

## Introduction of Yoga

Written by ADMMHSE  
Monday, 16 November 2009 17:13 -

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## Introduction to Yoga

Yoga means by cultivating attitudes of friendliness towards the happy, compassion for the unhappy, delight in the virtuous, and disregard toward the wicked, the mind itself retains its undisturbed calmness.

### *The Yoga Sutras of Patanjali Book One Verse 33*

The word yoga, from the Sanskrit word yuj means to yoke or bind and is often interpreted as "union" or a method of discipline. A male who practices yoga is called a yogi, a female practitioner, a yogini.

The Indian sage Patanjali is believed to have collated the practice of yoga into the Yoga Sutra an estimated 5,000 years ago. A total of 840,000 yoga posture created. The Sutra is a collection of 195 statements that serves as a philosophical guidebook for most of the yoga that is practiced today. It also outlines eight limbs of yoga: the yamas (restraints), niyamas (observances), asana (postures), pranayama (breathing), pratyahara (withdrawal of senses), dharana (concentration), dhyani (meditation), and samadhi (absorption). As we explore these eight limbs, we begin by refining our behavior in the outer world, and then we focus inwardly until we reach samadhi (liberation, enlightenment).

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Today most people practicing yoga are engaged in the third limb, asana, which is a program of physical postures designed to purify the body and provide the physical strength and stamina required for long periods of meditation.

**Correct vocal vibration 'mantras' base on principle of x dB sound power.**

**Research on what does 'Aum' mean?**

Aum is vocal word or in Tamil call as Mantra, or vibration, that is traditionally chanted at the beginning and end of yoga sessions. It is said to be the sound of the universe. What does that mean?

In Indian (Tamil) the direct language and character translation are as follow:

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**Character**

**One character word in Tamil**

**Sound**

**English Meaning Interpretation**

A

Aa

An exclamation expressive of surprise

U

Oo

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Expressing wonder

M

Em

Happiness

Thus the sound AUM produces  $>1$  dB sound power to vibrate atom in body to re-align back to original level.

Even many re-known scholars describe in their own way yet if it is not synchronizing with my scientific result then the translation all produce from ignorance.

If we research from sound and its vibration its showing if you wish to say in proper manner then its produce vibration on body in spinal column where the person thoughts able to focus that

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specific location from bottom to top. The benefit is a lot. If the sound power watts are on specific level it will vibrate 3 para nerves connected with major 72,000 nerves in entire body. That means we are sending signal, touching and renewing (re-pairing) those nerves without physical operation of our body. Autonomically it will re-activate and bring up 100% functionality level of endocrine glands in our body.

On either side of the spinal cord run the sympathetic and para-sympathetic cords, a double chain of ganglia. Ganglia mean a collection of nerve-cells. These constitute the Autonomic System which supplies nerves to the involuntary organs, such as heart, lungs, intestines, kidneys, liver, etc., and controls them.

It takes us for a ride on this universal movement, through our breath, our awareness, and our physical energy and we begin to sense a bigger connection that is both uplifting and soothing.

### Situation And Sound Source

Sound power  $P_{ac}$  Watts

sound power level  $L_w$

dB re 10-<sup>-12</sup> W

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Rocket engine

1,000,000 W

180 dB

Turbojet engine

10,000 W

160 dB

Siren

1,000 W

150 dB

Heavy truck engine or loudspeaker rock concert

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100 W

140 dB

Machine gun

10 W

130 dB

Jackhammer

1 W

120 dB

Excavator, trumpet

0.3 W

115 dB

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Chain saw

0.1 W

110 dB

Loud speech, vivid children

0.001 W

90 dB

Usual talking, Typewriter

10

25

W

70 dB

Refrigerator



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10                      ?7                      W

50 dB

Auditory threshold

10                      -12                      W

0 dB

Auditory threshold mean lowest sound intensity or pitch a subject can detect or that can elicit a response.

The absolute **threshold** of hearing (ATH) is the minimum sound level of a pure tone that an average ear with normal hearing can hear in a noiseless environment. The absolute threshold relates to the sound that can just be heard by the **organism** (Durrant & Lovrinic 1984, Gelfand 2004). The absolute threshold is not a discrete point, and is therefore classed as the point at which a response is elicited a specified percentage of the time (Durrant & Lovrinic 1984). The threshold of hearing is generally reported as the sound pressure level (SPL) of 20  $\mu$ Pa (micropascals) =  $2 \times 10^{-5}$  Pascal (Pa). This is equivalent to  $2 \times 10^{-4}$  dynes per square centimeter. It is approximately the minimum sound intensity a young human with undamaged hearing can detect at 1000 Hz (Gelfand, 1990). The threshold of hearing is

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frequency dependent and it has been shown that the ear's sensitivity is best at frequencies between 1 kHz and 5 kHz (Gelfand, 1990).

In biology and ecology, an **organism** (in Greek organon = instrument) is a living complex adaptive system of organs that influence each other in such a way that they function in some way as a stable whole.

Now we can safely said the very first sound from first Atom when it vibrated is the first universe sound and that is the sound which need to return for every atom in our body to realize originating attribute which is in well 100% neutral condition at wholeness level. Thus mind body and soul perfection is possible! So the sound produce by Aum is for the purpose focusing thoughts in specific center of consciousness which is know as chakra in meditating world and this specific center of consciousness associated and connected part of our biological body known as endocrine gland in medical terms to harvest divine attribute.

Nevertheless we don't consider this vocal word is compulsory matter, the benefit can be achieve with normal breath and thinking of every individuals own religion base god. And it's proven!