

Yoga and Positive Psychology for Managing Career and Life
Prof. Ashish Pandey
Management Studies and Psychology
Shailesh J. Mehta School of Management
Indian Institute of Technology, Bombay

Realms and Types of Interventions for Managing Self and Career
Lecture - 61
Yoga for Panch Koshas

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How Different aspects of Yoga are Associated with Different Koshas?

पंचकोश शुद्धिकरण साधना				
अन्नमय कोश	प्राणमय कोश	मनोमय कोश	विज्ञानमय कोश	आनंदमय कोश
लाभ: ❖ निरोगता ❖ दीर्घ जीवन ❖ चिर यौवन	लाभ: ❖ ऐश्वर्य ❖ पुरुषार्थ ❖ ओज, तेज ❖ यश	लाभ: ❖ आकर्षक व्यक्तित्व ❖ धैर्य ❖ मानसिक संतुलन ❖ एकग्रता, बुद्धिमत्ता	लाभ: ❖ अतीन्द्रिय क्षमता ❖ दिव्य दृष्टी ❖ दैवीय गुण ❖ सज्जनता, सहृदयता	लाभ: ❖ आत्म साक्षात्कार ❖ ईश्वर दर्शन ❖ अखंड आनंद
उपाय: > योग आसन > उपवास > तत्त्वशुद्धि > तपस्या	उपाय: > प्राणायाम > बंध > मुद्रा	उपाय: > जप > ध्यान > त्राटक > तन्मात्रा साधना	उपाय: > सोऽहं साधना > आत्मानुभूति योग > स्वर संयम > ग्रंथिभेदन	उपाय: > नाद साधना > बिंदु साधना > कला साधना > तुरीय स्थिति



So, while doing our research on the panch koshas and Ashtang yog and how they can be used as the rubric of the interventions I came across this ICDES world. This is the name of the organization and Sri Lalji is his its founder they have beautifully captured the 5 koshas pancha koshas and the related Ashtang yog practices.

Lalji is very very committed practitioner he spent years in different types of sadhana different type of yogic practices under the tutelage of none other than acharya Sri Sriram Sharma [FL] who is the founder of Gayatri Parivar, who is the founding editor of the very famous very very popular and reputed spiritual magazine called Akhanda Jyoti amazing work he has done.

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Panchkosh Purification Sadhna				
Physical Body	Etheric Body	Astral Body	Cosmic Body	Causal Body
Benefits: ❖ Health ❖ Longevity ❖ Youthfulness Practices: ➤ Yog Asan ➤ Fasting ➤ Elemental Purification ➤ Austerity	Benefits: ❖ Royal Personality ❖ Smart Work ❖ Oaj, Tej ❖ Fame Practices: ➤ Pranayam ➤ Bandh ➤ Mudra	Benefits: ❖ Magnetism ❖ Patience ❖ Mental Balance ❖ Concentration, Intelligence Practice: ➤ Mantra Chanting ➤ Meditation ➤ Tratak ➤ Tanmatra Sadhna	Benefits: ❖ 6 th sense ❖ Third eye ❖ Divine qualities ❖ Gentleness, Sympathy Practice: ➤ Soham Sadhna ➤ Atmanubhuti Yog ➤ Swar Sanyam ➤ Granthi Bhedan	Benefits: ❖ Self Actualization ❖ God Realization ❖ Limitless happiness Practice: ➤ Naad Sadhna ➤ Bindu Sadhna ➤ Kala Sadhna ➤ Turiya Sthiti

So, they have and, in his organization, ICDES they have very beautifully juxtaposed the different practices. I have not been trained by this organization. So, I cannot explain these practices I can understand few by the name, but the practice of yog is such that different dominations can actually bring some creativity, some permutation and combination which can do great things which can be innovation in itself.

So, I am not going to explain these practices, but I can also, but I will certainly mention strengthening different aspects or different koshas of self. Physical body is the first annamaya kosh. Annamaya kosh if we keep our annamaya kosh well then it will give health longevity and youthfulness.

If we take care of our pranamaya kosh that is managed through breath as I just explained that gives royal personality that gives our ability to work smartly that enhances oj and [FL] that can also bring fame to our life. Then comes manomaya kosh manomaya kosh when we nurture manomaya kosh in our personality we can develop patience, mental balance, concentration and intelligence.

When we take care of vijnanamaya kosh our sixth sense arises or some people also call it third eye gentleness, sympathy, ability to look at pattern before others all these capabilities come when we maintain or manage when we strengthen our vijjanamaya kosh. And anandmaya kosh when it is

nurtured, we reach to the self-actualization limitless happiness these are the outcomes of nurturing the anandmaya kosh.

And then Lalji has and this organization teaches many practices related to yoga these are and these can be mapped towards the strengthening some or other form of koshas. Actually, all the practices influence all the koshas, but they operate mainly in one they reflect first mainly in one kosha and then the impact of that spill over to the other koshas that is how it works.

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Interventions for Managing Self and Career

Annamaya Kosh	Pranamaya Kosh	Manomaya Kosh	Vijnanmaya Kosh	Anandmaya Kosh
Ahar (Food)	Pranayam	Yama, Niyam	Purpose	Dhyan
Asanas		Chittaprasad	Karm Yoga	Samadhi
		Managing negative emotion like Fearfulness, Anxiety, Dependence, Sentimentality	Dharna	
		Pratyahaar	Dhyan	

So, now this is excellent example this can be explored what we are going to do in this course is this much we are going to look at the interventions for managing self and carrier corresponding to five koshas. So, annamaya kosh we are going to look at ahar and asanas we will have session on how to in use ahar as intervention food has intermission for managing self and career and we will also discuss about asanas.

In pranamaya kosh we are going to discuss pranamaya pranayam I will also share some resources for you to learn the pranayam some basic pranayamas. Manomaya kosh is probably most interesting of the koshas because all the drama is emotional drama and all the emotions are mainly seated in the manomaya kosh.

So, we are going to discuss the yama, niyam as the ways of managing manomaya kosh. Chittaprasad this is one mentor and how it can be achieved that is also an aspect of managing manomaya kosh how to manage negative emotions like fearfulness, anxiety, dependence, sentimentality we all talk about stress all the time, but stress is just the reflection of the surface of mind. Underneath the stress are either fearfulness anxiety dependence or sentimentality related emotions.

How to manage that how to come over that how to reduce that those in our personality that is what we are going to discuss as an intervention in this course we are also going to discuss pratyahar. Pratyahar can be excellent intervention to manage our manomaya kosh as well as the vijnanamaya kosh. Vijnanamaya kosh is the seat of intellect internalized knowledge how do we manage that.

We can manage that by identifying purpose in life, but the question is how I discover my purpose? And that is what we are going to discuss as an intervention when we look at the intervention at the vijnanamaya kosh. Karma yoga looks like it is of it operates at annamaya kosh because physical action is incorporated in the karm karma yoga, but it is in my understanding is excellent input to manage the vijnanamaya kosh.

Modern time mostly people are driven by intellect mostly people operate and use their intellect so much so, that they suppress the manomaya kosh do not take care of the pranamaya kosh. And as a result, they are also not able to be very sensitive and hence not able to take care of annamaya kosh.

So, karm yog can be excellent intervention for managing career and managing life that is what we are going to discuss we are also going to discuss dharana and dhyana some practices of dharana and dhyana and how they can be used as intervention for managing self and managing career.

Anandamaya kosh is about dhyana and samadhi I can direct some resources where people can know more about it we will have some discussion, but my focus is primarily on the 4 koshas. Because my understanding is and my experiences that if you take care of the four koshas 5th one happens nature take us to the 5th level when we focus on previous 4 koshas and that is where the interventions can happen.

In the anandamaya kosh intervention in my understanding cannot happen anandamaya kosh is to be experienced and then though the intervention is possible if we look at the life stories of Sri Ram

Krishna Paramhansa. He was experiencing anandamaya kosha in most of the time, but it is still some intervention was required for him to reach to the even higher level of spiritual awakening, but we are not going to discuss much of those things in this course.