

How To Make Life Into Yoga? Public Talks By Pujya Swamiji At Coimbatore

“Life is yoga when it is lived with the understanding of Isvara. Hinduism is based on knowledge of Isvara. The Guru tells “Everything is Isvara”. The Sishyas accept this pending understanding. Our country’s wealth is “knowledge”, and so what we can export is knowledge and persons having knowledge”, declared Pujya Sri Swami Dayananda Saraswati while addressing the public at Kongunadu Arts & Science College at Coimbatore on 13th and 14th June 2009.

Pujya Swami Dayananda Saraswathi gave public talks on the topic “ How to make life into yoga” at Kongunadu Arts & Science College at Coimbatore on 13th and 14th June 2009. Around 1000 persons attended.

Swamiji said Life is yoga when it is lived with the understanding of Isvara. Hinduism is based on knowledge of Isvara. “Everything is Isvara” tells the Guru. The Sishya accepts pending understanding. Our country’s wealth is “knowledge”. So what we can export is knowledge and persons having knowledge.

Everything that “is” is Isvara. We can take any aspect as Isvara and worship. That is why before building a house we do “bhoomi puja”. We worship Mother Earth as God. In no other culture they do this.

Let us assume you are sitting in a class. You want to draw the attention of your neighbour. You only touch his little finger. The whole person responds. Like that you can invoke Isvara by invoking any blessed form. During puja, with a small quantity of turmeric you make a lump. You invoke Lord Ganesha in that form. You tell Oh Lord Ganesha please come in this form as I want to worship you. This is the beauty of Hinduism. You can invoke Isvara in any form because everything that “is” is only Isvara.

When I start worshipping the whole, I start from me. That is why we circle ourselves when there is a homa or fire ritual at our house , and there is not enough space to go around the fire. Like this we can invoke Isvara in us.

There is a misconception that only non vegetarian food contains proteins. This is wrong because even elephants get all the proteins from vegetarian food. 99% of the vegetarians in the world are Hindus. We have communities like Saiva Vellalars, Saiva Pillais, Saiva Chettiars who are communities of vegetarians.

We should have clarity of what we want in life and our attitude should be healthy. When we have proper understanding, our attitude of life will change.

Some people say do your karma , without expecting result. This they say because of wrong understanding. Krishna says in Bhagawat Gita that, he is the desire, when the desire is in accordance with Dharma.

When we do karma, we can get any one of the four results: equal to our expectation, more than our expectation, less than our expectation and opposite of our expectation. We have a choice only while doing our action. But we do not have the choice while getting the result. Accepting the result of our karma as "prasadam" from Isvara converts our life into yoga.

Once the action is done, result will accrue. Isvara gives the result. Whatever comes from Isvara is only Prasad. When we understand that the results come from Isvara and we are able to receive the result with reverence, then our attitude is proper. This attitude helps for the equanimity of the mind. Graceful acceptance of the results makes one a complete person.

Our mind due to various transactions, requires cleansing. Our scriptures asks us repeat this mantra: Atchutaya namaha: Anantaya namaha: Govindaya namaha: With understanding of Isvara, when we chant this, our mind will become clean.

Having a proper attitude to life, will make our life yoga.

Report By N. Avinashilingam