

## FOUNDATION OF YOGIC CULTURE IN THE LIGHT OF PATANJALA YOGA

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Foundation-heads of all the cultures like Vedic seers, Mahavir, Buddha, Zoroaster, Christ, Mohammed & Sufis have dedicated all their life to the quest of understanding the source of suffering of mankind. These are the original masters who have developed a common **culture**, which is practical, methodical and a systematic for unfolding and culturing the unlimited potentialities of mankind, can be called **Yogic Culture**. Its roots are in ancient India; its universal origin is the burning desire in the heart of all the cultural heads - the yearning to be happy and free of suffering. Historically it originated over 5000 years ago and handed down to us in the form of living tradition. They have found that so long we do not pay any serious attention towards our day-to-day activities, as well as, the activities of the Mother Nature, we go on performing all our actions mechanically in life and therefore, life seems to be full of pain and miseries. However, they have also observed that if we add our awareness to our activities-

- We can understand the life and phenomenon associated with it.
- We can overcome all kinds of pain and suffering.
- We can achieve Total Integration that can lead us to **Liberation**.

In order to understand life phenomenon ancient seers and sages have given us a first step known as Prayer. Significance of which is accepted in all the cultures.

### **Why do we recite prayers?**

we shall try to find out the basis of Yogic culture by understanding the purpose of reciting prayers and also try to understand why we repeat Om Shanti - Shanti – Shanti three times at the end of the prayer? Regarding prayer it is accepted fact that if we recite it with full awareness and with an receptive attitude - It keeps our mind calm and composed by reducing our all kinds of tensions and this, in turn, helps us in understanding the activities of the Mother Nature which works by the directions of the natural forces and thus the Universe is said to be the personification of natural forces. By reciting these prayers we learn to live in harmony with Mother Nature and thereby nature provides us conducive atmosphere to

achieve our goals in life and this is what the purpose of reciting prayers is. Therefore, it is absolutely essential on our part that we should understand the import of the prayer and should try to establish contact with natural forces while offering prayers.

### **Why do we recite the term Shanti thrice?**

Repeating Shanti 3 times preceded by Om is also significant wherein the Om is a symbol expressive of Divine Reality, transcending the three states of consciousness viz. waking, dream and deep sleep. By repeating three times the word Shanti we wish to remain free from threefold pain or suffering. Before we discuss the threefold pain let us understand the true import of the term Pain (Duhkha)- In our day-to-day life; when the things are not happening according to our will & wish; it gives us pain and we call it **duhkha** "**Pratikoolavedaniyam Duhkham**". When the things are happening according to our will & wish it gives us pleasure and we call it **Sukha** "**Anukoolavedaniyam Sukham**". As we perform our activities mechanically in life we use to identify ourselves with all that which actually we are not. Infact, the objective world in itself is not painful or pleasurable however, we impose our thought on the objects and thereby the objective world becomes painful or pleasurable for us.

### **Discussion on threefold Suffering:**

There are innumerable kinds of duhkha as one object that gives me pain may give pleasure to someone else. However, our sages have classified all kinds of pain under three heads-

1. Adhyatmika Duhkha (Intra-organic caused by oneself due to ignorance)
2. Adhibhautika Duhkha (Extra - organic caused by fellow beings or other creatures)
3. Adhidaivika Duhkha ( Supernatural caused by natural calamities)

#### **1. Adhyatmika duhkha** (Intra-organic caused by oneself due to ignorance)

##### **a. Physical Pain-**

According to the ancient medical science due to ignorance "prajna-aparadha" there is imbalance in tridoshas i.e 'Vaata - Pitta – Kapha' and that gives us pain however, the balance in tridoshas can be regained with the help of certain medicine but there is no guarantee that this imbalance will not be repeated again and therefore, medicine is not a permanent solution for overcoming the physical pain.

## **b. Mental pain-**

Whenever there is a gap between our expectations and achievements it gives us mental pain e.g. what we want we may not get it, whatever we get we may not possess it, whatever we possess we may not enjoy it, whatever we enjoy we may not get permanent satisfaction. In this sense we can say that we cannot escape permanently from mental pain with the help of manmade means.

## **2. Adhi-bhautika dukkha** (Extra - organic caused by fellow beings or other creatures)

“Bhutebhyo jayate-iti bhautikam” Pain which comes from fellow Beings (other creatures) is called bhautika such as Snake bites/ Dog bites or pain from human being. Again we temporarily overcome such pain with the help of manmade means but there is no guarantee that this will not be repeated again and hence no permanent solution.

## **3. Adhi-daivika dukkha** (Supernatural caused by natural calamities)

Pain which comes from Natural calamities – like earth-quake, Tsunami etc. there is no permanent solution for such suffering.

Now the question arises- Is there any permanent solution to overcome threefold pain or suffering? Our seer and sages they say “YES” There is a permanent solution to overcome the threefold suffering wherein one has to understand “**Who am I?**” and with a view to actualize “**Who am I?**” they have applied a fourfold strategy (called **Chaturvyaha**) with the help of which one can realize one’s **true nature** and can overcome threefold suffering permanently.

## **Fourfold Strategy** (*Chaturvyaha*)

### **Fourfold Strategy of Ancient Medical Science**

Disease

Cause of disease

Health

Treatment)

### **Fourfold Strategy of Indian Philosophy**

**Heya** (suffering)

**Heyahetu** (cause of dukha)

**Hana** (freedom from dukkha wherein feeling of well being prevails)

**Hanopaya** (means to achieve Hana State)

This fourfold strategy will be discussed in detail in the light of Patanjali during my presentation.