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@Aamani_03

#InternationalDayOfYoga

What is Yoga?

Nirukta Scripture says, ■■■■■■■ ■■■■ ■■■■:■

Which means, "One which connects us is YOGA."

• Now the question arises, what connects us with what?

✓ Yoga connects the Soul with the Divine.

Maharishi Panini says that we can define YOGA in three ways:

■■■■ ■■■■■■
That means "Yoga is Samadhi"

■■■■■■ ■■■■■
That means "Yoga connects (The Soul with the Divine)"

■■■■ ■■■■■■■■
That means "Yoga gives Restraint"

According to Sanskrit dictionary ‘The Amarkosh’,

■■■: **■■■■■ ■■■■■ ■■■■■ ■■■■■ ■■■■■■■■■■**

That means "The YOGA is used in the sense of Preparation, Remedy, Association & Tactic."

• Now the question arises that what preparation?

✓ Preparation for our physical development

✓ Preparation for our Mental Development

✓ Preparation to raise our Emotional Quotient

✓ Preparation to raise our Spiritual Quotient

"THE ONE THING WHICH DOES ALL THESE WORKS TO THE SOUL IS CALLED 'YOGA'."

#YogaIsHindu

#YogaDay2021

Lastly,

Maharishi Patanjali says,

■■■■■■■■■■■■■■■■■■■■■:■

That means "YOGA is the process by which the Attitude of Mind becomes Calm."

I'm sorry if there are any errors, might've occurred unintentionally. Since I am not an expert in scriptures ■

#PracticeYoga #YogaIsHindu