



# **Yoga Astonishing Benefits Of Hatha Yoga: A Genuine Authentic Guide to Hatha Yoga (How to Easily and Quickly Save your Life Book 5)**

*Patricia Strickler*

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Book #5 in series. Yoga Astonishing Benefits Of Yoga. How To Yoga Book.

The word Hatha (literal meaning = force) signifies a system of ancient Indian techniques that primarily focus on providing strength and development to various parts of the body while rejuvenating and revitalizing the whole body and mind. Astonishing Benefits.

Hatha Yoga was first mentioned by its name in Sanskrit texts dating back to around the 11th century CE. Some of the techniques of Hatha yoga have been traced back at least 1000 years earlier by historians in Pali canon and in the epics. Although we are sure about its origins and places where it was practiced in the ancient past, there is a lack of information as to why our great-great-grandfathers used to call these poses as “Hatha”. This has created an interesting controversy. Historians have tried a lot to solve this misconception of the name and its meaning. Genuine Authentic Guide.

You might have read or heard somewhere that “Hatha” means “sun and moon”. Well let me put this thing straight - this isn't absolutely right, nor is it exactly wrong! Confused? Actually, there are a lot many words in the lexicon of yoga, including “Hatha” among them, which do carry 2 layers of meaning - an exoteric meaning and an esoteric meaning. The former refers to the actual dictionary meaning that is intended for public consumption, while the latter is accessible to experts or gurus only. Unlocking All The Benefits.

Thus, as said earlier, we have the exoteric dictionary meaning of Hatha - “force, violence; pertinacity, obstinacy”. So, it appears that Hatha yoga is a type of yoga containing the vigorous methods – like its asanas or postures, the pranayamas or conscious breathing, and various mudras or body “seals” or the muscular contractions. These things are employed by the Hatha yogis for storming the doors and windows of liberation of the “self”. Astonishing Genuine Benefits.

Before moving to its exoteric meaning, we should appreciate the fact about its dictionary meaning that it indicates a level of stubborn determination that a Hatha yoga practitioner must have. Like, whatever be the obstacles – he/she doesn't mind, no matter how long it takes – he/she doesn't care; just one thing that matters unto him/her is to use the full physical and spiritual force to get the work done right from the start through to the end that has been desired. Period!

Many experts have given different interpretations about the esoteric meaning of Hatha, but all are based on a single common teaching – every living being has a power source inside called “prana”. Let's clarify it by using an example. Let us suppose that the prana is like the cell/battery of a torch – which obviously has two “poles.” If you are a science knowing person, you would appreciate the fact that without a positive and negative pole of a battery (called cathode and anode), it won't work. Likewise, a magnet has two poles, no matter how small or how large it is. These “dvandva” or pair-of-opposites are visualized in different ways: as male and female, as hot and cold ocean currents, and as the shining sun and the reflecting moon.

Coming back from the soothing touch of philosophy, the two syllables HA and THA, signify the sun and the

moon, respectively. The literature defines THA as the disk of the moon and HA, for sure is one of the many words used to describe the “sun”.

Thus, by implications, the practice of Hatha yoga operates on just these two simultaneously complementary but opposing energies. The techniques of Hatha yoga have been created and shaped beautifully in order to harmonize the conflict between these opposing powers in us thus balancing the sun and the moon in us to calm our body-mind. So, we are clear here about the two categories of meaning - the dictionary says to us what the Hatha practice is, while the esoteric meaning of Hatha reveals to us what the practice internally does. Benefits Of Yoga.

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