

**Lectures
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Why do we need to practice Yoga? There are certain aspects of Yoga that are interesting for some, while others are interested in other aspects of it. The exercise-portion is of course very important for all, and is given great space. But it is also interesting and good to know why the exercises are undertaken in Yoga.

It aims at building up a particular type of body by particular exercises - a body, which has a natural disease-resistant power. A living body exhibits growth, stage by stage. It grows up very quickly, then stops, and has its maintaining-time, and then it declines. But there is no absolute time-factor here for the one or the other, as the periods differ in different individuals, or groups of people. But they can be controlled to a very great extent by exercise. And connected with right rest and recreation, right diet and right living, internal cleanliness, rationally applied, the body-development takes a particular turn, as the disease-resisting power becomes developed, which everyone has in himself.

By artificial immunisation we may, to a certain degree, become protected; but at what cost? and where this is to end, we do not yet know. It is too little observed yet to make out, whether this is really good, or harmful. First a century of observation and controlling the results will tell.

But everyone has the natural immunisation power in him, which can be greatly developed under special conditions, so as to make us resist

disease, without artificial protection. It has to be developed from within, though by outer means (exercises etc.). For the body needs this protection from within; it also grows and develops from within, and there is nothing in this world, by which that can be effected. Therefore, it also should get the right immunisation in a natural way, from within. - By rational external help there can be an increased or, if lacking, a retarded development. But these external factors are zero, in the meaning, that their influence can anyhow only be of use, where also the inner factors are there and developed, so as to teach us how we can manage ourselves, and what to take from without. The exercise factor is limited to the body itself. It does not go outside it, but it brings about changes in us, and these give effects. For - the intrinsic factor is within. Diet for instance thus becomes both internal and external. As material (food) coming from outside, it is extrinsic, and thus - coming from outside - our body must take and use it in the right way. Then first it gives what is needed. Ultimately therefore the external factors are modified from within.

In Yoga the objective is to transform each pattern into one which can help both the physical and mental life. By exercise not only the body is vitalized, and health gained but also it is the means to make the body such, that it can be used for the development of mental life. To be interested in only the physical, or only the mental, therefore shows lack of right understanding of the principle. For - the physical and the mental are not factors isolated from each other, and both will have to be considered. Therefore the mind-body-relation must not be neglected. For the body without the mind is a corpse, without volition etc.; and the mind without the body cannot function. It is locked up here, though it, in itself, is reaching much further than the physical and its limitations. Mind is a much greater power. Yet, for certain activities, it is dependent on the body. So we have to think of both factors in a rational way, as their ultimate relation cannot be altered. And it is best to utilize this for our progress through the right attitude towards both.

For real human progress is neither physical nor mental, but will come through both the physical and the mental. That's why we try to understand their relationship better, and through Yoga apply our knowledge for a harmonious development of both. For this it needs better thinking, but also a better, more vital physical body as a foundation. Then it will be possible to radiate health, and to express a certain type of mentality, a vital, clean, creative, and spiritually tuned, harmonious mental being. When such a mind lives in an alike body, we are going to create a new race of mentally free men, with higher, nobler thinking, and living in vital clean, strong, beautiful bodies. That is the aim of Hatha-Yoga. It may not be easy to transform this idea into action at once. But gradually, as time goes on, if we do not give up before, we may achieve that. Millions of years ago it was a fact, and it may be so again, that a new beautiful race is arising.

