The Lotus flower is the perfect symbol of the Yogic spirit in more ways than one. It is a “Real Symbol”. That is, its manifest characteristics express the profound truths with which it is associated. This is as opposed to an artificial symbol, whose characteristic are contrived to produce the semblance of an idea as desired by a personal motive. An artificial symbol, for example, would be the cartoon character Mickey Mouse on the Logos or trademark of some commercial product.

Usually the Lotus (Padma) is cited as a symbol of Yoga as it has the unique ability to remain deeply rooted in the mud, while remaining pure and fresh far above in the waters. The Lotus becomes thus an example of pristine beauty and cleanliness. It opens to the light and closes in absence of light, just as the human consciousness opens when exposed to Vidya (awakened conscious knowledge) and close when locked in Avidya (ignorance). The classic Yoga Asana is neurologically and physically as well as symbolically the symbol of conscious mind (Vijnan and Manas triumph over unconscious animal instincts and sensual activity. In Yogic Theory the human has not five but ten senses, Indriya; Seeing, tasting, touching, smelling conventional five senses and are called Jnanendriyas, are those perceptive which enable on to know one's world. The hands, feet, mouth, genitals and anus are five additional senses and are called Karmendriyas are those which enables man to have contact with the world. Though experience. Here they are called the Karmendriyas, when one site in Padma Asana, one lock up legs, hands, genitals and anus, then closing down the Karmendriyas. Remaining in one place, as one must do a Padma Asana, men that the sensual impressions will be limited. Hence, putting the body in Padma Asana is a symbolic as well as real active gesture. Pratyahara, withdrawal of senses, as an attempt to cultivate higher realism of consciousness.

Recently, some scientific studies reported in local press even deeper the beautiful symbology of the lotus flower in Yogic lore. Apparently, the lotus is one of only three species of plants which can regulate their own temperature. (The other two are the elephant care on philodendron and the skunk cabbage, which don’t have much esoteric symbology!). Just as a Yogi must maintain Sambhava (equal minded steadiness despite fluxuation outer environment condition, so also the lotus adjust its body temperature according to external conditions.

The Scientists in Australia found that the lotus flower is thermogenic, which means that it has the ability to control its temperature. The lotus can generate so much heat that the temperature inside the flower can be as high as 30°C even when the temperature around it is as low as 10°C. a lotus flower can produce as much as one watt of heat – forty such flowers could provide enough energy to light a 40 watt light bulb! Science has still not been able to understand how the flower manages such a complex feat. It is believed that the heat of the flower attracts beetles and other insects and the small creatures spend a long time inside the flower. When the lotus closes its petals at night, it provides the insects a fully heated cocoon against the cold, allowing them to feed and mate. The beetles in turn get completely coated by the pollen of the flower which they easily carry to other flowers, allowing the plant to breed and flourish.

Thus even as the Lotus (Yogi) provide protection to itself (him / herself) it provide succor to others and spreads its beauty for and under. What a wonderful example to emulate!

*Be thou a Yogi! Be Thou a Lotus flower!*