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DEVAMBER DHAM INSTITUTE OF VEDIC SCINECES AND HOLISTIC HEALTH AND WELLNESS RETREAT,
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Yog & Marma Sciences – An Integrated Approach to Holistic Health and Wellness Management

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Tattvagyan (Reality of Human existence) from Bhagwat Gita and Ashtang Yog (eight-fold limbs) path from Patanjali Yog Sutras help one witness, firsthand, the manifesting changes at physical, mental and cognition levels that together shape integrated human existence in Nature.

Experience convincing and yet simple ways of understanding critical components of Holistic Health and Wellness Management. Avail any of the several options to suit individual needs and situations – online monthly program, day-long 6 hours program/week-end program of 2 nights stay/ weeklong program of six nights stay at Devamber Dham in groups, individual online classes, in-residence individual recovery and rejuvenation program from paralytic, paraplegic, knee, cervical and back issues, other chronic states of lifestyle diseases, etc. There are health and wellness education and skills development courses, internship programs, Master Trainer opportunity and more. For further details or query about your own other specific needs, please drop a mail or Whatsap message. We will get in touch with you.

The Sanskrit word "Yog" literally means sum total, integration, union, harmonious blending of Body and Owner of body. It refers to the integrated personality of an individual, which Maharshi Patanjali, the author of Yog Sutras, tells it to be *Ashtaanga* or eight fold.

1. *Annamaya Kosh* or the Physical body, made of *Panch Tattavas*. Most people think of Yog for physical fitness whereas sound knowledge of basic fundamentals of Ayurved Science assures good body health. It prevents disease.

2. *Pranmaya Kosh* relates to life energy flow through a network of 720 million *Naadis* or nerves that keeps the body alive. Pranayam is not about breathing but Prana. It is the process of withdrawing Prana flow in body to disconnect senses from mind. Mind then assures exclusive connectivity with *Chitta* or the Memory plane to help understand and manipulate our thought process.
3. *Manomaya Kosh* relates to the working of Mind with the ten senses (latter are the source of newer desires) on the one side and with *Chitta* on the other through intellect.
4. *Vigyanmaya Kosh* or *Buddhi* that decides individual's Intellectual discrimination ability to make sound decisions.
5. *Aanandamaya Kosh* relates to memory plane's continuous upgrading of Spiritual Knowledge through *Swaadyaaya*.

The above five *Koshas* are together part of the *Sthool Sharir* or Physical body and the *Sookshma Sharir* or Subtle body combined. The *Kaaran Sharir* or Causal body is beyond physical body and a distinct separate entity called the *Chitta Purush* or Ego/I residing in body – just like the car and it's driver. Yog is all about realizing this clear distinction between Body and owner of body or *Sharir* and the *Shariri*.

6. Spiritual Awakening helps the individual to understand the meaning of human birth, the *Purushartha Chatustaya*, which is both for *Bhog* (enjoying worldly pleasures) and *Upwarg* (attaining *Nirvana*). This is the state of *Dharanaa* (Contemplation).
7. Deeper states of *Dharanaa* lead to *Dhyaan* or Meditation, which helps reach the state of Self-Realization or recognizing the differentiation between *Purush* (Soul) and *Chittapurush* (Soul's reflected image in memory plane called the Ego or 'I'). This is the state of '*Aham Brahmasmi*'.
8. *Kaivalya Samadhi* or attaining *Moksha* is the state of '*Brahmasmi*' where the person ignores his individuality and becomes one with the Supreme Consciousness or God.

Yoga Science has to be first understood at three distinct levels – the Physical, the Subtle and the Causal. When we think of Health, we are primarily concerned with the Body but when we think of integrated health, it includes both, the Body and its Owner – the person living in body. Ayurved Science primarily focuses on health of the body and Subtle body whereas Yog Science takes over where Ayurved leaves. Yog Science is primarily setting the health and working of Subtle and Causal bodies. The field of spirituality is entirely within the field of Yog Science and not faith based or Religious. Accordingly, I have designed the following five modules sequentially that can seamlessly take a new aspirant from scratch to understanding the fundamental principles of Yog and Ayurved sciences and get a glimpse of the depth to which the person then understands his/her integrated body health and spiritual existence in Nature.

Module I – Sookshma Vyayaam or simple joints exercise with rhythmic brisk breathing: This module is to introduce physical body, covering all the body joints one by one. It provides flexibility and mobility to limbs and different motor organs. Body is said to be made of *Panchtattva* or five basic elements. Food, water and breath are regularly taken by us on a daily basis that together help build our body and maintain health. We have some understanding of food and water but few people recognize the role of breath in body. Nobody normally breathes consciously because it goes on so naturally but breath is the most critical input for body's health without which, there can be no metabolism in body. Likewise, *Praan* or life energy is yet another critical input without which our nervous system cannot work and we cannot be alive. No doubt Soul also has to be there somewhere in body as there can be no existence of body without it. Breathing and *Praanic* flow go on in parallel but the two are entirely different entities – breath is physical and flows to lungs whereas life energy is subtle or *Sooksma*, not visible, and enters the *Ida* and *Pingla naadis* in left and right nostrils

respectively, which guide it to the right and left halves of brain and from there it flows all over body to each cell through the nervous system or *Naadis*. Lungs infuse inhaled fresh air into blood stream and withdraw used air or carbon di oxide from blood, which is then exhaled. Through this module participants recognize role of exercising all moving joints one by one in rhythm with forced deep breathing that actually ensures good supply of well oxygenated hot blood all over body, limb by limb, for maintaining normal health on a daily basis. Brain and Heart, in deed the entire body physiology, anatomy and biochemistry is brought into action. There is also focus on body's anatomical postures, spinal column and cervical corrections, brain and heart's coordinated role in monitoring body health, etc. All in all, this 10 hours program over 7 days assures you a complete feel of all the internal organs involved in shaping and maintaining normal body health. It can free you from migraine, hyper tension, insomnia, joint pains and provide relief in many other chronic conditions that participants may or may not be aware. All age groups in whatever medical conditions, even those suffering from chronic conditions of lifestyle diseases, can perform this module. Some may need initial *Marma* therapy to recover from total disabilities or paralyzed state. Many of my trained disciples globally are using this module to 100% satisfaction of their clients.

Module II – Marma Science and Aasans or physical postures: Marma science from Ayurved is a subtle science that helps provide immediate relief in many traumatic and paralytic conditions. But this science has to be learnt seriously as even the slightest carelessness may result in instant death or paralysis. All kinds of joint pains, immobility or frozen conditions of motor organs, cerebral palsy, chronic conditions of lifestyle diseases, migraine, knee, back and cervical problems, etc. can be treated and managed by a combination of Marma Science in conjunction with Module I. Dr. Sunil Kumar Joshi, currently (2022) Vice Chancellor of Uttarakhand Ayurved University (UAU), Dehra Dun is my Marma Science Guru. I learnt it from him first time in April 2014 and since then I have attended many Marma Chikitsa 5-day residential programs conducted by him. It gives me great joy to share that Devamber Dham Institute of Vedic Sciences have a MOU with UAU for joint exchange programs and research collaborations. There are 107 *Marmas* or vital points on our body where nerves are exposed and by applying calibrated gentle pressure on these points with our thumb or large finger-tip helps release blockage in *Praanic* flow. I like to compare Marma points with MCBs and Junction boxes that are extensively used in home electrification by way of safety mechanisms from short-circuiting. Just as a tripped MCB can be switched on by one press of button, similarly instant pain relief or joint movement is provided through *Marma Chikitsa* even in chronic conditions. I have seen such instant reliefs being provided by Dr. Joshi, which people regard as miracles because the patients were suffering for long years and modern medical science could provide no cure or even partial relief. Dr. Joshi has trained common people in thousands in *Marma Chikitsa* but they are given knowledge of only 40-50 harmless *Marmas*. Vital *Marmas* are not disclosed, nor are they directly to be pressed. Therefore, utmost caution is needed and Marma Chikitsa has to be practiced first on oneself and then on family members to gain complete confidence before a person wishes to become a Marma therapist. Thousands of trained Marma therapists are using it as their means of livelihood. What is interesting and astonishing is that Yogic postures are actually stimulating these vital Marma points though indirectly, which brings speedy relief or cure. This module will provide sufficient knowledge to participants about Yog for disease management through the added knowledge of Marma Science.

Module III – Yogic Postures or Aasans and Praanaayaam: The first two modules ensure that body becomes flexible, muscles are strong and we have good control over breathing process and joint movements. It obviously also enhances our body immunity. In module III, there will be focus on learning Yogic postures like Surya Namaskar, Shirshasan, Sarvangasan, Matsyasan, etc., a total of about 20 Aasans that are very effective in health and wellness management. They will also have daily practice of *Bhastirka*, *Kapalbhati*, *Bahya kriya* and *Agnisar*, followed by *Praanaayaam* techniques,

including *Bandhas* and *Mudras*. Participants will have clear knowledge and experience of working of senses, mind, intellect and memory plane in the brain, in other words recognizing the ***Sookshma Sharir*** or subtle body. They will also have clear idea about Ego or 'I', the Causal body that determines individual likes/dislikes, desires and personal attributes.

Module IV – Praanaayaam and Meditation: The daily duration will be split in three segments, first devoted to physical body (*Sthool Sharir*) by practicing some main Yogic postures, the second devoted to Subtle body (*Sookshma Sharir*) of Breathing Kriyas and Pranayam and third devoted to Causal body (*Karan Sharir*) that is involved in guiding our Thought Process through practice of Mudras and Meditation. Participants will have clear understanding and personal experience of tools for Meditation to manage Ego and Thoughts to reform personal traits and character.

Module V – Meditation and Spirituality as Sciences: In this module there will be two segments, the first half devoted to physical, subtle and causal bodies and the second half devoted to Causal body, Soul and Supreme Consciousness or ***Parmaatmaa*** realization. Participants will have clear understanding of the Universal Cosmic Creator and the Creation or Universe as we know it and are integral part of it. They will be amazed that all this discussion goes beyond the established current knowledge of different religious, cultural or national ethos. It exclusively discusses and promotes only the fundamental Universal Human Values. No matter which race, religion or nationality one belongs to, it rises above all of it and establishes the Supremacy of All Pervasive Universal Supreme Consciousness we call ***Parmaatmaa***.

With a view to raise Vedic Sciences above any religious or national bondage I have taken a human-centric approach in my studies and practice of Vedic literature. I have had the good fortune to travel worldwide for nearly five decades where I got valuable exposure to different cultures and religions by way of an open learning process. I also had the opportunity to lead a group of 26 persons from India on a trek to the holy Kailas mountain and Mansarovar lake in western Tibet in July 1997, which became a benchmark in my progress on the path of Spirituality. Since then I have had my own studies and practices and everything I do is based on an open approach to accepting positive knowledge from all directions as per Vedic injunction: '*A no Bhadra Kratavoyantu Viswatah*' meaning let noble thoughts flow from all corners of world. Please feel free to contact us on cmbhandari@gmail.com or visit our website www.devamber.org