

Prana Pranava Pranayama and Pranavidya as the Core Yogic Methods for Evolution of Human Consciousness

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Abstract- Human beings compose '2' forces: Prana (cosmic energy), as well as consciousness (developing energy). Energy is dynamic; however, it doesn't comprise cognition and also consciousness. Consciousness notices everything however it is not capable of moving with no aid of energy. These '2' forces administer the human body, mind, emotions and also feelings. If the individual is detected with consciousness, he/she will face every person as their own self. This is what yoga signifies. The consciousness's function is to create awareness in an individual. Only via the Prana's help, the awareness about human consciousness is induced. This work proffers the human consciousness's explanatory research via prana, pranava, pranayama, and also pranavidya. It is designed to promote understanding on the core yogic methods of yoga for the holistic health, at the same time it can motivate a person to practice yoga for the betterment of self and society.

Key words: Yoga, Awareness, Consciousness, Health, Prana, Pranava, Pranayama, Pranavidya

1. INTRODUCTION

The life stress of humans is strongly connected to strains that they experience in their living conditions [1]. Relaxation methods are needed for reducing stress along with increased self-esteem. Yoga-centered practices have been continuously increasing attention in the scientific sector recently, with quickly augmenting studies examining their consequences on physiological, neural, and together with behavioural measures [2]. Yoga is stated as a mind-body therapy, which is deemed as a reasonable alternative along with adjunctive treatment intended for psychological distress. Yoga-centered practices can give psychological benefits, namely lessening the feeling of anxiety along with depression in a natural and also normally secure way [3, 4]. For attaining physical, mental, as well as spiritual welfare, Yoga [5] Meditation [6] Lifestyle Intervention is an easy tool for well-being along with self-transformation [7]. The search for knowing one's true selves as well as discovering the consciousness's real nature is the spirit of yoga [8]. Although yoga practice starts as of the body, it eventually aims at the attainment of the self's true nature that means that one can know the crux of consciousness [9]. Pranastands as the crucial source of everything, which assists in developing awareness about human consciousness. The Prana is changed to Pranava. Pranava is exhibited in the sound energy that activates Annamaya, Anandamayakoshas, Vijnanamaya, Manomaya, together with Pranamaya. Pranava is interconnected with Prana. Pranava and Prana are merged together and called Pranayama [10].

H. R. AravindaPrabhu and P. S. Bhat[11] introduced a cartesian approach for studying mind along with consciousness in yoga. The mind in addition to matter was deemed as '2' different as well as distinct entities by the cartesian method of dualism that was interrogated by means of oriental schools of Yoga as well as Vedanta together with the current quantum theories of modern physics. Freudian in addition to Neo-Freudian schools centered upon the Cartesian model had been condemned through the humanistic schools that came nearer to the Vedantic method of unitariness.

Mar Griera [12] employed Schutz's concepts of "finite province of meaning" along with "stock of knowledge" for understanding yoga's role in inmates' lives. The major argument was that Yoga was a body technique that provided inmates the opportunity to go into a "finite province of meaning" and also surpassed their daily prison lives.

Samta P. Pandya[13] stated a '2' years multiple city studies investigating the consequences of a modified Chinmaya Missions anchor Bala Vihar yoga about the emotional awareness together with the children's happiness. The positive emotions supporting the yoga's potential for children across cultures with few changes for particular children's sub-groups were emphasized by the results.

Statement of the Problem

The purpose of this descriptive study is about the Prana Pranava Pranayama and Pranavidya as the core yogic methods for evolution of human consciousness.

Objectives of the Study

1. To study the basic concepts of Prana, Pranava, Pranayama and Pranavidya for evolution of human consciousness.
2. To assess the methods of living conditions.
3. To identify the goals of life and liberate men from the three-fold sufferings.
4. To understand the interlinking conditions between individual consciousness with universal consciousness
5. To develop or intensify consciousness through the different yogic concepts.
6. To unite science, religion, spirituality through the self-consciousness and divine-consciousness.
7. To investigate the core yogic methods for the transformation of human consciousness.

II. METHODOLOGY

This research paper is based on qualitative approach descriptive methods. It is not involved in investigating and developing any hypothesis. The researcher has described accurately the characteristics of different phenomena related to Prana Pranava Pranayama and Pranavidya for evolution of human consciousness. This research work is subjective in nature and the main focuses are to promote the acquisition of knowledge and to expand the existing knowledge by answering the facts on how, what, when and where. Moreover this paper concentrates on the disparate aspects of Prana Pranava Pranayama and Pranavidya as the core yogic methods for evolution of human consciousness linked with the awareness.

III.

SUMMARY

The Core Yogic Methods for Evolution of Human Consciousness

Yoga comprises a large contribution towards the human consciousness in the prevalent scenario. The key causative of all issues is the deficiency of awareness. The final objective is to enhance the awareness of human consciousness. Since the practical executions of knowledge about yoga are focussed, the explanation and examination of yoga's diverse conceptions like Pranavidya, Pranava, Prana and Pranayama, along with consciousness are much essential aimed at both practitioners and also instructors. This research targets to examine human consciousness's transformation and its understanding through Prana, Pranava, Pranayama and Pranavidya.

Basic Concepts of Prana, Pranava, Pranayama and Pranavidya

The Yogis declare that the "quality of your breath reflects the quality of your life". A fast breath exhibits distracted emotions, stressed mind, along with a sick body. Slower, deep breath exhibits calm, balanced, along with alert mind, health as well as well-being. This retreat will investigate Prana via Asana, Pranayama, Mudras, Bandhas, Chakras, together with Pranavidya theory and practices. For the awareness about human consciousness, this work concentrates on Prana, Pranava, Pranayama and Pranavidya. The fundamental ideas behind these yogic approaches work in integrated ways to bring about certain changes in physiological, psychological, philosophical and spiritual levels which ultimately contribute for the evolution of human consciousness.

(a) *Prana*: Prana yoga is more intricate than a few other yoga types and it comprises multiple-meaning levels. This is the central force that maintains not merely the body but as well the creation at each level. It manages every physical

function, for instance, breath, digestion, excretion, the oxygen supply, and more. This practice deems that the complete universe is prana's manifestation.

(b) *Pranava*: Pranava Yoga, also termed Aum Yoga, is a meditation practice of mending the mind on the Aum (or Om) mantra's sound. It is performed repeatedly in harmony with the breath. This yoga is concentrated especially on the deeper mind, heart, and soul. Sound in addition to breath are the '2' extremely significant spiritual powers and are combined with Pranava Yoga meditation. This yoga's major advantage is to pull the person close to God. This yoga practice brings about a realization of oneness.

(c) *Pranayama*: It is the control of Breath. "Prana" signifies the Breath or else the body's vital energy. Prana implies the Pranic energy accountable for life or life force; "Ayama" signifies control. Hence, Pranayama signifies "Control of Breath". It increments and improves Prana's quantity as well as quality, thus incrementing our energy levels. Performing this yoga clears the blocked Nadis as well as chakras, thus widening the individual's aura and heightening their spirit. Additionally, this yoga makes an individual energetic, positive, calmer, and enthusiastic.

(d) *Pranavidya*: This is a methodology for healing and balancing the energy or the bio-plasmic body; via this, the body (physical) can also be healed. Performing this yoga aids in eradicating the negative energies; thus, aids in removing sickness. This healing therapy fills an individual with positive energy and as well enhances health.

(e) *Human Consciousness Associated with Yoga*

The word 'Consciousness' signifies an individual's awareness regarding unique thoughts, memories, feelings, sensations, and also the environment. Indian yogis, together with the mystics categorize the '7' diverse consciousness states. They indicate that humans usually experience just '3' states: sleeping, dreaming, and then waking.

Yoga's prime intention is to understand the actual nature of consciousness. Yoga is the system for controlling the mind aimed at growing and rising in consciousness and in the understanding of its true nature. Humans manage to perform multiple activities with complete attention, however occasionally no mental relaxation exists. Other moments exist where the awareness seems to enlarge; however, the mind is not pointed. Every sorts of suffering that human beings are facing throughout the day in and out are generated within the mind. This illness sets in and will grow consequently of the social structures, the technology around us, and several other influences. With yoga's aid, it is possible to be wholly aware, relaxed, and happy; also comprises sharpness in intelligence at the same instance.

Awareness is much significant because while a human is acting with no awareness, he/she simply acts on the strongest impulse, which signifies that the mind controls the person. Nevertheless, whilst the person performs with awareness, he/she will comprise the ability of control their mind. It aids the human to efficiently perceive, see, think, and hear. Yoga asana assists in physical welfare. Yoga postures performed with complete awareness offers a gentle massage to every internal organ and brings about a relaxed state of mind. An individual can feel joyful growth in a steady and relaxed posture. Yoga aids in being aware of the body, counting the discomfort or pains in any body part. Just by giving one's attention to the pain, it is the potential to free the pain.

Yogic Lifestyle

This involves the conscious shaping of habits, attitudes, and also general means of living to be much congruent with yoga's philosophies, morals, principles, in tandem with ethics. Focused meditation for just fifteen minutes a day can even make a vast change in the outlook of life and aid in bring about the mode of goodness in addition to beyond. Moreover, this lifestyle permits you to sustain a healthy body, a focused mind, and also a compassionate heart. Some yogic lifestyles that one must pursue to become a yogi are:

- ❖ Conventionally, a yogic diet can be vegetarian or vegan. Consuming foods which are sweet, fresh, nourishing, and easily digestible, like fruit, nuts, milk, grains, and vegetable outcomes in a much peaceful mind and also clearer consciousness. Eating like a yogi not just supports the yoga practice, but also makes a person feel vibrant, calm, energized, and grounded all over the day.
- ❖ Acquiring sleep of a whole '8' hours is vital for a yogi to comprise a concentrated and clear mind, a rested and energized body, a robust immune system, and a happy heart.

- ❖ Embracing and practising the '5' Yamas, the societal, ethical, and also moral guidelines aimed at the practising yogi, is valuably aimed at generating authentic, intimate, compassionate, and sustained healthy relationships. Executing non-violence on others decrements hurt and also builds up trust.
- ❖ Regularly practise the yoga Asana together with Pranayama. Asana is usually mistaken as yoga itself; however, in realism, Physical practice, like attending a class (yoga) or comprising an at-home practice, supports in making the mind steady, producing peace and also balance. It is necessary to first identify that the body are inherently connected with mind aimed at making Asana an element of the human lifestyle.

Goals of Life with Yoga

Yoga is the efficient tool aimed at setting up goals as it compiles many diverse Ayurvedic ideologies, which aid humans to lead a much powerful yogic lifestyle. Yoga in everyday routine instructs how good health, inner peace, meditation, and also spiritual growth can well be attained. Its main objectives are: self-realization, mental, physical, social, and also spiritual health. These objectives are attained via love and also help to every living being, respect on life, nature's and environment's protection, a peaceful mind, full-on vegetarian diet, pure thoughts together with positive lifestyle, mental, spiritual in addition to physical practices, respecting every nation, their cultures and also religions.

Universal Consciousness and Internal Consciousness

Universal consciousness is defined as a state of consciousness where an individual's yoga consciousness unites with the universe, which is the ultimate realism. The yogi undergoes ever-deepening levels of awareness through yoga until attaining the state of universal consciousness, which is also named self-realization or internal consciousness. The individual self is joined with the ultimate realism at this stage. When this experience is completely extended, disparate traditions provided different names, namely samadhi, nirvana, enlightenment, turiya, shunyata, brahman, christ consciousness, atman, absolute truth, the self, god, in addition to supreme consciousness. However they are named, the spiritual masters say that this experience of an all-prevalent consciousness exposes the truth about oneself and the world we live in: it is all One. There exists no division, multiplicity, together with separation. The amazing type of living beings, nature's myriad shapes, textures, together with forms, the sun, the clouds, the stars, along with the wind in the trees are the manifestation of Consciousness's indivisible field.

Developing or Intensifying Consciousness

Everything can well be perceived by consciousness but it could not do anything without the support of energy. Consciousness is static although it possesses a very pure frequency. The energy frequency is needed to be adjusted for tuning into consciousness to experience this consciousness or to be aware and then to go into a state of greater awareness of cosmic consciousness. Practicing yoga together with living a yogic way of life might have an intense effect on human consciousness. If a person wants to experience deeper meaning in life in addition to true happiness, he/she needs to raise their consciousness. Humans are sheltered by '3' nature's modes: passion, ignorance, along with goodness as showed by the scriptures of yoga. Humans are influenced by these modes for changing degrees at different times.

The resulting states of consciousness, the crown chakra represented by the thousand-petalled lotus located at the top of the head, is deemed the uppermost state a person can attain in their human form. It is in unification with the cosmic consciousness, past time as well as space, and is also named Shakti. The person unites his individual self, atman, or soul, with the cosmic soul, or Brahman.

Science, Spirituality and Religion Connected with Yoga

The Yogis commit to yoga regularly to experience and also be conscious of the energy or spirit internally as well as externally. Spirit is nothing but the higher consciousness (i.e.) an inspiration, a driving force, a reason following everything the human think and do. Being conscious of this is called spiritual. The inner strength to handle hard situations and keep on smiling can be attained by Spirituality. When you are being established in the Self, inner peace spreads externally and makes you a more responsible human awash with caring, sharing, in addition to loves.

Lately, radical scientific comprehensions behind the physiological (despite the spiritual factors) benefits attained as of yoga are found. A sensation of well-being is promoted by means of Yoga, which boosts the brain chemicals, say GABA, serotonin, as well as dopamine (i.e.) the chemicals (happy) accountable for the feeling of relaxation as well as contentment. The drugs say anti-depressants together with anti-anxiety drugs are administered to target these neurotransmitters. Nevertheless, yoga has successfully reduced and heals anxiety along with depression for a long time. Recent science has established that yoga comprises palpable physical to general health benefits that can comprise ameliorated brain function in addition to denser bones

Additionally, yoga is basically a practice as well as philosophy, not a religion, however, sometimes it is considered as one by people who are unaware of it. It acts as a lens to comprehend the earth and find your place in it. If you follow any religion or spiritual practice, then it renders you with a collection of practical tools, which consecutively aids in deepening your faith. Hundreds of years ago, yoga has instigated as of Hindu monastic tradition for spiritual thinkers to deepen and to completely experience their faith.

Transformation of Human Consciousness through Yoga

Aimed at bringing about the positive transformations in body as well as mind, it is vital to understand the energy via which they are working. This is termed prana on Sanskrit, meaning "primary energy," at times interpreted as "vital force" or else "breath", although it is something actually more. Sadhguru has said that 'Whatever you do in life, your body, your mind, and your whole system function is ultimately determined by your prana'. As prana comprises the individual's karmic memory stamped on it, it distinctively operates in every individual.

Pranayama operates via a system composed of '5' Pranas positioned in diverse parts of the mind and body. Pranayama may alter the code or configuration of a specified pattern of behaviour, even an addiction, or mind-set. Whilst this capability of leading attention is implemented in one's work or else relationships, transformations take place. Regarding Ayurveda, Pranayama controls heart and breathing rate, enhances mental health, helping with depression and anxiety, reinforces the immune system, increments mental concentration, and also controls the mood.

Yoga Pranavidya is the earliest technique aimed at balancing the physical body, the personality, and the situations of an individual's life. It tutors about balancing diverse life factors, via the utilization of energy, with not touching the body. It results in the unity of body, mind & Soul. Ajna and Manipura Chakra are significant regarding Prana and Pranavidya practices. Delve into Mudras that are gestures and expressions of particular states of energy and consciousness. By utilizing them intentionally, the practitioner impacts directly and also indirectly the mental and emotional states, health, and welfare. By utilizing mudras, the practitioner intentionally awakens, balances, and also redirects Prana to impact the minds and body's physical and their subtle characteristics.

The advantages of practicing the above-mentioned yoga are experienced on the physical, psychological, philosophical and spiritual levels. The prime advantage is the body's total charging. It produces a re-born feeling; if we perform regular practices, we will experience freshness, relaxed, and full of vitality. An improvement occurs in the working of all inner organs, the digestion, endocrinal system, circulatory system, heart, respiratory system, brain, nerves, muscles, et cetera. Yoga produces the consciousness's expansion regarding attainment of mental clarity, creating more awareness, and the capability to handle all life situations. It offers better control over emotional fluctuations, and incremented rationality.

IV. CONCLUSION

The current research concentrates on the yogic conceptions and '4' core yogic methods aimed at the progression of human consciousness. The research manifests that the yogic conceptions and the performing of Prana, Pranava, Pranayama, together with Pranavidya can cause alterations in the diverse dimensions of individuality (i.e.) philosophical, spiritual, physiological, and psychological features that assist in the development of various consciousness levels eventually. The internalization of these four core yogic methods, one can raise the levels of awareness, gain deeper wisdom, higher perception, harmonize the body mind, control the negative thoughts, balance the internal and external consciousness, self- knowledge, personal environment, pack up the waste thoughts, remove ignorance, false sense of identity, addiction, fear, and can liberate himself / herself from three-fold sufferings like physical disease, mental in-harmony and spiritual ignorance. Nevertheless, the current research doesn't execute any quantitative evaluation. Hence, the research remains extremely explanatory and also explorative.

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