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**Dr. Geeta Sharma**  
Assistant Professor in Surjeet  
Memorial College of Education,  
Ferozepur, Punjab, India

## **Yoga as a spiritual tool: A step in the direction of complete human being**

**Dr. Geeta Sharma**

### **Abstract**

Millions of people throughout the world today practice yoga for spiritual reasons. Through yoga they contact their higher consciousness and the Lord of their hearts. The Seven Spiritual Laws of Yoga integrate 5,000-year-old Vedic wisdom with modern yogic interpretations, creating a daily yoga practice to help you unite body, mind, and spirit. Based on the teachings presented in Deepak Chopra and David Simon's popular book *The Seven Spiritual Laws of Yoga*, this beautiful practice blends meditation, Pranayama, yoga philosophy, sun salutations, and Asana development to bring you into alignment with the magnificent rhythms of the cosmos.

**Keywords:** Yoga, spiritual tool, human being

### **Introduction**

Yoga is so much more than just asana. This path can also take you on an interior journey to meet your true Self. Here, find the tools and inspiration to bring more spirituality into your practice.

Millions of people throughout the world today practice yoga for spiritual reasons. Through yoga they contact their higher consciousness and the Lord of their hearts.

Yoga means "joined together." The word comes from the ancient Sanskrit root word *yug*, which means "to unify." A yogi is one who consciously unifies body, mind, emotions, and spirit so that they work together very well. 1

The yogi strives to open the gift of life and discover his fullest possibilities. A yogi endeavors to discover the higher consciousness and how the body, mind, and emotional nature can be truly fulfilled through unifying their purposes - rather than living in constant interior civil war.

**Yoga is Not a Religion:** Yoga is not a religion. People of many different faiths - Christians, Muslims, Hindus, Jews - as well as agnostics and atheists, practice yoga because of its numerous benefits and life-enrichment. Many millions practice yoga for its asanas, its physical exercises, which are regularly acclaimed to be extraordinarily health-giving by many doctors around the world. And, too, many millions practice some form of yoga meditation in order to contact their higher consciousness, or commune deeply with the Lord. Many who practice yoga meditation are deeply religious, while many others who practice these meditations are agnostics seeking verifiable experience and personal transformation.

A yoga devotee strives to live in an ongoing and progressively more joyous state of harmony. Body, mind, and emotions are brought into attunement with one another and with one's soul, or spiritual self. The devotee finds this ongoing state of harmony not only to be a wonderful way to live but an essential factor in becoming enlightened - living in higher consciousness.

**But How Do Most People Live?** The average person lives in a mental hurricane, with a mind so turbulent that the usual concentration span is only six seconds! Most people live in a storm of ideas: constructive thoughts war against biases, superstitions, fantasies, unremitting memories, dreads, doubts, and occasional frustrating blankness. People become so accustomed to the hurricane they think it's normal! And, the emotions are storming within almost everyone, too.

**Correspondence**  
**Dr. Geeta Sharma**  
Assistant Professor in Surjeet  
Memorial College of Education,  
Ferozepur, Punjab, India

Anger, jealousy, grief, fear, and guilt create anxieties which often drown peace, joy, and love.

**The Yoga Solution:** Yogis discover and affirm life's great possibilities by freeing the body of tension and the ravages of stress, and progressively releasing mental and emotional turbulence. The resulting well being is often considered miraculous; and the new unity which occurs between the individual and others is like the dawn of a new life.

If yoga appeals to you, you will need to find a good teacher who can help you practice correctly and thrive. No chapter or book on yoga can replace personal coaching, but hopefully your study of this chapter will give you a basic understanding of the great enrichment yoga studies will offer you when the opportunity arises.

There are eight main kinds of yoga, each having its own distinct form of meditation. Generally you practice yoga based on your distinct nature. If you seek to be a yoga meditator and use yoga as a means for the discovery of the higher consciousness, you must first examine your own qualities.

**The Spiritual Path and Its Stages:** How do most yoga devotees begin their Paths? What unfoldments do they share in common with one another — and with seekers on other Paths throughout the world? Practice makes you perfect. Success on your quest is inevitable if you put aside fancies, cowardice, and laziness. However, success is impossible if, no matter how many hours and years you practice higher consciousness techniques, you do those techniques incorrectly or selfishly. Experience of higher consciousness comes sooner than expected to those that proceed with devotion, good will, faith and a balanced mind. Doing rather than fantasizing or talking about the techniques, is the key. As you proceed earnestly, you experience several unusual, utterly delightful levels of awareness.

**Let's know about the concluding Spiritual Laws of Yoga:** The Seven Spiritual Laws of Yoga integrate 5,000-year-old Vedic wisdom with modern yogic interpretations, creating a daily yoga practice to help you unite body, mind, and spirit. Based on the teachings presented in Deepak Chopra and David Simon's popular book The Seven Spiritual Laws of Yoga, this beautiful practice blends meditation, Pranayama, yoga philosophy, sun salutations, and Asana development to bring you into alignment with the magnificent rhythms of the cosmos.

When you learn yoga postures in Seven Spiritual Laws of Yoga classes, the seven principles are woven into your practice and movements. Even as students learn traditional yoga postures, the attention and intention they give to these principles improves the quality of all aspects of their lives.

**The 7 Principles:** Law of Pure Potentiality: Your essential nature is pure consciousness, the infinite source of everything that exists in the physical world. Since you are an inextricable part of the field of consciousness, you are also infinitely creative, unbounded, and eternal.

Law of Giving and Receiving: Giving and receiving are different expressions of the same flow of energy in the universe. Since the universe is in constant and dynamic exchange, you need to both give and receive to keep abundance, love, and anything else you want circulating in your life.

Law of Karma (Cause and Effect): Every action generates a

force of energy that returns to you in kind. When you choose actions that bring happiness and success to others, the fruit of your karma is happiness and success.

Law of Least Effort: You can most easily fulfill your desires when your actions are motivated by love, and when you expend the least effort by offering no resistance. In this way, you tap into the infinite organizing power of the universe to do less and accomplish everything.

Law of Intention and Desire: Inherent in every intention and desire are the mechanics for its fulfillment. When you become quiet and introduce your intentions into the field of pure potentiality, you harness the universe's infinite organizing power, which can manifest your desires with effortless ease.

Law of Detachment: At the spirit level, everything is always unfolding perfectly. You don't have to struggle or force situations to go your way. Instead, you can intend for everything to work out as it should, take action, and then allow opportunities to spontaneously emerge.

Law of Dharma: Everyone has a Dharma or purpose in life. By expressing your unique talents and using them to serve others, you will experience unlimited love, abundance, and true fulfillment in your life.

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