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Yogi or Bhogi: the Choice is Yours*

Simplicity, Service and Spirituality the Three Pillars of YOGism

Dr. B.C. Harinath

*Director, JB Tropical Disease Research Centre &
Coordinator, Arogyadham & BIC, MGIMS, Sevagram
e-mail: bch@jbtidrc.org*

The difference between Yogi and Bhogi is as much as the lifestyle of Sura and Asura, simple & natural living vs consumerism & exhibitionism; regulated & disciplined vs unregulated & undisciplined; long lasting mental happiness vs short living physical happiness and optimal & positive health vs negative health with lifestyle problems.

Silence, fasting, slow and steadiness are the weapons of Yogi while making noise & boasting vulgar consumption in lifestyle and fast life with inbuilt pitfalls are the weapons of the Bhogi. While Yogi is quiet and calm like centre of the sea, Bhogi is excited with sensual pleasures like waves on the edges of ocean. Yogi needs control of indriyas and mind. Bhogi is addictive with restless mind. The advanced countries are paying for promoting consumerism in the name of rapid growth, which is not a sustainable economic model for peaceful world. Living in luxury more than one can afford, breeds corruption and degrades the society at the cost of high moral values. The difference between rich and poor widens causing unrest, insecurity and violence in the society. Corruption in politics, bureaucracy and all spheres of activities, the unrealistic cut & paste cinema culture and commerce and betting of cricket, taking their toll by making the country's youth restless & confused and keeping the poor illiterate, backward and exploited.

Yoga is the culture of consciousness and a way of ideal living. It instills self discipline and positive attitude in life. It is said that 75% of life is spent in earning money and remaining 25% of life is spent in spending the money for keeping good health. On the day of retirement the first fear is about health care in old age and affordability. Yoga aims at balanced development of the mind and the body making it free from diseases and helps in greater relaxation and mental peace and stability.

Yoga is not mere asanas (exercises) but is a science of Holistic Living featured by health, wealth and growth in tune with environment leading to harmony, happiness and peace. Raja Yoga primarily aims at perfection of the mind mainly based on the technique of meditation, presently practiced abroad as mindfulness in health care centres. Meditation has been very helpful in treating headache, hypertension, stress, anxiety and chronic pain. Maharshi Patanjali compiled the classic 'Sutras' on Raja yoga, divided Raja yoga into eight limbs or parts. The first two are Yama and Niyama aimed at socially responsible living, the next two are Asanas and Pranayama. The next three are different stages (Pratyahara, Dharana and Dhyana) of meditation. The eighth and final limb is 'Samadhi', product of meditation.

Old culture of simple living and high value system are to be brought in the society. YOGA way of living in brief consists of simple and contented living in harmony with nature, with 6-7 hr sleep (early rise and early to bed), 30 min to 60 min of yogic asanas, meditation and introspection, regulated eating at definite



times, regular walking and entertaining positive thoughts and community service and putting the soul into the job undertaken.

YOGism, the conscious (living in the present moment with awareness and cessation of thoughts on the past or future) and conscientious way of living makes one realize the purpose of life with concern to nature and Universe. Thus whole world gets connected. Yoga lifestyle is the best preventive medicine for lifestyle diseases. **Simplicity, Service and Spirituality are the three pillars of YOGism or Yoga way of living.** There is an urgent need today for YOGism for the world peace and Yoga lifestyle for individual's optimal physical and mental health.

We look forward to the International Symposium on YOGism in December for enriching ourselves with personal experiences and wisdom of Yoga lovers and Practitioners.

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Prof. B. C. Harinath

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