



Shree Jagannath Culture in Yogic Ethics

Dr. Ramakanta Kar

Indian Yogic system has reached its culmination in the unique culture of Lord Jagannath and this in its turn is rooted in what may be called as Purusottama consciousness otherwise known as Shree Jagannath consciousness. Shree Jagannath cult comprehends everything divine and transcends all limitations of caste, creed, colour, religion and race just as the oceanic tradition of Indian Yogic culture. Although the devotees belong to different religious disciplines and follow their typical ecclesiastical practices; Shree Jagannath cult promises them all a shadow of religious cover under all embracing the no more cultures of Purusottama, Parambrahma and Paramatma.

In the temple of Puri, Lord Jagannath is worshipped as Lord Vishnu, the remover of sins and giver of Mukti or salvation. So Lord is worshipped as Yogiraj and He is seated on Ratnasimhasana in Samadhi stage like Buddha. Lord Jagannath symbolises Paramatma (The Supreme) and His devotees are symbolised as Jivatma (self). So the union of Lord Jagannath and His devotees is the ideal state of highest realization. In Yogashastra, the definition of Yoga is mentioned as :

“Jivatma Parmatmanoh Sanjogah Yoga ityuchyate”

In the Patanjali Yogasutram, Yogi Maharshi Patanjali has mostly defined as “Yogaschittabruttnirodhah” that means Yoga is the process which keeps the mind quiet, thoughtless and silent. Yoga teaches us how to keep the

instruments of the soul that is physique and the vital to the strong, healthy and affective. Natural body can be kept by natural process, this is the fundamental base of Indian Yoga. This is the age old realized truth of our Indian Yogic culture. Shree Jagannath culture also contains every aspects of this vagic ethics in its fold. So an aspiration of Shree Jagannath culture can get every benefit of the greatest Yogic culture of Indian soil. In the temple of Lord, Tulasi Prasada is taken in empty stomach, cures Tonsil, Cold and Asthma etc. and also works as a strong preventive for different diseases. Arati of Lord helps for proper digestion of devotees. The bathing water, after the bath of Garuda. the bearer of Lord Vishnu, situated in front of Lord Jagannath on a pillar in Jagamohan, works as a medicinal dose for the Fever. Chandana (Sandal) in the temple cures small pox, measles etc. These are the natural treatments granted to the devotees of the Lord. Meditation in Yoga gives mental peace, mental wisdom, mental concentration and ability to be free from sinful thoughts and feelings. Similarly Shree Jagannath cult also gives mental peace and concentration when a devotee sits on Nishatala, a place in front of the temple of Shree Sakhigopal in Srimandira premises, where open air of the environment touches the body of the devotees, when a devotee compares with the Satwik customs and naked ugly sexual postures in the architectures around the temple. At that time his mind completely achieves Satwik thoughts and filled with real realisation. These statues also



symbolize the world of ever virtue and vices. This is necessary to know what is the Apra world of Maya and Satwik, Rajasika and Tamasika beings and to the Lord Purusottam, the trigunatita of Supreme consciousness of Paratparaloka. This is also Yogic method, which is an ideal and scientific method to understand the illusion of the world and to know the highest world of cosmic consciousness. This naturalistic thoughts with the knife of devotion or Bhakti Yoga.

Shree Jagannath cult teaches us to be free from every attachment and greed for food and the Lord being served 56 pauties of Bhogas, does not keep himself attached to any such material objects of enjoyment. He is Bhabagrahi not Bastugrahi as He stops His mouth. This is the example of complete dedication and a part of Yogic activities. The big and opened round eyes of Lord speaks to the world that one conscious to save the world and the devotees through perfect Laya Yoga, thus the Lord teaches us to remain in such a conscious state throughout day and night.

Shree Jagannath is as Pranava Omkar Purusha. Pranava is a set of five elements as Dandakam, Kundali, Tarakam, Ardhamatra and Vindu. These five elements are imagined as Shree Jagannath, Shree Balabhadra, Mother Subhadra, Shree Sudarsana and Ratnasimhasana respectively. Omkar also a set of three main elements are A, U & M. These three elements mean the name of Trinity, Brahma, Vishnu and Maheswara. So it is mostly mentioned in Sanskrit Shastras.

*“Akare liyate Brahma Ukare liyate Harih
Makare Iiyate Rudra Pranava tu prakashyate”*

A means lower region (Brahma or Subhadra), U means higher region or heaven (Vishnu or Shree Jagannath) and M means middle region or earth (Shiva or Balabhadra). Subhadra, is a power Paramatma or Shree Jagannath, Who unite Jiva on earth or middle region with Param (Sri Jagannath). So Subhadra is called as

Yogamaya. From the lower region Subhadra awakes Kundalini in sleeping position on Muladhara Chakra on the earth and on the head of Balabhadra towards the state of heaven (Sahasra) or Shree Jagannath, there is the state of salvation. So Srikshetra or land of Lord is sacred and land of Paritrana or emancipation. In Yogic Shastra when Kundalini Shakti (Serpentine Power) of a human being leads towards “Sahasrara” (State of heaven), then the person becomes super conscious if it is activated through practice or Sadhana. In our body, there are three main nerves called as IDA, PINGALA, SUSHUMNA and other sharp nerves are functioning in our astral body. When Kundalini Shakti (Cerebro-spine-fluid) rises and leads towards Sahasrara (The Pineal Gland), then the divine power of that person is developed and he becomes cosmic conscious and at last he attains salvation. According to this Yogic and scientific views it is proved that Shree Jagannath is the giver of salvation. There is a verse in Sanskrit Shastra.

*“Idarupi Jagannathah Balabhadrastu Pingala
Sushumna Subhadra Mata Yogamaya prakirtita”*

Infinite energy is at the disposal of men if he knows how to get it and this is a part of the Science of Yoga. The sacred land, where there are faculties to unite self with the Supreme and devotee with the Lord and where there are status of Shree Jagannath, Balabhadra and Subhadra pour influence of their own ideology on the millions of their devotees, that land is called as Srikshetra or Yogapitha.

So Shree Jagannath is the Supreme and His land is super and sacred, a paradise of beauty, a heaven of peace and tranquility. In this circumstances, we all should go down heads on the lotus feet of Shree Jagannath or Lord of the Universe to prosper in our lives.

Dr. Ramakanta Kar, State President, Nikhil Utkal Brahman Mahasabha, Puri.