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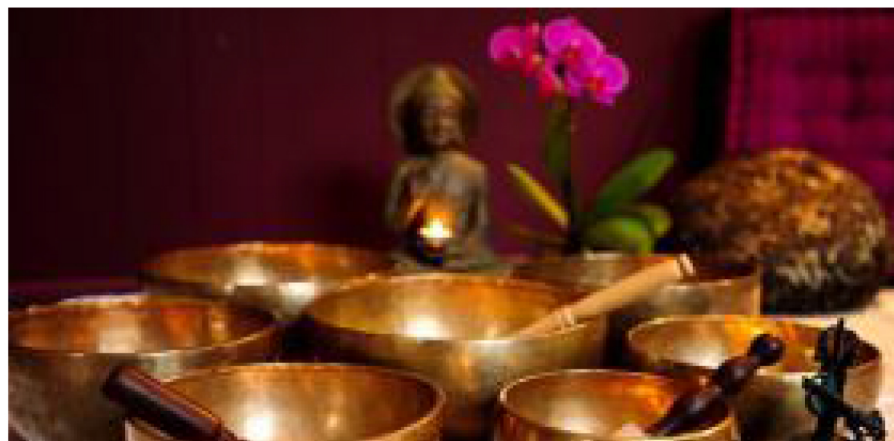
Today, Most of us know the term “YOGA”. Many Indians and many from across the world have contributed to spread the awareness on Yoga. It goes back to thousands of years old scriptures and ancient wisdom yet not known the ultimate source from where and when it arrived. What is the true essence of “YOGA”? What does it really mean? We know of different paths of Yoga which serve the one purpose and that is of Union. Yes..! Yoga means “Union”. So what is this Union of and with whom and how?

As we grow old carrying our experiences and keeping up with the world around our real self gets dissipated. Our thoughts, our emotions, our actions our energy, our ideas gets fragmented. This fragmented part of the self is constantly engaged in some activity be it mental, emotional or physical. And fluctuation of this activity is influenced by the principles of three ever existing gunas Sattva, Rajas and Tamas. All three has it own nature and qualities and it functions together in different proportions minor supporting the dominant depending upon the content of the mind.

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physically. So let us understand the different states of activities that take place in the mind.

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Our mind can be classified under five habitual states. The mind, which is restless and impatient to contemplate or to find steadiness is “Kshipta” mind. The second is the stunned “Mudha” mind too dull to make any effort. Then comes distracted “Vikshipta” mind. It is inconsistent but might have moments of clarity and stability. The mind that is focused and one pointed driven is “Ekagra” mind. Only one thought is present and the next thought arise is again in same continuation. The last state of mind is “Nirodha” mind all thoughts can be shut out from the mind. It is the state of complete

thoughtlessness where the mind ceases to function at will and all activities of the mind are stopped. The minds of all beings are mainly in one or the other of the above five states.

In Yoga to identify the content (state) of mind is very important. As in the state of mind, so are the thoughts, so are the actions. When reaching to the last state by long disciplinary practice this very fragmented energy gathers within and is arrested into full awareness. There is an upsurge of an unknown new energy of awareness that dissolves our ego small “s”elf rising and uniting with our true bigger “S”elf. Then we can see the difference between the illusion and the truth. Yoga is an ultimate guided handbook that teaches us to climb up the ladder progressively with right balance so that we can successfully transcend from one state of mind to another reaching our final goal of UNION with our Real self... Higher self... Supreme self.

From time to time man has come in contact with various paths. Some finds their resonance with Karma yoga, Bhakti yoga, Raja yoga, Jnana yoga, Tantric yoga or Kundalini yoga etc... but Swara Yoga remained hidden, untold, unspoken. One can only imagine the results it can bring that is why this greater wisdom was initiated from guru to disciple and only few kings knew about it. It can only be learnt from a guru and cannot be grasped its application easily by just reading its scripture of Swara Yoga “Shiv Sarvodaya Shastra” which might have adverse effects. The scripture Shiv Sarvodaya Shastra is a samvad between Shiva- Pravati, which is elaborated over 395 sutras.

Swara means ‘the sound of ones own breath’. Yoga means ‘union’. Swara yoga enables one to awaken the

existence of a being to its highest awareness just through studying its breath. Breath is the tangible gateway to the intangible inner world. It is a thread that takes one from the outer experiences to the inner journey.

Hence breath has so much importance in swara yoga that it leads to a path whole based on this esoteric experiential science of breath. When we are born our breathing is rhythmic and as our mind starts to work it interferes and alters the natural rhythm. Swara yoga helps us to observe and understand our breathing patterns so as to align with that of cosmic breathing. When we correct our breathing to harmonize with nature we grow effortlessly in abundance and manifestation happens on its own. It is like we take a nutrition supplement to correct our deficiency and body heals on its own. Here we manipulate the breathing pattern and correct to synchronize with universal rhythm. It is the awareness of the breath and it’s functioning that brings miraculous results.

To experience the truth and lifelong happiness there is no way but only a

way to imbibe yoga practices in our lives to make it a way of life. There is always a room to better by experimenting, experiencing and then choosing wisely what is good for us. All it takes is to recognize which path do you resonate with and a little bit of effort, dedication, a right attitude and an open mind to make our life a fulfilling journey by integrated holistic understanding. Which in turn will bring Health and Wealth, Creativity and Skills, Power and Potentiality, Achievement and Success, Love and Harmony... What else one would want?

So are we willing to learn YOGA to heighten our awareness or bring ourselves into a union? Or simply continuing just believing that yoga is all about asana and pranayama. It is time to go beyond and take the full advantage of what our ancient Rishis and Seers left behind for us. One can start from wherever they stand. Whether one is a Learner or a Master... Seer or Seeker... Perfect or Imperfect... Believer or Non-believer ... Urban or Rural... Eastern or Western... YOGA is a UNIVERSAL Dharma.

