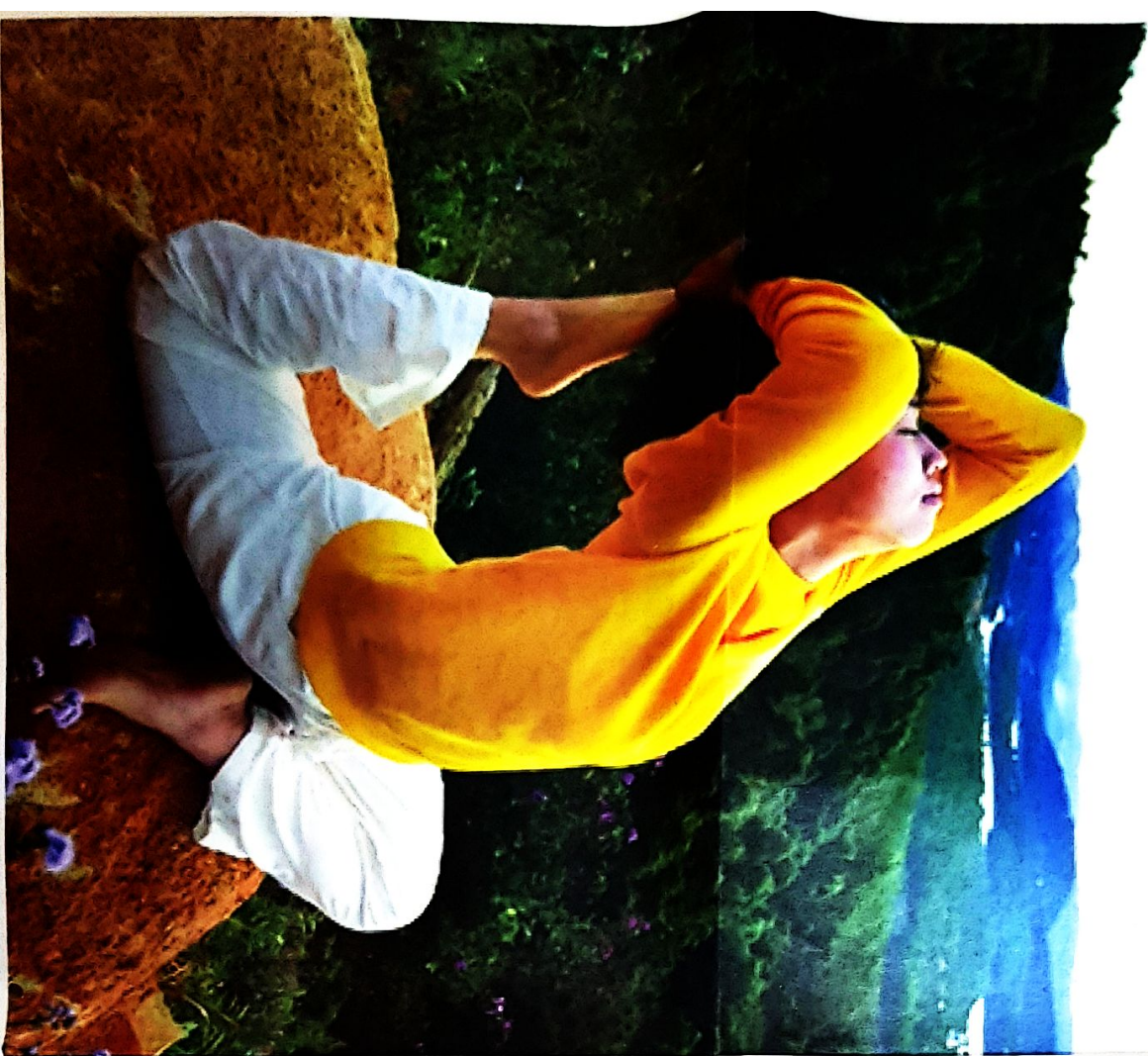


# Yoga for Health and Global



# Harmony for Benoy K Behi

Press release

Almost for a decade I've discussed health and yoga with senior mainstream doctors in India, USA and Germany. All of them agree that inner peace is essential for a healthy immune system. It is essentially the balance within us which protects and heals us. Of course, medicines are also required when things go too far. Perhaps, that is why the Chiransutra (the oldest-known treatise on art-making) says that art is the most valuable treasure of mankind. In this time of COVID-19, Ajanta presents the most beautiful image of inner harmony and the peace of spirit within us. This is Bodhisattava Padmapani, theBearer of the Lotus (5th century).

In the ancient tradition, such images were created for us to look upon them and to awaken those qualities within us. I've recently completed the shooting of the film Yoga for Health & Global Harmony in India, USA, Japan, Germany, China, Bahamas, Costa Rica, Brazil, Colombia and Argentina. During this time of extreme stress because of the pandemic, these are some excerpts from the commentary and interviews of the film which can be helpful for our general well-being.

It was the dawn of civilization when yoga was conceived 5,000 years ago in the Indian sub-continent. By the 8th or 9th centuries BCE, a collection of beautiful verses called the Upanishads were composed. These verses crystallized deep philosophical ideas, which would last forever. Yoga was fundamental in the vision of life contained in these.

The three-thousand-year-old Katha Upanishad says, "He... whose senses are uncontrolled, who is not tranquil, whose mind is not at rest, he can never hope to attain the true self, not even through knowledge." It also says, "The supreme being is formless and cannot be discerned by the senses, hence, all knowledge of the eternal must be acquired by the more subtle faculties. These are developed only through the purifying practice of meditation."

In an interview in the film, Dr. Amanda Bhatiyagi from Pune, India, who is a yoga expert as well as a medical doctor shares, "The biggest question that is asked by the research scientists today is how does it happen? consciousness to grow in spirit. I don't think one should use the word yoga. They can use any other of that time, asked who am I? Modern science has name."

In another interview yoga expert, Minakshi Devi Bhuvanani says, "Unless one's sole purpose of taking up science is to achieve liberation, to evolve one's consciousness to grow in spirit, I don't think one should use the word yoga. They can use any other name."

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