

Acquiring mental peace in tune to Patanjali yoga sutras

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Abstract

People live in the age of technology have number of advantages which include easing his life by using the fruits of technologies. On the other hand different lifestyle patterns, use of highly configured machines, multimedia, internet, consume of fast food with that lack of physical activities made them to the victim of poor mental health as well as physical health. Mental health is essential for every individual to peacefully live and serve best for the society. Peace of mind is generally associated with happiness, bliss and contentment, where every cell of our body bouncing with joy. Maharishi Patanjali, the father of Yoga Philosophy, described five 'VRITI's or modification of mind. He also listed nine obstacles that generally come on the way towards mental peace.

Keywords: mental peace, patanjali yoga sutras

Introduction

People live in the age of technology have number of advantages which include easing his life by using the fruits of technologies. On the other hand different lifestyle patterns, use of highly configured machines, multimedia, internet, consume of fast food with that lack of physical activities made them to the victim of poor mental health as well as physical health. As a result human life has been disturbed by stress, anxiety, high blood pressure, obesity, diabetes, heart diseases etc. and consequently leading to drug addiction, broken family relations, neglect of social and moral discipline, militarism, and over busy life which is referred as time stress. All these occurred due to imbalance of mental health prominently. As mental balance is the crucial part of life we have to maintain it precisely. From Indian traditional point of view we have a conviction or strong belief that in the changing universe whatever the objects are existed, progressing or developing into the world come from our of mind.. All knowledge that the world has ever received comes from the mind. The infinite library of the universe is in our own mind. Therefore, mind is the driving force for any act or action. We must try to drive out such thoughts that turmoil our thought process either temporarily or for hours. We have to make out some way to maintain peace of mind while recharging by the practical science, called Yoga. Maharishi Patanjali elicited Patanjali Yoga Dharasana, where he used different techniques and methods to overcome the mental obstacles and afflictions and finally one will be able to bring peace in life.

According to Swami Vivekananda, Peace is "complete peace of equally reigns between two mental waves." It does not mean to be in a place where no noise, no dross, no trouble or hard work. It means to be in the midst of those things and still be calm in your heart. Inner peace or peace of mind refers to a state of being mentally and spiritually at peace, with enough knowledge and understanding to keep oneself strong in the face of discord or stress. Peace of mind is generally associated

with happiness, bliss and contentment, where every cell of your body bouncing with joy.

Patanjali, the great Indian spiritual teacher who codified a way to enlightenment that we know as Yoga, was well aware that the most troublesome of our problems are created between our ears.

Peace of mind is a state of mental and emotional calmness, with no worries, fears or stress. In this state, the mind is quiet, and we experience a sense of happiness and freedom. Such peaceful moments are not so rare. We might have experienced them in the past, at times when we were engaged in some kind of an absorbing or interesting activity. For example, Watching an entertaining or social movie or Being in the company of someone we love or absorbed in reading a book or when you experience some sort of mental numbness, forgetting your work and day-to-day-life while in vacation. Such activities, and similar ones, take away the mind from its usual thoughts, worries and constant thinking, replacing them with inner peace. Usually, this state lasts for only a while, but we enjoy it while it lasts.

Patanjali was clear that cleanliness does not stop at the body. Our minds also need cleaning and perhaps they need this much more than our bodies do. The great sage Swami Sivananda used to say that being cut repeatedly with a sharp knife was preferable to harboring undesirable thoughts.

Pascal, who was a scientist and a philosopher, is reputed to have said that all of man's problems arise because he is unable to sit quietly in a room by himself.

The Roman emperor, Marcus Aurelius, observed that those who do not observe the movements of their own mind must, of necessity, be unhappy.

Tapas also means burning, and is what Patanjali referred to as discipline in spiritual practice. In the modern world we think that a contented life is full of comforts like TV, fine clothes, expensive cars, large houses and so on. But you readily see that there are many who have all this and more and are still

miserable. That is because we think of discipline in terms of sustained effort to achieve a goal in the physical world like a successful career or a sporting achievement. So we readily understand what Malcolm Gladwell means when he talks about ten thousand hours needed to achieve mastery in any field. But the same kind of dedicated effort is needed to achieve spiritual progress and this is what Patanjali refers to here. "Know thyself" is the most famous of the Greek Delphic maxims, and this is what Patanjali was also advocating. We are firmly rooted in the ego and a sense of separateness from everything and everybody else. This "I" consciousness is so strongly rooted that we never even question it.

Getting to know the Mental Modifications

प्रमाण विपर्यय विकल्प निद्रा स्मृतयः ॥६॥

"They are right knowledge, misconception, verbal delusion, sleep and memory."

Generally we can consider the VRITTI as types of thoughts but they are broader than that. There are five main fluctuations that affect our outer consciousness: PRAMANA (Direct perception or right knowledge), VIPARYAYA (Cognitive process of misconception), VIKALPA (Verbal delusion or illusion), NIDRA (The state of sleep), SMRITI (Memory).

This famous quote from Swami Vivekananda sums up the state of our mind -incessantly restless! There is constantly something or the other happening in the mind - thoughts, worries, anxieties, likes, dislikes, variety of emotions, negative feelings, positive feelings, planning, scheming and the list can go on. The change in the mind is continuous. This constant change or fluctuation is what has been termed a "VRITTI" by sage Patanjali in the Yoga Sutras.

Obstacles for Mental Unrest

व्याधि स्त्यान संशय प्रमादाअलस्याविरति

भ्रान्तिदर्शनालब्धभूमिकत्वानवस्थितत्वानि चित्तविक्षेपाः ते अन्तरायाः ॥३०॥

Vyādhī styāna saṁśaya pramāda-ālasya-avirati
bhrāntidarśana-alabdha-bhūmikatva-anavasthitatvāni citta-
vikṣepāḥ te antarāyāḥ ॥30॥

Nine kinds of distractions come that are obstacles naturally encountered on the path of mental peace are physical illness, tendency of the mind to not work efficiently, doubt or indecision, lack of attention to pursuing the means of concentration, laziness in mind and body, failure to regulate the desire for worldly objects, incorrect assumptions or thinking, failing to attain stages of the practice, and instability in maintaining a level of practice once attained. From birth to death, man as a biological being grows up differently at different environment. He has to face the obstacles at times differently and many of the times the solution of those difficulties remains unknown to him. This causes unrest to the inner self and the outer consciousness. The phase physical and mental sufferings due to disease, dilemma, lack of self regulated motivation, dependent on sense enjoyment, wrong conception, distraction from a particular assignment, instability, un mindfulness and the mental hurdles do run side

by side while at work or at study. These are faced by us in our daily way of living.

Cultivating Positive Attitudes

मैत्री करुणा मुदितोपेक्षाणां सुखदुःख पुण्यापुण्यविषयाणां भावनातः
चित्तप्रसादनम् ॥३३॥

maitrī karuṇā mudito-pekṣāṇām-sukha-duḥkha puṇya-apuṇya-
viṣayāṇām bhāvanātaḥ citta-prasādanam ॥33॥

Patanjali's Sutras tell us that in relationships, the mind becomes purified by cultivating feelings of friendliness towards those who are happy, compassion for those who are suffering, goodwill towards those who are virtuous, and indifference or neutrality towards those we perceive as wicked or evil.

Conclusions

In this changing and creative world mental peace is very essential to adjust and survive peacefully. This is possible through the regular practice of yoga. It should form a major part of our daily routine. Mental peace is possible only through avoiding of our unwanted desire and removing them in a unique way. As we know a healthy body can generate a healthy mind, and a healthy mind can generate a healthy nation. Therefore regular practice of yoga is important. Peace can only be achieved by observing the Practice and Renunciation (Abhyasa and Vairagya), Thinking of opposite when negative comes (Pratipaksabhavna), Positive attitudes for peace of mind (Chittaprasadana), Action required Yoga (Kriya Yoga) and Eight fold path of Yoga (Ashtanga Yoga).

Recommendations

Inner peace eventually, leads to external peace. By creating peace in the inner world one will be able to bring it into your external world, and into other people's lives. On the basis of this study the recommendations may be made:

1. Take away your attention from the negative news from the newspaper and absurd serials of Television.
2. It is better to stay away from negative conversations and from negative people that may sink into your subconscious mind and affect your moods and state of mind.
3. Learn to forget and forgive. Nurturing ill feelings and grievances may hurt you and causes sleepless night.
4. Jealousy and low self esteem, often, lead to lack of peace of mind. Therefore, avoid jealousy.
5. Accept what cannot be changed. This saves a lot of time, energy and worries. Every day, we face numerous inconveniences, irritations and situations that are beyond our control. If we can change them, that's fine, but this is not always possible. We must learn to put up with such things and accept them cheerfully
6. Forget the past and focus on the present moment. There is no need to evoke unpleasant memories and get immersed in them.
7. Learn to be more patient and tolerant with family, friends, co-workers, employees, and everyone else.
8. Don't take everything too personally.
9. Learn to focus your mind, so as to reject worries and anxieties, refuse to think negative thoughts.

10. Practice of Meditation will be more helpful to remain peace, relaxed and happy.

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