You are Born with a Quota, Use It Judicially

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Everyone is born with a passport with a defined battery life to live up to 100 years after which one has to go back to renew or recharge the batteries.

If the battery is overused or misused and is depleted early, one may have to go back prematurely for recharging, but this time when one comes back, he or she may come back with a different body, which may not be the human one. There are 64 lakhs Yonis as described in the Vedic Literature.

According to the Vedic description if one dies prematurely, there are chances that the rebirth will not be in the same species.

To live up to the time period defined at the time of birth by Dharamaraja one has to follow the principles as described in Yogashastra.

The main principle is the principle of moderation and variety. It says that everything has to be used, if not used will get rusted and if overused will undergo wear and tear.

When using the principles of moderation and variety, it is important to remember that each one of us is born with a fixed quota of everything, a quota of diet, respiration, heart rate and thoughts.

According to swara yoga, one is born with predefined number of respirations to be taken during life. If one consumes them early he will depart for refueling early from the life. To reduce respiratory rate is therefore the basis of postponing aging and prolonging life. Stimulating the parasympathetic nervous system by learning and practicing pranayama, which is slow and deep breathing, does the same.

One breathes 15 times a minute or 21,600 breaths in a day, or 7884000 (78.84 lakhs) a year or 788400000 (78.84 crores) during life (assuming it to be 100 years). Some yoga books say that a person is born with 33 crore breaths, the same if taken at the rate or 15 per minute would last for 42 years. In fact Pranayama originated on the concept that the breaths of each one of us are numbered, that our life-span is dependent on how many times we shall breathe in a given life, and that, as a consequence of this fact, we must reduce the number of breaths so as to live longer.

In Gorakshapaddhati (I.93), it is written that "Due to fear of death even Brahma, the Lord of creation, keeps on practicing pranayama, and so do many yogis and munis. It is recommended that a student of yoga must always control his breath."

Hathayoga-pradipika (II.39) also writes: "All the Gods including Lord Brahma became devoted to the practice of pranayama because they were afraid of death. We the mortals should follow the same path and control the breath."

Similarly one is born with a quota of heartbeats with an average of 70/min. Many studies have shown that people who have a higher resting heart rate have more chances of sudden death. The aim therefore is to keep their heart rate slow. This can be achieved either by regular exercise, meditation, AUM Pranayama, or by meditation. In people who run marathons or participate in other athletic activities, the temporary increase in the heart rate during exercise is compensated by the body by adapting the cardiovascular system in such a way that the basal heart rate reduces. The marathon runners may have a heart rate of only 50/min.

The less one eats the more he lives is an Yogic saying, It is said that people who eat once a day are Yogis, twice a day are Bhogis and thrice a day are Rogis. There are enough studies now, which say that 25% reduction in the calories content can increase the life span. Many studies in rodents have also shown the same effect.

The moderation in exercise is to walk 10,000 steps a day. No exercise will end up with obesity and over use with osteoarthritis.

Stress is the excess of thoughts in the mind. Controlling the mind forms the basis of meditation. Samadhi is the state of no thoughts. Practicing meditation 20 minutes twice-daily helps to restrain the mind with resultant state of Turiya where the mind has controlled limited positive thoughts.

(Disclaimer: The views expressed in this write up are my own).

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