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**YOGism\***

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Among all 'isms', what is this YOGISM? Let us share some thoughts before the International Symposium on YOGism, which will be held on 6<sup>th</sup> and 7<sup>th</sup> December 2010 at Sevagram, Wardha.

Many people associate 'Yoga' with an image of a person having long beard, wearing a two piece saffron coloured dhoti, sitting in a meditative pose for long time, etc. This should not scare anybody as this does not mean 'Yoga'. Any 'Bhogi' can turn to be a 'Yogi' or one can say that 'Yoga' can be adopted by any 'Bhogi'. In fact, this will bring positive changes in any 'Bhogi'. Who will not ever like to have positive changes"?

Enjoying better health; enjoying better peace; enjoying good friendship, enjoying better social life, being useful to the world; that is 'Yogism'. Staying aloof or detached from the society, family, friends and finally yourself is not 'Yoga' but being with them and joining with all, is 'Yoga'. The very meaning of the word 'Yoga' itself is 'To join (Yuj)'. Joining (synchronizing) our body and mind, joining us with the other-interpersonal relationship, joining us with the society for the betterment of the world. The whole teaching of Yoga is the path to this achievement. Everybody can achieve this goal. Let us walk on the path of Yoga.

Asanas, Pranamayas and mediation of yoga are for culturing of the body and mind, for a better healthy life and to understand the purpose of living. Through its practice clarity of mind is improved along with physical culture. First achievement is thus the 'Personality Development' that we gain through practice of various techniques of yoga.

Once we are fit with body and a sound mind, we develop better understanding of social needs, need of the other. Then we become useful to others. This stage is the stage of development of 'Interpersonal



Relationship'. At the 3<sup>rd</sup> stage, you will devote yourself to the cause of the society, where you become useful for the entire society. This is 'Yogism'.

Yogism does not ask you to leave violence. It does not ask you to abstain from non-vegetarian food. Yogism does not demand you to give up Alcohol. It does not ask you to refrain from all the worldly pleasures. Only when you feel, something is not good for you, you leave it. Only when you realize that it is not good to maintain your interpersonal relationship or family relations, or social relations, you leave it. Yogism gives us realization of what is good and what is bad. Yogism gives us the physical and mental strength to overcome the bad forces. Yogism gives us the moral courage to gain the goal.

Slowly start from any one part of yoga, you will experience the benefits and then you are already on the path of yoga. Final goal of yoga as per 'Raja Yoga' is Samadhi. That is simple, the stage of Self-Realisation and not disappearing from social life. Gandhiji has proved it. He was in 'Karma Samadhi'. Samadhi is self-realisation; it simply means understanding everybody and everything where you do not cause any harm to yourself or to others.

Who will ever not like this? So simply start the practice of yoga. Be on the path of YOGism. Let us meet at Wardha.

Naturally Yours!

**Dr. Babu Joseph**  
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