

The relevance of yogic practices according to Swami Vivekanand in the development of concentration and self-esteem to achieve goals

Dr. Seema Chauhan*, Shubham Vishwakarma, Lucky Chandra Nainwal*****

Abstract

Yoga is an ancient practice and is believed to have started at the very dawn of civilization. Today, this traditional practice helps one to meet present-day wellness goals and raise their quality of life in diverse areas such as mental clarity, peace of mind, and spiritual growth. It helps one to experience the true unity of his/her inner and outer self and the world and leads one to enlightenment.

Swami Vivekananda influenced a hundred young minds to walk on this path of enlightenment. He was the one who gave a face to the Indian philosophies of Vedanta and Yoga to the Western world. He emphasized four yogas and claimed that each of these helps one in attaining the ultimate goal of life.

Goals help one set priorities and remain motivated and committed but the worldly pleasures today keep on distracting one from his goals. Many people have some long-term life and career goals but only a few can achieve them. Failure in achieving these goals leads one to embarrassment, frustration, loss of face, loss of respect, disappointment and reinforcement of an already low self-esteem. Yoga helps one to set a direction in life.

The present study evaluates that yogic practices can help one to set direction in life, have mental clarity, set goals, develop self-awareness, and build confidence. Yogic practices have great potential which helps one in setting goals and keep one focused towards his/her goals. It also helps one to have balance in life and improves the quality of life of an individual

Keyword: Yoga, Enlightenment, Goals, Self-awareness, Vedanta, Reinforcement, Balance

Introduction

The description of the word yoga can easily be traced from the ancient Vedic texts and its practice is believed to have started with the very dawn of civilization. The seals and fossil performing Yoga remains of Indus Valley civilization with Yogic motives and figures Sadhana suggest the fast-moving presence of Yoga in ancient India. Today, in the world where everything is constantly is time-bound, yoga is a necessity as one engages in endless vitality. Yoga thoughts as a result he lacks skill, and focus and merely helps to calm the brain and enhance its functioning. Yoga is not just an exercise but a way to attain peace through physical, mental and spiritual being. Yoga as a routine physical activity is central to lifelong health and well-being. It also helps one to have balance in life and improves the quality of life of an individual. Yoga helps in the development of self-esteem¹. Previously, yogic practices have been shown effective in the development of recognition, retention, and mental balance.²

A goal is an idea of the future or desired result that a person or a group of people envision, plan, and commit to achieve.³ Goals help one set priorities and remain motivated and committed but the worldly pleasures today keep on distracting one from his goals. Many people have some long-term life and career goals but only a few can achieve them. Some of the most common causes, of why an individual is not able to achieve his/her goals, are lack of confidence, lack of mental clarity, lack of real destination, having too many goals, lack of understanding about the goal-setting process, fear of failure, etc. Failure in achieving goals leads to embarrassment, frustration, loss of face, loss of respect, disappointment, and reinforcement of an already low self-esteem.

Swami Dayanand Saraswati (1981)⁴ states that each person has the potential of a genius, but this potential is never realized. The reason is that there is a screen that keeps this potential hidden. This screen consists of mental blocks (fear, phobia, conflicts, complexes of different types), excessive egoism, and conditioning. Once we remove this screen all the inner knowledge will spontaneously reveal itself.⁵

* Dept. of Yogic Science, Kumaun University, Nainital

Based on this concept Yoga Was defined for the present study as an ancient practice to build body, mind, and spirit. However, for its proper utilization and awareness for mass applications, it is necessary to find the original references from some Vedic texts regarding Yoga as a tool to build self-confidence and self-esteem. This will not only strengthen its conceptual understanding in society but will also make the basis for further research. The present study attempted to shed light on yogic practices according to Swami Vivekanand in the development of concentration and self-esteem to achieve goals.

Methods

The study took the approach of narrative literature review, researching Vedic texts, with special reference to Swami Vivekananda.

Result and Discussion

Indian traditional knowledge is said to be one of the most ancient and profound ones found in any civilization of the world. Narendranath Datta, a Hindu monk who came to be known as Swami Vivekananda addressed the World's Parliament of Religious, Chicago in 1893 and gave a face to Indian philosophies of Vedanta and Yoga to the Western world. He said, "Arise! Awake! And stop not until the goal is reached". He started a mission named "Vedanta centers in west" and his main objective of adapting Hindu religiosity was to introduce people to his four yoga models

Bhakti Yoga: The realization of divinity through devotion to and love of personal god.

Karma Yoga: How a man realizes his divinity through work and duty.

Jnana Yoga: The realization of a man's divinity through knowledge.

Raja Yoga: The realization of divinity through the control of the mind.

Each of these is ultimately related to a way of attaining the ultimate goal of life. He influenced young minds to walk on the path of enlightenment. He said, "Through practice comes Yoga, through yoga comes knowledge, through knowledge comes to love, and through love comes bliss".

He is the only one who claimed that Yoga is scientific, rational, and therefore Universal.

Patanjali mentioned in his sutra 1-14: "Satu Dhirgha Kala Nairantarya Satkara Sevito Bhumih" Our yoga practice is a way to serve the cells of the body, the inner faculties (mind, intellect, etc.) and most importantly, to serve the divinity that resides within each one of us.

His Sutra (II-28) states that the practice of this holistic yoga removes impurities, elevates one's, and sharpens one's discrimination.

The yogic practices build confidence and self-esteem.

Kriya: Practice of these helps one in detoxification and purification of mind.

➤ Jal Neti and Trataka

Asanas: Regular practice of asanas can improve focus, clarity of mind, flexibility, and posture while also strengthening your body. It's the perfect way of relieving stress and instilling a sense of empowerment.

➤ Balasana (Child Pose)

➤ Shavasana (Corpse Pose)

➤ Tadasana (Palm Tree Posture or Mountain Pose)

➤ Uttanasana (Standing Forward Bend)

➤ Bhujangasana (Cobra pose)

Pranayama:

➤ Nadi shodhan pranayama

➤ Anulom vilom pranayama

➤ Bhramari pranayama

➤ Bhastrika pranayama

➤ Om chanting

Conclusion

Regular practice helps develop personality, mental clarity, confidence, self-esteem, and finally in achieving goals in an individual's life.

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