

**Lectures
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Lecture 6

The motional and the non-motional

Only to understand part of oneself, but to try and behave as a unified whole, will end in failure. An inextricable part of life is movement. Without movement we would not exist. But life is also non-movement. When there is no movement, life seems extinguished. But that is only partly true.

We are accustomed to see life as motion and when that ceases, we think it is extinguished. But that is not so. Yoga shows a motional and a non-motional aspect.

The non-motional aspect of life, as a factor can be known. We meet it, in part, in sleep. But there it is not cognized to its full advantage. We only experience the effect it produces on the body and the mind which get refreshed. Thus we have a kind of rhythm of work followed by rest, and rest by work. In mind we also have partially non-motion. Yoga says that we have to live a double life both of action and non-action and that they should be in harmony.

The action-principle of our whole life is in Yoga turned into the mantra *ham*, (pronounced: *hang* which is the root, the source, the power, the latent fundamental principle of all kinds of actions exhibited in our lives). The sum-total of action, when reduced into its principle, is *ham*. Through the sun we are also given energy. Action is transformed energy. *Ham* is the action-principle. It is all the power necessary for a manifestation of action. Thus, all the actions that we do, or are expected

to do, are *ham*, the fundamental principle of action. It is the consumer, for there must be consumption of something, if there is to be action.

When this consumption has reached its highest point, we need rest (partial inactivity) and sleep, which also is partial inactivity. Energy is restored, not by consumption, but by accumulation. Thus, this non-action-aspect of our life is seen in rest and sleep.

When inactivity is greater than it has been hitherto experienced, it gradually reaches the total non-action-principle, which is *tham* (pronounced: *thang*). In our physical make-up both principles are operating. In mind, there is that conscious phenomenon, which makes us know ourselves and the object of Self, the entire cosmic phenomenon, as also governed by action and non-action. When these two are harmonized, when they blend where they are cultivated into a high standard, this harmonizing principle is termed yoga. When combined, the mantra *m (ng)* in both is effaced, and we then have the *ha + tha + yoga*. This Hatha-Yoga is the science of action, inaction and their harmonizing in life.

We are neither very perfect in action, nor in inaction. It is difficult for us to, for instance, sit motionless or to move in the correct way. But when the movements are gradually trained to become more well-controlled by adequate exercise, the mind also becomes calmer and sitting still becomes easier. Through the principle *Ha* the *tha* is developed. Therefore *ha* comes first, and we start our life as a field of action. We cry at birth, as the movement in the lungs is our first one, and thereby we declare that we must move. But the *tha* cannot be overlooked. With one factor only there could not be any harmonizing either. There must be the two, and each one should be developed for action, and harmonized.

Hatha-Yoga is thus an indispensable factor in our life, for what we want and should attain. Its practice will teach us through movements of the voluntary muscles we already partly can control, and through breathing-exercises, so as to energize and activate all parts of the organism, individually and collectively. The practice of the *asanas*, *mudras*, *pranayama* etc. will teach us step by step to become non-motional

physically, mentally, and in the less conscious parts. These two factors: -
ha and *tha* are therefore applied so that each is made to develop to a
certain level, such that the harmonizing-principle can function efficiently
thus polarizing those two into a well-balanced and powerful state.
Alternatively they may remain in potential form, so that we then
consciously know, that we are potential Power beyond all doubts,
whatever our life station, and achievements or failures may be.

