



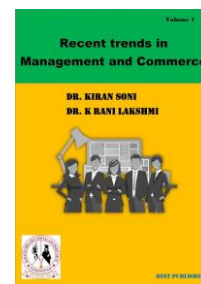
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Yogic Management of Life is a Way of New Era after Covid-19

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Introduction

We are going through a crisis that the whole world is experiencing where till now the world was reaching the pinnacle of new development, man was always trying to weave and reach new dreams, but was realizing new dreams constantly. There was such a sudden calamity that when all stopped, all stopped, even the peak of science became helpless before it. This misfortune came to the world to explain the reality and every human being in the whole world has experienced the reality of life that we have to strengthen the basis of health to walk on the path of materialism, life will be full of health, then we will all. If we cannot get it, then we can become a crisis for ourselves and society. A calamity explained the management of life, where till now only man was running, he was running, in the same shock, he was turned towards management. Was telling from this is not a new thing for humans. But in the ego of his success, man was ignoring it and moving forward in the illusion that on the strength of success and power, he will get everything and conquer all, success will give everything to him, whatever he gets in any way. He was willing to do any kind of diligence for it, but Corona's period shook and awakened him in such a way that life is the basis of the power of all success traits and to manage life so that holistic development can be done. This is the understanding, this is the goal of man, this is the real success which is now being understood by humans and is moving forward to adopt it.

What is yoga

In the Gita, while explaining to Shri Krishna Commission, that it is the skill to do yoga work, if skill is attained, just whatever a person does or is willing to do, if he does it efficiently, then his yoga can be proved, now it comes that What is special is that the specialty is that it is very difficult to be efficient in doing anything because in order to be efficient, you have to be aware of what you are going to do, you have to be fully aware and open your eyes. It does not mean that all people work with closed eyes but the thing is that they are working in unconsciousness, the level of awareness is low, a little bit more than the root object but just a little bit, but here Shri Krishna Purna Chaitanya is talking so that Chaitanya was there, but there is skill, it is just better than that and no one can and will not be able to do this, but if you look at yourself and see your life, you will find that what percentage of what you have done in your life so far. We have done the tasks efficiently, we will find that on inspection, this percentage is very low or nowhere. How can we say that this is such that when we say skillfully, it means that now it is symbolizing the best. Is it the time of efficiency when we get up every day. Do we sleep efficiently. Do we sleep efficiently? If we read, study or perform our duties efficiently, then we will find that the lack of skill and lack of this skill is taking us away from yoga and is leading to disconnection. Achieving this skill is perfection. If that happens, then we will start living each moment of life in real life, each moment will have some meaning in our life, we will not do any one in vain, he will introduce us to himself with his truth, this is said by Shri Krishna very simply. Yoga is the skill of karma.

When such a situation comes, life changes, a situation that we can call equanimity.

समत्वं योग उच्यते। (गीता 2-48)

We will be consistent in every situation. Because whatever we have done or are going to do, there is skill in this and we are self satisfied with this skill, after that there is nothing left to be achieved, then we will come in a sense because not being in the same sense is the reason of brother and human fear every moment. This is what Kishan will be filled with. This is what fills him with mental agility and this agility makes him unwell. This is the yoga to calm the restlessness of the mind. This is what Patanjali says in his Yoga Sutra that of mental instincts Prevention is yoga.

योगश्चित्तवृत्तिनिरोधः। (पतंजलि योगसूत्र)

To achieve this inhibition is to calm oneself, to become situated in one's own nature, to attain skill, one who has done it, he has done everything, and he accepts all the successes in life.

What is Yogic Life Management?

Yogic life is a change of outlook of life, it is not the name of living another life, but changing your attitude towards the life you are living is the name of Yogic life because we live life from some point of view if it is right. If there is the virtue of positive achievements from life, there will always be the emergence of the virtues of vacancies, but if the attitude is adopted wrong then the negativity will be the emergence of resentment, disorientation, disenchantment, misery etc. So by adopting the right attitude towards life through yoga so that the goal of life can be achieved, we can move forward on the path of

achieving the life goal. This is what managing yogic life and the same is called yogic life management. Now what about managing it? Understand what to do

Life is not just the way to death:

First of all, we have to understand that the human life we have received is not just the time till maternal death, it is just taking birth from the stomach and not burning on the pyre if it is there in human beings and insect mites There is no difference, the feeling that we are not just the body, we exist even if we are not a body, we can be different from the body, who holds the body, this is the first stage of yogic life management. Because this is where the question will start within us and then we will start on the real life journey, who we, why did we get this human life, are how did we get it and what is its purpose. So we have to move forward in search of this, which will lead us to ourselves, will reach the reality, and will reach the truth, for this we have to be alert.

Renunciation of false pretense and adherence to normal life and best ideas:

When a man becomes aware of who he is and for what, then he starts to feel this external ego-borne false hypocrisy, his mind is not ready to show it to him. Then we have so many resources in our nature that every living being can give happiness to a prosperous life, there will be no shortage of it, every society will develop but the view that only I have glory and others do not get this is the reason for the crisis. All the problems have arisen due to this best and other infirmity. If this attitude is understood, simple life is a part of all of us by adopting a high-minded attitude. Assuming that all the troubles of this world end in a few days. Go into the situation in which the world is facing such a big disaster today because of this materialistic outlook, but one shock has convinced everyone that wealth will not be of any use, we will have to take everyone along and also harm each other. Will be and the interest of one will also be the interest of the other It became clear to everyone that this is yogic management.

How to manage life:

These are some yoga experiments that if any person adopts them mentioned in the scriptures, then they can make their life productive by managing their life properly:

Restraint: Yoga speaks of abstinence, in which man has four things, if man is restrained by them, then he can make every day and every one of his glory glorious, life can be made into a god form. Sobriety third sense sobriety IV meaning sobriety

Rectification: Today, Corona Kale has told the world the importance of cleanliness, but the importance of yoga purification has been telling the human race since the beginning of this era, due to this refinement, Indian society used to get its pride in ancient times in which many different things were received by the Yogis here. He used to do welfare of the society, if we do such actions today, then we can increase the biographical power of the body and can make life healthy and happy by developing immunity.

Asana: Asanas are a condition of the body in which stability and happiness are attained. Today, there is no question on the authenticity of asanas. If certain types of asanas are adopted regularly, then the stability of the body and mind can be attained which allows us to be efficient in our actions. This will be the basis on which the life of man will be progressively improved, along with the body will remain healthy and fully developed.

Meditation: Meditation is a mode by which man can achieve all his goals. Meditation is the basis of success which is considered necessary in every field of life. From students to scientists, meditation is the foundation from which they achieve success in their field. If it is attained in any area, then miracles can happen in that area. Yoga gives knowledge of this and makes it practiced and if we achieve this then we can achieve all the achievements of life.

Conclusion

Even in today's modern world, if man adopts the method of yoga, then he can achieve achievements and health like gods, if we manage it in every moment of life, then life will become popular as the deity. Divided into looking at totality again, this is the time for humans to understand this and achieve all the achievements from life. The management of life is the foundation by which the human being in the future, through his life, will develop a holistic development of physical and spiritual life. Will be able to achieve that which will not create any trouble and will not be endangered.

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