



Atmo, Brohmmotto O Yogobiggan

*Dr. Abhijit Gangopadhyay

Abstract

The Prime objective of Vedic yoga & meditation is to grow up the mind and fulfil the eternal configuration of our body and soul. It is necessarily possible for every human being to develop themselves strong and beautiful from the part of their mind. Significantly yoga helps us to reach in the world of consciousness far from the sphere of our physical world. Scientifically it is true, that millions year ago the world was born by a big explosion and abundant source of cosmic energy was generated. The atomic and electro-magnetic particles were also born in the universal field of energy. On the basis of some major scientific experiments it was truly assumed that everything of this world was originated from a single source of energy. This was defined as 'Brahma' in Vedanta. Our wise ancestors believed in the power of universe. The ancient saints of our country were really habituated with the physiological practice of meditation in their daily life. They use to achieve the power of wisdom from nature depending on the awareness of kulakundalini through yoga. As much as we want to do some physical efforts by using our external organs to get something prime to our soul. But we are failed to do the same. Because the realisation of our holy soul is beyond to the ideas of our external organs. The realization of 'Brahma' enable ourselves to understand the difference in between mortal object and immortal soul. Through the process of yoga human are able to overcome their narrowness of mind, enhance the realisation of ultimate Brahma in maximum way. The soul is eternal and the soul has no death at all. The mystery of soul and the whole universe are correlated. The thought process of yoga is effectively important in the philosophy of life and it helps us to promote the particular idea about God.

* Asst. Professor in Bengali, Nahata J.N.M.S. Mahavidyalaya, P.O. Nahata, Dist. North 24 Pgs. (West Bengal)