

Saraswati & Yogic Mind Sciences

Presenter: Chanakya Ganguly

- Format of understanding the Significance of Goddess Saraswati (Learning) -

[1] Brief presentation on what the image means from Yogic perspective

- Focus on ethics, mind, health, character, concentration, consciousness, and its relationship to one's own internal spiritual level and state
- Discuss on the content and preparation of the Prasad from a Satwik point of view and its health benefits from Ayurvedic perspective

[2] Connection with Yoga, Pranayama, Meditation, Self-Realization

- How can we look inwards? How can we rise above senses and become MIND? How can we realize Saraswati within ourselves to overcome things which are base and materialistic, and pursue things which are sublime and pure in Nature?

[3] Expression of the Spiritual Mind in Classical & Martial Arts, Life-long Learning

- The four Yogas - Hatha (Concentration), Jnana (Self-Study), Bhakti (Devotional Music), Karma (Selfless Service), Thoreau's model Think of the Small as Large
- Ragas as an expression of the matured meditative mind, more as an outflow of inner contentment and happiness, than just skills. Civilizational wisdom coming from inner silence, rising above discontent, unrest, rebellion and the war within

- HUMAN - 5 SENSE ORGANS POINTING OUTWARDS - Needed for Basic Survival - Eat, Sleep, Defecate, Reproduce - But after that Immature Emotions and Unresolved Ego - make Freedom a Bondage

5 SENSES - See, Hear, Smell, Taste, Feel. Are we perceiving the Truth? Or is it Biased. This is coming from our Limbic brain the source of the Seven deadly sins - lust, greed, pride, anger, envy, sloth, gluttony, giving rise to ego, fear, discontent; manipulating us making the mind delusional, turning against ourselves.

Yogic Process as in Samkhya Philosophy or Patanjali's Eight-Limbed Path suggests:

- [1] Yama (Restraints): from causing harm, impulsiveness
- [2] Niyama (Observances): contentment, self-discipline & self-study
- [3] Asana: Yogic Practice for Stillness (Dynamic Meditation to flow to slow Static one)
- [4] Pranayama (Breath control): Flow with the subtle life currents
- [5] Pratyahara (like a tortoise): Withdrawal of senses & interiorization of consciousness
- [6] Dharana: Focused Concentration on one thought
- [7] Dhyana: Meditation, absorption in Peace.
- [8] Samadhi: Experience oneness with the Universe, Advaita, Vasudhaiva Kutumbakam

3rd Dimension of the Mind Opens up:

Sattvic (or State of No Action or TAO)

1st Rajasic (State of Action) | 2nd Tamasic (State of Inaction)

Top-down management is getting replaced by bottom-up Agile management. Thus becoming more Flexible, Non-judgmental, Self-organizing, tuning behavior for sustainable pace, focus on one-task at hand, bare essentials, have clarity of done.

- SYMBOLISM OF SARASWATI (Goddess of Learning)

Saraswati (Goddess of Learning) Puja. Spiritual symbolism-4 arms : 4 elements of inner life - Dharma (Calm, Centered, Grounded - Dharana, Dhyan, Samadhi),
- Artha (Money to find Meaning in Life, Right Livelihood, Conscious Capitalism),
- Kama (Sensible Pleasures, not Hedonism, Classical Music, Dance, Arts, Sanskrit, Ayurveda, Literature, Research, Martial Arts, Life-long learning),
- Moksha (Mukti, Spiritual Freedom, Self-Realization, Inner Happiness, Peace)

<https://carlos.emory.edu/maa-saraswati>

Train mind, intellect, ego, consciousness for emotional intelligence, inclusivity, right, wrong discrimination, avoid destruction; veena (sitar) classical arts to express enlightenment), beads-spiritual discipline, white sari, less jewels, cool meditative mind like the mountain lake, lotus (detached), rise over baser instincts. Thus, instead of the GDP model of success driven by Consumerism, one pursues a Spiritual model driven by Moksha, like Bhutan's GNH (National Happiness) model.

• SUGGESTED YOGA AND BREATHING POSTURES (count of 240 each total 30 minutes)

Body Postures:

- Camel Pose, Child's Pose (Makes Body, Mind, Consciousness flexible)
- Pigeon Pose, Cobra Pose, Locust Pose, Bow Pose - Mental clarity
- Cow Pose, Chair Pose, Warrior Pose - Obesity
- Boat Pose, Half-Moon Pose (Core Abs)

Breathwork:

- Anulom Vilom (Alternate Nostril Breathing)
- Kapalbhata (Belly Breathing)

Meditation:

- With or without background chants

Relaxation:

- Shavasana (Corpse Pose)

Suggested Daily Practice of 45 mins = 20 mins of stretch oriented asana + 10 mins pranayama + 10 mins meditation + 5 mins shavasana, with strict disciplined close-to satwik diet is encouraged; to see benefits: reduced inflammation, psycho-somatic illnesses, mood disorders, enhanced energy, lower lipids, obesity, naturopathy, silence, classical arts, self-realization.

• BENEFITS OF PRASADAM SATWIK AYURVEDIC DIET & LIFESTYLE

Ayurvedic, Chinese Chi Mind-Body Medicine sees diseases as psycho-somatic; suggests regular spiritual practice to be still, for [1] calm - Satwik (vegetables, fruits, herbs), balance from [2] inertia - Tamasic (oily, fried, alcohol), [3] overactivity - Rajasic (salt, sugar, chili, caffeine), to align inner nature with diet (slowly reducing eating window), thus reduce inflammation, diseases.

Thus can help raise immunity, energy, tackle psycho-somatic illnesses like insomnia, sleep apnea, depression, mood disorders, psoriasis, high lipids, obesity, diabetes, blood pressure, allergies, indigestion, chronic conditions.

The Yogic System is meant to sustain God Consciousness, transform or curtail demonic tendencies in humans and society for Dharmic Governance & Civility. Dostoevsky in, "Demons" (1872), writes, misused power, indifference, lack of responsibility, leads to nihilism, chaos, costing lives. Plato in, the "Republic" argues leaders should be philosopher kings, King (Raja)+Sage (Rishi) as in Yoga. Aetna CEO, Bertolini says, Yoga stills, interiorizes his mind to respond to issues appropriately, manage time, sleep, nerve injury, meetings, life, people better.

- CLASSICAL MUSIC, RAGAS, DANCE AS AN EXPRESSION OF WISDOM, INNER SILENCE

The meditation music Spiritual raga Hamshadhwani - cry of the calm mind of the swan on a lake. Saraswati has veena and swan, rejoicing in the power of the Spiritual mind, beyond the senses, moving towards the center. Ragas are infinite spiritual source of controlled, detailed classical music, spiraling inwards.

To Spiritual Poet Laureate Rabindranath Tagore, Rumi, poetry sound, art of language, music was like the reed flute that emanates from inner silence attuned to the source of Wisdom which Yogic practice can help connect to; thus, art is seen as an expression of joy, bliss, spirit, inner fulfillment coming from the meditative mind. Tolstoy believed in art not just for entertainment, or for museums, but as an expression of inner ethical and emotional health.

Yoga says, with strict discipline towards developing the body, mind, spirit, lifestyle gradually leads to higher evolution into Truth, Purity, Serenity, Clarity, Discipline, Orderliness. One can then find expressions of this Wisdom in classical music, dance, start connecting with the consciousness of the sages.

- **SAMPLE CLASSICAL MUSIC RAGA STRUCTURE WITH TALA**
Raga Bagashri - Samwadi [sa] | Wadi [ma] Tibra | [ga] Komal | [ni] Komal
[re], [pa] silent - Going up is aroha, Coming down is avroha

Every note has three settings - suddha (normal), tibra (high), komal (low)

Mandhra Saptak

Madhya Saptak

Taar Saptak

[sa re ga ma pa dha ni sa] [sa re ga ma pa dha ni sa] [sa re ga ma pa dha ni sa]

Swar Vistar using alankars (patterns): re ma dha ni sa | sa ni dha ma pa dha |
ma ga | ma ga re sa (16 matras)

Semi classical songs, Ghazals use Rupak Taal - ti ti na dhi na dhi na

STAI: Khelata hari hori, Marata picha kari,
Raanga me bhigi saari, Radha kanha ki pyari

ANTARA: Nanda-ya shodha gopa, Gopi ka nara nari,
Khelata saba mile, Khele sanga murari
Dhuma machi hai dekho, Rangili hui nigari

On the Rupak Taal, one can even place other songs like say Ramblin Rose
by Nat King Cole. Thus the Taal has an universal rhythm across cultures.

Ramblin Rose..., Ramblin Rose... Why you ramble, no one knows...

Wild & wind blown, that's how you've grown.

Who can cling to... a rambling' rose

Ramble on... ramble on... When your rambling'... days are gone...

Who will love you... with a love true... When your rambling'... days are gone