

Handling why just me ? through Yoga

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Abstract :

“Anything that can go wrong will go wrong” which states that if anything has a possibility of going wrong, it indeed would it.

When we need to answer through just another eye-wash or a truly greater good’ through yogic wisdom.

Key words:

Empower, Handling the mental upsets, sequences in mental health.

Introduction :

Always be prepared mentally and expect the unexpected

- Swami Niranjananand Saraswati

We as humans, question our inner selves, as to, if some things bad or unforeseen had to happen, why had it to be only me?

Murphy’s law states that “if something can go wrong, it will.” we see many example in everyday life.

Does this law helps us prepare for the future and analyse the risk involved? or Another method of deciphering Murphy’s law?

This question is of particular interest when we speak about Yoga. How can Yoga help us with problem solving skills?

Opportunity through Yogic wisdom

“The light you are seeking is within your own heart.”

• Training the mind :

A person may never have practiced yoga, but a self disciplined mind is not co-incidental. A self disciplined mind develop from training- Zen, Yoga, a School of Meditation or something similar.

In Yoga, many Yogic techniques are tools to the mind. Most people think of meditation for training the mind but Pranayama, Japa and Asanas train the mind as well.

• Problem Solving Skill :

Yoga enhances problem solving skill. Each problem contains hidden opportunities for those who do not panic. The trouble is reacting and thinking rationally within limited amount of time. Many people are consumed with a competitive drive and getting to the next level.

Problem is our best opportunity to rise to the next level. If we make the correct move, we are on the right path do the rational thinking, but sometimes failures reveals life is more important lessons. Setbacks can be some of our best teachers.

Yoga teaches us accept what we cannot change but we can change ourselves from within.

• Empower our selves :

We can change, adopt, and learn new life skills. As a result, we can survive challenging situations and create from what we learn along the way. In fact, we can redefine and empower our selves. When we go about our life, every intersection we see was designed and improved by a previous traveler.

Mistakes, problems and failures have built the world. We know today because our species learned and documented past mistakes.

- **Research for Thousand of years :**

Of course, one of the best method for eliminating worry is to focus on solution. One o the solutions is to write our problem and possible solutions down on paper before meditation, relaxation or Yoga Nidra.

In fact, with these methods, we will learn to put worries aside and leave them. Giving these gifts our selves will turn into problem solvers instead of worries. Mastering problem-solving skills is an art that serves us well throughout life.

- **Where to go**

Yoga encourages one to relax and to focus on the present moment, creating a more tranquil state of the mind. Those who practice yoga regularly will be able to create and overall sense of well being in their lives. Here are few pointers that will help to explore the short sequences for mental health.

1. **Bring yourself in to any simple Asnas**

What to do –

- Come to a comfortable seated position to practice Breath with pause
- Set up for Hands opening pose.
- Move on to Shavasana.

2. **Apa Japa Breath – Breath awareness techniques**

What to do –

- Just bring awareness to our Breath.
- Drawing attention to Breath naturally cause to change breathing pattern.
- Let breath be natural, focus on inhalation and exhalation.

3. **Move in to Bolster under hips**

What to do –

- Move on to simple bridge with block under lower back.
- Holding for 5 minutes.
- Lift the hips and remove the block

4. **Set up for chair forward bend**

What to do –

- Cross the legs for 3 minutes and then change cross and hold for next 3 minutes which using chair for support.

5. **Legs up the wall pose with bolster**

What to do –

- Move to the wall for legs up on wall pose.
- Use an eye pillow to deepen sense of relaxation.
- Hold for 5 to 7 minutes.

6. **Diaphragmatic Breath**

What to do –

- Lie down comfortable, place one hand on abdomen and other on chest to practice diaphragmatic breath.
- Breath into abdomen using Diaphragm and fill the hand rise as it fills and feel it lower as exhale.
- Stay for about 3 minutes.

7. **Down dog with head pose**

What to do –

- Come up to raise, lower back up straight
- Stay for 3 minutes.

8. Childs pose

What to do –

- Move in to child pose as
- Placing your upper extremity on a eye pillow.
- Forehead can be centered down on pillow.
- Rest for 5 minutes.

9. Extended hand to foot pose, supine

What to do –

- Hold one leg to straight up, then out to the side.
- Switch to the other and repeat.

10. Recline bridge pose

What to do –

- Use an eye pillow under lower back and focus on opening hand.
- Hold the pose for 10 minutes.

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