

Bihar School of Yoga, Munger, presents

Yoga for developing inner awareness and potential

On the occasion of the fourth International Day of Yoga we offer our good wishes to all sincere seekers and aspirants of yoga. It is a day to honour the ancient yoga vidya, a science of spiritual evolution perfected and handed down by the seers and sages of humanity through all times.

The science of mantra is an important component of yoga, which according to Swami Niranjanananda Saraswati, "is an incomparable gift by the Indian seers to the world, for in no other culture will you find such an elaborate system of mantras. They are the medium through which, by understanding the connection of one's life with Nature and the Supreme Reality, one can act in accordance with Nature and make the effort towards self-evolution and self-realization."

"Mantra is defined as *mananat trayate iti mantrah* - as the power, force or energy through which one is able to liberate the mind from its obsessions. Many people see mantras as religious words or try to understand their literal meaning, but in essence the mantra is a sound vibration, and in mantra yoga one needs to identify with the vibration as much as possible. It is for this reason that mantras are always repeated, not just chanted once. When the mantra is sustained for a period of time, and you merge your consciousness in the feeling, chanting and articulation of the mantra, and begin to identify with the vibrations that you are creating while chanting the mantra, then you begin to experience what is called mantra meditative awareness, and attaining this awareness should be the aim of sincere yoga aspirants."

This year's program has been designed keeping this theme in mind. A conscious and sincere effort to integrate mantras into one's yoga sadhana and lifestyle will transform the state of one's own mind and unlock its dormant potential.



Your Program for the International Day of Yoga 2018

From 6 am to 7.30 am, people will gather on the rooftops, verandahs, courtyards and other open spaces of their homes and community centres and do the following practices:

1. Kaya sthairyam with a focus on experiencing balance and harmony in body and mind

Mantra

2. Shanti mantras:

Om saha naavavatu. Saha nau bhunaktu.

Saha veeryam karavaavahai.

Tejasvinaavadheetamastu maa vidvishaavahai.

Om shantih, shantih, shantih.

3. Mahamrityunjaya mantra with sankalpa for healing, energy, power, immunity and strength (11 rounds):

Om tryambakam yajamahe sugandhim pushtivardhanam.

Urvrukamiva bandhanat mryormukshya mamritat.

4. Gayatri mantra with sankalpa for wisdom, inner clarity, intuitive knowledge and learning (11 rounds):

Om bhurbhuvah svaḥ tatsaviturvarenyam.

Bhargo devasya dhimahi dhiyo yo nah prachodayat.

5. 32 names of Durga with sankalpa for overcoming distress in life; experiencing peace and harmony (3 rounds):

Om durgā durgārtisamanī durgāpadvinivāriṇī. Durgamachchedinī durgasādhinī durganāsinī.

Durgatoddhāriṇī durganihantrī durgamāpahā. Durgamajñānadā durgā daityalokadavānalā.

Durgamā durgamālokā durgamātmavarūpiṇī. Durgamārgapradā durgamavidyā durgamāśritā.

Durgamajñānasamsthānā durgamadyānabhāsinī. Durgamohā durgamagā durgamārthasvarūpiṇī.

Durgamāsurasamhantrī durgamāyudhadhāriṇī. Durgamāṅgī durgamatā durgamā durgamēśvarī.

Durgabhīmā durgabhāmā durgabhā durgadāriṇī.



Asana

6. Tadasana (9 rounds)*
7. Tiryak tadasana (9 rounds)
8. Kati chakrasana (9 rounds)
9. Shavasana**
10. Pada sanchalanasana, stage 2 (9 rounds)
11. Naukasana (9 rounds)
12. Chakki chalanasana (9 rounds)
13. Vayu nishkasanasana (9 rounds)
14. Vajrasana (with abdominal breath awareness, 1–2 minutes)
15. Marjari asana (9 rounds)

These asanas comprise a short and easy-to-practise capsule for toning the entire digestive system.

Pranayama

16. Sheetalī/sheetkari pranayama (10 rounds)
17. Nadi shodhana pranayama 1:1 (10 rounds)
18. Bhrāmari pranayama (10 rounds)

Yama-niyama

For a few minutes each, contemplate on and develop the yama of *manahprasad*, or happiness, and the niyama of japa.

19. *Manahprasad*: This yama was introduced on IYD 2016. To what extent have you been able to practise this and what have been the effects? Observe your mental states over the last few days and identify moments when you were truly happy. Connect with the energy and positivity of those moments and try to bring yourself into that state now. Strive to increase the duration of this state each day. If you are still in a state of unhappiness, try to find its underlying cause. Identify the negative, limiting quality in yourself that it reflects. Next, focus on the opposite positive and uplifting quality and try to strengthen it to become happy.
20. *Japa*: We are connected with the senses and sense objects all the time. Japa becomes a method to disconnect the mind for a little while and connect with something different. The connection between your mind and the senses and sense objects is broken. In that break you direct your attention and



awareness towards discovering your inner nature, and that is where you find peace. With this aim in mind, practise *Om* chanting for 5 minutes remaining fully focused on the sound of the mantra. Also make a resolve to practise mental japa of *Om* or your guru mantra whenever possible during the day.

Pratyahara

21. Ajapa japa (So Ham awareness in frontal passage, 5 minutes)
22. Yoga nap (basic yoga nidra with stages 3 & 4, 10 minutes)
23. Chanting of the yogic prayer:

*Asato maa sad gamaya
Tamaso maa jyotir gamaya
Mrityor maa amritam gamaya
Sarveshaam svastirbhavatu
Sarveshaam shantirbhavatu
Sarveshaam poornam bhavatu
Sarveshaam mangalam bhavatu
Loka samastaa sukhino bhavantu
Om shantih, shantih, shantih.*

This final prayer is a resolution and contains the essence of yogic teachings. It represents the personal aim of attaining harmony, equilibrium and balance in one's own life and the social aim to reach out to everyone with a wish for their wellbeing.

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- * *In the dynamic practices, awareness should be directed to the physical movement in the first 3 rounds, breath and pranic awareness in the next 3 rounds and mental visualization in the last 3 rounds.*
 - ** *Shavasana may be practised as per the need of the group.*

All sincere yoga aspirants are advised to follow the above practices for one year, and then reflect on their success and the changes experienced in the quality of life. We hope and pray that the inspiration of yoga remains with you and in turn, you are able to assist others on the path of yoga and yogic living.

*Hari Om Tat Sat
Swami Sivadhyanam
Coordinator*

