

Swami Adhyatmananda

The Divine Life Society was founded by H. H. Sri Swami Sivanandaji Maharaj in the year 1936. Sri Swami Adhyatmanandaji Maharaj is the beloved disciple of H. H. Sri Swami Chidanandaji Maharaj, former President of the Society. Swamiji embraced the life of mendicant on 1st January 1971 and was initiated in the Holy order of Sanyas in the year 1974. Since then as per his worshipful Gurudev's instructions he is continuously spreading the message of sages of the yore and sharing the knowledge of ancient cultural and scientific heritage of India through Yoga, Pranayama, and Meditation. So far he has conducted more than 725 Yoga camps around the globe. Since more than five decades he is a regular contributor and guest speaker on All India Radio on various subjects. Practically for four decades he has greatly contributed to Yoga teachings through television programmes.

Very recently, during the celebration of his diamond jubilee, Swamiji organized 230 blood donation camps out of love for the poor, sick and downtrodden, in which 69,542 blood donors participated and 2,08,62,600 ml of blood was collected. Over and above this, Swamiji himself has donated blood 117 times. His great deep love for the ecology made him plant more than 10 million saplings all around the globe.

His discourses on the subjects like Gita, Upanishads, Srimad Bhagavat, etc. in most simple language has touched and inspired millions of listeners in last thirty five years of his monastic life. His book "Gita Navneetam" in Gujarati was awarded "Maharshi Arvind Gold Medal" by Gujarati Sahitya Parishad in year 2003. His sincere contribution to modern youth to make them free from the vices of the drugs and its addictions in the East and the West has brought him into great limelight. He is a recipient of Life Time Achievement Award from India Canada Cultural and Heritage Association Inc. at Winnipeg, Canada. A monk with sympathy and kind heart and holy touch has shown these youngsters a dawn to their doomed life.

His services to the nation through his yoga camps in the universities, colliery mines, Indian armed forces, Indian administration services not only in the plains but also at Leh (Laddakh), Kargil, Punch etc., have benefited countless individuals through the dissemination of the knowledge of yoga of synthesis. He is always eager to serve the mankind – known and unknown. At present he is the president of Sivananda Ashram, Ahmedabad as well as of Gujarat Divya Jivan Sangh.

ISBN 978-81-8480-121-7



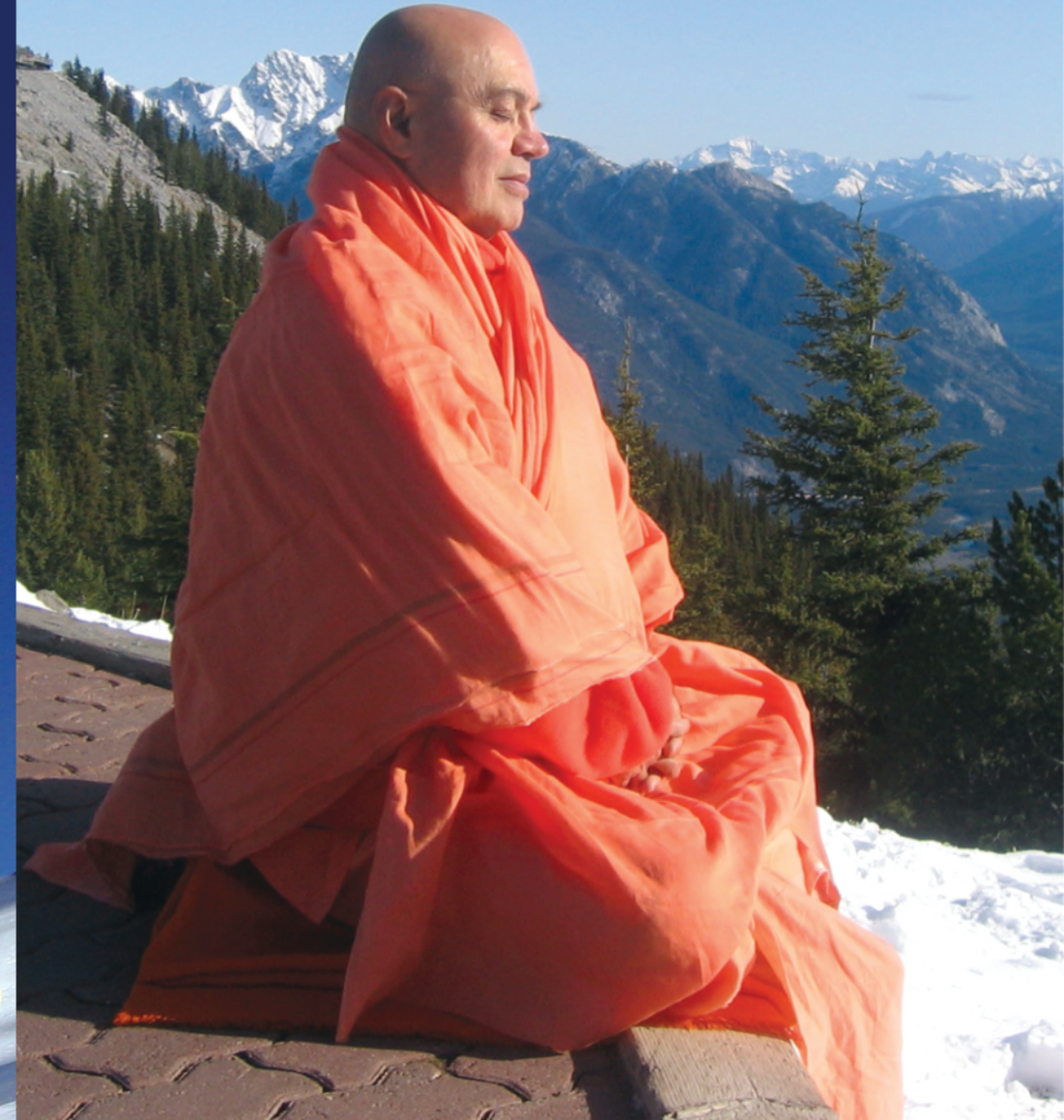
Yoga : A Way of Life

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Gurjar Grantha Ratna Karyalaya
Opp. Ratanpolenaka, Gandhi Road, Ahmedabad 380001



Price : Rs. 200

First Edition : 2008

YOGA : A WAY OF LIFE
a collection of articles on Yoga and health
by Swami Adhyatmananda
Published by Gurjar Grantha Ratna Karyalaya,
Ahmedabad-380001, India.

© Swami Adhyatmananda

Pages : 12+280

ISBN 978-81-8480-121-7

Copies : 2000

■ Publishers : Amarbhai Thakorlal Shah **Gurjar Grantha Ratna Karyalaya** Opp. Ratanpolenaka, Gandhi Road, Ahmedabad 380 001 ■
Typesetting : **Sharda Mudranalaya** 201, Tilakraj, Panchwati First Lane, Ambawadi, Ahmedabad-380006 ■ Printed at : **Bhagwati Offset** C/16, Bansidhar Estate, Bardolpura, Ahmedabad-380004

Dedicated to :

Most worshipful and Rev. Sri Guru Bhagawan
H. H. Swami Chidanandaji Maharaj

GOD IS TRUTH

ॐ

Sivananda Ashram
P. O. Shivanandanagar - 249 192
Dist. Tehri-Garhwal, U.P.

Health and strength of the body is of utmost importance to all human beings, because our body is the only instrument we have in which to dwell and through which to act in this world in its diverse fields of human vyavahara. Our Worshipful Sadgurubhagawan Swami Sivanandaji Maharaj always used to declare "Health is real Wealth." Therefore he wrote many books on Yogasanas, Pranayama, Suryanamaskar, diet and fasting and produced books like Health and Long Life, Health and Happiness etc. We also have the western saying in the Latin language which means 'A healthy mind in a healthy body', in order to bring out the interconnection between mind and body thus giving us this inner secret of ensuring a healthy body by keeping the necessary positive and desirable state of our psychological interior. To bring out the importance of health our ancients had this well known saying, "Dharma - Artha - Kama - Mokshanaam Arogyam Mulam Uttamam."

Revered Sri Swami Adhyatmanandaji Maharaj has a good knowledge of anatomy and physiology and so is able to explain the benefit of Yogasanas, Bandhas, Mudras etc. in a scientific manner. As such this book will be of benefit to all sections of the general public, especially because Swamiji has treated a subject from the point of view of therapeutics, meaning thereby, the disease curing properties and results of Yoga practice. I wish your publication wide circulation so that much benefit may be obtained by the public.

Jai Sri Gurudev !

– Swami Chidananda

IV

नवल किशोर शर्मा
राज्यपाल, गुजरात



राजमवन
गाधीनगर-३८२ ०२०

दिनांक ०४-०४-२००८

शुभाकांक्षा

गुजरात टाइम्स के माध्यम से प्रसिद्ध 'योग ही जीवन' लेख माला अब पुस्तक के स्वरूप में प्रसिद्ध हो रही है। यह आवन्ता आनंद पूर्ण बात है।

श्री स्वामी अध्यात्मनन्द जी को मैंने निकट से देखा है। वह अपने आपमें अद्वितीय मूर्ति हैं। उनके विस्तृत ज्ञान का लाभ हमारे देशवासियों को भी इस पुस्तक के द्वारा उपलब्ध होगा। यह सदाहनीय कार्य है।

प्रस्तुत पुस्तक अपने आपमें एक विशिष्ट क्षमता सम्पन्न ग्रन्थ है। योग के पुस्तकों का एक ढेर लगा सकते हैं। किन्तु अपने ४० वर्ष के ज्ञान का निबन्ध और अनुभूति का सार इस पुस्तक में लिखा है। जिसका लाभ सभी व्यक्तियों को मिल सकेगा।

आसन तो दिखाये जा सकते हैं। लोग बाग, बगीचों में भी योग का संभालन कर लेते हैं, किन्तु हर योग आसन के साथ सतत एक विज्ञान है। शरीर का एक कोर्ट विशेष अंग उससे लाभान्वित होता है, इसको विषय चर्च इस पुस्तक में की गई है। जिससे पाठकों को विशेष लाभ प्राप्त होगा।

प्राण एक विशेष शक्ति है। प्राण ही उर्जा, चेतना और प्रज्ञा का रहस्य है। इस प्राण तत्व से प्रारम्भ करके प्रणायाम, सूक्ष्मव्यायाम, सरल आसन प्रमुख आसन, पूरक आसनों का सम्पूर्ण चर्चन प्रत्येक योग प्रेमी के जीवन में उसके योगाभ्यास में एक नई किरण, नया आलोक, नया ज्ञान, नया उसाह उपलब्ध करायेंगा।

इस पुस्तक लेखन के लिए हम सब पुरुष स्वामी जी के आभारी हैं, इसके मुद्रण और प्रकाशन हेतु गुजरात टाइम्स के भी ऋणी रहेंगे।

मैं 'योग ही जीवन' पुस्तक की सफलता हेतु अपनी शुभकामनाएं प्रेषित करता हूँ और आशा करता हूँ कि यह पुस्तक पठनीय, संप्रहनीय व प्रेरणा का स्रोत साबित होगी।

नवल किशोर शर्मा
(नवल किशोर शर्मा)

V

Preface

Human body is the most wonderful mechanism in the world. The driving force of this body is Nature, because it gives power to the vital force itself. Human body and human life are very much precious, and they should not be wasted away in useless pursuits.

Health is our birthright and not disease. It is as natural to be healthy as it is to be born. Health is a gift of Mother Nature or the Almighty Lord, who is the power behind life.

Health is of greater value than gold, wealth and any kind of treasure. The Upanishad says: God cannot be attained by the weak and the unhealthy... नायम् आत्मा बलहीनेन लभ्यः ।

Ralph Waldo Emerson of United States says: "The first wealth is health. Give me health and a day, and I will make the pomp of emperors ridiculous."

The first requisite in life is good health. It is absolutely necessary for every kind of happiness of life.

Good health is that condition of the body where all its functions are efficiently performed without any difficulty. It is the condition of comfort, ease, ability to eat, move and perform other functions of life. It is the state which results from the harmonious performance of various functions of the bodily organs. It is that condition in which man sleeps well, has good digestion and appetite, normal breathing and normal pulse, good quantity of pure blood, strong nerves and a calm mind, a free movement of the bowels, normal state of urine, rosy cheeks, shining face and sparkling eyes. It is that state in which a man jumps, sings, smiles, laughs,

whistles and moves about with joy and ecstasy. It is that condition in which he can think, speak and act properly.

Yogic way of life brings happiness of sound mind in sound body. Yogic living implies discriminative living. Yoga is equanimity, equipoise or equilibrium. It is skill in the performance of actions. Yoga is disconnection from union with pain and freedom from attachment and desires. It is turning away of the senses from the objective universe and concentrating of the mind within.

Yoga is eternal life in the soul or spirit. It transmutes a man into divinity. It brings a message of hope to the forlorn, joy to the depressed, strength to the weak and knowledge to the ignorant. It is the secret master-key to open the realms of eternal bliss and deep abiding peace. It helps the practitioner to enter into conscious communion with the Lord through Samadhi, to separate himself from the three Gunas and eventually to attain Kaivalya or liberation.

In this book 'Yoga : A Way of Life' we have brought a new dimension to Yoga-learning. Commencing from 'Prana' the vital energy and also all possible medicated technical effects upon different organs, like toes, fingers, eyes, liver, kidney, heart, pancreas and so on are covered in this book. The purpose is to make Yoga-learning and Yoga-teaching very much systematic and scientific. Because of the grace of electronic media, Yoga-learning has become house-hold matter; but reality and science or system are unfortunately missing from the same.

Hence, in this humble effort of Yoga sharing with the West, the weekly news paper 'Gujarat Times' (New York - New Jersey - Canada) needs a very special applause for publishing articles regularly and with great enthusiasm since last 18 months. 'Yoga : A Way of Life' is a compilation of these articles and translation of original Gujarati text. Thanks to most Respected Dr. Swetang Pancholi (M.D. Cardiologist) for the translation and Rev. Dr. M. J. Patani Saheb for checking the proof and editing the book. Thanks also to the Department of

English of Gujarat University for essential sharing. Thanks to all our Yoga students who have very graciously done modelling initially for publication of articles in 'Gujarat Times' and later on for the book. They are most respected Sri Hasmukhbhai Patel (Executive director of Sri Ramdev Masala, Ramdev Food Products Pvt. Ltd.), Sri Hiren Bhatt (Ex. Mr. Gujarat), Dr. Prof. Shalin (Principal in Law college, Mr. Dhaval Patel, M.Sc. (Australia) and Sri Yogi Ankur, M.Sc.

Thanks for photographs of Mr. Vivek, and also very special thanks to Sri Ramesh Tanna for his kind permission for translating Gujarati version of Gujarat Times for this English publication. Finally special thanks to Sri Amar Shah and Sri Manubhai Shah of Gurjar Grantha Ratna Karyalaya.

We are highly indebted to Smt. Aparna and Sri Hari Krishnaji of Milwaukee (Wisconsin) USA for editing this book very minutely to the best of their ability. May God-Gurudev bless both of them for their selfless service – NISHKAM SEVA.

We are blessed to receive blessings of H.E. Governor of Gujarat Sri Naval Kishor Sharmaji, Sri Jainarayan Vyas M.Tech. (Minister for health, Govt. of Gujarat) and most respected Dr. Tejas Patel (M.D. Cardiologist) for writing 'Foreword' and for this English publication by Gurjar Grantha Ratna Karyalaya.

Most worshipful and Rev. Sri Guru Bhagwan H.H. Sri Swami Chidanandaji Maharaj is always our inspirer. And because of his inspiration only this humble service to the mankind, specially for the lovers of Yoga Science is seeing broad day light. We offer this humble service unto Him, at His Divine Feet, for betterment of mankind, for the service of one and all who are eager to live and lead a Yoga way of life, in which Rev. Gurudev Himself trod the path of blessedness. Om Shanti.

Deepavali, 29-10-2008 **Swami Adhyatmananda**
Institute of Heart Research Centre,
Winipeg (Minitoba), Canada.

FOREWORD

It is a great privilege to write the foreword for Swami Adhyamanandaji's *Yoga, A Way of Life*. I have poured over the pages word-by-word and am convinced that this is the encyclopedia on the subject in a very approachable format.

For many years, the techniques and benefits of Yoga have been described and discussed in a myriad of books and demonstration DVDs, with different practitioners sharing their unique views on the subject.

Some practitioners present Yoga as the science of exercising the body and the spine. Others present it as an art which exercises the body and calms the mind.

In fact, Yoga is one of the world's oldest sciences and arts. It evolved in India with the purpose of creating the highest level of health of body, mind, and soul.

By trade, I am an interventional cardiologist and my daily work is filled with stressors that could affect every facet of my self. I first became interested in Yoga 12 years ago when an expert practitioner taught me the basics of Yoga and Pranayama. Since then, these practices have become part of my daily routine and I have observed the many benefits of Yoga firsthand.

I now think constantly about how Yoga has the potential of affecting every aspect of the body and mind and how it has the potential of preventing hypertension, diabetes, and heart disease.

Medical researchers and scientists are in agreement

that the vast majority of today's chronic diseases are due to "unhealthy lifestyles." To what extent could a practice like Yoga, which can revolutionize and revitalize one's whole life, prevent or at least postpone the common ailments of mankind? If everyone were a dedicated Yoga-practitioner, would my cardiology practice go out of business?

Over 30 years ago, Yoga started becoming very popular in the West. Many Western practitioners still study with Eastern Yogic masters and take what they learn back home. Many different Yogic techniques have been developed worldwide but in the end most have a common goal - that of creating harmony and equipoise.

India can be very proud of her roots in Yoga, but despite this legacy, despite the fact that most Indians are familiar with Yoga, relatively few practice it at all. In the meantime, we constantly hear that the skyrocketing incidence of disease in India is primarily due to "undisciplined lifestyles and stress."

As more and more scientific articles are being published in the world's leading medical journals on the benefits of Yoga and meditation, I hope that India and the rest of the world will continue to look at this ancient science and art and realize that the secret to a healthy body, mind, and spirit has been in our hands all along.

This "must read" book you are holding is for every person who wants to become more than what he or she is today. There are many subtle and important tips for the Asanas, Pranayamas, and Kriyas that can help the beginner overcome the learning curve and there are many vital tips for the experienced practitioner.

The human body is an awesome, infinitely complex machine that is expected to work nonstop over a span of seventy, eighty, or more years. There must be some kind of "oil" for daily wear-and tear. There must be some preventive maintenance plan to help the body and mind work efficiently for decades.

If you are convinced of this, then consider learning

basic Yogic techniques and making them as much a part of your life as sleeping, eating, and working.

Swami Adhyamanandaji's efforts remind us that the world does not hand us problems without also handing us their solutions.

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