

Yoga as Curing Art: Goal of Yoga

Viviana Goel

Department of Physical Therapy and Rehabilitation, Indian Institute of Yoga and Physical Therapy, India

Most people go to yoga as of some kind of discomfort, ailment, or pain. Often it's a bodily illness, such as arthritis or a stiff lower back. It could be that human muscles are firm due to strain or a sitting lifestyle and want to boost our range of action and become more elastic or it could be pain of a deeper life chronic pressure, past trauma, a disastrous bond, or the awareness of the indubitable fact that we are aging. The point is that, many of people go to yoga as of great physical, because they are looking for relief and to live for much more than that. To gain some more impending on yoga as a path of remedial, let's turn to the Bhagavad Gita.

In the Bhagavad Gita the great teacher Krishna gives four main reasons that people come to him (that is, come to yoga), and remedial is the first. Here's what Krishna says: "Of fine people, four types present their love to me." It's motivating that he starts off by motto "good people" it's unspoken that all of these learners are involuntarily good people. As you study the four main reasons people come to yoga, according to the Bhagavad Gita, believe which first drew you to yoga.

Healing

This will be the major subject of our debate, so we will keep imminent back to this point and growing on it, trust in mind that pain and distress of several kinds (physical, emotional, mental) get people to yoga. The persons who are motivated to find remedial in yoga are consciously seeking something therapeutic from yoga transcendence of pain and the confines it causes and they trust they will find it there.

Personal Gain

It may believe a bit abnormal to be conversation about private gain in the situation of yoga, but there are effects in life which give us delight and joy and that are appeal aspiring to. A help at work may not appear like a holy goal, but if it brings people pleasure, helps their

family, and helps them to add more to people, then it's a significant spiritual part in people life. So, blissful living has to attain those things in their lives which make their lives full, rich, and significant. There's great about yoga that spreads out into life far ahead of our cushion or asana mat. Yoga is unlimited.

Self-unfoldment

Many of people go to yoga as they are seeking knowledge on the lane of self-unfoldment. They are interested about our rationale in life, the superior calling of the soul. They may have come to know that there is much further to life than simply pleasing our basic urges, making money, and gaining material goods. As people reprioritize, they start to replicate on how their own life is budding in light of their higher rationale. They may have heard or read that yoga offers knowledge that will point us in the correct direction and shed light on their path, so they turn into seekers of true knowledge.

Enlightenment

The area of seekers who have by now gone further than the level of expressive what life is about, and who are now acquiring the peak level of recognition. Eventually, people need great that satisfies people over the long haul. And yoga definitely offers people that. The kind of seeker who starts with this goal is truly outstanding: rare certainly is the person who has by now transcended pain, is fulfilled with what he or she has, does not want more, and lives in the glow of real wisdom! Most of the people fall into the first three camps. The option of remedial and of overcoming pain is what draws the devastating bulk of them to yoga.

When people look at the goals of yoga, the beauty is that that once they've made a slight progress on the path, they start to see the next goal on the prospect as reachable. In the process, they go to transcend what has held them back

*Corresponding author: Viviana Goel, Department of Physical Therapy and Rehabilitation, Indian Institute of yoga and physical therapy, India. E-mail: vivianagoel@gmail.com

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