Yoga and evolution of Human Consciousness

Yoga and evolution of Human Consciousness

Author(s): Arun Raghuwanshi
Subject(s): Christian Theology and Religion
Published by: АЛФА БК УНИВЕРЗИТЕТ

Keywords: Consciousness and Yoga; Evolution of Human Consciousness; Patanjali Yoga

Summary/Abstract: Concepts related to Consciousness have always remained a central theme in the Indian philosophy and culture. Yogavasistha describes the nature of consciousness in quite detail. According to Yoga-Vedanta approach, there are four stages of consciousness, viz.-1. Waking / Ordinary consciousness / Gross level; 2.
Yoga endeavors not only to analyze and understand mind, but also outlines the effective way to gain mastery over the various stages of consciousness, which ultimately leads to the realization that we are embodiment of pure consciousness called – ‘Sat-Chit-Ananda’ (State of Pure Consciousness), and which is already inside us, but we are not aware of it because of our ignorance or wrong identification with mind-body apparatus only. Whole effort of yoga is to realize and reclaim ‘our true nature’ and in the process human consciousness can evolve from mind based and conflict oriented left brain thinking, to living consciously in a harmonious, relaxed awareness state of consistent happiness - bliss (Super conscious state), which ‘Gita’ calls – ‘Yogastha’, i.e. established in Yogic consciousness. Present paper is an effort to present yoga - Vedanta perspective of consciousness and application of Yoga as a ‘psycho-spiritual technology’ for evolution of human consciousness. In author's view the Classical book of Yoga -“Patanjali Yoga Sutra”, provides the most authentic philosophical, and psychological perspective, as well as the precise methodology and map to attain/regain state of our ‘true nature’ or pure consciousness ‘Kaalva/aturiya’, through his eight step yoga. Sri Aurobindo, in his synthesis of yoga, calls it attainment of ‘super mind state’, which will also be discussed here to show the implications of yoga in evolution of human consciousness in ‘here and now’ contexts.

Related Content