

## Jagadguru Speaks...

### *Adi Sankara a Yogi*

*Yoga Darsana* is one of the six schools of philosophy, which prescribes methods and techniques of overcoming the mind. And everyone knows that one becomes fit to receive enlightenment only on conquering the mind.

What is more, if one diligently practises the methods given in the yoga sastra, he will attain *siddhis*. This yoga *marga* has been referred to in many places in the *Upanishads* and the *Bhagavad Gita*. But Patanjali's *Yoga Darsana* is the most prominent.

Adi Sankara Bhagavatpada was a great adept in yoga *marga*, too. We learn from his life that he had fully acquired many *siddhis*. There are examples to illustrate this.

He alighted in Mandana Misra's house suddenly from the skies. By a special yoga technique he entered the dead body of King Amaruka. He also appeared miraculously before his mother at Kalady in her dying moments as soon as he felt in Sringeri that she needed him.

Adi Sankara's *Yogataravali*, though relatively a minor work, reveals many secrets of the yoga sastra. It is also on record that Sankara wrote an exposition of Veda Vyasa's commentary on the *Yoga Sutras* of Patanjali. Let us remember the great yogiswara Sankara and attain our well-being.

सर्वतन्त्र स्वतन्त्राय सदात्मद्वैत वेदिने ।

श्रीमते ऽङ्गरायय वेदान्त गुरवे नमः ॥