

اليوغا رياضة روحية بين الحضارة البابلية والعصر الحديث

Ishtar Anu Sumer

الولايات المتحدة الأمريكية

alyaa.kazem@yahoo.com

الملخص

عرفت الرياضة الروحية منذ بدء الخليقة وكانت عبارة عن تواصل بين الإنسان والإله وبين البعض والبعض الآخر، ولكل حضارة وجدت هنالك قوانين وطقوس يتبعها أبناء المجتمع آنذاك وكان الهدف الأساس منها ترويض النفس وأعادت الهدوء إليها. كانت هذه الرياضة تمارس على شكل حركات راقصة يقوم بها الإنسان ولها قواعد رياضية معينة وأكد هذا الرسومات القديمة التي وجدها العلماء في سومر وبابل وهم يقومون بممارسة طقوس رياضية راقصة تدل على المشاركة في ما بينهم . والمشاركة الروحية مع الآلهة عشتار للتعبير عن انتمائهم وطاعتهم وطلب المباركة من الإلهة وعشتار كانت المعلم الروحي للشعب البابلي كانت تشاركهم الرقص وتبني لهم جدار الثقة بالنفس وتجعل منهم أقوياء من خلال الدعم النفسي لشعب بابل القديم. كانت كالمعلم الروحي لشعبها. من هنا جاءت فكرة الربط بين تاريخ الرياضات والحضارة البابلية كنت ابحث عن ثلاثة أسرار السر الأول هو اللون الأزرق التركواز الذي غلف جدران بابل السر الثاني استيرادهم للأحجار الكريمة وكانوا يستوردونها من الخارج ويستخدمون مبدأ المقايضة والسر الثالث هو استخدام الرقص وصناعة الآلات الموسيقية المختلفة للتعبير عن الفرح وأيضاً الحزن. وقد استخدمت الباحثة المنهجين التاريخي والتجريبي في التحقق من فرضياتها الثلاثة من خلال برنامج متكامل يتضمن الأيروبكس واليوغا البابلية واستخدام الموسيقى والألوان والأحجار وبعد انتهاء تطبيق البرنامج استنتجت الباحثة ما يلي:

- 1- ان لبرنامج الأيروبكس واليوغا البابلية واستخدام الموسيقى والألوان والأحجار ساهم في إعادة نشاط المشاركين بمختلف أعمارهم وإعادة الهدوء الروحي والاسترخاء النفسي والعصبي لهم.
- 2- أن اليوغا البابلية هي البنية التحتية التي اعتمدت عليها جميع الحضارات من بعدها وأساس الفكرة هي مخاطبة وتواصل الروح للجسد والروح التي كانت تتمثل بإلهة الحب والغرائز عشتار وهي المسيطرة الوحيدة على شعبها.

الكلمات المفتاحية : اليوغا ، رياضه روحية ، الحضارة البابلية

Yoga is the Spiritual Connection Between the Babylonian Civilization And the Modern Age.

Ishtar Anu Sumer
United States

alyaa.kazem@yahoo.com

Abstract

It has been known, since the beginning of creation, that spiritual exercise was a form of communication between human and God and human to human. For each existing civilization, there were laws and rituals whose purpose were to regulate and calm the human body and mind. This kind of exercise was practiced in a dancing form along with certain rules of movement, confirmed in ancient drawing found by archeologists in Sumerian and Babylon. Their participation in this exercise was to share and express themselves spiritually With the goddess Ishtar. For their obedience they would ask to be blessed by her. The goddess Ishtar was a teacher/master/leader and has the people participating in this form of dance. This would provide the people of ancient Babylon with a wall of Self-confidence and powerful mental well being. She was the spiritual leader of her People. It was from here that the idea of connecting the history of the exercise and the Babylonians came together.

I started searching for information on three Mysteries the first was the use of the stone (blue/lapis) and turquoise, Which envelope the walls of Ishtar's gate in Babylon. The second, was the Importation of precious gems using a bartering system to acquire them and the third Being the use of dance and (manufacture) of musical instruments to express both joy And sadness.

The researcher used both the historical and practical methods to verify her three suppositions through an integrated program that included Babylonian yoga and aerobics as well as the use of music and precious stones and crystals. Having put this program into practice the researcher has come the following conclusions.:

1. The program of aerobics and yoga Babylonian and the use of music, colors and stones contributed to restore the energy of the participants of all ages and to restore the spiritual calmness, and the psychological and nervous relax to them.
2. The Babylonian yoga is the infrastructure that has been adopted by all civilizations that have come later and the basis of the idea is to address the continuing spirit of body and soul, which was represented by the love and instincts God, Ishtar, who was the only dominant on its own people.

Keywords: Yoga, spiritual Sports, Babylonian civilization

Introduction

It has been known, since the beginning of creation, that spiritual exercise was a form of communication between human and God and human to human. For each existing civilization, there were laws and rituals whose purpose was to regulate and calm the human body and mind. This kind of exercise was practiced in a dancing form along with certain rules of movement, confirmed in ancient drawing found by archeologists in Sumerian and Babylon. Their participation in this exercise was to share and express themselves spiritually With the goddess Ishtar. For their obedience they would ask to be blessed by her. The goddess Ishtar was a teacher/master/leader and has the people participating in this form of dance. This would provide the people of ancient Babylon with a wall of Self-confidence and powerful mental well being. She was the spiritual leader of her People.

This was a timeout from the routine life of the old Babylonian man, which is a sports carnival. Sometimes, people are sad, and others are happy and this is the only weather that makes them feel psychologically comfort and to get rid of tension and nervous tension and organize the work of the nerves and brain cells.

which the world's scientists were unable to guess the extent of technology and the evolution of the ancient Babylonian mind and till this day, the rest of the secrets of intelligence and the composition of the Babylonian mind that was handed down through generations is a combination of complex scientific cells and that carry innate intelligence and then the ability to withstand a lot of pressure of the psychological burden without vulnerability. This comes as a result of gene inherited , which can not be found but with the people who dwelt Mesopotamia.

A Researcher in the history of ancient age and the basics of infrastructure in building the human body, a sports trainer who apply the psychotherapy with music and sports to take out the negative energy from a body and to rebuild neglected muscles in a body in United States.

Inheriting the devotional sports between successive civilizations in the world

With the passage of time, civilizations inherited these sporting rituals from the ancient Babylonian civilization, developed and added to it a lot of terms related to each civilization and distinguish them from other civilization, like: the Kingdom of Sheba civilization, Greek civilization, Chinese civilization, Pharaonic civilization Phoenician civilization, the civilization of ancient Rome, the Mayan people, and the modern civilization.

Problem statement of the study

To identify the probel of the historical, scientific idea which the inquiries and historical questions were raised about. This led to enhance the historical research process to obtain scientific hypotheses that form the right and firm answers to these inquiries. The process of identifying the problem clearly and precisely is the first tool for the historical research success in order to get to the historical truth. From here, I have started my thesis when I was in my country, Iraq, I was studying the ancient times of civilizations, reading and translating scientifically and rationally. I liked the Bablyion civilization and found the close behavior between the god Eshtar and me. I had the wisdom in controlling my manners and behavior, in other words, I was a wise rebellion. That was the link between the history of sports and the Babylonian civilization. I was looking for three secrets: the first one is the purple color that was covering the walls of Babylon; the second one was that the precious rocks were imported from the oversees countries and used in trade; and the third secret was using the dancing and producing different music instruments to express joy and sadness as well.

Yoga and the modern age

Today, after all the developments and different civilizations, we find that yoga has become a sport that characterized by contemporary and technical sporting more than a religious character or faith.

People were practicing it as a kind of sports. There were a few who have used it as an ideological use, but they had no effect on the communities as people were free to do them.

The most important benefits of yoga

1. The use of body muscles consistently and smoothly made it a more difficult exercise to make a body get used to and the difficulty comes here in reverse, meaning that the use of contraction and muscular extroversion in helping the body to take the difficult situation that helps the spiritual stillness and that is the difference between yoga and other sports, which is the use of hard training to produce relaxation.

2. Yoga helps to address the mental stress. The most important legacies of these problems are forgetting and the weakness of the nervous main focus, which is caused by the harshness of life and conditions in communities, so it has been found that the most famous yoga instructors are peoples suffered persecution and poor economic conditions.

3. The reorganization of the circulatory system and to facilitate the delivery of blood to all parts of the body through making nerves and muscles active such as the voluntary and involuntary muscles, or skeleton, and heart muscles and this is very important as muscles work as the team spirit to perform body functions

.The scientists proved that yoga works to remove spasms that affect involuntary muscles, which are controlled by the autonomic nervous system.

The autonomic nervous system

It is a control system which operates to a large extent unconsciously and regulates the body functions such as digestion and pulse rate, respiratory rate, pupillary response, urination, and sexual arousal. This system is the basic mechanism in the control of the response to the movement of action and reaction in humans.

Benefits of Yoga

Yoga has helped in reducing: -

- Diseases of the autonomic nervous system and in some cases completely disappeared
- In maintaining the flexibility and lack of calcification of the cartilaginous joints
- Helped the spherical glenoid joints for ease of movement, rotation and lack of spasms during daily work, especially for women.
- It also helps the other parts of the body to increase flexibility and to bear the burden of daily movements and changes in the kinetic activities.

Yoga and the most important studies in the world

It has been globally demonstrated that Yoga is one of the important sports that help those who suffer the nervous cramps and suppression and there was in consensus agreed to regain their energy and spiritual calmness, and psychological and nervous relaxation.

Yoga is a sports system consisting of several physical conditions that apply in tandem with the use of a respiratory system regularly with body movements. One of the most important elements of yoga is the spiritual liberation of body and that is achieved by contemplation.

How do we get to the stage of spiritual contemplation?

Dr. David Geffen, one of the members of the medical team at the University of California, proved that the sports of contemplation is the most important part of yoga that keeps the gray object in a brain and the gray object is the tissue that is responsible for information processing in the human brain and this object get eroded with a man get older.

Dr. Ellen Loderz, a leader of the research team, confirmed that the practice of contemplation sport for 25 minutes a day for three consecutive days reduces the hormone cortisol levels.

Cortisol

It is a hormone secreted by the adrenal gland and plays an important role in the function of each part of the almost parts of the body; a hormone responsible for stress levels in the body. High levels of the cortisol hormone cause some of the symptoms, such as increased blood sugar - high blood pressure - obesity - the fragility of the skin and the appearance of Leather stripes on the abdominal muscles - osteoporosis - disturbances in the menstrual cycle and the abundance of facial hair in women - peptic ulcers - osteoporosis - depression - the accumulation of fat, especially in the abdominal area. Very low levels of the hormone cortisol causes weight loss and muscle weakness, fatigue, low blood pressure and abdominal pain.



The high levels of cortisol in a body is called a hypercortisolism or Cushing's syndrome, which happens when the level of cortisol is high in a body abnormally for a long period of time. The symptoms of high cortisol levels in a body is overweight. The study proved that the sport contemplation helps regulate the hormone.

How is contemplation be achieved ?

contemplation is achieved when a person creates an image in his mind for a particular thing and then focus on it completely that enables him to not see anything else around him except the picture drawn by his mind. One of the most important exercises that help contemplation is slow, regular breathing exercises, which are deep, quiet breaths. Contemplation has two positions: lying down and sitting.

The Lying down position

It is to sleep in a quiet place that is free from any sound that disrupts the thought of the lying person, especially loud sounds or human voices. The Sound of Music hastens the entry of the person in a state of contemplation. It should be quiet, which is preferred.



One of the most important steps followed by the lying person is putting legs and hands horizontally in a relax mode as shown in the picture. Additionally, he should not make any change to the body position during the state of contemplation.

Breathing

The way of breathing should be in the form of regular, deep, and long breaths in the case of inhalation and slow in the case of exhalation and between inhalation and exhalation should be the same period of time, and this is the most important thing that helps regulate the muscle that are responsible for the respiratory system .

The Sitting position

It must be on the surface of a comfortable level and put the legs in this way, as shown in the picture and the mediator should follow all the previously mentioned in the case of lying.

In the Sitting position, the most important part that should be taken into account is the spine that must be straight. The head position should be in the middle of the shoulders in order to get the full straightening of the spine and not to get cramps that lead to reverse the results of relaxation.

Scientific results

A study published by the American Medical Association confirmed that a regularity in a brain cells' work, a powerful memory can be obtained by sport relaxation. It also helps in letting the body and soul get rid of the concerns that weigh on our shoulders and restored tranquility and also the treatment of many chronic diseases that are caused by mental stress and physical, such as migraine disease the disease disorder pulse rate and relieve bouts of high pressure caused by stress and also helps in getting rid of chronic pain in the lower back.

The study confirmed that relaxation is like stress as it arises inside a body and affect him. During relaxation, the body becomes still; muscles become extended and relaxed ; the blood flow is in regular status and breathing becomes stable. In a state of tension, all these things had a reversed effect. The body becomes taut and muscles tense and blood pressure is high and breathing is disturbed. The main helper to the status of relaxation is the Yoga sport.

The frontal lobe

The frontal lobe is the front part of the brain, which makes a body ready to respond to relaxation that results from yoga and also controls the craft human skills such as emotional expression, problem solving, memory and sexual behavior, such as a control panel used to control the human sense.

The human being uses his mind to surf the dark corners of the tired self with heavy worries. Searching deep inside the innate concept of sport Relaxation starts with searching his body after he closes his eyes in his head into the bottom of his foot and if he was looking for something that he had lost in the midst of life, he could look for deep in the secrets of spirit.

Age difference and the different concept of yoga

Yoga and the stage of childhood

Children consider the yoga exercises as exercises that are totally different from what they used to fast-moving and playing, which is most often be impulsive without using and the wrong use of orders of the brain just for fun, whereas yoga is unconscious obedience to relaxation and to comply with the orders of all the body parts in calm and peace, and this helps a child to grow up normally without continuous exposure to psychological pressures and to unload all the negative charges and does not keep sediment and remnants of childhood that may accompany some children caused by parents or society.

Yoga and adolescence

A teenager is rebellious and does not like commands even if these orders resulting from him. Inherently, he is fickle and whiny. Therefore, the yoga instructors found that spiritual dance sport for a teenager is the best to absorb all the hormonal overlaps that result from adolescence phase.

Going back to the beginning of my research and to the discussion about the Babylonian civilization and their use of dance as a spiritual sport to express their feelings and to bring out the negative energy and relaxation through slow rhythmic dance movements using all the muscles of the body.

Young and old People: what does Yoga mean to them?

For young people from my personal experience I found that some young people tend to the dancing yoga, while some tend to the static yoga in my work in the field of sports and in my studies and research in the development of the human psyche and through the opinions of psychologists in this area we know that to lose phase age and did not live airspace remains the hope of the experienced and caused him pain myself unconscious hiding in a function and returns each period on a nostalgia format so you find them make up for what they missed in their choices for the kinds of sports that they practice and the nature of their friendships and even colors and models of their clothes find these tend yoga dance more than yoga relaxed the aging find everyone tends to two, not they have a stable option like change, but society imposed on them the type of sports that use them either by virtue of their social status or age or under family names robbed of their freedom of choice and this is not only in the Arab world, even in countries around the world.

Research procedures

Research Methodology

The researcher used the historical method, which the historical method in order to analyze and interpret the historical events, as the basis for understanding the contemporary problems, and predict what the future will be like (Mohammed Idris, 1998.124) and the experimental in her research.

Procedures followed in the research

1. The blue color to the Babylonians

Before all scientists all over the world, the Babylonians discovered that the blue color is a cool color, which attributed to the weather temperature. It is found that this colour is used to absorb the walls heat and make the inside walls of the city less heat from the outside. The second reason, which was discovered by scientists that the blue color provides self-power and makes the Babylonian people believe that they are the strongest. This thought has been derived from the strongest assets: earth, sky and water.

2. Importing stones: the Babylonian believed in the existence of stored energy to help them get rid of evil spirits and use them in the spiritual sport. I have conducted an experiment in order prove to myself about the conclusion I made about the Babylonian belief. I brought a hair of my head and wrapped it around a precious stone and set fire to sear the hair, but no effect was between them and did not burn. That was the biggest proof of the existence of rays that work passively or positively, based on the type of the stone and the type of radiation that is maintained by and conforms to electromagnetic radiation, which stores them in each living body. This justifies the

belief that the Iraqis inherited about the concept of stones and adornment and which was used by the Babylonians in their prayers and rituals. Till this day, people used to seek blessing and to prevent the evil. It was discovered that every stone had energy that worked directly with the human body's vulnerable and changing fast energy.

3. The use of dance and musical instruments

It is the tool that was used in taming the soul and bringing happiness back.

Verification of hypotheses

In order to verify what we mentioned above, and in order to prove the use of the Babylonians colors, stones and yoga in their spiritual and devotional sport, the program for the aerobics sport and Babylonian yoga were used. Additionally, due to my love for my civilization, I hope each and every one in the world knows that the civilization of Babylon is the mother who gave birth to all civilizations. I began applying my theory:

1. The use of blue in the students' clothes to help you relax and feel at ease
2. I perfume oil industry, which is composed of 10 types of oils that I in combination with some of which are imported from different countries such as India, Cambodia, little of this oil just inhaling its fragrance students feel fully relaxed
3. Finally, I use the stones under the bottom of the head, puts the student and relax for 20 minutes and here begins to work the body's rays with stone-rays to rid the brain of negative energy and this is done by a physical therapist in the use of stones warm placing them on the body thought to be the cause of the stone temperature after you put it on certain temperature and does not know why radiation is contained in stone

4. I then used the old Iraqi music to Munir Bashir in creating a spirit that suggests the civilization of Babylon, and the most important thing to feel and touch the student what I mean from this lesson and then relax do some exercise shared by the students together and that creates them the spirit of interaction and break the routine lessons that I am It has been very successful interaction with all practitioners of both sexes and various ages.

Conclusions

1. The program of aerobics, Babylonian yoga and the use of music, colors and stones contributed to the re-activity participants of all ages and restore spiritual calm , psychological and nervous relaxation for them.
2. The Babylonian yoga is the infrastructure that has been adopted by all civilizations and later the basis of the idea is to address the continuing spirit of body and soul, which was represented by God and love instincts Ishtar, the only dominant on its own people.
3. Yoga began as worshipping weather and ended as an athletic class.
4. The mere exercise to tame the self indirectly helps to accept the fact a spirit of sportsmanship and help the mind to embrace the idea of planting conversational and peace between the soul and the body.

References

1. Methods of scientific research: theoretical and practical, the evacuation of Mohammed Idris: International Islamic University.1998
2. Omar Mohammed Abdul-Razzaq Al-Khayyat: the impact of a proposed curriculum by using the worldwide network (Internet) to learn some of the basic game of tennis skills, doctoral thesis, Baghdad University, Faculty of Physical Education, unpublished .2004
3. Kamel Taha Alois: singing and music at the Arabs, Dar Alayam for publishing and distribution, Amman, Jordan .2016
4. Fadel Al-Sudani: violence and organized chaos in the Shakespeare Theater, House of Culture and Information in Sharjah .2015