

# **Simplified Kundalini yoga practices on selected psychological aspect of women**

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## **Abstract**

Yoga is an ancient discipline. It is recognized as one of the most important and valuable gifts of our culture. The modern era, with the development of science and technology provides man more comforts for his basic necessities. But with these comforts man faces lot of problems, which cannot sloved only by the above facilities. Today the world is looking for solutions to solve the menacing problems of unhappiness, restlessness, emotional imbalance, hyper activity, tension, stress, etc. Stress is becoming a part of life in present days due to the increased workload and long working hours resulting in other health problems too. The stress remains bottled up leading to physical and mental health problems in the future. Stress is a body's way to react to a challenge.

According to the stressful event, the body's way to respond to stress is by the sympathetic nerves system which results in the fight-or-flight response. Stress typically describes a negative condition or a positive condition that can have an impact on an organism's mental and physical well-being. Anxiety is a subjective feeling of apprehension and a heightened physiological tension. The term is often used synonymously with 'arousal', but anxiety is usually restricted to high arousal states, which produce feeling of discomfort. Anger is an emotion related to one's psychological interpretation of having been offended, wronged or denied and a tendency to react through retaliation. Aggression, in its broadest sense, is behavior, or a disposition, that is forceful, hostile or attacking. In narrower definitions that are used in social sciences and behavioral sciences, aggression is an intention to cause harm or an act intended to increase relative social dominance. Yoga offers essential psychological benefits to the practitioners. Yoga exerts its effects on both the body and the mind. It affects the tissue locally and centrally.

**Key Words:** Restlessness, Emotional imbalance, Hyper-activity, Tension and Stress

## **Introduction:**

Yoga is an ancient discipline. It is recognized as one of the most important and valuable gifts of our culture. The modern era, with the development of science and technology provides man more comforts for his basic necessities. But with these comforts man faces lot of problems, which

cannot sloved only by the above facilities. Today the world is looking for solutions to solve the menacing problems of unhappiness, restlessness, emotional imbalance, hyper activity, tension, stress, anger, anxiety etc. Simplified Kundalini yoga is yoga for modern age. It identifies with analytical and interpretative skill different concepts like peace wherein the

individual peace, family peace and world peace are very important.

**Selected psychological factors:** Psychological is a broad social science that seeks to understand the physiological, emotional and mental processes that drive and influence human behavior; it is also a profession that takes the scientific foundation of psychology and applies it to try to solve human problems. The best part about psychology is that every single person that takes a class can apply what they learn to their own life.

The psychology of women is the study of psychological and social factors affecting women's development and behavior. The field includes the study of stereotypes about women, the relation of hormones to behavior, women's achievements in mathematics and science, the development of gender roles and identity, sexuality, psychological problems of women.

**Stress:** Stress is becoming a part of life in present days due to the increased workload and long working hours resulting in other health problems too. The stress remains bottled up leading to physical and mental health problems in the future. Stress is a body's way to react to a challenge. According to the stressful event, the body's way to respond to stress is by the sympathetic nerves system which results in the fight-or-flight response. Stress typically describes a negative condition or a positive condition that can have an impact on an organism's mental and physical well-being. Stress that continues without relief can lead to a condition called distress, a negative stress reaction. Distress can lead to physical symptoms including headaches, upset stomach, elevated blood pressure, chest pain and problems with sleeping. Research suggests that stress can also bring on or worsen certain symptoms or diseases.

**Anxiety:** Anxiety is a subjective feeling of apprehension and a heightened physiological tension. The term is often used synonymously with 'arousal', but anxiety is usually restricted to high arousal states, which produce feelings of discomfort. The condition is closely associated with the concept of fear, but is more a feeling of what might happen, rather than a response to an obvious fear provoking situation. Anxiety can be viewed as an enduring personality trait and also as temporary state. Physiological symptoms of anxiety include increases in pulse rate and blood pressure, accelerated breathing rates, perspiration, muscular tension, dryness of the mouth and diarrhea.

**Anger:** Anger is an emotion related to one's psychological interpretation of having been offended, wronged or denied and a tendency to react through retaliation. Anger may have physical correlates such as increases heart rate, blood pressure and levels of adrenaline and noradrenaline. Some view anger as part of the fight or flight brain response to the perceived threat of harm.

**Aggression:** Aggression, in its broadest sense, is behavior, or a disposition, that is forceful, hostile or attacking. In narrower definitions that are used in social sciences and behavioral sciences, aggression is an intention to cause harm or an act intended to increase relative social dominance. Aggression can take a variety of forms and can be physical or be communicated verbally or non-verbally. Aggression differs from what is commonly called assertiveness, although the terms are often used interchangeably among laypeople, e.g. an aggressive salesperson.

**Simplified Kundalini yogameditation:** SKY yoga practices meditation and introspection are solved the psychological

problems. This is a form of meditation to merge the mind with the subtle life force. This practice reduces the frequency of brain waves, enhances awareness, intelligence and understanding. Sincere practice can advance one from limited body consciousness. This meditation includes a separate technique to strengthen the resistance of the mind and body to adverse effects of planetary positions. This system includes practices to understand and increase one's personal bio-magnetism for optimum physical and mental strength. One is also taught to use bio-magnetism for healing others by passing energy.

Willingly or unwillingly man himself is responsible for his emotional living. But the result is unnecessary waste of bio magnetism and the life force. As a result human beings lose the benefit of enjoying life in peace and bliss. To avoid the emotional outburst and thereby wasting the life's resource if one selects the path of spiritualism he will be able to bring back peace and happiness in his life. Practicing yoga and going into refurbishing and rejuvenating the mind is one's own responsibility to make the mind remain control.

**Introspection:** Meant for purification of the self, it includes self-analysis to sublimate the personality. To enjoy peace, prosperity, health and happiness, one must eliminate undesirable aspects of one's personality. Introspection is a valuable guide for selecting desirable habits of thought, word and deed and rejecting the unwanted ones. Introspection develops will power and awareness. By this, he understands where has he come from, what the purpose of life is and where he is being led. Unless the Ego is checked by doing introspection, awareness and discipline, these moods will continue to multiply with more and more imprints. As much as she surrenders her ego, that much her mind gets a state of

equilibrium. In the society everybody lives with uncontrolled wants and needs, because people always try to show their wealth and honesty to others. This habit leads them greediness. This can be rectified by deep introspection. Introspection is a final step to united with God, because many sages and saints attain "moksha" by doing deep introspection.

**Psychological benefits of simplified Kundalini yoga:** Our mind will come to a peaceful state where awareness of self will develop. We develop self awareness and we find that the five great sins. Gradually all types of heredity imprints will be cleared and purified. Meditation do, merge our consciousness with absolute Universal Being. The mind reduces its mental frequencies to proper attunement with the imprints of quality of nature and to realize any natural law or secret and the Truth. Brain cells which were dormant start functioning. Then the mind is able to get attuned with all levels of energy functioning in the Universal. The secrets of the Universe are automatically transferred to our knowledge. Physical body is maintained in proper condition and the will power is developed. We slowly get rid of suppression and our desires are limited to certain extent. Our thoughts become less in number and good in quality. As you put in more and more effort, the thoughts would certainly come under your control to your betterments and to the mankind.

Imprints should be identified and isolated. Imprints of unfulfilled desires, wrong deeds, imaginary expectations, animal characteristics and thought of aggression and possessiveness. The practice of introspection, reducing mental frequency will help streamlining the mind and find out many advantages and progress in your life. Introspection is helpful for meditation and meditation is also helped to carry out the

introspection successfully. It is a potent instrument to diagnose the causes for our problems and mistakes. It is a perfect aid to plan out future and achieve success in every walk of life. Only with the help of introspection one can change the unwanted habits, thought pattern, perfect his character and achieve harmony in life.

### **Conclusion:**

Simplified kundalini yoga practices helps to lead a healthy life. To change the character

and improve our personality. To cure and prevent disease and relieves the trouble. When woman realizes the Greatness of her own self, she reaches the highest peak of consciousness. She is then able to respect the needs and ambitions of others. Such perfection alone will secure and maintain peace within Self between Individuals and between Nations. Only then all the problems will be solved. The SKY guides and leads her to attain Spiritual perfection and reach the goal of Self-Realization.

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