



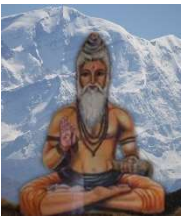
Yoga & Bhoga:

Anchoring the Self in the Age of Attractions

In the age of attractions, we are constantly pulled outward — toward screens, status, stimulation, and sensual pleasures. The mind becomes a slave to variety, the senses chase novelty, and our attention scatters in a thousand directions.

Yoga, however, teaches us to withdraw (pratyahara) - to move from external attractions to inner awareness. It is not about rejecting the world, but seeing it clearly without being consumed by it.

Where Bhoga seeks fulfilment through the senses, Yog invites fulfilment through presence.



“Patanjali” - a great sage, compiled knowledge about yoga from various sources into a concise text called the Yoga Sutras.

The International Day of Yoga,

celebrated globally on 21st June every year,

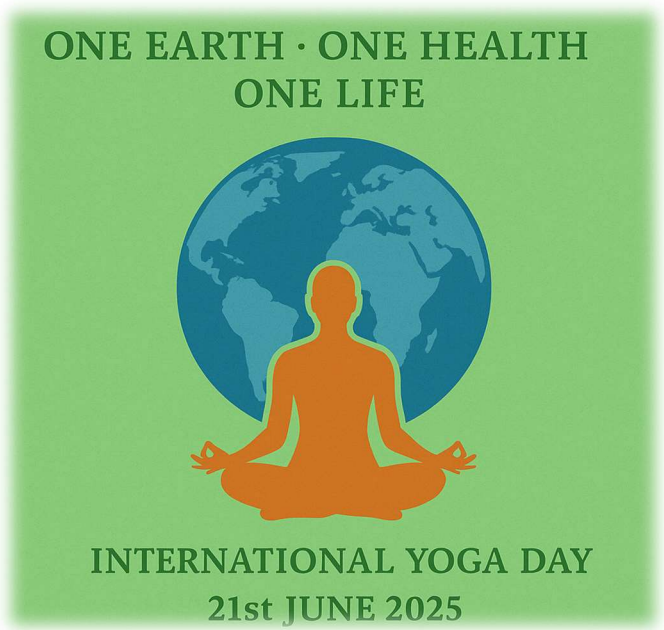
“The Theme of this year One Earth, One Health”



The Author is an integrated Therapist,
He helps the clients & Individuals with modalities,
like Hypnotherapy, Bio-energies, Mind Coaching.

Author: Live your Dreams, Yogic Youngsters,
My Presence.
Consultant & Facilitator:
*High Performers * Elite Achievers

Article by Acharya V Venkat.
Founder & Managing Director
Ashwa Unilife Group.
Ph: 9949957979 / 7997761597



We live in an age of attractions — a time when our senses are relentlessly drawn outward. Endless scrolling, fast food, overstimulation, and digital validation have created a lifestyle where attention is currency and stillness is rare. Amidst this, yoga is not just a practice — it is a path back to the self.

In ancient times, the journey of yoga was inward - a conscious discipline of aligning the body, breath, mind, and spirit. Today, though the methods have evolved and technology has advanced, the inner need remains the same: clarity, purpose, balance.

Challenges and Misconceptions:

In today’s world, Bhoga has become constant - overconsumption of media, food, emotion, and identity. Yet, yoga doesn’t ask us to reject these - it asks us to engage with awareness.

To taste Bhog through Yog is to transform it into sacred experience.

🌍 In the Age of Attractions:

Where Has Energy Gone?

When we consume tamasic food, it creates tamasic energy — lethargy, confusion, and avoidance. When we live in rajasic activity, it leads to burnout, anxiety, and aggression. Sattvic living, on the other hand, offers calm strength — a clarity that arises from simplicity, stillness, and harmony.

So how do we know which energy dominates us?



◆ YOG VS BHOG – TWO LIFESTYLES, TWO OUTCOMES

In Sanskrit, Yog means union — the integration of the inner and outer worlds, the self and the divine.

Bhog means enjoyment — the pursuit of pleasure, indulgence, and material fulfillment.

Neither is inherently wrong. But when Bhog dominates without awareness, it leads to entanglement, dissatisfaction, and suffering.

Aspect	Yog (Union)	Bhog (Indulgence)
Intention	Awareness, Discipline, Liberation	Desire, Possession, Escapism
Energy Movement	Inward & Upward (Awakening)	Outward & Downward (Attachment)
Mind State	Focused, Calm, Reflective, Togetherness	Restless, Reactive, Craving & Selfish
Impact on Body	Balanced, Energetic, Aligned	Sluggish, Addicted, Fatigued
Chakra Influence	Higher Chakras (Throat to Crown)	Lower Chakras (Root to Navel)
Result	Freedom, Wisdom, Fulfillment	Dependence, Confusion, Emptiness

Yoga: The Shift from Bhoga to Bodha (Awakening)

Yoga is not about rejecting pleasures — it’s about mastering them.

When practiced with awareness, every breath, every action becomes sacred.

It elevates even the act of eating into meditation, movement into prayer, and silence into wisdom.

In the age of attractions, yoga anchors us.

It trains the mind to choose presence over pleasure, essence over excess.

It reminds us that our energy is interfering with others’ Energy, that often reflects our own unresolved inner noise.

Healing starts with coming back to our own body, breath, and being.

🔍 SELF-ASSESSMENT:

TAMASIC, RAJASIC, OR SATTVIC?

Use this reflection to discover the dominant energy influencing your thoughts, actions, and emotions — and what it reveals about your current chakra state.

Tamasic Energy – Inertia & Stagnation

- 1.Do you often indulge in gossip, blame, or backtalk?
- 2.Do you feel heavy, uninspired, or stuck in routines?
- 3.Do you consume media, food, or substances to escape?
- 4.Are you overly focused on others’ faults or lives?
- 5.Do you delay self-work or resist change?
- 6.Is fear or confusion your default response?

▼ Blocked energy in the Muladhara (Root) and Swadhisthana (Sacral) chakras. Needs grounding and conscious activation.

Rajasic Energy – Activity & Overdrive

- 1.Are you addicted to busyness or overachievement?
- 2.Do you seek external validation more than inner peace?
- 3.Are your emotions reactive -from excitement to anger?
- 4.Do you try to control others or interfere with their space?
- 5.Is your sleep disturbed, mind overactive?
- 6.Do you feel anxious if not ‘doing something’?

🔥 Overactive Manipura (Solar Plexus) and Anahata (Heart) chakras. Needs moderation, introspection, and stillness.

Sattvic Energy – Clarity & Harmony

- 1.Can you stay centered amidst chaos?
- 2.Do you observe without needing to react?
- 3.Are you aware of your food, breath, speech, and energy?
- 4.Do you act from intention rather than reaction?
- 5.Are you grounded in truth, compassion, and presence?
- 6.Do others feel respected and calm around you?

❁ Balanced energy through Vishuddha (Throat), Ajna (Third Eye), and Sahasrara (Crown) chakras. Needs nurturing to sustain.

Article by Acharya V Venkat.
Founder & Managing Director
Ashwa Unilife Group.
Ph: 9949957979 / 7997761597

ASHWA GURUKUL
GLOBAL FOUNDATION
TRUTH * LOVE * PEACE



Conclusion:

This International Yoga Day, Reflect Deeply:

- Are you living from tamas, rajas, or sattva?
- Are your choices based on alignment or attraction?
- Are you stuck in lower chakras or awakening higher ones?
- Are you a source of noise — or a space of peace?

Let yoga not just be on the mat, but in your moment-to-moment awareness. In the age of attractions, choose attention. In the world of consumption, choose consciousness.

✦✦ Let yoga not be something you do- let it be something you are.

The solution lies in CHANGE :

CHANGE TO LOVE

LOVE YOURSELF. LOVE ALL .



“वसुधैव कुटुम्बकम्”
“VASUDHAIVA KUTUMBAKAM –
The world is one family.”

Disclaimer:
The information provided in this article is for general informational and awareness purposes only.