Day of Yoga.

Yoga symbolizes the union of our body and consciousness. Inherited down from generation to generation in our region and nurtured by oriental philosophy and way of living, it has now gained global recognition as an inseparable part of mankind that inspires all to live a better life free from bodily pain and full of spiritual happiness.

Nepal and India enjoy historical ties, enormous goodwill, and deep friendship and cooperation at all levels. Similar civilizational roots and culture have brought our peoples further closer. I am proud to recall that Nepal joined hands with India in garnering overwhelming support at the United Nations General Assembly to proclaim June 21 as the International Day of Yoga. I am confident that with the institutionalization of Yoga, greater unity and harmony will prevail throughout the world.

While extending my best wishes to all on this historic day, I wish the souvenir a great success.

Sher Bahadur Deuba

विदेशमन्त्री  
भारत गणराज्य



सत्यमेव जयते



वीडियो सन्देश का प्रतिलेख

अंतर्राष्ट्रीय योग दिवस २०१७ पर अनेक-अनेक शुभकामनायें ।

योग केवल व्यायाम नहीं है । योग एक तनावग्रस्त व्यक्ति का तनाव वापस लेता है, और उसे दूर करके तनाव रहित बनाता है। योग अशान्त मन को शान्त करता है, इसलिए आइये हम सब योग को अपनायें। अपना मन भी शान्त करें और विश्व शान्ति के मार्ग पर आगे बढ़ें।

श्रीमती सुषमा स्वराज

राजदूत  
AMBASSADOR



भारतीय राजदूतावास  
काठमाण्डू (नेपाल)  
Embassy of India  
Kathmandu (Nepal)  
☎ : +977-1-4411425  
☎ : +977-1-4420130  
✉ : amb@eoiktm.org



**MESSAGE**

With the United Nations having declared June 21<sup>st</sup> as the International Day of Yoga, it gives me great joy to see that the 3<sup>rd</sup> International Day of Yoga is being celebrated the world over with such great enthusiasm and vast participation.

With the world recognizing and becoming aware of the science of Yoga, it is a matter of great pleasure that Yoga is being adopted as a very way of living across the globe. Today, this science is binding the global community with a unanimous commitment towards better physical health and sound mental well-being.

Yoga is a shared heritage of India and Nepal. It is another strand in the fabric of the close friendship that both our nations share. Celebration of the 3<sup>rd</sup> International Day of Yoga is a testimony of the continued engagement between the two geographically linked and historically inter-twined countries.

I am very happy to know that our Embassy in Nepal is celebrating the Yoga Day for the third time. Our Embassy is coordinating with local communities and school children all across Nepal in an attempt to propagate the benefits of this Science.

This publication is being brought out by our Embassy to compile in one place contributions from masters and practitioners of Yoga and their varied interpretation of this Science.

I convey my warm greetings to all our friends in Nepal on the occasion of the 3<sup>rd</sup> International Day of Yoga.

(M.S. Puri)



## सम्पादकीय

विगत तीनवर्ष देखि जुन २१ तारिखलाई अन्तराष्ट्रिय योग दिवशका रुपमा विश्वभरी नै मनाइदै आएको छ । यसै सन्दर्भमा नेपालमा पनि नेपाल सरकार, भारतीय राजदूतावास, विभिन्न विश्व विद्यालय, शैक्षिक संघ संस्था तथा योगका क्षेत्रमा कार्यरत विभिन्न संघ संस्थाहरुले मिलेर सामुहिक रुपमा अन्तराष्ट्रिय योग दिवशलाई विशेष पर्वका रुपमा मनाउँदै आएका छन् । सामुहिक रुपमा विश्व भरि नै योगका आसनहरुलाई व्यवहारिक रुपमा प्रयोग गरेर प्रचार-प्रसार मात्र गरिन्छ, यसको गहनता र महत्त्वलाई बुझाउने काम पनि गरिन्छ । यस्ता कार्यबाट विद्यालयका छात्र, छात्रा, कलेजका विद्यार्थी र आ-आफ्ना व्यवसायमा लागेका प्रौढ व्यक्तिहरुमा पनि यसको सकारात्मक प्रभाव पर्दछ । आजको व्यस्त र तनावयुक्त जीवन शैलीमा बाँच्न बाध्य भएका मानवहरुका लागि तनाव र रोगबाट मुक्त हुन योगले बाटो देखाउँदछ । शरीरिक तन्दुरुस्तीका लागि मात्र होइन, र खाद्यपदार्थको मिश्रावटबाट पैदाहुने विभिन्न प्रकारका रोगबाट मुक्तिका साथै वातावरणीय दुष्ट प्रभाव एवं भौतिक चाहानाले निम्त्याएको तनावपूर्ण जीवनलाई पनि योगका विभिन्न आशन, प्राणायाम, ध्यान र धारणाको प्रयोगबाट मुक्त गर्न सकिन्छ भन्ने तथ्यलाई विश्वका अधिकांश मानिसहरुले बुझिसकेकाले यसको प्रयोग अत्याधिक रुपमा बढ्न गएको छ ।

योगलाई हिजोका दिनमा अत्याधिक सुख, शान्ति र मुक्तिका लागि गरिने विशेष क्रिया मानिन्थ्यो । गृहस्थ जीवन त्यागेका योगी शन्यासीहरुले मात्रप्रयोग गरिने विद्याका रुपमा समाजले चिन्दथ्यो । तर आज गृहस्थी जीवनमा रहेका महिला तथा पुरुषका लागि स्वस्थ, शान्त र आनन्दमय जीवन पद्धति सिकाउने विज्ञानका रुपमा योग-दर्शनले व्यापकता पाइरहेको छ । हिजो ऋषिमहर्षिका गुरुकुलहरुले यस शास्त्रको अध्यापन गराउँदथे । त्यस्तै समयको लामो काल खण्डमा विभिन्न धार्मिक मठ-मन्दिर र अखण्डाहरुका साधु सन्तहरुले यसको पठन-पाठन गराउने र यस विद्यालाई योगाउने कार्य गरेका थिए । यही कार्यलाई आजभोलि विश्वविद्यालयहरुले नै जिम्मा लिइसकेका छन् । योग विज्ञानमा स्नातक र स्नातकोत्तर सम्मको डिग्री प्रदान गर्न थालिएको छ । हिजोका दिनमा योग एउटा दर्शनका रुपमा पढाई हुन्थ्यो तर आज योग थेरापी, योग मनोविज्ञान, योग दर्शन, जस्ता विषयमा पाठ्यक्रम बनाएर पढाउन थालिएको छ ।

हिजो आत्मा र परमात्माको मिलनका लागि योग साधना गरिन्थ्यो । योग चित्तः वृत्ति निरोधः भनेर साधकहरुलाई वृत्ति निरोधका लागि योग सिकाइन्थ्यो । आज यसको अर्थ र उपादेयतामा व्यापकता आएको छ । साथै प्रयोगकर्ताहरुले पनि, धर्म, सम्प्रदाय भन्दा माथि उठेर यसका साधना पद्धतिलाई अवलम्बन गर्ने गरेका छन् । अब यस विद्यालाई हिन्दु धर्मावलम्बीको मात्र होइन विश्वका अनेकौ धर्म र सम्प्रदाय मान्नेहरुका लागि पनि प्रिय विषय बनेको छ । यही नै योग विज्ञानको महत्त्व र सर्वव्यापकता हो । योग विज्ञान विश्वका सम्पूर्ण वंशुदैव कुटुम्बकमको वेद ध्वनीले सार्थकता पाइरहेको छ ।

आजका युवा युवतीहरुले योग विज्ञानको महत्त्व बुझेर दैनिक जीवनचर्या बनाएर साधना गर्ने तथा स्वस्थ र निरोगी रहन तत्परता देखाउनु पर्दछ । यही योग शास्त्रको प्रवर्द्धनका लागि विश्व योग दिवशको महत्त्व रहेको छ । हामीले योग शास्त्रमा रहेका, र



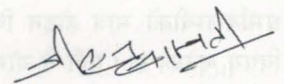
विभिन्न ऋषि, महर्षिहरूले प्रतिपादन गरेका प्रयोगात्मक योग विज्ञानको वृहत्तर जानकारी गराउने ध्येयका साथ प्रथम विश्व योग दिवसका अवसर देखि नै योग-सन्देश प्रकाशन गर्दै आइरहेका छौं । यस सङ्ग्रहमा नेपाल तथा भारतका लब्ध प्रतिष्ठित सन्त एवं विद्वानहरूको लेख समावेश गरेका छौं । यस पाठक संस्कृत, नेपाली, हिन्दी र अङ्ग्रेजी गरी चार भाषामा प्राप्त भएका लेखहरूलाई स्थान दिइएको छ ।

खास गरी नेपाल तथा भारतका विश्वविद्यालयका प्राध्यापक एवं शोधकर्ताहरूको शोधमूलक गहन लेखहरूले यस सङ्ग्रहको गरिमा बढेका छ । तसर्थ यस सङ्ग्रहका सम्पूर्ण सन्त एवं विद्वान् लेखकहरूमा धन्यवाद सहित आभार व्यक्त गर्दछौं । आगामी दिनमा पनि यस्तै सहयोग रही रहने विश्वास लिएका छौं ।

यो योग-सन्देश प्रकाशन गर्न हर किसिमले सहयोग गर्ने र प्रेरणा प्रदान गर्नुहुने नेपाल स्थित गणतन्त्र भारतका महामहिम राजदूत श्री मंजीव सिंह पुरी ज्यू, भारतीय राजदूतावासका उपप्रमुख श्री विनय कुमार ज्यू, भारतीय राजदूतावासका मन्त्री श्री विवेक जोहरी ज्यू, राजनीतिक प्रथम सचिव श्री एस. गोपाल कृष्णन् ज्यू, प्रथम सचिव -प्रैस, सूचना एवं संस्कृति श्रीमती रुवी जसप्रीत शर्मा ज्यू, अताशे-हिन्दी, सूचना एवं संस्कृति डा. श्री रघुवीर शर्मा तथा सम्पूर्ण भारतीय राजदूतावास परिवार प्रति सम्पादक मण्डल आभार व्यक्त गर्दछौं ।

त्यस्तै आफ्ना हाउसका सल्लाकार श्री जोसेफ नाथन, श्री मिरज वंशल, तथा समा प्रिन्टर्सका प्रबन्धक श्री अतुल पाण्डेलाई पनि मुरीमुरी धन्यवाद छ । यस सङ्ग्रहका सामग्री संकलन सहित अन्य सहयोग गर्नुहुने प्रा. डा. अच्युत अर्याल श्री रामदेव पण्डित लाई पनि धन्यवाद छ । यस अंकलाई सफल बनाउनका लागि अहोरात्र सहयोग पुर्याउने नेपाल-भारत पुस्तकालयका समस्त परिवारलाई धन्यवाद नदिरहन सकिदैन । उहाँहरूको सहयोग नभएको भए यति छोटो अवधिमा लक्षसम्म पुग्न सकिने थिएन । यो सङ्ग्रहका लेखहरूलाई भाषिक शुद्धता प्रदान गर्न सहयोग गर्नु हुने प्रा. डा. श्री दुर्गा प्र. अर्याल, श्री दयाराम दाहाल श्री रमेशकुमार अधिकारी को विशेष भूमिका रहेको छ । तसर्थ हामी उहाँहरूलाई पनि विशेष धन्यवाद सहित आभार व्यक्त गर्दछौं ।

अन्तमा, विगतका दुई अङ्क भन्दा यो सङ्ग्रह कलेवरका दृष्टिले मात्र होइन पाठ्यसामाग्रीका दृष्टिले पनि महान बन्न पुगेको हामीले महशुस गरेका छौं । यस पुस्तकको लेखन तथा सम्पादनमा यस बाट निश्चय नै योगमा रुचि राख्नु हुने पाठकवर्ग लाभान्वित हुनुहुनेछ । यस सङ्ग्रहमा भएका कमी कमजोरीहरूलाई आगामी वर्षहरूमा सुधार गर्दै लैजाने वचन बद्धता सहित विदा चहान्छौं ।



योगाचार्य जी.एन. सरस्वती

प्रधान सम्पादक

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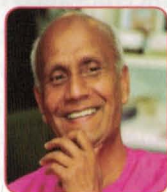
Yoga for Harmony & Peace

**खण्ड-क**  
**English**



# Who is Fit for Yoga?

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Sri Chinmoy

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Who is fit for Yoga? You are fit for Yoga. He is fit for Yoga. I am fit for Yoga. All human beings without exception are fit for Yoga.

The spiritual fitness can be determined by our feeling of oneness, our desire for oneness. The tiniest drop has a right to feel the boundless ocean as its very own, or to cry to have the ocean as its very own. Such is the case with the individual soul and the Universal Soul.

Where is God and where am I? God is on the third floor and I am on the first floor. I come up to the second floor. He comes down to the second floor. We both meet together. I do not forget to wash His Feet with my tears of delight. Nor does He forget to place me in His Heart of infinite Compassion.

What is Yoga? Yoga is self-conquest. Self-conquest is God-realisation. He who practises Yoga does two things with one stroke: he simplifies his whole life and he gets a free access to the Divine.

In the field of Yoga we can never pretend. Our aspiration must ring true. Our whole life must ring true. Nothing is impossible for an ardent aspirant. A higher Power guides his steps. God's adamant Will is his safest protection. No matter how long or how many times he blunders, he has every right to come back to his own spiritual home. His aspiration is a climbing flame. It has no smoke, it needs no fuel. It is the breath of his inner life. It leads him to the shores of the Golden Beyond. The aspirant, with the wings of his aspiration, soars into the realms of the Transcendental.

God is infinite and God is Omnipresent. To a genuine aspirant, this is more than mere belief. It is the Reality without a second.

Now let us focus our attention on the spiritual life. It is a mistaken idea that the spiritual life is a life of austerity and a bed of thorns. No, never! We came from the Blissful. To the Blissful we shall return with the

spontaneous joy of life. It seems difficult because we cater to our ego. It looks unnatural because we cherish our doubts.

The realisation of God is the goal of our life. It is also our noblest heritage. God is at once our Father and our Mother. As our Father He observes; as our Mother He creates. Like a child, we shall never give up demanding of our Mother, so that we can win our Mother's Love and Grace. How long can a mother go on unheeding her child's cry? Let us not forget that if there is anybody on earth on whom all human beings have a full claim, it is the Mother aspect of the Divine. She is the only strength of our dependence; she is the only strength of our independence. Her Heart, the home of infinitude, is eternally open to each individual.

पिताहमस्य जगतो माता धाता पितामहः ।

वेद्यं पवित्रमोँकार ऋक्साम यजुरेव च ॥ (श्री गीता ९/१७)

I am the sustainer and ruler of this universe, its father, mother and grandfather, the one worth knowing, the purifier, the sacred syllable OM, and the three Vedas-Rig Ved, Yajur Ved and Sam Ved.

We should now become acquainted with the eight significant strides that lead a seeker to his destination. These strides are: *Yama*, self-control and moral abstinence; *Niyama*, strict observance of conduct and character; *Asana*, various body postures which help us enter into a higher consciousness; *Pranayama*, systematic breathing to hold a rein on the mind; *Pratyahara*, withdrawal from the sense-life; *Dharana*, the fixation of our consciousness on God, joined by all parts of the body; *Dhyana*, meditation, the untiring express train speeding toward the Goal; and *Samadhi*, trance, the end of Nature's dance and the beginning of/with Divine Dance, the total merging of our individual consciousness into the infinite Consciousness of the Transcendental Supreme.

Yoga is our union with Truth. There are three unfolding stages of this union. In the first stage man has to feel that God needs him as much as he needs God. In the second stage man has to feel that, without him, God does not exist even for a second. In the third and ultimate stage man has to realise that he and God are not only eternally One, but also equal, all-pervading and all-fulfilling.

## What is Yoga?

What is Yoga? Yoga is the language of God. If we wish to speak to God, we have to learn His language.

What is Yoga? Yoga is that which discloses God's secret. If we wish to know God's secret, we have to launch into the path of Yoga.



What is Yoga? Yoga is the Breath of God. If we wish to see through God's Eye and feel through His Heart, if we wish to live in God's Dream and know God's Reality, if we wish to possess the Breath of God, and finally if we wish to become God Himself, Yoga will beckon us.

Yoga is union. It is the union of the individual soul with the Supreme Self. Yoga is the spiritual science that teaches us how the Ultimate Reality can be realised in life itself.

What we have to do is accept life and fulfil the Divine in ourselves here on earth. This can be effectuated only by transcending our human limitations.

Yoga tells us how far we have progressed in relation to God-realisation. It also tells us about our destined role in God's cosmic Drama. The final word of Yoga is that each human soul is a divine representative of God on earth.

Now let us focus our attention on the practical aspect of Yoga. There are various kinds of Yoga: Karma Yoga, the path of action; Bhakti Yoga, the path of love and devotion; and Jnana Yoga, the path of knowledge. These three are considered to be the most important kinds of Yoga. There are other significant types of Yoga, but they are either branches of these three or types closely related to them.

These three serve as the three main gates to God's Palace. If we want to see and feel God in the sweetest and most intimate way, then we have to practise Bhakti Yoga. If we want to realise God in humanity through our selfless service, then we have to practise Karma Yoga. If we want to realise the wisdom and glories of God's transcendental Self, then we have to practise Jnana Yoga.

One thing is certain. These three paths lead us to Self-realisation in God-realisation and God-realisation in Self-realisation.

### **Bhakti Yoga: भक्तिरेव गरीयसी – Devotion is Sublime**

Ask a man to speak about God and he will speak endlessly. Ask a Bhakta to speak about God and he will say only two things: God is all Affection, God is all Sweetness. The Bhakta even goes one step further. He says, "I can try to live without bread, but never can I live without my Lord's Grace."

A Bhakta's prayer is very simple: "O my Lord God, do enter into my life with Thine Eye of Protection and with Thy Heart of Compassion." This prayer is the quickest way to knock at God's Door and also the easiest way to see God open the Door.

A Karma yogin and a Jnana yogin may suffer a moment of doubt about God's existence. But a Bhakta has no suffering of that type. To him, the existence of God is an axiomatic truth. More than that, it is his heart's spontaneous feeling. But alas, he too has to undergo a kind of suffering. His is the suffering of separation from his Beloved. With the tears of his heart's devotion, he cries to re-establish his sweetest union with God.

The reasoning mind does not charm the Bhakta devotee. The hard facts of life fail to draw his attention, let alone absorb him. He wants to live constantly in a God-intoxicated realm.

A devotee feels that when he walks towards God, God runs towards him. A devotee feels that when he thinks of God for a second, God cries for him for an hour. A devotee feels that when he goes to God with a drop of his love to quench God's ceaseless thirst, God enfolds him in the sea of His ambrosial Love.

The relation between a devotee and God can only be felt, never described. Poor God thinks that no man on earth can ever capture Him, for He is priceless and invaluable. Alas, He has forgotten that He has already granted devotion to His Bhakta. To His greatest surprise, to His deepest joy, His devotee's surrendered devotion is able to capture Him.

There are people who mock the Bhakta. They say that a Bhakta's God is nothing but a personal God, an infinite God with form, a glorified human being. To them I say, "Why should a Bhakta not feel thus?" A Bhakta sincerely feels that he is a tiny drop and that God is the infinite Ocean. He feels that his body is an infinitesimal portion of God the boundless Whole. A devotee thinks of a God and prays to a God in his own image. And he is absolutely right to do so. Just enter into a cat's consciousness and you will see that its idea of an omnipotent Being takes the form of a cat — only in a gigantic form. Just enter into the consciousness of a flower and you will see that the flower's idea of something infinitely more beautiful than itself takes the image of a flower.

The Bhakta does the same. He knows that he is a human being and he feels that his God should be human in every sense of the term. The only difference, he feels, is that he is a limited human being and God is a limitless human Being.

To a devotee, God is at once blissful and merciful. His heart's joy makes him feel that God is blissful and his heart's pangs make him feel that God is merciful.

A bird sings. A man sings. God too sings. He sings His sweetest songs of Infinity, Eternity and Immortality through the heart of His Bhakta.



## Karma Yoga

*Karma Yoga* is desireless action undertaken for the sake of the Supreme. *Karma Yoga* is man's genuine acceptance of his earthly existence. *Karma Yoga* is man's dauntless march across the battlefield of life.

*Karma Yoga* does not see eye to eye with those who hold that the activities of human life are of no importance. *Karma Yoga* claims that life is a divine opportunity for serving God. This particular Yoga is not only the Yoga of physical action; it includes the aspirant's moral and inner life as well.

Those who follow this path pray for a strong and perfect body. They also pray for a long life. This long life is not a mere prolongation of life in terms of years. It is a life that longs for the descent of the divine Truth, Light and Power into the material plane. The Karma yogins are the real heroes on the earthly scene, and theirs is the divinely triumphant victory.

A Karma yogin is a perfect stranger to the waves of disappointment and despair in human life. What he sees in life and its activities is a divine purpose. He feels himself to be the hyphen between earthly duties and heavenly responsibilities. He has many weapons to conquer the world, but his detachment is the most powerful. His detachment defies both the crushing blows of failure and the ego-gratifying surges of success. His detachment is far beyond both the snares of the world's excruciating pangs and the embrace of the world's throbbing joy.

Many sincere aspirants feel that the devotional feelings of a Bhakta and the penetrating eye of a Jnani have no place in *Karma Yoga*. Here they are quite mistaken. A true Karma yogin is he whose heart has implicit faith in God, whose mind has a constant awareness of God and whose body has a genuine love for God in humanity.

It is easy for a Bhakta to forget the world, and for a Jnani to ignore the world. But a Karma yogin's destiny is otherwise. God wants him to live in the world, live with the world and live for the world.

## Jnana Yoga

God has three eyes. Their names are *Bhakti*, *Karma* and *Jnana*. *Bhakti* wants to live in its Father's most intimate Truth. *Karma* wants to live in its Father's all-pervading universal Truth. *Jnana* wants to live in its Father's transcendental Truth.

The man of devotion needs God's protection. The man of action needs God's guidance. The man of knowledge needs God's instruction.

The Bhakta's faith in God and the Karma yogin's love for humanity do not interest a Jnana yogin, much less inspire him. He wants nothing but the mind. With his mental power he strives for the personal experience of the highest Truth. He thinks of God as the Fount of Knowledge. He feels that it is through his mind that he will attain his Goal. At the beginning of his path, he feels that nothing is as important as the fulfilment of the mind. Eventually he comes to realise that he must transcend the mind if he wishes to live in the Supreme Knowledge.

Life is a mystery. So is death. A Jnana yogin wants to fathom these two apparently insoluble mysteries of God's creation. He also wants to transcend both life and death and abide in the Heart of the Supreme Reality.

Man lives in the sense world. He does not know whether this world is real or unreal. An ordinary man is satisfied with his own existence. He has neither the thinking capacity nor the sincere interest to enter into the deeper meaning of life. He wants to escape the problems of life and death. Unfortunately, there is no escape. He has to swim in the sea of ignorance. A Jnana yogin alone can teach him how to swim across the sea of ignorance and enter the Sea of Knowledge and Light.

A Jnana yogin declares: *Neti, neti*. "Not this, not this." What does he mean? He means that there is a higher world than this sense-world, a higher truth than this earthbound truth. He says, in a sense, that there are two opposing parties. One party consists of falsehood, ignorance and death. The other party consists of Truth, Knowledge and Immortality. While uttering "*Neti, neti*" he asks man to reject falsehood and accept Truth, reject ignorance and accept Knowledge, reject death and accept Immortality.

### **United Nations Yogi: Sri Chinmoy—**

Born in 1931, in Chittagong, India and grew up in Pondicherry, India, Sri Chinmoy moved to New York in 1964, in 1970, at the request of U Thant, the Third Secretary General of the United Nations, Sri Chinmoy founded a non-denominational programme at the United Nations in New York which offers meditations for world harmony, interfaith programmes and cultural activities for UN delegates, staff members and special guests.

"I have been hearing about you from many, many people. Whoever speaks to me about you is all appreciation and admiration, and I personally feel that you have been doing a most significant task for the United Nations. It has been a great privilege for me to see you. Please feel my sincere respect and sincere concern for what you are doing for mankind."

— U Thant, Third UN Secretary-General



“I know how much you have contributed to our efforts in the United Nations to work for peace, to work for understanding, to bridge the gap between rich and poor people in the world and to try to improve the lives of so many suffering people.”

– Kurt Waldheim, Fourth UN Secretary-General

“Sri Chinmoy, you are the heart of the United Nations. In all the years I was Secretary-General, and even before, you were always with us. Your message was always with us, and we were being inspired by you.”

– Javier Perez De Cuellar, Fifth UN Secretary-General

“Through your prayers, meditations, concerts and global ‘Peace Run’, your work has linked peace-lovers in more than 100 countries and complemented that of the world Organization.”

– Kofi Annan, Seventh UN Secretary-General.



*The author is great spiritual leader and transcendentalist.*





## Yoga for Harmony & Peace

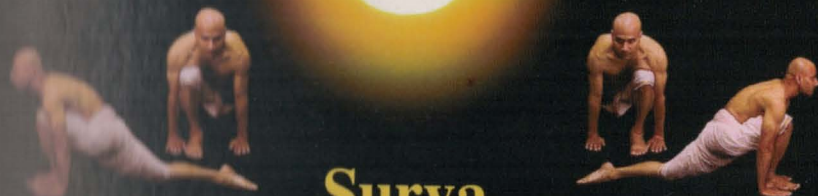
Yoga, a word derived from the same Sanskrit root  
as the English "yoke", meaning "to join",  
to join us to our reality, God.

~ Swami Vivekananda ~

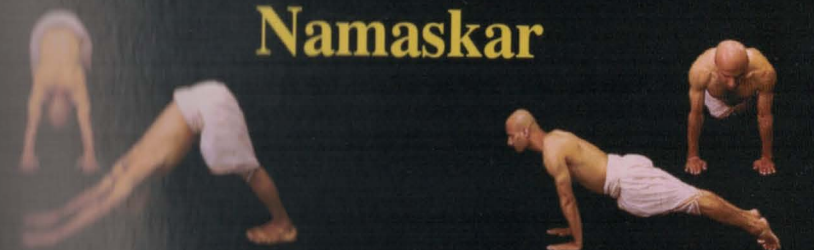


# All Life is Yoga

~ Sri Aurobindo ~



## Surya Namaskar





Yoga for Harmony & Peace

योग: कर्मसु कौशलम्

# योग सन्देश

तृतीय अन्तरराष्ट्रीय योग दिवस के उपलक्ष्य में प्रकाशित



सत्यमेव जयते

प्रकाशक  
भारतीय राजदूतावास  
काठमाण्डू, नेपाल