

SEVEN YOGA HABITS THAT CAN TRANSFORM YOUR LIFE

Seven Yoga Habits That can Transform Your Life

SRI JOYDIP

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DISCLAIMER

THE BOOK CONTAINS INFORMATION TO HELP THE READERS TO BECOME BETTER INFORMED AND WISE YOGA PRACTITIONERS. IT ALSO HELPS TO TAKE THAT YOGA PRACTISE AND UNDERSTANDING INTO LIFE, AND MAKE CHANGES IN LIFE.

THIS BOOK IS NOT CONSIDERED TO BE AN SUBSTITUTE FOR AN ADVISE OF AN PHYSICIAN OR PSYCOLOGIST/PSYCHIATRIST.

THE AUTHOR AND PUBLISHER, ADVISES THE READER, TO HAVE FULL RESPONSIBILITY, OF THERE SAFETY AND KNOW THERE LIMITS.IT IS RECOMMENDED TO USE THERE COMMON SENSE WHILE APPLYING SOME OF THE IDEAS IN THE BOOK , IN DIFFERENT KINDS OF CONTEXT.

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DEDICATION

This book is dedicated to my Guru, Sri Dakshinamurty who is considered as “Adi Guru of Yoga” . His inspiration, has led me to search the meaning of yoga, on context of life . Historically, many other “Rishis” also, for last ten thousand years , have took a similar journey in the inspiration of Sri Dakshinamurty. I adore with all due respect to these Rishis too , for a continuous source of inspiration to me .

The book is also dedicated to “Sri Bhuta Perumal Narayana” a form of Lord Narayana.. It is also dedicated to the eternal creation of Sage Vyasa – The Bhagvad Gita , where Lord Narayan takes the form of teacher as Sri Krishna , to show the light of yoga to humanity .

Finally , it is also dedicated to the revolutionary line of Bengali yogis of 20th century, who helped to bring Yoga to West. This journey which started from Swami Vivekananda, inspired by his Guru Sri Ramakrishna , continued with Sri Aurobindo & Mother. It is also dedicated to the land of Bengal, for preparing such Yogis, which created a new chapter of Yoga Education, and its application on transforming life.

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Figure 1 : Sri Joydip Teaching Yoga in US Consulate

CHAPTER ONE- FIRST YOGA SIN – SUPERIORITY THINKING

The Power of Habits

What we do, and why we do that ?

Our daily and practical life, are results of our habits . They influence us, in so many ways.

Many things we do in life, without knowing why we do it. Like we breath. Unfortunately. most of the time, we breadth shallow. Only sometimes we breadth deeply. Shallow breathing is a habit, and deep breathing is also a habit.

Forgiveness is a habit, and so is Unforgiveness. Stress is a habit, and so is tension. Learning is a habit, and so is ignorance.

Acceptance is a habit, and so is resistance and rejection.
Success is an habit, and so is failure.

Deserving is an habit, and so is desiring.

Which habits loop you want your life to be ?

That will set your journey of life.

Removing a destructive habit, and forming a beneficial habit is a time taking process, but it can transform your Life as your external life is a collection of habit you have formed consciously and unconsciously.

If we want to take the practise of yoga in daily life, and sustain the effect of it , we have to form yoga habits,.

Forming a new habit which is beneficial, and removing a harmful habit is slow process and takes a lot of time.

Our life is ruled by our habits.

We can experience that, when some people build habit of getting to our nerves . We seem to be react to that with lot of irritation .Specially, when we are racing through things, and competing, then we tend to be less compassionate. Then suddenly, we start reacting with some little things, which we otherwise will be ignoring.

Off the mat in the life

So you did a lot of Yoga, sitting on the mat?

Did you brought, some bit of that practise in Life ?

Imagine you are filling up a container with water. But the container has lot of holes . Will the water stay ?

If you practise one hour of Yoga, everyday in the mat , but the rest of twenty three hours in that day, you do all that which is opposite , and can be considered as Yoga sins , can you retain your Yoga experience and experience an enriched life by the help of Yoga ?

What does common sense says ?

To retain the yoga experience in mat , you have to also bring changes in lifestyle, that more yoga sins are avoided and more yoga habits are formed.

That is the reason, we need to split a little bit of yoga in the everyday life . Our initial effort should be, geared towards retaining the experience of peace and bliss, along with one-pointed mind , which we experience after a yoga session.

Do you remember those anxieties, we use to all face in our student days, while giving our exams.?Not only us , but our families use to feel it too. Sometimes it felt, that the whole family, are blow into exam stress.

Life is a bigger exam; the only problem , here you do not have a set syllabus, set date, and time for giving the exam. Exams can start anytime, in any place and in many ways.

We developed a yoga course to handle all kind of stress , which includes exam stress also. This book, has evolved from that “Lifewise” course. The core teaching of Lifewise program, is to bring yoga practices to make your life better by managing different level of stress.

First Yoga Sin that creates *bad life*

The origin of many forms of stress in Ego . Ego creates superiority thinking .Ego is our false sense of self, which always floats in and is engaged in the surface personality. It always asks us, to be superior to others. Superiority thinking is a Vritti of mind, which takes the mind outwards, and not let the mind move inwards, into our deeper personality. Then the state of mind remains disorganised (*kshipta*) and

distracted (vikshepta), and not concentrated (ekagra) and liberated (nirodha)

How can this create happiness and peace?

This is an essential mental block for us, to go deeper in the Yoga. It is also a necessary obstacle for *pratyahara and essential step of yoga, which helps to dive deeply in our personality.*

Superiority thinking encourages rat race, and does not allow the mind to relax.

When you win a rat race, and think you are in the top of the world, well even then, you are still in the top of rat's world, you have miles to go to reach human world.

Reaching human world is not about having a human shape and body; it is about having all character , belief and the behaviours, which make a human being.

It is about being comfortable of your vulnerability; it is about being compassionate to yourself. Give the space, which will allow you to experiment, and become creative. Its not always about success.

Even big success fails when you are asked to meet ever-growing expectation, without allowing the freedom to be creative.

Success can be cruel in his own ways, and it can finally make you a rat, where you can be using your human birth to become a rat.

Freedom, creativity, self-awareness, are the essence of human life. Robots can also do a lot of information processing and win any rat race seamlessly, but they can't be self-aware.

Stop chasing, because reality is here right now. What goal is worth pursuing rather than liberation?

Relax o mind... please let for sometime not focus on becoming superior from others, but focus on being ourselves.

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Figure 2: Sri Joydip talking about Concentration and Yoga in US Consulate

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Figure 3 : Sri Joydip taking Yoga Sessions on Green Yoga in International Yoga Conference at Seshadri Swamigal Ashram , Tiruvannamalai

ABOUT THE AUTHOR

Sri Joydip is an International Yoga teacher who taught Yoga in International bodies like US Consulate , Indian Council of Cultural Relations and Corporate bodies like Birla Corporation Limited , National Small Industries Corporation, Eta Maelco. He has his education in 'Yoga and Psychology' from Sri Eurobond Centre for Advance Research , 'Creative writing' from British Council, and 'Management' from Indian Institute of Management , Kolkata and 'Reiki Healing' from Reiki Kendra, "Mindfulness and Peak performance[Online] " from University of Monash . He has a 30 years of Yoga practicing and 14 years of Yoga teaching experience. Sri Joydip has written three published books in Yoga and spirituality – " Wisdom Stimulus – Application of Bhagvad Gita in Self Management " , "Living the truth" and "Living Well" . Sri Joydip has also written numerous article on Yoga which have been published on Speaking Tree, The Complete Herbal Guide Magazine , Cure Joy , Zenward and .BYR blogs.