

Yoga and Vedanta as Tools of the Technology of Life for the Modern Society

by

Sri U.Ve. Prasanna Venkatachariar Chaturvedi Swamy

Srimathe Ramanujaya Nama:

The Triad

The quintessence of this message is to dwell on the process of incorporating the tools of Yoga and the spirit of Vedantic wisdom, for the well being of the modern society.

The term yoga etymologically denotes union and contextually, it has different meanings. Here, we have to apply the meaning of yoga “as an exercise of incessant endeavour to stabilise the precision of the physical body, mind and intellect, enabling the final goal, spiritual union”.

Vedanta refers to the concluding portions of scriptures, known as Upanishads, which reveal the ultimate reality, Brahman. It also elucidates the structure of varying introspective methods for realising and reaching Brahman, in the forms of Brahma Vidyas.

As a foundation for the exercises for mind control as well as spiritual advancement, they emphasise the principles of fundamental ethics.

Modern society represents the present trembling globe, with advancement on one hand and annihilation on the other. So there is an irreplaceable role and indispensable need of spiritual forces in implanting real and perennial peace and prosperity.

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The Yoga Systems

The Vedanta philosophy is systematised by Vedavyasa in the form of aphorisms in which the Yoga school of Patanjali is discarded. Even though the exercises and practices mentioned in Yoga sutras have reference and acceptance in Upanishads (Svet 2-8; ka 2-3-11), the Patanjali system's model and attainment of Brahman is contradictory as per the interpreters of Vedanta sutras. (Brahma sutras 2-1-3)

In the most authentic Bhagavad-Gita, one of the three canonical pillars of the scriptural lineage, Shri Krishna refers to various pathways for attainment such as action, knowledge and devotion, (karma. Gnana and bhakti), by the term "Yoga". The postures, breathe control exercises and meditation base are all common.

In this context of discussion, we consider the taming and tuning exercises of yogic practices, common to Sutras, Upanishads and Gita, to develop an equilibrium of consummate balance, which capacitates the aspirant to attain the four fold benefits of ethics, enlightenment, empowerment and emancipation, which are focussed in Vedantic lore.

Modern Society

It is indeed a laborious trial to make the current society to fit into the systematic framework of Yoga –Vedanta, because of various transparent reasons.

There is a conspicuous decomposition in the value system. A continuous blow for several centuries by diversion, invasion and colonisations, has destabilized the cultural and moral belief, yearning and pride of the society.

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In the pretext of binding through cross cultural relations, the fusion has contributed a radical diversion from our indigenous spirit.

A tireless and tense race after wealth, status and prominence has made the society to ignore anything else other than the objects of their desire and dreams. The absorption of these ideals is not feasible with elements of nescience, negligence, disbelief and impatience, as effective impact of spiritual learning is verily based up on belief and patience.

Problems of the Modern Society

In all the grown and growing entities, we see only one sided and unlawful development, without bothering both the compatibility and competence.

In our country, amidst opulent sectors, we see a major mass in literacy, poverty and social evils.

Amidst the countries flourishing in advanced economy, most of the world countries suffer due to insufficiency and insecurity.

Education, instead of being a boon for energetic rejoicement has become a perfunctory task and burden.

Lack of moral and aimless race in ever-growing hazardous competition, fuelled by education without reforming ability, has resulted in clashes based on power and sentimental issues which has blossomed into world wide terrorism, silent and smart wars.

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With blind sense of selection and over ruled by undue emotional influences starting from self governance up to the national governance has made in both environments, the rulers unworthy.

As a crown to all of these perils, over exploitation of nature, and disharmonious and dangerous technologies have resulted in the colossal threat of global warming. It is packed with health hazards, life threats and other menaces.

The Power of Mind

The excellence of our system of thought is the scrutiny of predominance of the mind force. The positive energy of the mind causes constructive results and the negative one is responsible for weakness and destruction.

Science has just begun the search and scrutiny of both the nature and influence of mind in various angles, but the research and out puts, being prosaic, has incompleteness and adversity.

Mind requires strength and swiftness and regulatory and control mechanism to pull the mind from pernicious factures. Mind has various task forces.

It has the power to withstand if properly used. This force enables strong endurance to face opposition, compulsion and failures. (abhayangato bhavathi; na bibheti kuthaschana- Tait.up)) This endurance is a primary support in ethical determination and the same with standing in its negative face becomes dogmatism, which hinders opportunities for refinement and curb the moral fear.

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The Power of Love

Love is a very powerful positive force, which can solve most of the existing and upcoming problems, but the immature and corrupt mankind shuffling between craze and infatuation, can scarcely incubate containers transmitters and receptacles of genuine and dynamic love.

Deficient love ends ephemerally and the absence of light of love creates darkness from which evolve the vindictive forms of neglect, hatredness, conflict and hostility.

The same love towards lovable issues, also paves the way for a forceful rejection, which is also another mask of love by which the unhealthy forces are filtered out by a strong push.

Power of augmentation and limitation.

The absence of the instinct of augmentation results in irresponsibility, laziness and impotency. Unorganised augmentation results in insatiable greed, misappropriation and exploitation. (Isopanishad- ma grudha: kasyasviddhanam Sturdy inner training will balance both and bring upliftment and prosperity. Limitation breeds contentment and treats charity.

Power of Submission.

This is the most culminated stage of mind. A tranquil mind automatically submits itself to the tools and forms of righteousness. Unfortunately, this tool of submission can not be sensed by the mundane beings, driven in to the deep gloom. It is a very powerful force in spiritual philosophy and also the simplest way of execution, by which keeping aside individual capability and incapability, knowledge and ignorance, one has to totally commit himself to a beneficial and powerful source, **God**.

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The object of surrender ensures the refugee, forgiving of sins, characteristic stability, lead to the way of light and liberation. It only can endorse security and success and is always misconceived as an act of blindness, slavery and cowardice.

Inferior coercive submission is obvious in the forms of suppression and slavery. Another despicable form of submission is being enslaved in sense gratification.

The egoism hidden in everybody is one of the mind's manifestations which stimulate the body for action. Strong egoism which rules human mind frames the human nature for non-submission. The erring mind always craves for unconditional liberty and its arrogance designate pride and prestige as non-submission and being a recipient of submissions.

In yester centuries, this arrogance mechanism was obliterated by instillation of deference, by demonstrative practices and ceremonial inculcations, in family and learning atmospheres, which manifested in the forms of politeness, modesty and service.

Submission imbibes more spiritual strength. The same pliable submission towards worthy and worshipping has also got a volatile dimension, when it has to encounter the vehemence of immorality. The wrath of a placid and gracious mind is more violent than even the absolute violent mind.

Even though total submission is a rare gift and cannot be immediately employed, an initial spark of it will ensure an ascent towards a total all accomplishing acquiescence.

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Special Observances

It is very simple to enlist the qualities essential for a smooth life and more over none of these qualities remain unknown to the civilized and matured members. Only forceful practice for staunchness and stability is required for attaining them. Various prescriptions are endorsed by scriptures and shastras for acquiring that force.

Cumulative Imprints

The Vedanta systems mention a perpetual life cycle with ceaseless work of earning and exhausting virtues and sins. According to this rule, each and everybody's characters and life experiences will be wholly based on these imprints. Even though this appears to be rigid and binding, flexible provisions are also attached for their release.

Samskaras- Rites and Rituals

Samskaras are various rites by which one is refined and promoted. At each and every step of a person's life starting from conception till his funeral, all significant stages like birth, tonsure, feeding and marriage are all conducted by processes which mould the energy and ethical frame work of the person and induce advanced benefits also. For example, the first feeding ceremony blesses the child with health, long life and intelligence.

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Anushtanas--Spiritual exercises

The first mentioned force is voluntary inheritance and the second one is organised by the responsible community and the present division deals with the exercises of an individual, refined by samskaras by which he is promoted by following the disciplinary commandments, mentioned in the Upanishads and specified in the yogashastra as **Niyamas** which are purity, contentment, penance, scriptural study and divine attachment. (Yoga sutras 2-32). Both samskaras and practices regulate spiritual normalcy and fortify the determination from being diluted by divergent attacks.

Applications of Yoga-Vedanta

Yoga-Vedanta, as depicted earlier refers to practical or applied philosophy. This design has the prowess to tackle any quandary, personal or global and can successfully substitute or give and add life and value to any science and technology. The study of the nature, acquisition and application of this pattern is Theo-Dynamics.

Physical Fitness

The major concern of the society is Health problems that are growing along with science and technology and even with a greater speed.

As an additive, we now see the drastic downfall of nutritional value and risk minimisation in both availability and our food selection sources. That the body's energy assimilation and immunity mechanisms are also under deprivation has been already mentioned.

This situation has resulted in the emergence of number of researches on Inner Energy Resources.

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Starting from a simple placebo mind effect up to Psychic healing and surgery, tremendous experiments and experiences are pervading all parts of the globe. Yogic life ascertains energetic, disease free life by nourishing the Ojas (Homeostasis), which resists against maladies and secretes its own energy medicine, if needed.

Purity of thoughts, action, environment and food provides composite health as per scriptures.

Trouble-free Society

Starting from home to the world, we have frictions of different kind and levels. Lack of connectivity even with our neighbourhood and lack of convivial relation even between husband and wife is very common now.

Though it is an ever existing disorder since the epic eras, it has been horribly intensified in the recent times.

The sagacity to properly design one's general, limited, specific and personal relations has gone away from the society.

This deficiency buds as simple misunderstanding and conflicts, which if shelters in a malicious, strong and sensitive holder, bursts into extremism and terrorism.

To avoid this destructive growth, it should be crushed at the germination level of hatredness itself, which emanates from emotional inconvenience.

Yoga nullifies the emotional disruption (Yoga Sutras 1-1) so that there will be family happiness and social harmony. Any person with that gallantry is beneficially infectious, for he fills the minds of his co-denizens with the fragrance of positivity.

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Knowledge Acquisition

Knowledge is the power behind proper and successful action and education is the system for its acquirement. Our knowledge systems are intricate but still they claim that the art and fruit of learning are blissful.

But now for most of the learners, study is a struggle, battle and even a form of punishment, instead of an exultant embrace.

New concepts and models emerge day by day eroding the relevance and need of past findings and more depth is brought, through analytical studies, where as in the learning side, the ability and mastery levels are stagnate and even diminishing. We can never comment upon innovative trials, when inceptive learning itself is in distress.

There is another extremity in the form of over focussed strain, in research analysts and engrossed professionals. This unorganised zeal causes imbalance and consequential harms in physical, mental and even intellectual spheres.

Spiritual exercises help to overcome both extremities and dispel hitches like concentration struggle, phobia and fading memory and also favour the analysts to obtain more clarity, depth and precision in their pursuits, embedded with comfort and joy.

Resourceful life

The need for resources is wildly expanding and we are facing the crises in various forms like recession, degradation and depletion. Vedantic pathway will not encourage or support any chosen way of living, steered by limited vision and lavish wishes.

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It has its own inbuilt and pre determined lifestyle, which is obligatory and of course, is reasonably modifiable.

Material sources gain the grade of wealth only when they couple with humility and service and contribute peace.

Psycho-Plutology deals with the wealth responding instincts of human mind at the time of gain, greed, loss, utility, abundance, charity and distribution.

Vedanta mentions greater wealth forms to be achieved along with and also lists colossal losses that we never know or mind, immersed in dry wealth.

Wealth should be purified, sanctified and multiplied by honesty, help and hard work respectively.

Psychic Powers

Paranormal powers are the skills with which the rules of space, time, nature, process and effect are all surpassed. The third chapter of yoga sutras exclusively deal with their kinds and obtainment procedures.

Patanjali mentions the possibility of accomplishing these skills by birth, herbal influence, chanting, austerity and deep concentration. (Yoga sutras 4-1) There are several such skills like levitation, psycho kinesis, remote viewing, and exo-physical and exo-territorial travels.

Even there are some incredible records about a person with electric flow in his body and one who can bend hard things by his vision. But atheists and rationalists dump all these records into nature, myth and tricks.

The shastras point out two types of power emergences. The first type emerges from one who specifically solicits such skills for pride or domination.

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The second one spontaneously emerges in the venture of spiritual up gradation, unwarrantedly. They should not be accentuated by contenders of higher goals. Patanjali remarks that they are honours in worldly angle of view but hurdles for realisation (3-38).

Those who have the plans and trials for such attainment are very limited and the gain is also risky. Yet, as a study out of curiosity and a tool for belief instillation, they are pondered.

Liberation

Things beyond our control prove that we are not the masters and even in occasions of triumph, it is the grant of the destining authority.

Our wishful tryouts are often blocked by unforeseen factors. People want to crush the barricades for their uninterrupted joy and this is felt by them as liberation.

The Vedantic view aims at eternal release as it considers the mundane hurdles are perpetual and inevitable due to annexure of deha (body) and desa (world), which are degradable and perishables.

As nobody can understand or aspire for that total liberation, the ladder of Dhyana (meditation) qualifies us with the power to organise interim liberations, heading towards the ultimate aim of life.

Scrupulous selection, diligent execution, facing hurdles with courageous hope, even in failure, revival of status and gradual inquisitiveness towards the final salvation, are a few to name, among the unique abilities of spiritual achievement.

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Sacrifice

The ideology and methodology described in this message has been referred and elaborated in so many speeches and writings. We also have inspiration role models who lived and are living with us. But the levels of their reach and social response have indicated the necessary influence of a strong force known as sacrifice.

Sacrifice is often mistaken as life relinquishment. But abdicating parasitic elements like avarice, fear and intolerance, for a sustainable life is also sacrifice.

In medical treatments, we abide by the doctor's stipulation to follow which we dislike and leave abruptly which we love the most. This is because of the desire or attachment that we have on our body for it serves as a device for our pleasure projects and the problematic suffering is also tangible.

Unlike these experiences in vicinity, attachment towards an intangible soul and its connected grievances could be felt only by a higher form of realisation. Vedanta confers that position by which one tends to attune towards the spiritual prescription.

Good association (satsanga), incessant thinking (anusmarana) and dynamism (udvega) gradually bring this transformation.

Those who are unaware or aversive in change adoption will first get the desire.

The momentary determination which occasionally springs in most of us will culminate into strong ability, amidst internal and external protests.

At once when the innate spiritual bliss is rejoiced, the same act for which we had fear and struggle will be very casual and jubilant.

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Society and Practical Problems

In the issues of purity, food also has equal status with other factors. According to Upanishads, all efforts of purity are supported by the nature of food. (Ahara suddhau satva suddhi:-Chandogyopanishad)

Purity of food does not depend upon the quality of ingredients. The nature of the ingredients in stimulating the modes of passion and ignorance has been elaborated in traditional nutrition sciences.

Apart from non vegetarian foods, stale and over-spicy food is also prohibited, which is the ambrosia of fast food and microwave community.

Proper food only facilitates and supports proper thinking. In spite of many people embracing vegetarianism for health and spiritual reasons, still there are advocates for pure mind theory, who consider that a pure mind is enough and the nature of the food intake is immaterial.

The shastras enumerate many subtle impurities which are not believed and consented by modern society. The existing life model is so complex that following any of these rules is impractical.

Greed has been now renamed as need. Luxury has recently attained the status of necessity. Even dual earning, over time and part time, and abroad settlement could not convince the price hike of quality, commodity and services and expanding desires.

Having crossed a long way in this danger drive, it is too late to teach the lesson of contentment, except for the ascetics and semi-ascetic householders. The already insecure people can only imagine contentment, as a pseudonym for stagnation of growth and paucity.

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If the Yoga-Vedanta system wholly denies development and confers a detached life, the system will never be attractive and if the same leads towards mere prosperity with out any benefit or control, it is not productive.

There are both principal contentment and personal contentment. The first is the contentment of a person of renounced order and the second is limitation for personal possession for a social entity. Any more growth deposit, apart from the needs for him, his future and his progeny, shall be contributed for the welfare of his associates, co-inhabitants and the state.

Bringing the mind and its desire force under our control is the super most technology of the world. A well-equipped person can even move to the extent of taming others by his radiance and training others by his brilliance.

Yoga sutras say that penance purifies and even grants special powers to the performer. (2-43). Penance or regular meditation gives a capable and compassionate mind and sharp intellect. This skill avoids most of the academic and social struggles. Having no time to master this, the fashion world is striving for getting trained in swimming, badminton, polo and golf rehearsals.

Regular studying of the scriptures charges the mind and creates a gradual assimilation of the concepts as well as practices that manure self-determination.

The practical problem in the study of scriptures is that it is a rapacious time consumer. Most of them do not opt for intensive studies and even most of the readers and masters prefer priesthood or astrology, which is money yielding.

Without attachment towards God, all other virtues will be lifeless. So Vedanta concludes God as the purpose of virtuous life.

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Mushroom growth of temples and celebrations indicate the speedy growth of devotional cult. But if the same is envisioned under a qualitative scope, we can see only emotion, avarice, fear, sin and evasion grounds behind them. Replacement of a spiritual and intellectual emotion in the place of a marginal one is real and advanced spiritual status.

Non-violence, truth, non-appropriation, restraint and greedlessness are given as yamas or the constraints. But, now, growth, wealth and status are procured only by sacrificing the above-mentioned policies. But we have to notice that such growth is unstable and dirty, as it infects other cardinal resources of a person or the system as a whole.

Anything that is in regular and focussed practice empowers a person for applied benefits at the time of need and emergency. Worship is a regular and unconditional duty that involves love and gratitude towards God and such a person's prayer will obviously be fruitful.

But now routine worship is not there or it dwells in the form of dry rituals or a strong demand. All the grievances of life have become the reminder of an element known as God.

Celibacy and Chastity are facing the threat of extinction. They are considered to be the baseless chains to curb the liberal society or a free man.

Ancient Science believes in restraint of pleasure instincts like taste to be a very essential base for any achievement. The students were moulded under a critical supervision in an advantageous atmosphere.

Being capacitated with will power and prudence, the person will be impregnable to any diverting force.

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Before getting sagacity, the modern youth is exposed to a harmful environment that exploits the weaker minds for their sustenance and growth in the brands of hedonism, modernity, fashion and status.

Infertility is a major challenge, which is growing day by day. The corrupt mind and also nutritional and environmental disorders are its major shareholders.

Observation of celibacy not only provides a simple fertility but a fertile fertility. (Yoga sutras 2-38) Progeny is a common gift for all species but a perfect and productive offspring is possible only by austere and celibate practices. Such a provision is unfelt by the current trend and even in common health a problem, lack of control has brought down the multi-level immunity of the generation and pitiably, the degradation ratio is constantly increasing.

Critical survey

The frame works of Yoga and Vedanta have been deciphered designed and directed by seers and sages whose method and purpose of living is totally different from ours. Their energy and intelligence levels are also extremely high.

How the unqualified modern society can implement them?

How come a primitive and obsolete pattern of life will suit the modern, pluralistic society?

Our ancestors are embodiments of foresight, insight and magnanimity. They considered not only their status, the order of renunciation, but also suitable designs for aspirants of valour, knowledge and wealth, so that there can be integrity and harmony in the society. They also meticulously observed the ethical, Bio and Eco degradation rates of the forthcoming era and devised appropriate solutions.

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Each system of our land exhaustively provides entry to all levels of eligibility from the beginners to the learned. They are simplified by scholars in further explanatory works and further simplified and customised by proficient preachers.

There is a common pattern and network, which is immutable, irrespective of any level of change and advancements, due to time or technical factors and our system is based on that Universal and eternal reality.

Scriptures compel worship. If you take the real sense of a vast modern society, our system of worship comprises only an infinitesimal part.

Is there any necessity to thrust the same system of worship to all, along with these common observances?

Is the methodology compatible with any system of universal belief?

Brahman and the worship process are naturally inseparable. Trans-migration and incarnation theories are the significant tenets of the system, which are against major religious beliefs. Also rigid systems are against entertaining hetero genetic and fusion worships and adaptability of a different system is not easily possible for all.

Excluding philosophical congruity, the requisites for a noble living and spiritual receptivity can be our contribution to the world, being a centre of compassionate wisdom.

These systems bring efficiency in our material life.

Why can't we expurgate the transcendental portions and formulate a common, simple system for such tangible effects?

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Or Is God an essential part of these systems?

God is an infinite reservoir of energy. No individual, collective and technical methods can bring the effect of a divine hyper link. In fact, these efforts are all instigated and materialised only by a Divine Will. (asanneva sa bhavathi..., brahmavidapnoti param-tai.up; nityo nityanam- svet.up)

Not following the codes of life is disobedience towards God and following them without divine love is dishonesty.

The purpose of life and standard life, in the form of liberation are divine bestowals. (tamevam veditva-svet.up) So, divine affiliation and affection is a must for uninterrupted operations.

According to Natural lead theory, the perfect tools for salubrity and peace should automatically lead to pursuit of the divine. Likewise, divine pursuit and service naturally leads towards the practices or even directly towards their qualities and benefits without strain.

But we don't see such lead, commonly, for they require potential urge from the practitioners and vibrant induction from the preceptors.

The above-mentioned systems demand abundant attention, patience and hard work. Indubitably, it will take more than a century to create the desired impact in the high-speed human race. Even in this Herculean risk, how far this implantation will be successful in bringing a mass change?

Eventually, mega transformations in society take their own time. Evolutions, Civilisations, Revolutions and Transformations, all have first crawled, had a slow and steadfast growth and marched towards the mount of triumph.

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They were initiated by personalities of strong vigour and commitment, who also harnessed the same. By instillation and inspiration, they formed an unbreakable succession to carry on the mission with competing zeal.

Such occasions have emerged from exasperated circumstances. We are nearing that crisis zone and so we have to exert the action of our dutiful conscience.

Bring the Change

Insufficiency, failure, insecurity and need for change, and tradition, enthusiasm, hope and experience are respectively the various diverters and drivers of mankind into a higher pathway. Moreover to overpower filthy entanglements, the effective way is to attach to a higher plane. (Yoga sutras 2-33)

The first four factors, in spite of being weaker forces, if they adhere to a positive base, they direct towards greater dimensions. But the situation is full of multi-faceted frustrations, which has led most of its companions to adverse and obnoxious resorts.

Radiation

Mere teaching and preaching works will influence only the people, who have forceful curiosity and belief. Generally any form of such communications, through discourses or seminars, have evinced only poor or inadequate impact because of the reflection of the message in them, being peripheral, ephemeral and optional.

Peripheral reaction just brings the comfort or solace of outline understanding, which has no significant productivity.

Ephemeral reaction brings momentary realisation and joy, which extinguishes at the time of need and practice.

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Optional status creates contrary choices in real life opportunities, where there is no spiritual courage necessitating the ethical axis, which naturally carries away the person to incongruous orbits.

The only potent tool to overcome these defects and enable robust transmission and reception, is divine radiation. It is a gift of divine will, exposed by ardent practice of guidelines, maturity of pre-birth drills or unconditional.

Between a radiant emitter and an equivalent receptacle, there will be bilateral suitability that showers profuse synergy levels.

If the master is extremely effulgent, he can ignite even the weak and cure prevaricated, sceptic and antagonistic minds.

Even if there is an average master or a simple source of reference or communication, that source energises an ignited and brilliant mind.

This radiation dynasty should start the campaign and conquer the present scenario and any other substitute will be just a consolation.

Problems with Present forms of Systems

We are seeing a remarkable increase in the number of temples, festival crowds emerging institution for studies and training in yoga and Vedanta, in India and abroad.

But if we consider the real value impact of this growth it is still negligible because of the following reasons

Mere learning due to attraction, craze and interest cannot confirm true involvement.

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Without minding the valuable base for begetting qualities like sacrifice and service, mere instructions are culled out from Vedanta to apply for management of life, corporate administration and governance which is absurd and ineffective.

Vedanta teaching methodology is different from learning languages or history and it is indeed even different from learning empirical sciences. Now Vedanta is in colleges and Universities for study and intensive and comparative research. So a distinct eco-status should be employed for Vedantic realisation.

An incomplete approach to a complete system will not bring a solid benefit. This school of yoga is practiced by most of the people for youth, energetism, and general health and mostly for therapeutic use without the aid of foundation disciplines (yama and niyama) and also with least botheration about mind perfection.

Even lot of meditation maniacs without aiming change of attitude and environment response are fervent in accomplishing relaxation, peace and emotional balances.

As a method for simple and wider access, effective and rigorous exercises which are vital are totally neglected.

The epithet Yogacharya now only refers to just technicians and trainers in postures, breathe control and concentration exercises and neither abstention from sensual errors and observances for strengthening the self restraint are employed or enforced.

Even among the inquisitive learners, many depend upon mere books, pictures, channels and mass demos and start practising.

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Most of the learners practise only at the time of classes and group trainings, so their journey is intermittent.

Even, after learning to a level, which they consider to be adequate, immediately they start unguided drills and they commence also centres for training others. Most of those, who are in the clutches of these premature practices, report many side effects like sinusitis and, dust, food and smoke allergies for pranayama practitioners and cervical spondylitis and back pain for those who do meditation.

Lot of people practice yoga through tradition. Suitable configuration of inherence naturally links the person with noble, ideal and divine practices. But along with this, there are also some other interesting factors.

Tradition will always submerge due to new arrivals and when new things become old, old things will re-emerge with new elegance and this rule is evidently seen by Yogic fame, craze and value hike for products with labels of nature, organic, Ayurveda and tradition.

Westerners too have a strong craze towards Indian culture and knowledge systems and when they imitate, consequently huge response comes out of Indian society. Where there is mass attraction, it allures more mass to imitate and imbibe.

Those who are exhausted in manifold spiritual and non-spiritual trials, see and feel solace and solution in Yoga and Vedanta methods.

So to sense the level of erudition and mystic ability, there must be awareness about the system in the society.

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When we feel proud of our cult getting universal recognition and repute, we have to also admit that in the process of propagation, commercialisation is inescapable, in which quality deterioration is certainly not avoidable, which will trivialise or defame the system. So vigilance should also compete with the rapid growth of any system.

Methods

Various methods for establishing concrete knowledge and systematic practice are considered here.

Niyati-to frame as rule either by elders, institutional heads and Government.

Bodhana-by simple and soul stirring explanations and exemplifications to the earnest and sincere.

Nirupana- by proof through scientific and experience records, for sowing and deepening the belief of seekers.

Pradarsana- Performance of the learned and elders inspires the surroundings, which automatically will be imitated by others.

Akarshana- Using attractive methods like media, publications, advertising, presentation and exhibition techniques for propagation.

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Projects

The main focal point should be the children from the age group of seven years. Before the attack and advent of the bi-ended weapons namely, exposure and discretion, they should be brought under ethical custodianship.

Our scriptures emphasize pre-conception, conception and pregnancy periods as the most impressionable stages of a child for subtle inculcation of values.

The latecomers like youth, house holders, housewives and professionals have to bring cogitative innocence and moral courage and compensate their shortages through urge, sturdy determination and tireless practice.

Meditation has the power to even detect, mitigate and nullify disasters like terrorism and global warming. Organised group meditations should be systematised by peace lovers and more advanced research should be undertaken for studying and evaluation of meditation impact on persons and surroundings.

On the basis of their tremendous impact and pressing need for today's society and considering worship methodologies as electives Yoga and Vedanta must be proclaimed as Standard texts for life technology. A detailed report on their need and greatness should be submitted by experts and analysts to the policy makers and power seekers.

Schools should include them in the curriculum. Private institutions and NGOs should also co-ordinate for bringing special training for athletes, artistes, administrators, military and police forces and even therapeutic training in hospitals.

Critical training with duly designed approach should be made available for addicts, prisoners and unruly elements.

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Let once again our noble land take the global leadership, by its benevolent dominance.

Let Yoga and Vedanta as tools of the technology of life for the modern society, guide and save the globe from catastrophe.

Narayana Narayana Narayana