

PEACE OF MIND  
FOR ALL

# YOG-SADHANA AND MEDITATION “for house holders” and beyond

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Updated: November 2011



**Yoga is a way of life.  
We live Yoga way 24 hours a day.**

- 1. PATANJALI'S ASHTANG YOGA FOR EVERYBODY**
- 2. KARAM YOGA (LIKE ARJUN)**
- 3. BHAKTI YOGA (LIKE MEERA)**
- 4. OTHERS**



**In various writings, the word Yoga has been defined as union, whereas, in the Yoga Sutras it has been defined by Rishi Patanjali as complete control of the mind.**



# “PATANJALIS ASHTANG YOG-SADHANA”

1. YAMA (Abstentions)
2. NIYAMA (Observances)
3. ASANA (Body Posture)
4. PRANAYAMA (Control and Regulation of Breath and Vital Force Prana”)
5. PRATYAHARA (Abstraction; “is that by which the senses, do not come into contact with their objects and, as it were, follow the nature of the mind.”-Vyasa)
6. DHARANA (Fixing the attention on a single object; Concentration.)
7. DHYANA (Meditation)
8. SAMADHI (Trance, consciousness)



# YAMA includes...

1. **AHIMSA** (Abstention from violence= Non-violence to all beings)
2. **SATYA** (Abstention from lying= Truth)
3. **ASTEYA** (Abstention from theft)
4. **BRAHMACHARYA** (Abstention from sexual activity= Continnence)
5. **APARIGRAHA** (Abstention from possessions)



# NIYAM includes...

1. **SAUCHA** (Purity)
2. **SANTOSH** (Contentment)
3. **TAPA** (Austerity)
4. **SVADHYAYA** (Self-Study, Introspection, Study of Scriptures)
5. **ISHVARAPRANIDHANA** ( Surrender to God)



# Ashtanga yoga (Contd.)

Eight steps are divided into two categories:

**1. BAHIRANGA YOGA**- yama, niyama, asana, pranayama, and pratyahara.

**2. ANTARANGA YOGA** is comprised of dharana, dhyana and samadhi.



# BRAND NAMES

1. TM YOGA
2. KRIYA YOGA
3. MINDFULNESS YOGA
4. HOT YOGA
5. CHRISTIAN YOGA
6. JEWS YOGA



# IMPORTANCE OF YAMA AND NIYAMA

## 1. Non-violence

- Do not hurt any person, any animal and any plant life.
- Do not think violence.
- Do not talk violence.
- Do not act violence.

(Mun, Vani, Karam or Thought, Speech & Action)

(BUDHA, JAINS)



# YOG-SADHANA IS BLEND OF

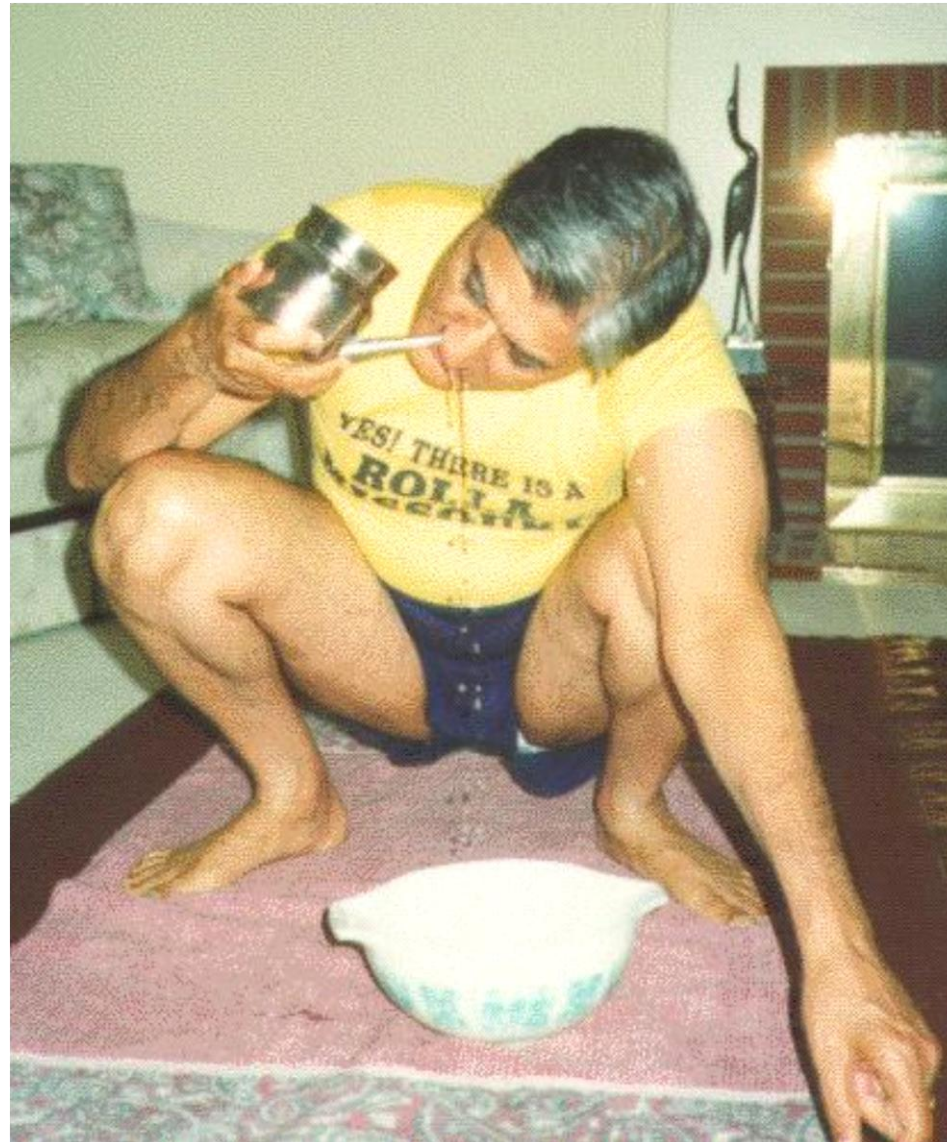
1. PHYSICAL
2. MENTAL
3. SPIRITUAL (Beyond Thought,  
Knowledge)



**Without physical well being it is  
difficult to proceed with  
meaningful YOG-SADHANA in the  
beginning.**



# JALANETI



# CLEANSING THE SYSTEM

- WATER
- AIR
- MILK
- GHEE
- THREAD/CLOTH



**Mental activity relates to thought and mind. We need to understand (not control) our thought process and mind. Pranayam is the easiest way.**



# PRANAYAM VIDHI

**1. SIT IN A MEDITATIVE POSE**

**2. CONCENTRATE ON  
RHYTHMIC/REGULATED BREATHING**

**3. TIME – 15 MIN. ( Minimum )**



# SIMPLE PRANAYAM

1. BHASTRIKA
2. KAPAL BHATTI
3. ANULOM VILOM
4. BHRAMRI
5. UJJAYEE
6. SHEETLI
7. MAHABANDH



- 1. YAMA, NIYAM, ASAN, PRANAYAM IS BLEND OF PHYSICAL AND MENTAL.**
- 2. ASANAS WITH RHYTHMIC BREATHING IS KEY TO HEALTHY LIFE AND BEGINNING OF PEACE OF MIND**
- 3. PRANAYAM LEADS TO HIGHER/DEEPER STAGES OF CONCENTRATION AND CONTEMPLATION, COSCIOUSNESS AND PEACE OF MIND**



# IMPORTANT QUESTIONS

- THOUGHT
- MIND
- CONSCIOUSNESS
- DOING NOTHING
- METAPHYSICAL QUESTIONS



# THOUGHTS

1. We do understand and see physical body.
2. We do experience thoughts.
3. Is thought physical?
4. What is the seat (abode) of thought in our body?
5. BRAIN
6. MIND( Relationship of mind and brain)  
– Role of mind in human well being and peace of mind
7. HAPPINESS (Ecstasy)



# ROLE OF MIND IN HAPPINESS

## 1. ATTITUDES

- Every eve is a christmas eve, every day is a new year's day.

(Sadaa Diwali Saadh Kee, Aatthon Pehar Basant)

## 2. SURRENDER

- I do nothing, everything is done.

## 3. FAITH IN GOD

- Everything happens according to HIS will and is good for me.



# MIND

**Mind is the aspect of intellect and consciousness experienced as combinations of**

- **Thought**
- **Perception**
- **Memory**
- **Emotion**
- **Will, and**
- **Imagination, including all unconscious cognitive processes.**
- **The term is often used to refer, by implication, to the thought processes of reason.**
- **Mind manifests itself subjectively as a stream of consciousness.**



# MIND (CONTD. 1)

**Theories of mind and its function are numerous.**

**Earliest recorded speculations are from the likes of Zoroaster, the Buddha, Plato, Aristotle, Adi Shankara and other ancient Greek, Indian and, later, Islamic philosophers.**

**Pre-scientific theories grounded in theology concentrated on the supposed relationship between ;**

- The mind and the soul,**
- Human's supernatural, divine or god-given essence.**



# MIND (CONTD. 2)

Which attributes make up the mind is much debated.

Some psychologists argue that only the higher intellectual functions constitute mind, particularly reason and memory. In this view the emotions like ; love, hate, fear, joy ,are more primitive or subjective in nature and should be seen as different from the mind as such.

Others argue that various rational and emotional states cannot be so separated, that they are of the same nature and origin, and should therefore be considered all part of what we call the “mind”.



# MIND (contd. 3)

In popular usage mind is frequently synonymous with *thought*:

- The private conversation with ourselves that we carry on “inside our heads” Thus we ;
- “Make up our minds,”
- “Change our minds” or
- “Are “of two minds” about something.
- *One of the key attributes of the mind in this sense is that it is a private sphere to which no one but the owner has access.*
- No one else can “know our mind.”
- They can only interpret what we consciously or unconsciously communicate.



# MIND (CONTD. 4)

**State of complete thoughtlessness, where the mind ceases to function. All activities of the mind are stopped, i.e. total absence of mind.**



# MIND (CONTD. 5)

**MIND!,  
(MIND IS WINDOW TO THE OUTER  
WORLD, OR MIND IS THE  
OUTERWORLD!)**



# MIND (CONTD. 6)

**MIND ALWAYS WANDERING, BUT NEVER  
ARRIVING ANYWHERE,  
NEVER AT PEACE, NEVER AT REST.  
(MIND - A STORY OF POLE )**



# MIND (CONTD. 7)

1. MIND BREEDS DESIRE AT ALL TIMES.

2. DESIRE IS THE GREATEST MISERY!

3. ROLE OF THOUGHT?

**“DESIRE” MAKES THE “DESIRER” SEPARATE FROM THE “DESIRED, SIMILARLY OBSERVER, TO OBSERVE, AND OBJECT OF OBSERVATION”**



**MAN - DESIRE = GOD**

**GOD + DESIRE = MAN**

**- Soamiji**



# INNER CONTENTMENT

## TWO METHODS

1. Obtain everything that we want and desire.
2. Not to have what we want but rather to want and appreciate what we have.



# SPIRITUAL MATTERS (METAPHYSICS)

- **END OF THOUGHT PROCESS**
- **END OF KNOWLEDGE**
- **DARK TUNNEL (CASE OF BUDDHA)**
- **ENLIGHTENMENT (NO SIGN POSTS)**
- **KEY --PEACE OF MIND**



# **KNOWLEDGE**

## **BOOKS OF KNOWLEDGE (VEDAS)**

**VEDAS**

**GEETHA**

**COMMENTARIES**

**BIBLE**

**KORAN**

**OTHER SCRIPTURES**



# VEDA-ANT (KNOWLDEGE-END)

BEYOND KNOWLEDGE

# DARK TUNNEL?



# GURU NANAK

ਨਾਮੰ ਕੁਮਾਰੀ ਨਾਨਕਾ, ਸ੍ਰੀ ਰਾਮੇ ਕੀਨ੍ ਗਾਠੰ.

ਨਾਮ ਸੁਮਾਰੀ ਨਾਨਕਾ, ਯਠੀ ਰਹੈ ਦਿਨ ਸਰ

ਨਾਮ ਕੁਮਾਰੀ ਨਾਨਕਾ, ਚੜ੍ਹੀ ਰਹੈ ਦਿਨ ਸਰ

ਨਾਮ ਬੁਮਾਰੀ ਨਾਨਕਾ,

ਚੜ੍ਹੀ ਰਹੈ ਦਿਨ ਸਰ



- **HAPPINESS IS BEYOND TIME**
- **HAPPINESS IS UNCONDITIONAL**
- **TIME TO BE HAPPY IS NOW**
- **THE PLACE TO BE HAPPY IS HERE**



# MEDITATION AND STRESS CONTROL

- Pratyahara (Discipline of Senses)
- Dharana (Concentration)
- Dhayana (Contemplation)
  - Steady Gaze Meditation
  - Technique of Trataka
  - Concentration by Breathing
  - Concentrating on Sound
  - Others
  - No one technique like discovering EVEREST. It is new every time.
  - There are no sign posts



# CASES IN POINT

**1. Professor and sleep**

**2. Dentist with back pain**

**3. Professor with 49 years of allergies**

**4. Gentleman with aching ankles**



# CASES IN POINT (CONTD.)

**5. Psychiatrist and candle**

**6. Patient with Asthma**

**7. Lady in great physical pain**



**Q1. ONLY CHILDREN DIE IN THIS  
VILLAGE?**

**Q2. ROLE OF MIND IN HAPPINESS**



# THE PATH OF HAPPINESS\*

**“ ONCE BASIC NEEDS OF FOOD, CLOTHING AND SHELTER are met, we do not need more money;**

- we do not need greater success or fame;**
- we do not need even the perfect body.**

**RIGHT NOW, at this moment, we have a ,  
which is all the basic equipment we need to  
achieve complete happiness\*.”**



- **THERE ARE NO SIGN POSTS TO REACH MOUNT EVEREST**
- **SIMILARLY THERE IS NO SET PATH TO TREAD TO REALIZE YOURSELF OR “UNION”.**
- **THERE IS NO WAY TO ENLIGHTENMENT, BUT ENLIGHTENMENT IS THE WAY (BUDHA)**



# SERENITY PRAYER

**GOD GRANT ME**

**TO ACCEPT THE THINGS THAT I CANNOT  
CHANGE;**

**TO CHANGE THE THINGS THAT I CAN;**

**TO KNOW THE DIFFERENCE.**



- **MIND**
- **THOUGHT**
- **SIMPLIFY**
- **BLANK BUT AWARE MIND**
- **SILENCE**
- **URGENCY OF CHANGE**
- **THE ONLY REVOLUTION**



# ON HAPPINESS

- **IT IS DIFFICULT TO FIND  
HAPPINESS WITHIN –**
- **BUT IT IS IMPOSSIBLE TO  
FIND IT WITHOUT !**



**THERE ARE NO HOILDAYS IN YOG-SADHANA !**

**MAKE YOUR LIVING IN  
HARMONY WITH  
SELF,SOCIETY,NATURE AND  
PARAMATAMA  
(REALIZE THE SUPREME SOUL)**



# YOGA

- **YUJ MERGER**
- **DROP OF WATER Vs OCEAN**
- **A SMALL FIRE Vs THE SUN**



**WE DO TOO MUCH AND LIVE  
TOO LITTLE**



# CONCLUSION

- Yog-Sadhana is for everybody.
- Yog-Sadhana is all enveloping.
- Yog-Sadhana is for happiness.
- Yog-Sadhana is Bliss and Ecstasy.

***MAY GOD BLESS YOU!***



# CONSCIOUSNESS

**Consciousness is variously defined as subjective**

- **Experience**
- **Awareness**
- **The ability to experience “feeling”**
- **Wakefulness, or**
- **The executive control system of the mind.**



*ONLY SIMPLE*

*QUESTIONS PLEASE*



# FURTHER READING

- **ART OF LIVING SN GOENKA**
- **THE ART OF DOING NOTHING**
- **JOURNEY TO NOTHINGNESS**
- **WHEREVER YOU GO, THERE YOU ARE.  
(MINDFULNESS MEDITATION, DOING  
NOTHING)**

